

Youth Performance Membership Agreement

ShieldFit LLC operating as ShieldFit Youth Performance

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This agreement is between ShieldFit LLC (ShieldFit) and the signing parent or legal guardian (Parent). It covers the athletes listed below, coaching services, payment, attendance, safety, and consent. Complete all enrollment fields before signing. All amounts are in US dollars.

Parent legal name: _____

Athlete 1 name / date of birth: _____

Athlete 2 name / date of birth, if enrolled: _____

Parent email / phone: _____

Monthly plan	One athlete	Sibling add-on	Two athletes
Build 4 sessions	\$239	\$120	\$359
Perform 8 sessions	\$439	\$220	\$659
Elite 12 sessions	\$599	\$300	\$899

Selected plan: _____ Athletes: _____ Total recurring monthly fee: \$_____

Payment schedule select one: ☐ Monthly ☐ Twice monthly on the 1st and 15th

Regular payment amount: \$_____ Monthly billing / cycle start day: 1st / 15th

Start date: _____ First full monthly cycle starts: _____

Twice-monthly installments for one athlete / two athletes: Build \$119.50 / \$179.50; Perform \$219.50 / \$329.50; Elite \$299.50 / \$449.50. Each installment is half the monthly total.

Initial prorated fee: \$_____ Initial session allowance: _____ sessions

AUTOMATIC MONTHLY RENEWAL

By initialing below, I opt in to renewal for successive one-month terms at the monthly fee above until canceled. Ordinary cancellation takes effect 30 calendar days after notice is received. I owe charges only through that date, subject to the cancellation rights in Customer cancellation rights and injury-freeze terms in Attendance cancellation and injury freezes.

Parent renewal opt-in initials: _____ Date: _____

Renewal notices will be sent to the Parent email above. ShieldFit will send the initial renewal notice at least 10 days before the initial term ends. If that timing cannot be met for a short initial period, ShieldFit will obtain a separate affirmative renewal agreement before charging the next term.

Coaching and payment terms

Services included

Each scheduled session lasts 60 minutes. Coaching is tailored to age, readiness, sport, goals, and training response. Services include movement foundations, strength and conditioning, speed and agility, and sport-focused physical development. Each athlete receives separate initial movement and sport-focused assessments, individualized programming, monthly reassessments, and weekly parent progress updates by email. Assessments and reassessments occur within included sessions, not as additional sessions.

Training is for athletes ages 6 through 17. Assessments are coaching tools, not medical diagnosis, rehabilitation, or medical clearance. Results vary; ShieldFit does not guarantee athletic results, injury prevention, team selection, or scholarships. Coaching methods and exercises may change to suit the athlete without reducing the purchased session allowance.

Shared sibling sessions

The sibling add-on covers one additional sibling sharing the same 60-minute sessions. The monthly allowance is the number of shared appointments, not a separate appointment allowance for each child. Pairing depends on compatible ages and training needs. Separate training times require separate regular memberships. Additional siblings or longer sessions require a separate written quote agreed before charges occur.

If one sibling misses a shared session while the other attends, that appointment is used for both athletes and does not create a separate private makeup. A timely cancellation of the entire shared appointment qualifies for a shared makeup under the attendance policy.

Billing periods and proration

Choose monthly or twice-monthly payments on the enrollment page. Monthly payments equal the full monthly fee and are due on the selected 1st or 15th. Twice-monthly payments are two equal installments, each half the monthly fee, due on the 1st and 15th (24 payments per year). This changes payment timing only, not the monthly price, session allowance, renewal term, or cancellation rights.

For either payment option, the monthly billing and session period starts on the selected cycle start day, the 1st or 15th, and ends the day before that date in the next month. Sessions expire by that monthly period; they do not expire or reset at the second installment. Under twice-monthly payments, the first installment is due at the cycle start and the second on the next 1st or 15th within that cycle.

For either payment option, the initial partial-period fee is due once at enrollment: monthly fee multiplied by service days from the start date through the day before the first full monthly cycle, divided by days in the full cycle containing the start date. No other installment is charged for those same days. Regular payments begin with the first full cycle. Round money to cents and prorate the session allowance by the same fraction, rounding a fractional session up. Enter the initial fee and allowance in the enrollment section before signing.

The same daily method applies to a final partial period after cancellation. Charges do not extend beyond the termination date. ShieldFit will provide the final payment calculation and any credit or refund for payments covering later dates. No separate enrollment fee, finance charge, or cancellation penalty is imposed under this agreement.

Payment authorization and changes

Parent authorizes charges under the selected monthly or twice-monthly schedule, plus the disclosed initial and calculated final prorated amounts, using the payment method separately supplied through ShieldFit's payment provider. Final charges account for installments already paid; no service day is charged twice. Complete any required payment-provider authorization separately; do not write card or bank details here. Revoking payment authorization does not cancel membership or erase lawful amounts owed. Send cancellation notice as described in Attendance cancellation and injury freezes.

ShieldFit will give written notice of a price change at least 30 and no more than 60 days before it takes effect. No additional fee may be charged without prior disclosure and agreement. If a payment fails, ShieldFit will contact Parent to arrange payment and may pause unpaid services after notice; no undisclosed late or returned-payment fee applies.

Attendance cancellation and injury freezes

Appointments and session cancellations

Appointments are scheduled by mutual agreement. Parent should schedule included sessions early in each billing period. At least 24 hours' notice before the appointment start time is required to cancel or reschedule without forfeiture. A cancellation with less than 24 hours' notice or a no-show forfeits that session. Late arrival does not extend the scheduled end time.

A timely canceled session may be made up within the same billing period, subject to availability. Ordinary unused sessions expire at the end of that period and do not roll over. Parent should request makeups promptly. ShieldFit will offer reasonable scheduling opportunities; this expiration rule does not excuse ShieldFit's failure to provide purchased services.

Weather and coach cancellations

ShieldFit may cancel, shorten, or stop training because of weather, unsafe field conditions, closure, or coach unavailability. An appointment canceled by ShieldFit, or stopped before it is substantially delivered, receives a makeup credit. These credits may carry into later billing periods while membership remains active and do not expire merely because the next period ends.

All makeup credits must be used by the final service date if membership is canceled. There are no training appointments or credits available after that date. ShieldFit will offer reasonable makeup opportunities before termination. If ShieldFit cannot deliver a paid session or offer a reasonable makeup before termination, ShieldFit will refund its unused value rather than retain payment for an unavailable service. Applicable statutory refund rights remain controlling.

Temporary injury freeze

Parent must promptly report an injury that prevents safe training and request a freeze by email or text. Membership payments pause from the reported inability-to-train date, supported by a clinician's note if reasonably requested. No training fees accrue during the freeze, and no new sessions accrue. ShieldFit will confirm the effective date in writing; confirmation delays do not postpone an otherwise valid freeze.

Unused paid sessions and the unused paid portion of the affected billing period are preserved during the freeze. All scheduled monthly or twice-monthly payments pause. On return, ShieldFit applies preserved time and sessions before charging for overlapping service, then prorates to realign the selected payment schedule. ShieldFit explains the return schedule and next charge before restarting payments. A clinician's clearance may be required when reasonably needed for safe participation.

A freeze does not guarantee the same appointment time on return. For a sibling plan, charges and credits for the injured athlete's portion pause while any continuing athlete's agreed portion remains payable; ShieldFit will confirm that calculation in writing. No increase to the continuing athlete's agreed fee occurs without consent.

Ending membership

Send notice to shieldfitllc@gmail.com or by text to 910-507-6077 with Parent's name, athlete name, and a clear request to cancel. Ordinary termination is effective at the end of the date 30 calendar days after receipt. ShieldFit will confirm the receipt date, final service date, and final charge. Confirmation is not required to make a delivered notice effective. Keep a copy of the notice.

Payment obligations continue through the final service date, except during an effective injury freeze or when statutory cancellation rights require otherwise. A cancellation during a freeze still takes effect after 30 days; it does not restart paused payments. No automatic renewal or ordinary session credit continues past termination. The special cancellation rights in Customer cancellation rights override any inconsistent notice, fee, or expiration term.

Customer cancellation rights

The following rights supplement the ordinary membership cancellation policy. For this agreement, the death or qualifying disability of an enrolled athlete also triggers these rights for that athlete's services. ShieldFit accepts email or text notice in addition to the certified-mail method below. Any refund required by law takes priority over other refund or session-expiration terms.

CUSTOMER'S RIGHT TO CANCEL

(a) You may cancel this contract by sending notice of your wish to cancel to the center before midnight of the third business day after you sign the contract. "Business day" means Monday through Friday excluding state holidays and federal holidays. This notice must be sent certified mail to the following:

ShieldFit LLC

Mailing address: _____

City, state, ZIP: _____

Within thirty days of receipt of this notice, the center shall return any payments made and any note or other evidence of indebtedness. If you use the seller's facilities or services, the center may deduct a reasonable fee from the payments being returned based on the actual fee paid divided on a pro rata share by the number of days used by the customer.

(b) In addition, you or your estate may also cancel the contract at any time by written notice to the center at the above address if the following circumstances occur:

- (1) the customer's death;
- (2) substantial physical disability, certified by a physician, which makes it permanently impossible for the customer to use the center's services;
- (3) the customer's permanent relocation to a residence over fifty miles distant from an outlet operated by the center, if the center is unable to arrange for the customer's use of another center with equivalent major facilities and services.

The center may require presentation of information to substantiate that one of these circumstances has occurred.

If the contract is cancelled because of disability, death, or permanent change of residence, the center shall return any note or other evidence of indebtedness and unearned prepayments as follows: For each month that the contract was in effect, the center is entitled to the rate a month or a treatment which it would have charged if the contract had initially been one for the number of months or the number of treatments for which the contract was actually in effect.

The rate is to be determined from a fee schedule in effect on the date of the contract.

(c) The right of cancellation shall affect only the financial obligations under the contract and customer's right to use the center's physical fitness services.

Refund calculations and notices

The selected fees in the enrollment section are the applicable fee schedule; there is no undisclosed higher short-term rate. Ordinary completed sessions, forfeited late cancellations, and expired sessions are not refundable, subject to the rights above and refunds for services ShieldFit cannot provide. Where a per-session refund is appropriate, use the applicable paid monthly fee divided by the included appointment count, with partial-period credits reconciled to the amount actually paid.

Cancellation voids automatic renewal. Neither assignment of this agreement nor a change of operator removes Parent's rights or defenses. ShieldFit will provide Parent a completed copy of this agreement at signing.

Parent acknowledgment of receipt of cancellation rights: _____ initials

Participation safety and emergency information

Supervision and pickup

A parent or legal guardian must remain present throughout training for every athlete under age 13. Athletes ages 13 through 17 may be dropped off with Parent's authorization below. Parent must remain reachable and arrange prompt pickup by an authorized adult. ShieldFit never transports athletes. Emergency transportation, if needed, is provided by emergency responders.

Supervision begins when the athlete checks in with the coach and ends at release to Parent or an authorized pickup person. Parent must not leave an athlete unattended before check-in or after a cancellation. If pickup is delayed, ShieldFit will contact Parent and emergency contacts and will not leave the athlete unattended.

Drop-off authorization for enrolled athletes age 13 or older: YES / NO

Authorized pickup names / phone numbers: _____

Health disclosure and safe participation

Parent will complete the health and sports-history questionnaire before training and disclose relevant injuries, conditions, allergies, medications, restrictions, and emergency plans. Update ShieldFit promptly when anything changes. Athletes must report pain, dizziness, breathing difficulty, or other symptoms and may stop any exercise. ShieldFit may stop participation and request appropriate medical clearance.

Athletes must wear suitable clothing and footwear, bring water and any prescribed emergency supplies, follow coaching directions, and respect other people and the field. Harassment, bullying, dangerous conduct, or abusive behavior by athletes or adults may result in removal from a session or termination. If ShieldFit terminates service, future billing ends and unearned prepaid services are refunded, subject to lawful charges already earned.

Emergency authorization

If an emergency occurs, I authorize ShieldFit to contact emergency services, provide first aid within staff training, and seek emergency care for the athlete when I cannot be reached, to the extent permitted by law. ShieldFit will attempt to contact me promptly. This does not authorize routine medical treatment or coach transportation. I am responsible for medical expenses to the extent legally required; this does not waive claims for another party's legally actionable conduct.

Emergency contact other than Parent / relationship / phone: _____

Relevant conditions, allergies, restrictions, and emergency plan location: _____

Treating clinician / phone if relevant: _____

Risk acknowledgment and permission

I understand that running, jumping, resistance exercise, agility drills, and sports activities involve risks including falls, collisions, muscle or joint injury, fractures, concussion, heat illness, and, rarely, permanent disability or death. Outdoor training adds uneven terrain, weather, insects, other field users, and equipment hazards. Individual instruction and reasonable precautions cannot eliminate all risk.

I have authority to consent for the listed athlete or athletes and permit their participation with these risks understood. This acknowledgment is not a representation that all injuries are unavoidable and does not release any claim belonging to a minor.

Parent signature: _____ Date: _____

Media consent and agreement signatures

Required permission for social media

As a disclosed condition of this program's enrollment, I authorize ShieldFit LLC to photograph and record the enrolled athletes during training and use their image, voice, and training footage in ShieldFit social-media posts, its website, and promotional materials. Permission includes reasonable editing and captions that accurately represent the activity. No payment is due for these uses, and advance approval of each post is not required.

ShieldFit will not publish an athlete's full name, health information, contact details, school, or real-time training location without additional written permission. Content must be respectful and appropriate for minors. This consent does not authorize unrelated third-party advertising, sale of an athlete's likeness, or synthetic impersonations. Social-media content may be copied or shared by others beyond ShieldFit's control.

I may withdraw permission for future recording and publication by written notice. ShieldFit will stop new uses upon receipt and remove content it controls within a reasonable time when requested, but cannot guarantee removal of third-party copies. Because media permission is an enrollment condition, ShieldFit may then end enrollment with notice and refund unearned prepaid services. Withdrawing permission does not authorize continued filming during a cancellation period.

Athlete names covered: _____

Parent media consent signature: _____ Date: _____

Limited release of the signing adult's own claims

TO THE EXTENT SOUTH CAROLINA LAW PERMITS, I RELEASE SHIELDFIT LLC AND AARRON HOLMES FROM MY OWN PERSONAL CLAIMS ARISING FROM ORDINARY NEGLIGENCE IN THE ATHLETE'S PARTICIPATION IN THE TRAINING DESCRIBED HERE. THIS RELEASE DOES NOT RELEASE THE ATHLETE'S CLAIMS, GROSS NEGLIGENCE, RECKLESS OR INTENTIONAL MISCONDUCT, ABUSE, STATUTORY CONSUMER RIGHTS, OR LIABILITY THAT CANNOT LAWFULLY BE RELEASED. I AM NOT AGREEING TO INDEMNIFY SHIELDFIT AGAINST THE ATHLETE'S CLAIMS.

Parent separate acknowledgment of limited adult release: _____ initials

Communications and agreement

Routine scheduling and progress communications will include Parent. Health information is used for safe coaching and emergency response and shared only as needed for those purposes or as required by law. Parent agrees to receive service, billing, and renewal communications at the email and phone provided and will keep them current.

South Carolina law governs this agreement. No mandatory arbitration or jury-trial waiver is created. This document and the completed enrollment information are the entire agreement about these services. Changes require written agreement, except price changes made with the notice described here. If a provision is unenforceable, the remaining provisions apply to the extent lawful. Electronic signatures and counterparts may be used. Signing confirms receipt and understanding, not a waiver of rights that cannot legally be waived.

Parent printed name: _____

Parent signature: _____ Date: _____

ShieldFit representative Aarron Holmes

Signature: _____ Date: _____

Athlete acknowledgment: I will follow directions, treat others respectfully, and tell my coach when I feel pain or need to stop.

Athlete signature or name: _____ Date: _____

Sibling signature or name: _____ Date: _____