



DANA LYONS
FINISHSTRONG
COACHING

**The Finish Strong Coaching Triathlon Swim Program is designed for triathletes of all abilities
The program is designed to improve one’s fitness and tri specific skills as it applies to the swim portion of
the event.**

Weekly coached swim workouts are held on Monday and Wednesday evenings at 7:00pm and Friday mornings
at 5:50am.

Location varies and one should check the website for details. Main pools are in Creekwood Park and Forestgate
Park.

There is no charge for current coached athletes. The program cost for non-coached athletes is \$100 for a 10
session punch card or \$15 per session. Go to the Payments tab at www.coachlyons.com to purchase your
virtual punch card.

Finish Strong Coaching Triathlon Swim Program

Name _____ Gender: M F Age _____ USAT# _____

Address _____ E-mail _____

City/State/Zip _____ Cell _____ Home _____

In consideration of this acceptance for participation in the Finish Strong Coaching Triathlon Swim Program, I hereby
acknowledge that Finish Strong Coaching, its officers, directors, agents, representatives, volunteers, and sponsors cannot
assure my safety during participation in the Finish Strong Coaching Triathlon Swim Program. I recognize that
participation in the Finish Strong Coaching Triathlon Swim Program exposes me to risks any of including, but not limited
to, running, biking, or swimming-related injury and detrimental effects of heat and pollution while participating. I certify,
represent, and warrant that I am in proper physical condition in order to participate in the Finish Strong Coaching
Triathlon Swim Program. I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY
RELEASE, WAIVE AND FOREVER DISCHARGE AND SAVE HARMLESS Finish Strong Coaching and loss or
damage, to my person or property, howsoever caused, arising or to arise by reason of or during my attendance at or
participation in the Finish Strong Coaching Triathlon Swim Program, whether as a participant or otherwise and whether or
not in consequence of my following in any program of diet and or exercise on the recommendation of the aforesaid;
whether prior to, during, or subsequent to said attendance or participation AND NOT WITHSTANDING THAT ANY
SUCH CLAIM MAY HAVE BEEN CONTRIBUTED TO OR OCCASION BY THE NEGLIGENCE OF ANY OF THE
AFORESAID. I also give permission for the free use of my name, voice or picture in any broadcast, telecast, newspaper
article, report, advertising, or marketing promotion. I hereby agree to abide by all rules, policies, procedures, and
instructions of the program and the people conducting it. I understand that program fees may not be credited to other
Finish Strong Coaching programs.

Signature of participant or parent/guardian

Date