



# High Performance Mindset Coaching Contract

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This agreement is made between Legacy Athletics and Athlete \_\_\_\_\_ and Parent(s) \_\_\_\_\_ Effective as of Date \_\_\_\_\_.

## **1. Scope of Services**

1.1 The Company agrees to provide high performance mindset coaching services to the Athlete for a duration of six (6) months.

1.2 Coaching sessions will be conducted weekly via Zoom or face-to-face meetings, each session lasting approximately 25 minutes.

## **2. Responsibilities**

### **2.1 Company Responsibilities:**

- Provide personalized coaching tailored to the Athlete's specific needs and goals.
- Conduct weekly coaching sessions in a timely manner.
- Offer support, guidance, and strategies to enhance the Athlete's mindset and performance.

### **2.2 Athlete and Parents Responsibilities:**

- Attend all scheduled coaching sessions promptly.
- Engage actively in the coaching process and implement suggested strategies.
- Communicate openly with the Company about progress, challenges, and goals.

## **3. Fees**

3.1 The Athlete and Parents agree to pay a total fee of \$1,264 for the six-month coaching program, which is a 14% discount. Or \$244 monthly for the next 6 months with a six-month commitment.

3.2 Payment shall be made in full prior to the commencement of coaching services.

## **4. Confidentiality**

4.1 Both parties agree to maintain strict confidentiality regarding all information shared during coaching sessions.

4.2 Confidential information includes but is not limited to personal experiences, goals, strategies, and challenges discussed during coaching sessions.

### **5. Termination**

5.1 Either party may terminate this Agreement with a written notice of thirty (30) days.

5.2 In the event of termination, the Athlete and Parents shall remain liable for any outstanding fees owed for services provided up to the termination date.

### **6. Governing Law**

6.1 This Agreement shall be governed by and construed in accordance with the laws of Florida.

IN WITNESS WHEREOF, the parties hereto have executed this Agreement as of the date first above written.

Legacy Athletics

X \_\_\_\_\_

Athlete

X \_\_\_\_\_

Parents

x Mario K. Lovett, Sr. \_\_\_\_\_

Mario K. Lovett, Sr.

