



Dear Parent

We are excited to kick off the Midstream Cycles Cycling Academy training season. Our aim is to improve the skill levels of riders, increase fitness levels and create a general love of cycling. Our cycling academy will provide two weekly rides and one pain.cave training session per week (pain.cave kicks off on 1 May 2018). High school riders will be provided with a training plan as part of the monthly fee. All rides will start from the Midstream Cycles shop in the Midstream Ridge Sport Centre. Payment of fees are monthly in advance. One calendar month notice is required when cancelling your academy membership.

We have a launch special for the months of April and May where academy members can purchase a Merida Big Nine 300 or 500 at a reduced price and receive a free Merida Charger helmet.

- Merida Big Nine 300 – R10 600
- Merida Big Nine 500 – R11 900

This document contains our enrolment form, the yearly training schedule and indemnity form. Please complete the documents and email them to mari@midstreamcycles.co.za by 29 March 2018.

ENROLMENT FORM

Parent information		Student information	
Name		Name	
Surname		Surname	
Cellphone number		Date of birth	
Email address		Emergency contact	
Medical aid		Allergies	
Medical aid number		School grade	

FEES

Primary School		High School	
Fees per month	R800	Fees per month	R950
Training plan	Additional cost of R300 for basic training plan and R650 for detailed training plan	Training plan	Detailed training plan included in monthly cost
Number of rides	2 rides per week	Number of rides	2 rides per week
Duration	April 2018 – December 2018	Duration	April 2018 – December 2018
Pain.Cave	Friday sessions	Pain.Cave	Friday sessions

I,the undersigned agree to be responsible and make payment for services rendered by Midstream Cycles (Pty) Ltd. I agree to give one calendar month's paid notice. I accept the terms and conditions as per this document.

.....

Parent's Signature

.....

Date

Banking details
 Midstream Cycles (Pty) Ltd
 FNB
 Branch code: 256755
 Account number: 62738278060

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT (“AGREEMENT”)

1. I, the undersigned, being the parent and/or legal guardian of the minor child whose details are set out at the end of this Agreement (“*the Minor*”) know and understand the nature of bicycling activities, and acknowledge that such activities may be conducted over public roads and other facilities open to the public and upon which the hazards of traveling and bicycling are to be expected.
2. I further confirm that I believe the Minor to be qualified, in good health, appropriately skilled and in proper physical condition to participate in such activities.
3. I fully understand that:
 - 3.1 bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and/or death (“*Risks*”);
 - 3.2 these Risks and dangers may be caused by the Minor’s own actions, or inactions, the actions or inactions of others participating in the activity, the conditions in which the activity takes place, or the negligence of any of Indemnified Parties named below;
 - 3.3 there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time;and I irrevocably accept and assume all such Risks and all responsibility for losses, costs and damages I or the Minor may incur as a result of my participation or that of the Minor in the activity.
- 3.4 I hereby release, discharge, and irrevocably agree not to sue Midstream Cycles Proprietary Limited, its directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessees of premises on which the activity takes place (each “*an Indemnified Party*”) from any and all liability, claims, demands, losses, or damages caused or alleged to be caused in whole or in part by the negligence of any of the Indemnified Parties or otherwise, including but not being limited to negligent rescue operations.
- 3.5 I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf or the Minor’s behalf, makes a claim against any of the Indemnified Parties, I will indemnify, save, and hold harmless each of the Indemnified Parties from any litigation expenses, attorney fees, loss, liability, damage, or cost that any of them may incur as the result of such claim.
- 3.6 I have read this Agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law.
- 3.7 By signing below, the Minor (to the maximum extent permitted in law) agrees to the contents of this Agreement.
- 3.8 If any portion of this Agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

PRINTED NAME OF PARENT/GUARDIAN: _____

PARENT'S / GUARDIAN'S SIGNATURE: _____

PRINTED NAME OF MINOR: _____

MINOR'S SIGNATURE: _____

MINOR'S IDENTITY NUMBER: _____

DATE:



TRAINING SCHEDULE

April 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Public holiday	3 Meet and greet at shop 15:30 – 16:00	4	5 Primary 14:00 – 15:30 High School 15:30 – 17:00	6	7
8	9 Primary 16:00-17:00	10 High School 15:30 – 17:00	11	12 Primary 14:00 – 15:30 High School 15:30 – 17:00	13	14 Grade 8 fun day at John Vorster
15	16 Primary 16:00-17:00	17 School Re-Opens High School 15:30 – 17:00	18	19 Primary 14:00 – 15:30 High School 15:30 – 17:00	20	21
22	23 Primary 16:00-17:00	24 High School 15:30 – 17:00	25	26 Primary 14:00 – 15:30 High School 15:30 – 17:00	27 Public holiday	28
29	30 Primary 16:00-17:00					

May 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Public holiday	2	3 Primary 14:00 – 15:30 High School 15:30 – 17:00	4 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	5
6	7 Primary 16:00-17:00	8 High School 15:30 – 17:00	9	10 Primary 14:00 – 15:30 High School 15:30 – 17:00	11 Pain.Cave session Primary school 14:00 – 15:00 High School	12 League #1

					15:00 – 16:00	
13	14 Primary 16:00-17:00	15 High School 15:30 – 17:00	16	17 Primary 14:00 – 15:30 High School 15:30 – 17:00	18 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	19
20	21 Primary 16:00-17:00	22 High School 15:30 – 17:00	23	24 Primary 14:00 – 15:30 High School 15:30 – 17:00	25 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	26
27	28 Primary 16:00-17:00	29 High School 15:30 – 17:00	30	31 Primary 14:00 – 15:30 High School 15:30 – 17:00		

June 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	2
3	4 Primary 16:00-17:00	5 High School 15:30 – 17:00	6	7 Primary 14:00 – 15:30 High School 15:30 – 17:00	8 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	9
10	11 Primary 16:00-17:00	12 High School 15:30 – 17:00	13	14 Primary 14:00 – 15:30 High School 15:30 – 17:00	15 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	16
17	18 Primary 16:00-17:00	19 High School 15:30 – 17:00	20	21 Primary 14:00 – 15:30 High School 15:30 – 17:00	22 School Closes Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	23
24	25 Primary 16:00-17:00	26 High School 15:30 – 17:00	27	28 Primary 14:00 – 15:30 High School 15:30 – 17:00	29 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	30

July 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Primary 16:00-17:00	3 High School 15:30 – 17:00	4	5 Primary 14:00 – 15:30 High School 15:30 – 17:00	6 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	7
8	9 MTB Camp Primary 16:00-17:00	10 MTB Camp	11 MTB Camp	12 MTB Camp Primary 14:00 – 15:30	13 MTB Camp Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	14
15	16 Primary 16:00-17:00	17 School Re-Opens High School 15:30 – 17:00	18	19 Primary 14:00 – 15:30 High School 15:30 – 17:00	20 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	21
22	23 Primary 16:00-17:00	24 MTB Inter House	25	26 Session Primary 14:00 – 15:30 High School 15:30 – 17:00	27 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	28 League #2
29	30 Primary 16:00-17:00	31 High School 15:30 – 17:00				

August 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Primary 14:00 – 15:30 High School 15:30 – 17:00	3 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	4
5	6 Primary 16:00-17:00	7 High School 15:30 – 17:00	8	9 Public Holiday	10 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	11 League #3
12	13 Primary 16:00-17:00	14 High School 15:30 – 17:00	15	16 Primary 14:00 – 15:30 High School 15:30 – 17:00	17 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	18
19	20 Primary 16:00-17:00	21 High School 15:30 – 17:00	22	23 Primary 14:00 – 15:30 High School 15:30 – 17:00	24 Pain.Cave session Primary school 14:00 – 15:00 High School	25

					15:00 – 16:00	
26	27 Primary 16:00-17:00	28 High School 15:30 – 17:00	29	30 Primary 14:00 – 15:30 High School 15:30 – 17:00	31 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	

September 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Primary 16:00-17:00	4 High School 15:30 – 17:00	5	6 Primary 14:00 – 15:30 High School 15:30 – 17:00	7 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	8
9	10 Primary 16:00-17:00	11 High School 15:30 – 17:00	12	13 Primary 14:00 – 15:30 High School 15:30 – 17:00	14 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	15 League #5
16	17 Primary 16:00-17:00	18 High School 15:30 – 17:00	19	20 Primary 14:00 – 15:30 High School 15:30 – 17:00	21 School Closes Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	22
23	24 Primary 16:00-17:00	25 High School 15:30 – 17:00	26	27 Primary 14:00 – 15:30 High School 15:30 – 17:00	28 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	29
30						

October 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Primary 16:00-17:00	2 High School 15:30 – 17:00	3	4 MTB Nationals Primary 14:00 – 15:30 High School 15:30 – 17:00	5 MTB Nationals Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	6 MTB Nationals
7	8 Primary 16:00-17:00	9 Primary 14:00 – 15:30 High School 15:30 – 17:00	10	11 Primary 14:00 – 15:30 High School 15:30 – 17:00	12 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	13

14	15 Primary 16:00-17:00	16 High School 15:30 – 17:00	17	18 Primary 14:00 – 15:30 High School 15:30 – 17:00	19 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	20
21	22 Primary 16:00-17:00	23 High School 15:30 – 17:00	24	25 Primary 14:00 – 15:30 High School 15:30 – 17:00	26 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	27
28	29 Primary 16:00-17:00	30 High School 15:30 – 17:00				

November 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Primary 14:00 – 15:30 High School 15:30 – 17:00	2 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	3
4	5 Primary 16:00-17:00	6 High School 15:30 – 17:00	7	8 Primary 14:00 – 15:30 High School 15:30 – 17:00	9 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	10
11	12 Primary 16:00-17:00	13 High School 15:30 – 17:00	14	15 Primary 14:00 – 15:30 High School 15:30 – 17:00	16 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	17
18	19 Primary 16:00-17:00	20 High School 15:30 – 17:00	21	22 Primary 14:00 – 15:30 High School 15:30 – 17:00	23 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	24
25	26 Primary 16:00-17:00	27 High School 15:30 – 17:00	28	29 Primary 14:00 – 15:30 High School 15:30 – 17:00	30 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	

December 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Primary 14:00 – 15:30 High School 15:30 – 17:00		1
2	3 Primary 16:00-17:00	4 High School 15:30 – 17:00	5	6 Primary 14:00 – 15:30 High School 15:30 – 17:00	7 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	8
9	10 Primary 16:00-17:00	11 High School 15:30 – 17:00	12	13 Primary 14:00 – 15:30 High School 15:30 – 17:00	14 Pain.Cave session Primary school 14:00 – 15:00 High School 15:00 – 16:00	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					