



NTTC Online Coaching Application

For insurance purposes, you must be a **Team Sport Beans/NTTC** member in order to be eligible for NTTC Online Training. If not currently a member, you may sign up now. Just send in your team application, available on the "Club Team" page of the web site, along with your online training application.

Please print and accurately complete this form. Please be thorough to guarantee that we are able to design the best training program possible. Then, **fax the form to us at 916-685-2857** or **mail to: National Triathlon Training Camp, 5050 Laguna Blvd, Suite 112-PMB486, Elk Grove, CA 95758.**

Contact & Personal Profile Information

Name: _____

Street address: _____

Town / City: _____

State / Province: _____ Postal / Zip code: _____ Country: _____

Email address: _____ Phone #: _____ Fax #: _____

Male Female Single Married Children: _____ USAT # _____

Date of Birth: _____ Height _____ Weight _____ Avg. Hours Worked per Week: _____

Do you have any existing medical conditions or injuries we should be aware of? Yes No

If yes, please explain: _____

Training Program Selection

Please check one: Current **Team Sport Beans/NTTC** Member Applying for Team Now

(If applying for team now, please send separate **Team Sport Beans/NTTC** application with this form.)

Below, please check the training program you are selecting:

NTTC Program 1 Fully Customized, 3-month Training Program

Team Sport Beans/NTTC Member: \$159

NTTC Program 1A Fully Customized, 3-month Continuing Training Program

Available only to those who have just completed a NTTC Training Program.

Team Sport Beans/NTTC Member: \$129

NTTC Program 2 Fully Customized, Interactive 3-month Training Program

Team Sport Beans/NTTC Member: \$299

NTTC Program 2A Fully Customized, Interactive 3-month Continuing Training Program

Available only to those who have just completed a NTTC Training Program.

Team Sport Beans/NTTC Member: \$279

Athletic Goals & Race Schedule

1. What are your main goals for the season? _____

2. In the table below, please list your proposed race schedule for the season, including races already completed. Include individual sport competitions (e.g. 10k runs, etc.) as well as triathlons. If the race has not happened yet, please list any desired results (e.g. "Just Finish," "Place top-10 in age group," etc.)

Race Date	Race Name	Distances	Results

Athletic Experience Survey

1. Number of years competing in triathlons: _____

2. In the table below, please list, by distance, the number of triathlons you have completed, if any.

Distance	# of Races	Best Time
Sprint: < 1k Swim, < 20 mi. Bike, < 5 mi. Run		
Olympic: 1.5k Swim, 40k Bike, 10k Run		
Half Ironman: 1.2 mi. Swim, 56 mi. Bike, 13.1 mi. Run		
Ironman Distance: 2.4 mi. Swim, 112 mi. Bike, 26.2 mi. Run		
Total Number of Triathlons Completed:		

3. Please rank your sports, from **1** (most proficient) to **3** (least proficient).

Swim: _____ Bike: _____ Run: _____

4. In the table below, please list, by sport, your **current training** (hours per week and yards/miles per week) and **best distance/time**.

Sport	Hours per week	Yds./miles per week	Best Distance	Best Time
Swimming				
Biking				
Running				
Total Hours/wk.				

5. **Realistically**, how many hours per week will you be able (and **do you want**) to devote to training over the next three months? _____

6. Other Notes or Comments: _____

Payment Information

Total Amount due: \$ _____

Payment Method: **Check or Money Order**
(U.S. Funds only please, payable to National Triathlon Training Camp)

Credit Card: Visa MasterCard

Card Number: _____ - _____ - _____ - _____

Exp. Date: ____/____ CVV# _____ (last 3 digits on back of card)

Authorized Signature: _____

Waiver

I, _____, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release, and forever discharge the National Triathlon Training Camp (NTTC) and all other sponsors and producers of the NTTC and **Team Sport Beans/NTTC**, their agents, representatives, principals, successors, and assignees from all claims, actions, causes for action, demands, compensation, reimbursement, and damages (including without limitation nominal, actual, and compensatory damages, punitive and exemplary damages, and direct and consequential damages), which I may now or in the future have against the NTTC, **Team Sport Beans/NTTC**, their agents, representatives, principals, successors, and assignees arising out of my participation in the NTTC or on **Team Sport Beans/NTTC** (including training or activities recommended by the NTTC and travel to and from a camp, clinic, or team competition) and also including but not limited to all injuries that may be suffered by me. I understand that triathlon training and racing involve extreme physical exertion. I attest and verify that my physical condition and fitness are satisfactory for me to safely train and compete and that no physician or other qualified individual has advised me against participating in triathlons or in NTTC activities.

The undersigned acknowledges that he / she has read the above and agrees to be bound by it.

Signature: _____ Date: _____
(Parent or Guardian must sign if applicant is under age 18)

NTTC Online Training is Presented by:



SPORT BEANS®
ENERGIZING JELLY BEANS®