

ARETE STRENGTH: TRAINING RULES & LAWS OF THE LAND

Arete is a elite level training program that produces incredible results. Therefore we have a straight forward set of rules that are easy to understand and abide by. There are 4 BIG RULES and the “Laws of The Land” to abide by so that we spend our time focused on obtaining results not on billing, scheduling or disciplinary action.

BIG RULE 1: CANCELLING SCHEDULED WORKOUTS & NO SHOWS. We set a recurring schedule for all athletes and clients. We require 24 hours notice when cancelling or changing an appointment. Failure to give us 24 hours notice will result in you being charged for the missed workout. Please re-schedule your missed training appointment at the time of cancellation. Please cancel via Text or Phone.

TIME CHANGES: We will accommodate time changes whenever possible, however you must follow the 24 hour rule.

IF YOU ARE SICK: rarely do you just wake up or suddenly find yourself ill right before a workout. If you are beginning to feel sick, please text your head coach or service support rep as to your status.

***PARENTS & STUDENT ATHLETES...** please note... Parents are notified when athletes late cancel, no show, or reschedule, and are updated regarding progress. Therefore parents are asked to reinforce these rules with their athlete(s).

BIG RULE #2: MEMBERSHIP TERM: You may cancel your membership contract at any time. A \$250 cancellation fee applies if you cancel before the contract term expires (12 or 24 weeks). All paid training sessions must be completed. There are no refunds of unused sessions. This includes athletes that have been expelled from the Arete Strength Program. (See laws of the land below) Program cancellation requires 15 days notice to terminate auto-billing. Contract will automatically renew unless Arete Strength is notified within 15 days. Note: You may change your program frequency at any 4 week interval during the service term due to pre- season, in season, and off-season training schedule changes.

BIG RULE #3: PAYMENT: . Billing is automatically billed every 4 weeks (28 days). Your first payment is due on or before your first appointment. We require all clients to complete the billing authorization. Program fees are due at the time you schedule your Performance Assessment. Your billing receipt will be emailed to the address you list on the authorization form. Supplements & Lab Testing will be billed to this card if you check the box on the authorization form. Your sessions will be reconciled at the end of the service term and any unused appointments will roll over and be added to the next service term.

BIG RULE #4: Don't Forget Rules #1 -3

Laws of The Land...

ARETE RESCHEDULING & TIME CHANGES- Due to changes in the schedule, Arete may request a time change from time to time.

VACATIONS & TIME OFF: Please give as much notice as possible when you will be leaving town so that we may adjust the schedule if necessary. This particularly applies to our athletes with Holiday & summer breaks and business professionals that travel frequently.

ACADEMICS: At Arete we expect all ARETE Student-athletes to maintain a minimum GPA of 3.0 (that's bare bones) Be sure to focus on your studies and make them a priority.

RESPECT THY FACILITY. All athletes and clients are expected to breakdown their weights and return all weights, medicine balls, bars, & dumbbells to their proper locations at the end of the workout.

SUSPENSION OR EXPULSION: All athletes are expected to take the program seriously and respect the training environment. Any belligerent, distracting behavior will results in the athlete being asked to leave the workout. If the athlete repeats the behavior again, the athlete will receive a suspension from the program and reviewed as to whether or not they can continue. If this behavior occurs after a suspension the athlete will be expelled from the program and not be allowed to return. We are here to focus on great results. It is not a place to horse around.

FOCUS: Train with Purpose, Eat With Purpose. Be Consistent.

WELCOME TO ARETE | BECOME SOMETHING GREATER

Athlete/Client Signature: _____ Date: _____

Parent or Guardian: _____

*By signing I understand, agree to, and accept the Billing authorization terms & Training Rules. I acknowledge and accept that rules are subject to updates and modifications at any time. Execution of this agreement is required for participation in the Arete Strength Program. **Rules can be viewed anytime on-line at www.aretestrength.com/RULES