



**Coach Miguel Magana, USATF Certified Coach  
Coaching & Athletic Contract**

This Agreement is entered into by and between: Miguel Magana (Coach) and \_\_\_\_\_  
\_\_\_\_\_ (Client) and is intended to set forth the agreement for coaching services provided by Coach.

I, \_\_\_\_\_ (Client), hereby contract with Miguel Magana as my personal running coach for endurance sports.

I agree to pay an agreed-upon fee of \$250, up front, for up to a four-month training program from the date signed below which includes detailed weekly schedules, training with the NS Team two to three times per week, consultation and advice, and nutritional support.

I understand the goal of training is to enable me to run faster, achieve a personal record, restart a fitness routine, implement race day strategy and to stay motivated.

I hereby attest that I am in good general health and have had a physician verify this. I attest that my statements in the Assessment of Fitness Questionnaire are accurate to the best of my knowledge.

I fully understand the many risks inherent in athletic training in general, and running training specifically, which risks include by way of example and not limited to: 1) Minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, health related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions such as hyponatremia, and catastrophic injures and conditions such as heart attacks and other conditions or injuries which could be fatal. I know, understand, and appreciate these and other risks that are inherent in training for and participating in road, trail and track running and racing and any other conditioning and cross-training activities associated with that training. I hereby assert that my participation is voluntary and that I knowingly assume all such risks for personal bodily injury, death, or property losses that may occur as a result of my being a part of this program or engaging in training sessions, or competition of any kind.

I accept for myself, my heirs, and my personal representatives full responsibility and hereby agree to indemnify and hold harmless NS Team, my coach, Miguel Magana, from claims, costs, or liabilities for personal injury, illness, death or damages of any kind.

I have read and voluntarily signed the waiver and release from liability, and further agree that no oral representations, statements, or inducements apart from the foregoing written agreement have been made. This release will be effective for all services provided by Miguel Magana.

By signing below, I agree that I have read and agree to the above Contract and Release from Liability.

Please PRINT your full name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

If you have any questions, please feel free to contact Miguel Magana at: [mikecu800@hotmail.com](mailto:mikecu800@hotmail.com) or (818) 452-8299.