



Application Form

Athlete Personal Details

Program Type

Athlete History

Training History

Goals

Training

Group Training

Indemnity

First Name:

Surname:

Male

Female

Date of Birth:

Age:

Height:

Weight:

Occupation:

Email:

Contact Tel:

Address:



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MINIMUM SIGN UP PERIOD IS 6 MONTHS

PLEASE NOTE

We have limited spaces available for the coaching squad and therefore we cannot accommodate clients for less than 6 months at a time. It is also in your benefit to stick with the program for a long period as it takes time for you to adapt to and benefit from the schedule provided.

At the end of the 6 month period, we require at least a 1 month notice period of your intention to carry on or stop.

ONE80 Platinum Triathlon / Multisport

ONE80 Gold Triathlon / Multisport

ONE80 Silver Triathlon / Multisport

ONE80 Bronze Triathlon / Multisport

ONE80 Annual Triclub

ONE80 EVOLVE Standard

ONE80 EVOLVE Half Ironman

ONE80 Platinum Running / Cycling

ONE80 Gold Running / Cycling

ONE80 Silver Running / Cycling

ONE80 Annual Running Club Full Package

ONE80 Annual Running Club License and Shirt

PLEASE NOTE PAYMENTS ARE STRICTLY IN ADVANCE

Not the full 6 months- but on a monthly basis. Confirmed stop orders on a monthly basis are preferable.

Payments to be made to:

ONE80 Multisport

FNB Business Cheque account

Acc no 62806598100

Branch no 250655

PLEASE FORWARD PROOF OF PAYMENT TO samferreira81@gmail.com

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Current Fitness Status

Have you had any recent injuries? Are you prone to injury? If so please provide full details:

Medical History

Do you have any medical conditions which may influence your training?

E.g. diabetes, epilepsy, pre-existing heart condition etc.? If yes please give a detailed explanation:

How many years have you been training and at what level?

Sport	Level	Hours a week	Years



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Training History

Do you currently train with a coach?

Yes

No

If yes please provide details:

Current Training (NB – Please be honest)

Let us know what your average training week looks like; make sure to include time and distance

Day	Exercise Description	Time	Distance
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Race History?

	Over the last 6 months	Time	Position
1.			
2.			
3.			
4.			
5.			
6.			

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Race goals - Short term (next 3 months)

Race goals - Long term (for the next year and beyond)

Planned races for the next 12 months

These may change.

Include all races even if you are only going to use them for training (AAA priority is a key race, C not too important). Generally athletes are able to attain "peak" performance for 3 AAA races a year.

1. Race Date

Distance	Type	Profile	Priority
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

2. Race Date

Distance	Type	Profile	Priority
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

3. Race Date

Distance	Type	Profile	Priority
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

4. Race Date

Distance	Type	Profile	Priority
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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Current Training (NB – Please be honest)

Let us know what your average training week looks like; make sure to include time and distance

Day	AM	Lunch	PM
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Do you have any of the following equipment?

Heart Rate Monitor	SRM	Polar	
Distance Meter	Access to Gym	Suunto	
Cadence Meter (bike)	Indoor Bike Trainer	Garmin	
Power Tap	Access to a swimming pool	*Other	

*Other - please specify

An Estimate (if applicable)

At training pace - How long does it take you to:

Swim	Bike	Run
100m	20km	5km
400m	40km	10km
1000m	100km	21km
3000m		

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Indicate the squad/group training at “one80” you would like to be included

JOHANNESBURG

	Time	Place	Description	
Tuesday	5:15 pm	RAC TT	RAC TT 5:45 pm start	
Wednesday	5:00 am	Brecia House (Summer)	Swim Squad	
	5:00 am	VA Bryanston (Winter)	Swim Squad	
	5:30 am	VA Morningside	Mid-week long run	
Friday	5:15 am	Saint Stithians	Track session	
Saturday	6:00 am	Ground - Cradle	“Ride / Run brick” session	
Sunday	6:30 am	Tasha’s Morningside	Long Run	

PRETORIA

	Time	Place	Description	
Monday	5:00 pm	Moreleta Village/Zita Parkie	Plyo Stenght	
Tuesday	5:00 pm	LC de Villiers Sport Ground	Track session	
Thursday	5:15 am	Moreleta Village/Zita Parkie	Tempo Run	
Saturday	7:00 am	Mtb Park TBC	“Ride / Run brick” session	
Sunday	6:30 am	Trail Park TBC / Moreleta	Trail Run / Long Run	



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I understand that all possible precautions are taken to ensure that the programs and activities provided by the One80 Multisport academy are conducted in a safe and responsible manner.

I further understand that because of the nature of the activities within the program in which I am enrolling, there is a potential for injury during any activity.

I recognize these risks and allow myself to participate in all activities offered in the program in which I am enrolling.

I agree to assume all risks associated with all these activities which may occur whilst attending sessions with One80 Multisport or on my own.

I hereby release and agree to hold harmless Sam Harrington and Mark Pellew and any other employees of the One80 Multisport academy, and hereby waive any claim, as to injury or other harm that may occur whilst following this program.

I acknowledge that this program is personalized and provided specifically for my needs, and agree not to share it with any other athletes or coaches.

Full Name:

Place:

Date:

Signed:

Signed by both parents if U18