



# SEAL FIT Camp Application

**Camp Attending: Immersion \_\_\_\_\_ Kokoro \_\_\_\_\_ Date: \_\_\_\_\_**  
**Sales Order# (if you ordered and paid online): \_\_\_\_\_**

## Candidate Information

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Gender \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Email Address \_\_\_\_\_

**Candidates under 18 must have parental consent:**

## Parent or Guardian Information (16-17 years of age.)

First Contact \_\_\_\_\_ Second Contact \_\_\_\_\_  
Daytime Phone \_\_\_\_\_ Daytime Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_ Email \_\_\_\_\_

## Emergency Contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

**PLEASE NOTE:** The Director reserves the right to withdraw any candidate whose influence or actions are deemed harmful or who will not abide with rules and policies of the camp. In the event of dismissal or withdrawal, refunds are not possible. I certify that I have read and understood the information detailed in this application and that the information I have given and released is true and correct. If I quit the camp, I am responsible for my own transportation home and

**EMERGENCY CARE:** In case of emergency if parent or guardian cannot be reached, I hereby grant permission for SEAL FIT and USCrossFit to notify the local Emergency Department to provide urgent medical treatment for myself or child, including sutures and X-rays, if necessary.

if paying by mail or fax:

Credit Card Acct# \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV \_\_\_\_\_  
Bank Acct# \_\_\_\_\_ Routing # \_\_\_\_\_ Bank Name \_\_\_\_\_

**IMPORTANT NOTE:** Client, by + and agreeing to partake in SEAL FIT / US CrossFit Personal Training Program service and related activities, agrees to release SEAL FIT / US CrossFit from liability due to participation. Client is urged to have this release agreement reviewed by their attorney before signing.

By signing this Agreement, Client acknowledges that Client has read, understood and agrees with all terms and conditions of this agreement (including the additional terms and conditions on the reverse side) after having the opportunity to have it reviewed by an attorney at the discretion of Client. Client further acknowledges Client had received a filled-in and completed copy of this agreement, which includes the credit card authorization, the release and waiver of liability, and Additional Terms and Provisions located on the front and reverse side of the Agreement. This Agreement constitutes the entire agreement of the parties and no other agreement or understanding exists between Client and SEAL FIT/ US CrossFit. SEAL FIT / US CrossFit has made no express or implied warranties or misrepresentations other than those expressly set forth in this Agreement to induce Client to enter into this Agreement. Any conflict between the original Agreement and any copy of the original Agreement, shall be controlled by the original Agreement.

SEAL FIT / US CrossFit SIGNATURE

CLIENT SIGNATURE

DATED



Do you have any form of heart disease?	Yes / No	Explain:
Do you experience shortness of breath or chest pains?	Yes / No	Explain:
When was your last full Physical Exam?	Date:	Results:
Do you currently have a workout regimen?	Yes / No	Explain:
How many times per week?	1 / 2 / 3 / 4+	
Is there any reason that you know of that you should not participate in an exercise program?	Yes / No	Explain:

High Blood Pressure?	Yes / No	Explain:
Cigarette Smoking?	Yes / No	Explain:
Diabetes?	Yes / No	Explain:
Family history of heart disease?	Yes / No	Explain:
Are you taking any medications?	Yes / No	Explain:

Knees?	Yes / No	Explain:
Lower Back?	Yes / No	Explain:
Neck / Shoulders?	Yes / No	Explain:
Hip / Pelvis?	Yes / No	Explain:
Other?	Yes / No	Explain:

**STATEMENT OF ASSUMPTION OF RISK,  
RELEASE, INDEMNIFICATION & NON DISCLOSURE**

**Participant.** I, \_\_\_\_\_, agree to participate in one or more physical fitness programs, classes, workouts or events sponsored or held by SEAL FIT, US CrossFit and any affiliated companies which may include but does not require, and is not limited to, one or more of the following: initial assessment, introductory training, personal training and/or coaching, SEAL FIT or CrossFit training, and/or physical fitness training, and/or assistance or instruction of any kind, by CrossFit and/or any affiliate, subsidiary or partnership of SEAL FIT or US CrossFit . Prior to participating, SEAL FIT and US CrossFit have made me fully aware that the fitness programs/classes which they offer and in which I desire to participate are of a nature and kind that are extremely strenuous and can/may push me to the limits of my physical abilities. I recognize and understand that the programs/classes and exercises undertaken therein are not without varying degrees of risk, which may include, but are not limited to the following: muscle soreness, minor aches and pains, tiredness, stiff joints and muscles, tearing of muscles, ligament, muscle, tissue or bone tearing or breakage, serious and/or life-threatening injuries to the musculoskeletal and/or cardio respiratory systems, serious bodily injury or death. **Initials:** \_\_\_\_\_

**Statement of medical condition.** I realize that SEAL FIT and US CrossFit offer training programs that are difficult for very fit persons, including elite athletes, competitive athletes, and combat-ready troops. Knowing this to be the case, I do hereby state and certify that I receive periodic medical check-ups at least once a year, that I have had a physical examination from a competent physician within the past 12 months, and that I have no cardiovascular or other concerns, problems or illnesses that might keep me from participating in a SEAL FIT or CrossFit training program, such as (but not limited to) heart problems, lung problems, circulatory problems, diabetes, high blood pressure, low blood pressure, hardening of the arteries, shortness of breath, chest pains, arrhythmia, heart palpitations, arterial dysfunction, circulatory disorders, or other condition that would raise concern in the mind of a reasonable person. I have no knowledge of any other medical problem or condition or problem that might increase my risk of illness and injury as a result of participation in such a program. SEAL FIT and US CrossFit has fully and carefully informed me that I may experience adverse physical changes during and/or after exercise, such as joint or muscular aches and/or pain, swelling, abnormal blood pressure, fainting, disorder of heart rhythm, stroke, and in very rare instances, heart attack or even death, and again, I fully understand this to be the case. With my full understanding of this information, I again agree to assume any and all risk associated with my participation in SEAL FIT and US CrossFit fitness programs/classes. **Initials:** \_\_\_\_\_

**Assumption of All Risks.** For and in consideration of being allowed to participate, I do hereby intentionally, willingly and voluntarily assume full responsibility for any and all risks of injury, including serious bodily injury or death, as stated above, to which I may be exposed as a result of my participation in SEAL FIT and US CrossFit physical fitness programs, classes, workouts or events. I accept full and complete responsibility for any injury or death, **including expressly any injury or death that which results from my own negligence.** **Initials:** \_\_\_\_\_

**Release.** For and in consideration of being allowed to participate, and in recognition of the above-mentioned risks and hazards, I do hereby intentionally, willingly and voluntarily release, waive, remise and discharge SEAL FIT and US CrossFit, its agents, officers, principles, and employees, and each of their heirs and assigns from any and all claims and causes of action, known or unknown, including any liability, claim, demand, action or right of action arising or out of my participation in the above-referenced activities. **Initials:** \_\_\_\_\_

**Indemnification:** I recognize that there is risk involved in the types of activities offered by SEAL FIT and US CrossFit. Therefore I accept financial responsibility for any injury that I or the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless SEAL FIT and US CrossFit, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by SEAL FIT and US CrossFit. **Initials:** \_\_\_\_\_

**Non-Disclosure:** "Confidential Information" will mean any and all tangible and intangible information, whether written, oral or in any other medium, originated by or uniquely within the knowledge of SEAL FIT / US Crossfit and not generally available to third parties. Confidential Information may include, without limitation, any and all trade secrets, financial information, know-how, designs, methodologies, processes, manuals, marketing information, price lists, customer lists, supplier lists, employee information, computer programs, and systems designs.

The Receiving Party (SEAL FIT / US CrossFit Clients, partners or trainees) will keep the Confidential Information in strict confidence, using the same standard of care as it does with respect to its own Confidential Information, but in no event less than a reasonable degree of care. SEAL FIT and US CrossFit will permit only those of its employees, agents, representatives, attorneys, consultants, and financial advisors access to the Confidential Information who have a bona fide need to know in connection with the Permitted Purpose, provided that all such persons must be required to comply with the terms of this Agreement with respect to such Confidential Information.

Confidential Information will not include any information that the Receiving Party can demonstrate:

- was publicly know at the time of disclosure by the Disclosing Party, or becomes publicly known through no fault of the Receiving Party;
- was rightfully received from a third party without a duty of confidentiality;
- is already known to the Receiving Party at the time of receiving such Confidential Information or is independently developed by the Receiving Party without reference to the Confidential Information;
- is permitted to be disclosed by written consent of the Disclosing Party; or;
- is required to be disclosed by an order of a governmental agency, legislative body or court of competent jurisdiction; provided that the Receiving Party provides the Disclosing Part with prompt notice of such requirement, so that the Disclosing Party may seek an appropriate protective order and/or waive compliance with this Agreement.
- Disclosure by the Disclosing Party of Confidential Information does not constitute a warranty that the Confidential Information is accurate, complete, or adequate for the purposes contemplated by the Receiving Party. Confidential Information is provided "AS IS".

**Initials:** \_\_\_\_\_

**Binding upon heirs and assigns; laws; venue.** This release and all other terms and conditions hereof shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect. This agreement shall be interpreted according to the laws of the State of California and venue for any litigation arising out of or relating to this document shall be exclusively in San Diego County, California. **Initials:** \_\_\_\_\_

**I have read the foregoing document. I understand it. I have been given a full and complete opportunity to ask any and all questions regarding it. I understand that by signing it, I am waiving and otherwise affecting my valuable legal rights. It is my intention to do so.**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Participant Date

### PHOTOGRAPH/MEDIA CONSENT AND RELEASE

I hereby consent and authorize Crossfit Systems, Inc and/or US Tactical, Inc. ("Crossfit Companies") to take photographs or motion pictures of me; or to produce videotapes, audiotapes, closed circuit television programs, web casts, or other types of media productions that capture my name, voice, and/or image (any of the foregoing types of media are called the "Materials" in this Consent and Release form).

I authorize the Crossfit Companies to copyright the Materials, and I authorize the Crossfit Companies to use, reuse, copy, publish, display, exhibit, reproduce, license to third party, and distribute the Materials in any educational or promotional materials or other forms of media, which may include, but are not limited to, catalogs, articles, magazines, brochures, websites or publications, electronic or otherwise, without notifying me.

Please mark one option:

\_\_\_\_\_ I also agree that Crossfit Companies may identify me by name, and such other identifying information as class year, graduation date, hometown, etc.

\_\_\_\_\_ I do not wish to be identified by name, etc.

I agree that I am participating on a voluntary basis and I will not receive any payment from Creighton for signing this release or as a result of any publication of the Materials.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

## Frequently Asked Questions

### What is the purpose of SEAL FIT camps?

SEAL Fit camps are designed to TEACH you how to train, think and act like a warrior. We prepare you physically and mentally to prevail the most adverse conditions. Many of our trainees are Special Operations candidates, but the majority is from other walks of life who seek to learn the warrior-athlete traditions of functional fitness, endurance, durability, mental toughness, awareness and self defense.

### What the event is NOT:

The camps are not boot camps. You will not be paraded around in formation, nor have a bunch of crusty instructors barking orders at you. We cram 10 lbs into a 5 lb bag and expect that you will show up on time, put out 110% and not whine. If you can not handle the load, then you will walk away with dignity.

### How do I know which Camp or Seminar I should attend?

**Kokoro Camp:** This is a crucible experience that is very challenging physically and mentally. Our objective is to change your entire paradigm about life, training and who you are. You should have a training background and be in very good shape to attempt this. 6 months of CrossFit experience is very helpful, as well as a background in any endurance / stamina sport (wrestling, water polo, triathlons, swimming, running, BB, football, etc.). Folks who can do the following as a baseline you should be able to perform well at the camp: complete Murph in an hour (1 mile run, 100 pull-ups, 200 push-ups, 300 squats, 1 mile run) and Fran in under 10:00 minutes (21-15-9 thrusters (95#), pull-ups). Also you should be able to run 3 miles in less than 24 minutes.

**Immersion Camp:** a “Warrior Athlete Sports Camp” live on site in our upscale dorm for 30 days and train with our staff and other SEAL FIT students in SEAL FIT, CrossFit, Warrior Yoga, Combat Defense, Endurance runs and swims, and leadership.

**Level 1 CERT:** This event is for people who want to learn how to train the SEAL FIT way or eventually teach SEAL FIT. It is a lot of movement and 2 workouts a day. Some may do this as an alternative to a CrossFit level I certification. A very good progression would be to do the CERT, then work in our online coaching program, then come back to the Kokoro Camp to test yourself 6 months to a year later.

**Razor's Edge:** This seminar is a LEADERSHIP seminar. Since we include physical intelligence and performance as a pre-requisite to true leadership, there is a physical component to this seminar as well, but the primary focus is on teaching and practicing warrior leadership skills. There is NO baseline or physical pre-requisite for this seminar

### Where is the SEALFIT training center?

The center is at 849 Second Street in Encinitas, CA. 92024. We run our CrossFit affiliate USCrossFit out of the same facility. The US CrossFit line is (760) 634-3825 and the SEAL FIT main line is (760) 230-6754.

From San Diego Lindbergh Field airport it is North on the I-5 to Encinitas Blvd, West to Highway 101 South. South into Encinitas and right on H street to Second. We are on the corner of H and Second.



From LA or Orange County take the 5 south to Encinitas Blvd. Time from SD is 35 minutes. From OC 45 minutes. From LA 1.5 hours. The sign in the window says "US CrossFit."

### **Do I qualify for the Military price?**

If you are an active duty or reserve military, or a Delayed Entry Program candidate, you pay the discounted price. Thank you for your service.

### **Gear List:**

2 pair of Woodland Cammies (pants and top)	1 mask
1 belt (black)	Sweatshirt
1 pair of running (or broken in) boots (Bates Lites preferred)	Windbreaker
8 pairs of socks	1 box energy bars
5 white t-shirts	Watch
2 pairs PT shorts (exercise/workout shorts)	Money and / or credit cards for incidentals
1 pair running shoes	Toiletries / shave kit
1 pair of swim fins (Swim fins, not dive fins)	Supplements (if you use them)
	A winning attitude

### **How do I prepare?**

Train hard. Use our online coaching program to prepare for either camp. It is a great value and you will learn the functional movements and lifts, and training philosophy, and you will work directly with the coaching staff online who you will be training with during the camp. If you have a CrossFit background or have been doing the SEAL FIT.com WODS you will have a big leg up.

### **I still have questions...who can I talk to?**

We are happy to discuss the camps with you. Please Call (760) 230-6754 or email [info@sealfit.com](mailto:info@sealfit.com) for specific information about the training. Email [sarah.dase@ustactical.com](mailto:sarah.dase@ustactical.com) for questions about payment and logistics.

## **Kokoro Camp**

Why do people challenge Mount Everest, or run the Hawaii Ironman? The answer is simple to those who seek these challenges, allusive to those who don't. However it is the same reason many have challenged our SEAL FIT Kokoro Camps since 2007.

The word Kokoro is "unbeatable" in Japanese, and the goal of our Kokoro Camps is to provide an intense physical, emotional and team challenge that brings you face-to-face with your inner-self and develops your warrior spirit.

The Kokoro Camp originated as crucible for Navy SEAL candidates serious about inoculating themselves against failure. Civilians now make up 70% who take this challenge, offered 5 times a year at our SEAL FIT training center in North County San Diego.

Using the infamous Navy SEAL Hell Week as a framework, this camp delivers a 50+ hour cutting edge warrior training principals, to include warrior athlete strength & conditioning, warrior leadership, elite teambuilding, self mastery, warrior yoga, awareness and mental toughness. The training is very intense, and suitable for those who have a physical training background – such as with SEAL FIT, CrossFit, College and Elite Athletes, and Military. (Please note that our SEAL FIT Certification Seminar and our online coaching programs are great ways to begin your journey to the Kokoro Camp).

Skills developed and tested during the 48 hour non-stop training include:

- Warrior Athlete skills, tools and mind-set
- Mental Toughness concepts and techniques
- Sleep Deprivation
- Warrior Leadership principles and practice
- Team Cohesiveness
- Offensive mind-set, strategy & tactics
- Awareness, Meditation, Breath Control, Concentration
- Warrior Yoga & Durability
- Ocean Swimming familiarization and practice
- Soft Sand Running & Rucking

Price: Pre-SOF candidate: \$895.00

Civilian: \$1,295.00

## **30 day Immersion Camp**

In the warrior-monk tradition of live-in training, we are excited to offer a limited number of dedicated trainees a rare opportunity to jump start their lives, build character, begin the journey or make final preparations for a challenge like SEAL or any SOF training. Live and train with SEAL FIT for 30 days and accelerate your growth.

BONUS – Immersion Camp trainees have the option to participate in the Kokoro Camp while in residence at no extra charge! Included in the Immersion Camp:

- Lodging in our upscale "dorm" at the SEAL FIT training center
- Four training sessions a day (except rest days), including SEAL FIT, CrossFit, Olympic Lifting Skills, Strength Training, Warrior Yoga, Awareness, Durability, Calisthenics, Beach runs, Ocean Swims, and more.
- Warrior Leader Seminar
- Swim Clinic and O-course (as available)
- Ideal for SOF candidates or Athletes seeking to take their mental and physical game to the next level. Also professionals seeking an immersive "fitness and mental toughness" retreat

Price: Pre-SOF candidate: \$2,995.00

Civilian: \$3,495.00

### **SF-1 - SEAL FIT Certification (Level I)**

2 days. 10 hours a day of serious training focused on learning the SEAL FIT training system. Learn the movements, philosophy and standards of SEAL FIT. This seminar is highly recommended if you plan to attend the Kokoro Camp and you have no CrossFit experience. The CERT is the first step in the process to get certified to teach SEAL FIT. The seminar has classroom lecture, practical movement, and workouts covering the following topics:

- Mental Toughness
- Strength and Stamina: full spectrum of lifts and complexes used in SEAL FIT training
- Durability: warrior yoga, active stretching, fueling, recovery, core development, sand bag drills
- Beach running & ocean swimming
- Team Training - workout design and leadership
- Self Mastery and Awareness - the "spiritual" aspects of training

Price: \$995

### **Razor's Edge Seminar**

Prepare to meet your inner-self and develop the leadership skills of a Warrior-Leader. 3 days of intense focus on personal and team leader development. The training introduces the "Five Mountain Path" of the warrior leader, and is a physical, emotional and spiritual retreat unlike any other. Topics include:

Five Mountain Path: Develop the inner strength and vision of the Warrior Leader:

- Leadership Principles of the Navy SEALs & other "Warrior Leaders"
- The Hero's Journey and 5 steps to overcoming any challenge
- Self Mastery - Developing an "Integral Training Plan"
- Purpose, Vision and Values Clarification

## A Quick Guide to SEAL FIT

- Meditation & Awareness Development
- Goal Setting, Focus & Attention Control
- Stress Management
- Unconventional Thinking
- Not your ordinary leadership seminar!

Price: \$1,495

### **Other options:**

Online Coaching: a great way to prepare for your camp or seminar! Visit [SEALFIT.com](http://SEALFIT.com) and click on “Online Coaching” to learn more.

Customized 1/1 training with SEAL FIT Founder Mark Divine: Get 1/1 coaching from Mark Divine in person at the SEAL FIT training center, or virtually. Contact Mark directly to see if this option is for you.  
[Mark@sealfit.com](mailto:Mark@sealfit.com)