

Ventura County ADVENTURE BOOT CAMP

This form is for REPEAT or RETURNING CAMPERS ONLY.

RE-ENLISTMENT REGISTRATION FORM

1. Print this form; fill in your information clearly and completely, and sign the releases.
2. Choose camp (date & ID), options (Nutrition and/or Peak Performance) and Attendance & payment option.
3. Choose the method to return your forms:
 - By Fax: (805) 644-5574
 - By Mail: Ventura County Adventure Boot Camp
6019-D Olivas Park Drive
Ventura, CA 93003

Please fill in all blanks. **Red** items are required fields and must be filled in to be accepted.

In order to use this form, each statement below must be true. Please initial to affirm your agreement if it is true.

- I have attended a Ventura County Adventure Boot Camp within the past six (6) months.
- I affirm that my personal contact information is unchanged from my original registration.
- I affirm that my emergency contact, medical history, and medical status are unchanged.

(Should any of these statements be untrue, then you will need to fill out a complete a new registration form; otherwise, your original agreements on file are still binding)

I am signing up for camp # _____ Beginning on: _____ @ _____ AM/PM
 Location of Camp: _____ [Ventura | Thousand Oaks | Camarillo]
 My Name: _____ Date of birth ____/____/____

Attendance Options (check one): (please see your camp's calendar for pricing)

- 5 days per week [5:30am class only]
- 3 days per week [5:30am; 5:45pm classes only]
- 4 days per week [6:45am; 8:45am classes only]

Enhancement Packages (add-on programs @ Boot Camp discount):

- Peak Performance Coaching (start-up)
(POLAR Heart Rate Monitor + nutrition software)
- Body Sculpting Nutrition (start-up)
(Custom nutrition guidance and coaching sessions)
- Optimum Results Package (start-up)
(Peak Performance + Nutrition Coaching)

Payment Options (check one)

- Check or money order is enclosed (made out to: True North Fitness)
- Please charge my CC which is on file with Ventura County ABC
- Credit Card Authorization form is attached (copy of if faxed prior)
- I have secured my spot!! I paid online using PAYPAL, my confirm # is _____
- I have a credit I wish to apply:
CIRCLE ONE: Perfect Attendance | Referrals Bucks [____] | Charity Coupon | Other

Office Use Only:

Amount paid: _____

Notes: _____

Reason: _____

Reason: _____



I rate my personal overall current fitness level as a _____ (use scale of 1-10, 10 = elite athlete; 1 = very deconditioned)

My main fitness goal is: _____

My fitness goal in this camp is: _____

My goals for the next three months: _____

Please select one. I honestly self rate my Boot Camp fitness progression level as: (required)

- LEVEL 1** - I am stronger but I am still developing exercise form, core strength, and endurance; or I have contraindications that limit me. I feel I am not quite ready for Level 2 repetitions and movements.... maybe next camp! ;-)
- LEVEL 2** - I have learned and keep sound form mechanics at all times, although I do need to moderate down at times. I am ready to increase the challenge and my intensity through increased reps and intermediate position modifications and additional cardio challenges. My core is strong enough that I can hold plank (without modifications) for at least 60 seconds, I can do at least 6 standard pushups, and I run a mile under 11 minutes.
- LEVEL 3** - I am solid in all form protocols, I have no contraindications and I feel I am ready for the maximum Boot Camp challenge by using advanced positions and moves. I do standard pushups, squat jumps, run a mile under 9 minutes, and capped crunches. Bring it on! Hoo-Rah!

Please provide any feedback or testimonial as to the impact of this program on your life.



Your performance pledge is required to be filled out each camp session.

PERFORMANCE PLEDGE

In the spirit of harnessing your best effort and optimizing your results from Adventure BootCamp (as stated in the "What you can Expect" statistics), we have established the following personal performance pledges. This agreement is to yourself. Your greatest results will be reached by following these edicts. Your choice to break any performance promises is breaking a promise to yourself, moves you away from your stated goals, and WILL result in other than best results. In excessive cases, it will cause other than favorable results.

If you have genuine concern about being able to follow any of these promises, please contact us for additional lifestyle coaching services so we can supplement your program and work together to optimize your efforts!!

You will need to read and initial your agreement to each pledge promise to join us in Boot Camp.

- _____ I promise that I will not consume alcohol during my Boot Camp period.
- _____ I promise not to use foul language during Boot Camp.
- _____ I promise not to eat or say the words Twinkie, Donuts, Ho-Ho's, Ding Dong, Chips, or Cake during the course of Boot Camp.
- _____ I promise to show up for Boot Camp every day unless it is an excused absence from my doctor or pre-approved with Boot Camp directors.
- _____ I promise to arrive at camp ON TIME. [*I will set 4 or more alarms as necessary to ensure.*]
(Any violation of the above statements will result in twenty class-wide push-ups per occurrence.)
- _____ I understand that photos or video may be taken during the course of my involvement in Boot Camp, which may be used for promotional purposes. I understand that my "before & after" photos will not be used for any promotional purposes unless I give written authorization.
- _____ I understand there is no refund policy, but I can receive a credit (for unused portion of camp) towards a future camp if, for reasons beyond my control, I am not able to complete the one I originally joined. Camp fees cannot be used towards any other products or services provided by True North Pioneering, Inc.
- _____ I will follow proper dietary practices as explained by the VABC instructors.
- _____ I have read and fully accept the Ventura Adventure Boot Camp Program Policies and Guidelines.

_____ / _____ / _____
 Signature Printed Name Date

NOTE:
We advise seeking your doctor’s advice BEFORE beginning or increasing the intensity of any health/fitness/nutrition program!