



Swim Video Analysis & Workshop Booking Form

Sunday 26th February 2012

Nottingham University Park Sports Centre and Swimming Pool, University Park
Nottingham, NG7 2RD

Cost: £60 non-clients, £55 Absolute Tri Club Members, £50 Absolute Coaching Clients

Thank-you for booking your session with Absolute Triathlon Coaching. Please complete the details requested below (keeping a copy for your records) and return with a cheque made payable to Absolute Coaching for the appropriate amount to:

Jayne Lloyd, Absolute Coaching, 31 Penarth Gardens, Mapperley, Nottingham, NG5 4EG.

Alternatively you can book on-line at: www.absolutetri.com . Further details will be sent out with your booking confirmation.

Full Name:	Date of Birth:
Address: _____	
Post Code:	
Tel No:	Mobile:
E-Mail:	
Today's Date:	
Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>	
How did you hear about the session?	
What distance / race are you training for?	
What would you like to achieve from the session? What is your reason for attending?	



Emergency Contact Details

Name:	Relationship:
Tel No:	Mobile:

Medical Information

Please detail below any important medical information that our coaches should be aware of (e.g. epilepsy, asthma, diabetes, etc.):

Disclaimer

- I confirm that to the best of my knowledge that I am able to participate in physical activity.
- Any questions I had have been answered to my satisfaction.
- In the event that I am required to seek my GP's advice prior to commencement of any physical activity, I agree to contact my GP and take full responsibility for obtaining written permission before starting any such physical activity.
- I understand that I am responsible for monitoring myself throughout any sessions that Absolute Triathlon Coaching provides and that if any unusual symptoms occur I will cease participation and inform the coach and my doctor of these symptoms. In undertake to notify the coach at once if there is any change in my condition.
- I am aware that physical activity can be hazardous and there is a risk involved. I acknowledge that I participate at my own risk and take full responsibility for my actions.
- I confirm that I will take every precaution possible for the safety of myself and others and act in a responsible manner.
- I understand that Absolute Triathlon Coaching will treat the information on this form with the strictest confidence.
- I am happy that Absolute Triathlon Coaching will be recording my swim session on camera.

Signature: _____ Date: _____

Full name: _____

Terms & Conditions

1. Full payment is required at time of booking
2. Refunds will not be given for less than 4 days notice
3. Full refund given if more than 1 weeks notice

We may wish to use your details in the future to let you know of events, we never share details with 3rd parties it would only ever be for our use. If you do not want us to contact you please tick here

Please return this completed form along with a cheque for the appropriate amount made payable to Absolute Coaching and send to Jayne Lloyd, Absolute Coaching, 31 Penarth Gardens, Mapperley, Nottingham, NG5 4EG
jayne@absolutetri.com