



ELITE TRAINING – LEVEL I & II ATHLETE APPLICATION FORM

Please complete the following application form for Elite Training – Level I & II, and send to info@performxtraining.com. Once we receive your application, you will receive confirmation notice, as well as additional details regarding application approval, dates, and more.

- Name: _____
- Age: _____
- Sport/discipline: _____
- Level of competition/ability (amateur or professional): _____
- Competition/season start & end (specific months): _____
- Place of residence (city/town, province/state, country): _____
- Current level of fitness (including brief details of prior training): _____

- Goals (performance wise): _____

- Why interested *PerformX*, including expectations: _____

- Injuries (currently effecting your performance, if any): _____

- Equipment access (limited or full, home and/or gym, Concept2 RowERG, etc.): _____

