



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](http://www.coachlyons.com) to purchase your  
virtual punch card.

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**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