

# SWAG Corona Virus Training Plans

With the pools opening back up, but only one person per lane, I am offering on-line coaching for swim workouts.

Please complete the form below to begin your customized training plan.

ALL athletes will need to either purchase a Premium Training Peaks account (\$9 per month) OR if they have an existing account it can be added to my coaching page.

Cost is \$60 per month, can be canceled with a one week notice if we are able to get back to our group swims. Payment will be collected in person or by using Venmo after I receive the form below.

Swimmer Name (required)	Athlete Email (required)	Main Swimming Goals (future events, etc.)	Do you do any strokes other than freestyle? (if yes, please list)
Athlete Age (required)	Athlete Phone		
Any health concerns or medical issues (required)?	Emergency Contact Name	How many swims per week?	If so, which strokes would you like these incorporated into some of the workouts?
If you selected "yes" above, please describe:	Emergency Contact Phone	CSS pace (if you know it) before COVID:	Any swimming related injuries? (If yes, please explain)
	Emergency Contact Email		

I acknowledge that training for and/or participating in a bicycle, running, swimming, triathlon or duathlon event is an extreme test of a person's physical and mental limits and such training or participation poses potential risks of serious bodily injury, death, or property damage. With full understanding of the risks I am taking, I HEREBY ASSUME ALL THE RISKS OF TRAINING FOR AND PARTICIPATING IN SUCH EVENTS and agree to the following (initial statement to which you agree at the "Init" space):

Initial Here

Karyn Austin. has been retained to assist me in the improvement of my fitness.

Initial Here

I hereby attest that I am in good health and my physical condition has been verified by a licensed medical doctor and, furthermore, the licensed medical doctor has been advised that I intend to participate in these events.

Initial Here

In consideration of being accepted as a fitness client by Karyn Austin Coaching, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf: (a) I WAIVE, RELEASE, AND DISCHARGE from any and all claims, costs, or liabilities for death, personal injury or damages of any kind, which arise out of or relate to my training for or participation in a bicycling, running, swimming, triathlon or duathlon event.

Initial Here

I AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENTS. I UNDERSTAND THAT BY SENDING THIS DOCUMENT I AM WAIVING SIGNIFICANT LEGAL RIGHTS AND AM INCURRING SIGNIFICANT LEGAL LIABILITIES.



Please email the completed form to [karyn.austin@yahoo.com](mailto:karyn.austin@yahoo.com).  
Call 352-870-2591 with any questions