



Welcome to MxD's Teen Girls Group

We are so excited to have you with us! Please fill out the following and return to Julia on or before your first class.

To Be Filled Out By Your Teen

Full Name: _____ Birthdate: _____ Age: _____

What are a few of your interests (example: art, dance, cooking, reading): _____

Are you involved in any sports? If yes, which ones? _____

Do you have any martial arts experience? If yes, which ones? _____

What are some of your personality strengths? (example: kindness, confidence, communication)

What are some of your personality weaknesses? (examples: impatient, stubborn, argumentative)

What are some of your physical strengths? (example: balance, flexibility, fast runner)

What are some of your physical weaknesses? Do you have any injuries?

How do you feel about learning fight mechanics & why? Are you excited, scared, nervous? If you're not sure, try using an "I feel" statement (example: I feel nervous about fighting because...)

What are you most looking forward to in this group? What are you hoping to learn? Do you have any special requests?

To Be Filled Out By Parent or Legal Guardian

Name: _____ Relationship to Teen: _____

Phone #/Emergency Contact: _____ Email: _____

We are so excited to be offering this Teen Girls Program! As exciting as learning fight mechanics can be, it is important to understand that this is a contact sport. Your teen's safety is our number one priority and we will do everything we can to make sure that no injuries occur. This requires the use of safety equipment while training. Please see the attached One Sheet for equipment your teen will need to train safely. If you need assistance with equipment acquisition, please let us know!

In order to continue to grow our group, occasional advertising may be necessary. This means that your teen may appear in photo or video advertising on our website or social media channel.

An injury/liability waiver is required to be on file for each participant in the Teen Program. By signing below, you are acknowledging that you have received and signed this waiver and hold Movement By Design and it's affiliates to be free of fault and liability for any injury that may occur while your teen is in their care. You are also acknowledging that you have both received and read the One Sheet that speaks about equipment needs, dress code, cost of the program and the code of conduct for the group and will to the best of your ability help support your teen in following these guidelines as well as keep your payments for the program current. Should your payments fall behind for any reason, you are authorizing Movement By Design to charge your card on file for any balance due.

Parent or Guardian Signature: _____ Date: _____



Teen Girls Group - The ONE SHEET

Below you will find everything you need to know to start the Teen Girls Group with confidence! This sheet is for you to keep! We recommend putting it on your fridge or somewhere else that is easily accessible for both teen & parents/guardian to be able to reference.

- ★ Program Investment: \$120/month membership
OR \$99/month when added to a current adult membership account

- ★ Class Duration: 1hour 15minutes 1x/week (Fridays at 4pm)

- ★ List of equipment to bring each class
(if you need specific recommendations you can text Julia at (707) 695-8269 or email juliamills.mxd@gmail.com)
 - Notebook or journal & pen
 - Boxing Gloves (12 ounce)
 - Muay Thai Shin Guards
 - Mouthguard

- ★ Dress Code
 - Hair needs to be put up and out of your face
 - Think braids, ponytail, or bun
 - Make sure hair is free of hairclips as they can get hit and cause injury
 - If using headbands, make sure they are cloth, no hard bands
 - A sports bra & tank top must be worn
 - Please make sure sports bras are supportive and provide full coverage to prevent wardrobe malfunctions
 - No bralettes. An actual sports bra must be worn or a tank top with a built in sports bra works as long as it is supportive and provides coverage
 - A tank top is preferable so that it is easy to target the body to prevent injury from mis-targeting when striking. The tank top does not have to be tight. A t-shirt would be okay too, just nothing too oversized if it can be avoided.
 - Shorts
 - Shorts need to be workout shorts, no bed shorts or jean shorts are allowed
 - Shorts need to either have a built in lining of some kind (as most athletic shorts do) or be long enough that you don't have any wardrobe malfunctions when laying down on your back with your knees up
 - Tight spandex shorts could be worn as long as they are 4inches or longer, no buttcheeks hanging out
 - No pants or leggings allowed

- ★ Code of Conduct
 - Be on time with all equipment, ready to work & inform your coach if you'll be late.
 - Be Respectful - listen when the coach is talking, follow instructions
 - No phones
 - Do your best!