

# LIMITLESS PERFORMANCE LLC

## Informed Consent & Coaching Agreement

Effective Date: February 24, 2026

### ***Nature of Coaching Services***

Limitless Performance LLC ("Company") provides mental performance coaching services designed to support confidence, mindset development, focus, competitive preparation, and overall performance growth. Services may include mental skills training, goal setting, performance strategies, stress management tools, and reflective exercises. Coaching services are not therapy, counseling, psychological services, medical treatment, or licensed mental health care. Coaching is not a substitute for professional medical or mental health treatment. If you are experiencing mental health distress, you should seek support from a qualified licensed professional.

### ***Client Responsibility***

Coaching is a collaborative process. Results are not guaranteed and depend on client participation, effort, and commitment. You accept full responsibility for your decisions, actions, and outcomes related to coaching services.

### ***Assumption of Risk***

Participation in coaching may involve emotional, cognitive, or performance related challenges. By engaging in services, you voluntarily assume any associated risks.

### ***Limitation of Liability***

To the fullest extent permitted by law, Limitless Performance LLC shall not be held liable for any direct or indirect damages arising from participation in coaching services. You agree to release and hold harmless the Company and its representatives from any claims related to services provided.

### ***No Guarantees***

Coaching does not guarantee performance improvement, scholarships, competitive outcomes, team selection, or personal success.

### ***Confidentiality***

Coaching sessions are confidential except where disclosure is required by law, including safety concerns, legal obligations, or risk of harm.

### ***Student-Athlete Disclaimer***

Services are independent and not affiliated with any educational institution, athletic department, or governing body.

### ***Payment & Cancellations***

Payment is required prior to scheduled sessions. Cancellations must be made at least 24 hours in advance. Late cancellations or no shows may result in forfeited sessions. Coaching packages are non-refundable once the billing period begins. All sales are final unless otherwise required by law.

### ***Intellectual Property***

All materials and resources provided during coaching remain the property of Limitless Performance LLC and may not be reproduced or distributed without written permission.

### ***Governing Law***

This Agreement shall be governed by the laws of the Commonwealth of Virginia.

### ***Minor Clients***

For clients under 18 years of age, a parent or legal guardian must complete the booking process and approve participation in services.