



TEAM O.G. APPLICATION FORM

Let's Get Started!!

Join The Team!

Fill Out the Following Forms.

1. Team Member Application – please send a NEW copy of this document.
2. Confidentiality Agreement.
3. Training Waiver.
4. New Client Questionnaire.
5. Payment Authorization Form.

If you are planning on starting your training online fill out your paperwork, indicate which plan you will be purchasing and send your paperwork to headquarters. The Office will send you a payment request to reserve your spot on the team.

Since all programs are created individually, please allow us a few days after receiving your payment and information to develop your individual plan. You will begin your new program the FOLLOWING Monday.

To begin online - once your paperwork has been reviewed, the TEAM O.G. Office will send you a payment request for your initial fee and first month.

1. Plans are sent at the end of each week. Paperwork received before Thursday will be processed so that you may begin your plan on the following Monday.
2. Your monthly fees will begin once we receive all your forms and a photo taken in a competition or similar from the front and back. VERY IMPORTANT - Have the person taking the picture sit on the floor in front of you – judges view.
3. E-mail, fax or mail in your forms and photographs.
4. When you start your training online before attending the Workshop, note that your first month is at a higher rate due to the increased need for email support.

Fee Breakdowns. The following is a breakdown of fees due to start.

To begin Online:

Initial Fee: \$280

12 Month Program First Month Starting Online: \$250 – Then \$100.00/month for remaining 11 months.

6 Month Program First Month Starting Online: \$350 – Then \$200/month for remaining 5 months.

3 Month Program First Month Starting Online: \$450 – Then \$300/month for remaining 2 months.

Please send your Let's Get Started Packet to the following.

E-Mail: teamog2023@gmail.com

Scroll down for all forms.



TEAM O.G. APPLICATION FORM

Competition/National/IFBB ProTeam Membership Application

Name: _____ Birthdate: _____

Address: _____

Phone: _____ E-Mail: _____

I am competing in: Figure ____ Fitness ____ Bikini ____ Open Bodybuilding ____ Men's Classic ____
Men's Physique ____ Wellness ____ Lifestyle ____

I am Not NPC Nationally Qualified _____ I am NPC Nationally Qualified _____

I am an International Amateur Athlete _____ I am an IFBB Pro _____

Height: _____ Current Weight: _____ Desired Contest Date: _____

I was referred to Team TEAM O.G. by: _____

As a Member and Representative of Team TEAM O.G., it's Members and Staff

I agree to the following:

1. TEAM O.G. Athletes will always present themselves with class, poise, and dignity both on and off the stage at NPC/IFBB events.
2. TEAM O.G. Athletes will treat everyone they encounter at an event with respect, from fellow competitors to the show staff to the judges, etc.
3. TEAM O.G. athletes will always look presentable and put together when out in public at an event including the host hotel, meetings, backstage & check ins.
4. TEAM O.G. Athletes will never be heard saying anything negative about TEAM O.G., the NABBA/WBF/NPC/IFBB, fellow competitors, judging or our sport in general.
5. TEAM O.G. Athletes will follow ONLY TEAM O.G. Training Principles and diet.
6. TEAM O.G. Athletes will not train with any other competition team or follow another trainer's guidance.
7. TEAM O.G. Athletes may not compete under the TEAM O.G. name at a **National NPC/NABBA/WBF event or IFBB Pro Event** until they have approval that they are ready from the TEAM O.G. Staff.
8. TEAM O.G. Athletes will only list Team TEAM O.G. as their Training affiliation on all entry forms.
9. All **Competition Industry** related photo shoots must be approved by the TEAM O.G. Staff. This is done only for your personal safety and protection of your career goals and reputation. **All photo shoots/modeling work outside of the Competition industry are at your discretion.**
10. If you are a current IFBB Pro or become an IFBB Pro during your time as a TEAM O.G. and you qualify for the Olympia, all training fees, workshop fees, etc. will be waived from the time of Olympia Qualification through that competitive seasons Olympia. Any IFBB Pro who qualifies for the Olympia under TEAM O.G. training agrees to train exclusively with TEAM O.G. through the Olympia. Leaving the Team before the Olympia will result in all fees accumulated being due immediately in full.

I understand that to maintain the high integrity of the TEAM O.G. name, any Team Member not following these guidelines will have their Team membership revoked and no refunds will be given.

Name (Print): _____

Signed: _____ Date: _____



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New Competition Team Client Questionnaire

Please be honest, your answers are completely confidential. The **ONLY** way we can help you is if we **KNOW** about you and your needs! This information will help us help you! Even though you already filled some of this information out in your team application –please resend. Use the back for additional space if necessary.

Name: _____ Birthdate: _____

Address: _____

Phone: _____ E-Mail: _____

Have you competed before? If so, placings: _____

Short Term Competition Goals:

Long Term Competition Goals:

Tell Us About YOU (job, family life, lifestyle): _____

Do you have any health issues? If so, describe: _____

Do you have any injuries that may affect your training? If so, describe: _____

Do you have any food allergies? If so, describe: _____

Do you have any psychological issues with food or exercise? If so, describe: _____



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How do your family and friends feel about your decision to compete? Are they Supportive?

Please outline your current nutrition plan: _____

Please outline your current workout and cardio plan: _____

Please outline your current supplement plan and supplement plan for your last contest:

Have you previously worked with another National Trainer? If yes, for how long and who:

Is there anything else that we need to know about YOU?



TEAM O.G. APPLICATION FORM

Agreement of Confidentiality

TEAM O.G. Training principles have taken years to develop and are unique to any other training system in the world. To protect the exclusivity of TEAM O.G. Training principles for our Athletes, the following guidelines must be agreed to before receiving any TEAM O.G. Training Program packages or participating in workshop seminars reserved exclusively for Team TEAM O.G. Athletes. This agreement is taken very seriously by TEAM O.G. and there is NO leniency when it comes to this agreement.

1. All TEAM O.G. training programs, exercises, exercise combinations, training style guidelines will be kept Confidential will not be forwarded to others for any reason, shared with anyone other than Official Team TEAM O.G. Athletes, posted on blogs, divulged in interviews, websites, twitter, Instagram, Twitch, TikTok Facebook or any other social media or print.
2. Written Training programs will not be forwarded to others for any reason, shared with anyone other than Official Team TEAM O.G. Athletes, posted on blogs, divulged in interviews, websites, twitter, Instagram, Twitch, TikTok facebook or any other social media or print.
3. TEAM O.G. Nutrition programs will be kept confidential and will not be forwarded to others for any reason, shared with anyone other than Official Team TEAM O.G. Athletes, posted on blogs, divulged in interviews, websites, twitter, Instagram, Twitch, TikTok facebook or any other social media or print.
4. TEAM O.G. Training and Nutrition Programs may not be used on other individuals for any reason.
5. TEAM O.G. posing and presentation principles may not be taught to anyone other than Official TEAM O.G. Athletes. TEAM O.G. athletes may NOT engage in posing practice with non-TEAM O.G. Athletes.
6. TEAM O.G. Extra Items such as supplements, training garments, training equipment, etc. will be kept confidential and will not be forwarded to others for any reason, shared with anyone other than Official Team TEAM O.G. Athletes, posted on blogs, divulged in interviews, websites, twitter, Instagram, Twitch, TikTok facebook or any other social media or print.
7. TEAM O.G. PR training, workshop lecture topics, hair/makeup/suit selection guidelines and all items related to TEAM O.G. stage and show training are to be kept confidential and will not be forwarded to others for any reason, shared with anyone other than Official Team TEAM O.G. Athletes, posted on blogs, divulged in interviews, websites, twitter, Instagram, Twitch, TikTok facebook or any other social media or print.
8. TEAM O.G. training systems, training style, cardio programs, nutrition programs, posing techniques, business model, workshop format, training format or anything associated with TEAM O.G. will not be used in any way by any TEAM O.G. Athlete to start their own training team/organization.



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9. All photos, videos, articles of athlete or Lifestyle member during their enrollment with TEAM O.G. are property of TEAM O.G. and can be used for marketing purposes on all our social media platforms.

10. All TEAM O.G. Sponsored athletes are expected to attend all events specified by TEAM O.G. management. Sponsored athletes will be required to always promote TEAM O.G... Sponsored athletes will be required to recruit new members and meet a quota of at least 1 new recruitment per sixty (60) days. In addition to going to multiple gyms and fitness events as and when needed to promote TEAM O.G.

Any TEAM O.G. Athlete found disclosing the above items will be immediately dismissed from the Team with no refund.

Disclosing the above items will also result in legal action conducted by the TEAM O.G. IIMC S.A. Corporate Attorney with all costs associated with such legal action to be paid by the athlete.

Name (Print): _____ Date: _____

Signed: _____ Witness (Print): _____

Signed: _____



TEAM O.G. APPLICATION FORM

Waiver and Release of Liability

Name (print): _____ Date: _____

TEAM O.G. IIMC S.A., Aaron Rook, any facility in which they conduct TEAM O.G. training in, and its employees and agents will make no evaluation or recommendation whether a participant is medically fit for any exercise activity. It is always advisable to consult your physician before undertaking a physical exercise program. Participants warrant, represent and agree that the participant is in good physical condition, and the participant has no disability, impairment, drug use or ailment preventing participant from engaging in exercise that will be detrimental to participant's health, safety, comfort or physical condition if participant does engage in any activity. You agree that you are engaging in physical exercise and the use of exercise equipment, cub facilities, training and instruction that could cause injury to you. It is your personal choice whether or not to utilize the training/nutritional examples demonstrated to you by the TEAM O.G. Staff. TEAM O.G. has no liability concerning how you utilize these programs, how you perform the exercises or whether you follow the nutritional example suggestions.

You fully understand that Aaron Rook is not a physician nor a registered dietitian. You fully agree that all nutritional plans given to you are nothing more than examples of what a sample nutrition program may consist of and by no means is meant to be a prescription or diagnosis for any medical condition of any kind.

You hereby agree to waive any claims or rights you might otherwise have to sue TEAM O.G. IIMC,S.A., Aaron Rook or any facility in which TEAM O.G. Training is conducted or its contractors or agents for injury to you on account of these activities or due to ordinary negligence on the part of TEAM O.G., IIMC,S.A, Aaron Rook, any facility in which TEAM O.G. training is conducted, its employees. Agents, members, or guests.

You hereby agree to waive any claims or rights you might otherwise have to sue TEAM O.G., IIMC,S.A.,Aaron Rook or its contractors or agents for injury to you on account of sample diet programs and fitness programs given to you or due to ordinary negligence on the part of TEAM O.G., IIMC, S.A., Aaron Rook, any facility in which TEAM O.G. training is conducted, contractors, Agents, members or guests.

You have carefully read this waiver and completely understand that it is a complete release of any liability whatsoever under any circumstance related to physical training and instruction by TEAM O.G., IIMC, S.A., Aaron Rook, its contractors, agents, members, and guests.

Signed: _____ Date: _____

Witness: _____ Date: _____



TEAM O.G. APPLICATION FORM

Competition Team Payment Authorization Form

Name: _____ E-Mail: _____

I am starting my program online _____

PAID MONTHLY Membership Option Selected (please check one). All memberships have a \$280 joining fee.

****12 Month (\$100/month): _____ **NOTICE: First month dues are \$250 (Total due upon signing \$530)**

****6 Month (\$200/month): _____ **NOTICE: First month dues are \$350 (Total due upon signing \$630)**

****3 Month (\$300/month): _____ **NOTICE: First the first month dues are \$450 (Total due upon signing \$730)**

PAID IN FULL Membership Option Selected (please check one)

12 Month PIF Starting Online (\$1,422 – Includes 10% Discount): _____

6 Month PIF Starting Online (\$2,547 – Includes 10% Discount): _____

3 Month PIF Starting Online (\$3,627) – Includes 10% Discount): _____

ULTIMATE TEAM O.G. 12 Month PIF (\$2,900): _____

*****Joining Fees are a separate fee and do not apply to monthly dues.***

Membership Start Date: _____ Membership End Date: _____

Payment Option (please check one): Monthly PayPal Request: _____ Paid In Full: _____ Prex Request: _____

Bank Wire Transfer _____

Monthly Payment Dues Option Only:

The Term of this Membership Agreement is for _____, 4-week programs. I understand that if I discontinue my membership before the stated number of 4 week programs is completed, the difference between the number of programs chosen and the number of programs completed will be immediately due in full.

*****Training dues will be due every four weeks regardless of if the athlete completes the prior four week training program*****

Absolutely no refunds on Paid in Full Packages, monthly fees, or initial membership fees.

I agree to the above payment program and understand all rules and conditions:

Name: _____ Signed: _____

Paypal Information:

E-Mail Address: _____ Buyers Signature: _____

PREX Information: _____ Buyers Signature: _____

Bank Transfer Information: _____ Buyers Signature: _____