



FITRM
ACADEMY
CONTINUAL IMPROVEMENT

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New Member Introductory Packet

Program Description

Each Student will meet with a Coach/Mentor on a weekly basis. Based on the student's need and an initial evaluation, the Coach/Mentor will decide if the weekly meeting will be conducted in a private one on one or a two person setting.

Each family will be required to complete a Participation Packet to be collected prior to their first session. At the student's first session a parent/guardian are encouraged to attend. The first 10 minutes of the first session the Coach/Mentor will explain the program, expectations and set goals to be determined by the students and parent/guardians. The student will be responsible for bringing a note taking device (Ipad, notebook and pencil, or cell phone) to each session to set goals, process homework, and track progress. A weekly meeting time will be determined during the first session. The agreed upon time slot will be set unless interrupted by school activities or other circumstances.

We believe that "right repetition" creates good habits and correct movement. Therefore, each week the students will be given a homework assignment that must be completed prior to the next session. Failure to complete the homework assignment will result in a consequence. The student will be responsible for communicating with the Coach/Mentor if the assignment is not completed as agreed upon prior to their next session.

Parents and students will receive an email with an attached plan at least 2 days prior to their upcoming session confirming location, date and time for the next session. The attached session plan will also include the date, time, location and the activities for session. The session plan is based on the completion of the home worked assigned. At the beginning of each session the Coach/Mentor will review the homework assigned. Suggestions will be made to adjust the homework, repeat the assignment or develop a plan for the next assignment.

Sessions are conducted on a "prepaid" basis. The cost for 10 sessions is \$850.00 for one on one sessions and \$750.00 per participant for two person sessions. The investment must be paid at the first session and again at the last session in each packet of 10. At the beginning of the 5th session, (in the first packet of 10) a brief meeting with the student and parent will be conducted by the Coach/Mentor to determine fit and plans for the future.



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The Program Rules and Regulations

STUDENTS RESPONSIBILITIES

An email will be sent to prior to each session. The student will be responsible for reading the content of the attachment and bringing the necessary equipment or homework material needed to demonstrate the homework assignment. Accountability, follow through and discipline are the cornerstones for personal development. Failure to read the attachment contained in the confirmation email will result in a consequence.

PARENTAL RESPONSIBILITIES

Parents are encouraged to attend the student's session if agreed upon during the first consultation. We discourage parents from giving instructions or coaching students during their one hour weekly sessions.

SESSION CONDUCT

Students are required to dress in the correct athletic apparel needed for sports performance. A FITRM backpack will be given at the first session. Students should use the backpack to bring the required material to their upcoming session. Cell phones can only be used for note taking and emergency purposes with the Coach/Mentor's approval. Texting, the use of social media and other cell phone uses are discouraged.

CANCELLATIONS

Families have 24 hours to cancel or reschedule their upcoming session to avoid being charged for that session. One cancellation made inside the 24 hour period is allowed for each set of 10 session purchased.

SCHEDULING AND RESCHEDULING

If a student has agreed to a two person weekly session and one of the students needs to reschedule or cancel, the session will be conducted if the partnered student can attend. All rescheduling or cancellation are to be made through the Coach/Mentor to avoid confusion. Vacations, school



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activities and other short term absences should be given to the Coach/Mentor immediately for planning purposes.

If a student decides to “take a break” from the program their time slot will be forfeited. Any prepaid funds remaining due to an early exit will remain as a credit for one year. No refunds will be issued once the 10 session have began.

ANCILLARY SERVICES

The Coach/Mentor can use his or her discretion to attend a student’s activities at not charge to our families. A one session prepaid charge will be assessed if the family request the Coach/Mentor to attend a function.

A one session charge will also occur if the family request a meeting to discuss a student’s personal development or other needs with a Coach/Mentor.