

Official TEAM VIKING Coach/Athlete Contract



I,.....am joining TEAM VIKING as an athlete.

As part of TEAM VIKING, I agree to use Kristian Porthill as my coach. As part of the comp prep I am including the following options. Please select the options you would like by ticking and initialling:

- Initial consultation including skin folds, bodyweight check. (Yes / No) Initial
- Blood testing to establish blood type. (Yes / No) Initial
- Initial diet. (Yes / No) Initial
- Diet updates for 20 week prep - with updates at weeks 16, 12, 10, 8, 6, 5, 4, 3, 2 and the final week. (Yes / No) Initial
- Skin fold checkup for 20 week prep - with updates at weeks 16, 12, 10, 8, 6, 5, 4, 3, 2 and the final week. (Yes / No) Initial
- 5 x 60 min training sessions, (additional sessions only \$60ea or 400NOK) (Yes / No) Initial
- Training plan addressing the lagging bodyparts and a structured plan to address these and build a more complete physique. (Yes / No) Initial
- Regular posing practice and routine (if required) (Yes / No) Initial
- Progress photos, filming and measurements upon request. (Yes / No) Initial
- Backstage help (Yes / No) Initial

The total cost of this prep is usually \$1,500AUD (8000NOK) + 500AUD (2000NOK) for each additional show. (negotiable)

Please acknowledge the price we have negotiated and initial

If at any time you are not comfortable with the service I deliver please address it with me immediately. If you as an athlete go behind my back and receive additional advice, as long as it does not contradict what I have prescribed, and I am told about this additional information, it will not breach your contract. (Initial)

If you for any reason pull out from the show prior to competing, you will be required to pay at least 50% of the total cost of prep. (Initial)

If you pull out within the last 14 days prior to show, the FULL amount must be paid. I hereby agree to all the things discussed and written in this contract. I am happy with the agreed upon price and will pay the amount in full prior to the day of the contest. (Initial)

As an athlete I agree to promote my coach (Kristian Porthill) in at least one social media post acknowledging the journey you went on from start weight, start BF and end result. I do not expect you to promote me excessively, however if discussed as part of the negotiated price, then social media will be incorporated into regular promotion. (Initial)

Coach signature: Athlete Signature:
Date: Date: