



INDEMNITY & ENROLMENT

Name: _____ Date: _____
Date of Birth: _____
Address: _____
Cell: _____
E-mail: _____

I, _____, agree to the following terms and conditions:

I hereby indemnify Mac Squad and any person authorized to represent Mac Squad against all claims for loss, damage, injury or other, arising from my participation in the coaching or training sessions.

Training & Coaching

1) Elite Coaching Squad Durban

Coaching Squad trains a minimum of 1 hour, 6 days a week. This is a specialised group with high expectations. Based at the Kingfisher Canoe Club.

Cost: R500 per month in advance, which includes personalised coaching and training to suit each individual separately.

Signature _____

2) Training Squad

For those who cannot commit every day or live elsewhere, a personalised Training Program will be sent to you once a week. You are welcome to join the Elite Squad when possible.

Cost: R300 per month in advance.

Signature _____

3) One on One Coaching

Coaching from Beginners to World Champions.

Cost: R300 per session, minimum of 1 hour.

Signature _____

4) Weight Loss

For those who have a weight challenge and do not paddle, specialised Coaching is available.

Cost: R100 for the initial goal setting session. Guaranteed proven success without exercise!

Signature _____

5) Alternative Healing Session

Alternative healing session with Reiki Master Gesine McGregor. For damaged muscles and stress release.

Cost: R200 per session, minimum of 1 hour.

Signature _____

PAYMENT:

Either Cash or arrange your on EFT/Debit order.

Banking Details:

Lee McGregor
Standard Bank
Durban North Branch, Code: 042826
Account No: 251158225

Paddler

Guardian (if under 18)