

JPH RUNNING LLC
Athlete Information

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***Prior to receiving coaching, please sign, take a photo or scan, and send a signed copy to jaxtherunner@hotmail.com**

1. How to “Get Started”

- coachjaxtherunner.com- Prices and Plan- purchase Coaching Consultation
- Text 314-412-5517 or email jaxtherunner@hotmail.com to schedule your call.
- Prepare for your call to get the most expert advice. See How to prepare below.
- After the Call- Sign up for the Personal Coaching Plan on the website. You will be charged once a month and emailed a receipt for your records. You may cancel anytime by reaching out to your coach. But we hope you are so happy, stay, and grow with us!

***It is very important that JPH Running is inclusive and community driven; there is nothing more important to us than adding positivity and growth to our running community. We do offer a number of scholarships for those in financial need who have a passion and drive to work towards his/her goal(s). If you feel comfortable, share with me through text or email and we can work something out for you.

- Once you sign up, your coach will send you an invitation to our coaching page. Open the email and accpet, then create an account.
- Once the account is created, Coach will begin building YOUR unique program- this will take up to 7 days as it is a long and meticulous process. The initial program may evolve and change as we go, but the structure is built prior to you starting your official training.
- In the meantime, upload any data from your watch for your coaches view.
- Be prepared to start your program in the second week after sign up or at a later date you have chosen with your coach.

How to Prepare for the Discovery Call

- Be prepared to answer: what is your ultimate most important goal: healthier, weight loss, Personal Best, Boston, Western States, or to just keep running consistently without injury. Then, share what races, events, that you would like to accomplish throughout the big picture goal process. This way- your training will always have focus and direction. The races and events executed through the process will all have a sub goal purpose whether it's to PR, practice pacing, for the camaraderie or experience, or to practice your race fueling strategy. In other words, not every race will be a PR, they will be part of your training. This is wonderful - not every race has to be a scary situation - the more we practice through the build up at low stakes the more prepared and calm you will be when attacking that HUGE goal you have for self: again huge can be to just stay running injury free or to run a marathon under 2:30! It's all HUGE- trust me- I know. If you are in this for the big picture and want a lifestyle, you have to start viewing your run training through this lens.

All love, JPH

Coaches!

- Be prepared with specific questions for your coach
- Be prepared with information- what has worked for you in the past? What has not? Give us as much insight as possible so we don't have to waste time relearning this together. We can get on the most correct path as possible from the start; understanding that with feedback and growth we will "dial in" to your training prescriptions. Erase from your mind that the road to your goal is linear or that there is a secret system. The secret is to be consistent with your plan, grace with yourself when you meet roadblocks, and patience!

Your Coaches Agreements

- Use JPH Final Surge Account to communicate with the athlete
- Update the athletes plan weekly (Sundays or one agreed upon day)
- Minimum 2xweek feedback or communication through final surge.
- Any other email or text communication is not expected but not limited but with understanding that the coach is not required to answer unlimited texts if he/she has other commitments he or she is committed. If there is ever an injury or emergency- we will get back to you ASAP.
- You can assure that JPH is a growing- female owned business that is dedicated to the growth of the running community we love so dearly. I will make sure your coach has everything he or she needs to be the BEST coach for you- including weekly contact with Jackie Pirtle-Hall to discuss your training and development. We will work as a team for you. Your clients will have access to a sophisticated app Final Surge that is easy to use and uploads their workouts so you don't have to "guess" as a coach on how or what the athlete is doing.

We want our athletes to feel a part of the JPH Running community - this means you will have access to any special promo codes, invites, free content from our coaching team through email and our exclusive Facebook Team page.

Athlete Expectations

- Athlete will communicate with coach on a weekly basis
- Athlete will follow the plan as best as he or she can.
- Athlete will stop running and contact the coach if any injury or pain is accrued and get the necessary medical attention and diagnosis needed before proceeding with the plan.
- Athlete will do their best to upload all runs to the final surge account (in some cases, athletes can email their weekly totals/logs on Sunday morning if this is agreed to with the coach. Understand that without an up to date log, the coach may not be able to give you the best feedback or know what is really going on if we run into challenges - pun intended.
- Remember, you are not getting a plan from a book, the coach will create a plan that is designed for you from our conversation and as we get to know each other, the plan will evolve.

Final Surge Plan Modifications: 7 days prior.

- Coach's energy and focus is on developing plans, coaching, and training, along with on-going communication- and defers the time to modify the final surge plan within 7 days - meaning if modification needed that is TOTALLY AWESOME, but, Coach will not change it in the system unless 7 days prior. This means if there is a verbal or text/email communication between the athlete and coach for a certain modification, it is up to the athlete to update their final surge log. In other words, modification may not be adjusted on the app immediately or even if it's a modification to the plan within a week of that workout- the athlete will have to understand and execute the modification as said until Sunday when the plan on the app is officially updated. We do this so there is no confusion and to manage our time to give you the best quality service instead of changing in and out of the app while multitasking - this way, we are clear and streamlined in the expectation.

What if I get injured?

- If an athlete accrues an injury, the coach expects the athlete to continue to communicate and log whether cross training, strength training, yoga, RESTING, this is just as much if not more of a healthy coaching/athlete relationship. In fact, its more important than the workouts we prescribe. Getting you back to your running routine without losing a ton of fitness, stronger, rested, and more recovered than ever if the goal and THEN, you have to follow a gradual plan to return to running in loading your musculoskeletal system or you may just repeat the same cycle - please stick with your coach throughout a healthy periodized training program! Encourage the athlete to allow for you to add cross training plans to their calendar in lieu of run training - an example of this may be a hip

strengthening program with bands, core work, and aerobic and anaerobic progress through non loading cross training activity. Share with the athlete these are components of a successful return to running after the healing process. Some of these athletes main goal is to avoid injury and therefore we are very conservative and ultimately patient focusing on process while others may be toeing the line of over training in an effort to run a certain time, qualifier, ect. And they understand the inherent risk in sport. There is a huge distinction between these circumstances and athletes and this may eb and flow with one athlete- always have the athlete articulate their ultimate goal as this will drive their program and risk in different directions. As a coach, you are not expected to be GOD, you are expected to have the athlete communicate to you their priorities and sign on for the process you will take with him or her. Any coaching relationship will grow through time, reflection, and COLLABORATION- however- some athletes are not ready for this! They need to be told what to do! Ha. Good luck and have fun!

Policies

In order to manage the progress and success of our growing team and community, here are some policies for you to review:

- You will articulate an honest, passion driven Big Goal to drive your plan.
- I will create a 6, 8, 12, 16, 20, 24 week plan/cycle and apply it to final surge
- Every Sunday, I will review your runs/data- make any adjustments to your schedule for the upcoming week.
- I will check final surge notifications 2 days a week and respond as needed.
- Any other communication is not policy but may occur depending upon the unique coach/athlete relationship and time of the coach/athlete.
- If there is a situation that is baffling you in how to move forward with your schedule, reach out through text or email. The coach will respond within 1-3 business days but often sooner!

JPH Running Waiver and Release of Liability Form

I hereby give my permission for myself or my minor to participate in JPH Running Coaching, Group Activities, or Camps. I agree that I will not participate in any training or events, unless I am medically able and properly trained.

I understand that activities could include outdoor activities around trails and parks with hikes, runs, and walks in the woods and on the trails wherein there could be mosquitos, bees, ticks, poison ivy, and slippery and jagged surfaces among other dangers and risks.

I also understand that outdoor activities may occur in the hot sun, icy roads, and in the rain. I agree to see that I am appropriately attired for such activities, and to provide water, insect repellent and sunscreen and nutrition as needed.

In the event of illness, injury, and/or accident, I authorize the director or coach of any JPH Running activities to act on my behalf. They may approve any and all non-emergency or emergency treatment and are authorized to sign any and all medical release or required form(s) on my behalf.

In the event of an emergency, I understand that my emergency contact will be notified of the situation as soon as practicable. I agree to pay any necessary expenses not covered by JPH Running incurred in the medical treatment of my child, including, but not limited to all transportation costs to and from a medical facility, and, if necessary, transportation to my home or medical facility of choice.

I understand that the risks associated with sport could result in injury and/or death. I hereby assume these risks.

I understand that JPH Running is not liable for any injuries or other occurrences due to indoor and outdoor camp activities or related risks, and/or the actions or omissions of JPH Running counselors or entities being released.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which my child may participate, and that it will govern the actions and responsibilities at said activity. In consideration of my application and permitting myself or my minor child to participate in this activity or training.

I hereby: WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the JPH Running, its trustees, officers, employees, camp counselors, volunteers, entities or other persons released, for my child's death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to them including their traveling to and from this activity; INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the JPH Running, its trustees, officers, employees, volunteers, or other entities or persons released from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I understand that while participating in this activity, myself or my child may be photographed. I agree to allow their photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. JPH Running, its Trustees, directors, officers, and all its employees, acting officially or otherwise are hereby

released from any and all claims, demands, actions, or causes of action on account of any injury to my child that may occur.

This release binds my heirs, executors, administrators, and/or assigns. I CERTIFY THAT I HAVE READ THIS DOCUMENT, FULLY UNDERSTAND ITS CONTENT, AND AGREE TO ITS TERMS.

Participant's Printed Name (Please print legibly)

Birthdate

Parent/Guardian Signature

Date

Emergency Contact

Phone Number