



Efficient Movement Policies

Payment Policy

Payments, in the form of credit card, cash or check, are paid at the beginning of every month and paid in advance for that month of service. Monthly payment schedule secures your training times as well as provides accountability to ensure our clients receive optimal results. Refunds for unused sessions are discretionary based on valid reasons for missing sessions. Our returned check fee is \$30.00.

I, _____, the parent of _____ understands that 100% commitment is essential for Efficient Movement Sports Performance Training to give my child the absolute best possible training results. I am aware that skipping sessions is detrimental to the athletic development my child could obtain during this training period. *(Check one option below)*

- I will enter my credit card online and you can run it in advance for the month at the rate of \$_____.
(Pay online at: www.EfficientMovement.com)
- I will pay by cash or check in advance for the month at the rate of \$_____.
(Checks payable to: Efficient Movement)
- I prefer to pay by cash or check at each session, but I understand the importance of committing to sessions and will make sure my child still attends all sessions to the best of our ability.

Re-schedule policy

Pre-paid appointments can be rescheduled in the same month to avoid loss of sessions. Any pre-paid sessions that are unused do not rollover to the following month. We want you to get your money's worth with us...Results come from consistency and compliance!

Cancellation/No-show policy

We recognize that our clients may need to cancel or change an appointment but request that they provide at least **24 hours notice** so we may offer their appointed time to another client. Clients that **NO SHOW** or clients who cancel their appointment less than 24 hours in advance, will lose that pre-paid session unless appointment is rescheduled within the same week period.

Please always arrive on time. Sessions will continue to progress and clients may end up having to skip appropriate stretching protocols, which may lead to injury or ineffective workouts. So, please **Be On Time!!**

Attitude/Work Ethic

I promise to come with an attitude for success every day. I will respect my coach and mentally and physically give 100% each workout! I will show a good example of hard work and determination to my coach and other clients that are present. Efficient Movement's motto is: "We are what we repeatedly do. Excellence therefore is not an act, but a habit." Make it a habit to give 100% mentally and physically at every workout!

****Client/Athlete Signature:** _____

I have read all of the above **Efficient Movement** policies and will abide with them.

Parent Signature: _____

Date: _____

Client Signature (if client is over age 18)