

CinciCyclingCoach LLC

Terms and Conditions of Coaching Agreement

The Terms and Conditions of the Coaching Agreement between CinciCyclingCoach and the athlete will include the following:

1. The Athlete will pay the initial three (3) months of coaching in advance. After the first three months, the monthly coaching fee is due upon the first day of the month and can be sent to CinciCycling Coach 1180 Beverly Hill Drive, Cincinnati, Ohio 45208. The standard rate for coaching is \$100 per month unless otherwise noted. Personal checks, money orders, or PayPal are accepted.
2. CinciCyclingCoach will provide one month or four weeks of the training schedule by the first day of each month. This will be emailed to the athlete in a spreadsheet or entered into a training program provide by the athlete.
3. The athlete is expected to send training data via email at least once per week. Proper analysis of your training program cannot occur with the data.
4. The athlete is welcome to email as often as needed to discuss the training plan, results of training or events, or other items relating to their training. Emails will usually be returned within 24 hours.
5. The athlete may call to discuss the training plan but the time available for phone calls may be limited by CinciCyclingCoach depending on the time of day, day of the week, time of the year, etc. You may email to schedule a phone conference.
6. CinciCyclingCoach will guarantee that the training plan devised for an athlete is relevant to their training and racing goals. Time frames for results and the results themselves cannot be guaranteed.
8. One-on-one training sessions on the bike or the gym are available at a rate of \$75 per hour.
7. Either party may cancel this agreement with thirty (30) days notice in writing.

Athlete Acknowledgement: _____

Date: _____