



CrossFit Cape Fear

Personal Training Services

Thank you for your interest in DESIGNS IN FITNESS Personal Training Services and CrossFit Cape Fear. Below you will find out a little bit about us as well as what you need to become a member of this team. Since our beginnings in 1997, we are constantly striving to provide the best in personal training services.

DESIGNS IN FITNESS and CrossFit Cape Fear is a *Christian* company focused on improving their client's health and fitness through proper and effective techniques in exercise, nutrition, and lifestyle changes. This is accomplished not only through personal training, but also by taking a personal approach.

Services

- Professional, Personal Training
- **CrossFit training**
- Weight Loss Programs/Body Sculpting
- Weight Training/Body Building
- Post Rehabilitative Training
- Sports Enhancement Programs
- Fitness Counseling
- Nutritional Supplementation
- Personal Training Certification Workshop
- Registered Dietician on Staff
- Nutritional Programs

Some aspects DIF evaluates prior to contracting potential trainers are education, professionalism, experience and personality, as well as openness and ability to integrate various methodologies.

DESIGNS IN FITNESS trainers are independent contractors – setting their own hours and schedules, but are required to participate in DIF trainer education and programs.

The bottom line of DESIGNS IN FITNESS personal trainers is that they develop a *relationship* with their client, becoming involved in many aspects of a clients' life. This relationship allows them the ability to know what will work for a client – nutritionally, physically and in many cases mentally or emotionally.

Personal training with DESIGNS IN FITNESS allows a client to make life-changing decisions based on their needs and circumstances.

Requirements

1. Must be certified as a personal trainer.
2. **Must** be willing to learn and employ CrossFit principles and protocols – both for *self* and clients – *based on DIF protocol*.
3. Must have current general liability.
4. Must have a current CPR card.
5. **Must** be willing to meet physical standards set forth from DIF & CrossFit Cape Fear as well as maintain – or attain – an athletic appearance. While DIF does not focus *exclusively* on shape, it is necessary to present a fit and athletic appearance.
6. Must go through an interview process to include shadowing of trainers, hands-on evaluation and written examination.
7. Must be willing to follow DESIGNS IN FITNESS and CrossFit Cape Fear protocol, be open-minded and a team player.
8. Must go through DIF training, use DIF paperwork, and wear DIF shirt as well as appropriate apparel when training DIF clients.
9. Must **not** smoke (or use tobacco products), drink excessively, or use illegal substances.

Bring the following items for consideration:

1. Completed DIF forms (*see below*)
2. Copies of current certifications and education
3. Referrals from current and previous clientele
4. Resume
5. CPR card
6. Certificate of Insurance

Points

DESIGNS IN FITNESS trainers are contractors of the company. As such, they are responsible for their own income tax, additional professional education, insurance, and incidentals. As contractors, it is encouraged and promoted that they pursue private clientele outside of DIF. This makes for a better and more experienced trainer. However, during the term of their contract, they shall not perform services for *Beyond Fitness Inc.* or *One to One Personal Training Systems*.

Doing so can and will result in termination of their contract with DIF.

Trainers will set their own schedules, but must be available for clientele at various times of the day. This includes morning and evening times – *or as set in the contracting process*.

Based upon background, education and experience, trainers receive a minimum of \$15.00 *per session* starting out. **This will increase based upon a variety of factors, including – but not limited to - education and experience, proactiveness, client relations and retention, personal training sales, professional growth, and CrossFit group training or projects.**

Trainers are required to *assist* in sales of training packages. They in turn receive a bonus for all personal sales made.

Trainers are paid twice a month as well as net 10 based upon training location.

DIF and CFCF conduct weekly trainer meetings. *These meeting open in prayer.*

DESIGNS IN FITNESS & CrossFit Cape Fear Personal Trainer Description

DIF trainers shall conduct personal training in a variety of locations – based upon client and trainer needs.

- Initial Consultation, which includes a health survey, fitness survey, medical background and client goals.
- Personal Training to include, but not limited to, cardiovascular training, resistance training, water aerobics, and any other activities in regards to the client's goals and needs.
- Learn, train, and employ CrossFit principles and protocols – both for *self* and clients.

DIF trainers are required to participate in:

- DIF *in-house* professional development and education
- CrossFit training and education – including extensive training with other trainers.
- Conduct personal training at various facilities, In-home and Corporate Wellness Programs
- Marketing – to include weekly promotionals – *as applicable*.
- Sales – *this is not the focus of a DIF trainer*, however, they shall be responsible for a minimal number of personal training sales per month. This is waived for the first month upon commencement of contracting - *for DIF training* - after which time, this goes into effect.

Physical Requirements

All trainers must initially demonstrate proper technique for the below BASIC movements. If they have not done the movements before, they *must be willing to learn and apply them in their own activities*. Prospective trainers must be willing to challenge themselves to achieve the said weights and events – regardless of background.

Physical Feats or Goals		
Event	Female	Male
Squats	135+ / reps	315+ / reps
Deadlifts	135+ / reps	315+ / reps
Bench Press	95+ / reps	225+ / reps
Dips	15+ / reps	30+ / reps
Pull ups – <i>any grip</i>	5+ / reps	10+ / reps
Push ups	30+ / reps	50+ / reps
L-hold	30+ / seconds	60+ / seconds
Run	1 mile	2 miles



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Application for Contract
(Not For Employment Purposes)

PERSONAL DATA

Name: _____ Social Security Number: _____

Current Address: _____

Mailing Address (If Different) _____

Daytime Phone Number: _____ Night time Phone Number: _____

Mobile Phone Number: _____ Email: _____

POSITION

Date Able To Start: _____ Present Employer: _____

Work Phone Number: _____ Can We Contact Present Employer? _____

EXPERIENCE

How Much Experience Do You Have In The Position You Are Seeking? _____

List Your Education In This Field: _____

What Qualifies You For This Position? _____

CLIENT REFERENCES (if applicable)

Name	Time Acquainted	Phone Number
1)		
2)		
3)		

NOTES



CrossFit Cape Fear
Personal Training Services
Privacy Statement & Publicity Release Form

Required Information: Social Security Number

Routine Uses: The information you provide is disclosable only to DESIGNS IN FITNESS, Inc./CrossFit Cape Fear for the express purpose of issuing tax form 1099 at the end of each year.

Mandatory or Voluntary Disclosure and Effect of Individual not providing information: Providing the information is voluntary. Individuals not providing the requested information will not be considered for DESIGNS IN FITNESS, Inc./CrossFit Cape Fear Personal Training Services.

I fully understand that providing false information on this form is grounds for immediate dismissal if contracted with DESIGNS IN FITNESS, Inc./CrossFit Cape Fear Personal Training Services.

Trainer

Publicity Release Form

I, _____, give permission for my image in the form of a photo to be used by DESIGNS IN FITNESS and CrossFit Cape Fear for advertising or marketing purposes. With the signing of this form, I agree to release the above named business entities and their representatives from any compensatory and or liability obligations in exchange for this permission.

Trainer



**CrossFit Cape Fear
Personal Training Services**

Non-Disclosure Form

This agreement is made as of _____ by and between DESIGNS IN FITNESS, Inc./CrossFit Cape Fear (herein referred to as DIF) and

_____ (herein referred to as the Recipient).

1. **Purpose.** DIF and The Recipient wish to explore a potential business relationship in connection with which DIF may disclose its Confidential Information (as defined below) to the Recipient, (The Relationship).
2. **Definition of Confidential Information.** Confidential Information means any information, technical data, or know-how, including but not limited to, that which relates to research, product plans, products, services, customers, markets, software, developments, inventions, processes, designs, drawings, engineering, hardware configuration information, marketing or finances of DIF, which all shall be deemed as Confidential Information. Confidential Information does not include information, technical data or know how which (I) is in the possession of the receiving party at the time of disclosure as shown by the receiving party’s files and records immediately prior to the time of disclosure, or (ii) prior to or after the time of disclosure becomes part of the public knowledge or literature other than as a result of any improper inaction or action of the Recipient or, (iii) is approved by DIF, in writing, for release.
3. **Nondisclosure of Confidential Information.** The Recipient agrees not to use any Confidential Information disclosed to it by DIF for its own use of for any purpose other then to carry out discussions concerning, and the undertaking of the Relationship. The Recipient will not disclose any Confidential Information of DIF to parties outside the Relationship or to employees of the Recipient other than employees or agents under appropriate burden of confidentiality and who are required to have the information in order to carry our the discussions regarding the Relationship. The Recipient agrees that it will take all reasonable measures to protect the secrecy of and avoid disclosure or use of Confidential Information of DIF in order to prevent it from falling into the public domain or the possession of persons other than those persons authorized under this Agreement to have any such information. Such measures shall include the highest degree of care that the receiving party utilizes to protect its own Confidential Information of a similar nature. The Recipient agrees to notify DIF in writing of any misuse or misappropriation of Confidential Information of the disclosing party, which may come to the receiving party’s attention.
4. **Publicity.** The Recipient will not, without prior consent of the other party, disclose any other person, the fact that Confidential Information of DIF has been disclosed under this agreement, that discussions or negotiations are taking place between the parties, or any of the terms conditions, status or other facts with respect thereto, except as required by law and then only with prior notice as soon as possible to DIF.
5. **Return of Materials.** Any materials or documents that have been furnished by DIF to the Recipient in connection with the Relationship will be promptly returned by the Recipient, accompanied by all copies of such documentation or certification of destruction, within (10) days after (I) the Relationship has been terminated or (ii) the written request of DIF.
6. **Patent or Copyright Infringement.** Nothing in this agreement is intended to grant any rights to the Recipient with regard to any and all rights of DIF’s rights to patents or copyrights.
7. **Term.** The forgoing commitments of each party shall survive any termination of the Relationship between the parties for a period of twenty four months after application of Section 5 above.
8. **Successors and Assigns.** This agreement shall be binding upon and for the benefits of the undersigned parties, their successors and assigns, provided that Confidential Information of DIF may not be assigned without the prior written consent of DIF. Failure to enforce any provision of this Agreement shall not constitute a waiver of any term hereof.
9. **Governing Law.** This agreement shall be governed by and enforced in accordance with the laws of the State of North Carolina and shall be binding upon the Recipient in the United States and worldwide.
10. **Remedies.** The Recipient agrees that any violation or threatened violation will cause irreparable injury, both financial and strategic, to DIF and in addition to any and all remedies that may be available, in law, in equity or otherwise, DIF shall be entitled to injunctive relief against the threatened breach of this Agreement by the Recipient without the necessity of proving actual damages.

In Witness whereof, this Nondisclosure Agreement is executed as of the date first above written:

Trainer

Date