WAIVER AND HEALTH HISTORY: Athletes (and parents) must complete the health/medical history forms which are available online (see introduction email) and read and sign the Waiver forms before beginning training.

FEE PAYMENT: Program fees can be paid up front in full at the time of registration prior to any service or on a monthly schedule. We accept checks made payable to Michigan State University or major credit and debit cards.

TIME TO COMPLETION: The time allotted to complete your training program varies by the package.
- Spartan Basic Training 8 or 12 and SNAPP Camps. These packages have two purposes: 1) dedicated 4 or 6 week program being performed 2 days per week, or 2) in-season maintenance or supplemental to other training. These options must be completed in 8 or 12 weeks, respectively. For SNAPP Camps, all training sessions must be completed in the camp timeframe and thus there is no carryforward option. If training has not been completed after these timeframes then the remainder of your training sessions will be FORFEITED. NO EXCEPTIONS.
- Spartan Warrior 2 or 3 months or SNAPP 180 (6 months) or SNAPP 360 (1-year). You are enrolled and committed based on the number of months you have signed up. If you register for 2-month package then you will only have access to training for 2 months, etc.

REFUNDS: No refunds will be given once an athlete starts a training program. If, at any time, an individual is unable to participate in training due to an injury/illness they will receive credit which may be maintained on account until the individual is able to return to the training program. These credits can be used towards the purchase of other services.

LATE ARRIVAL AND CANCELLATIONS: Any individual failing to show for a scheduled session will forfeit a paid session. Cancellations and rescheduling are to be made 24 hours in advance. Athletes canceling within 24 hours of their appointment will be charged for that appointment. Early cancellation will lessen the possibility of forfeiting a paid session.

Any individual that is 5 – 15 minutes late for a scheduled appointment will receive a modified training session. If an individual is over 15 minutes late for an appointment they may forfeit that session.

GENERAL BEHAVIOUR: We expect a positive and respectful attitude to staff members and other athletes. We also ask that you do not wear any clothing which advertises alcohol, tobacco, profanity, or any sexual connotations. Both girls and boys need to wear clothing that covers the body appropriately.