

Terms and Conditions

Last Updated: September 13, 2026

Welcome to **Auman Sport and Performance Psychology**. These Terms and Conditions ("Terms") govern your use of **aumansportpsych.com** and any services, information, resources, or materials provided by Auman Sport and Performance Psychology.

By accessing this website, submitting a contact form, scheduling a session, purchasing a service, or otherwise using our services, you agree to these Terms. If you do not agree with these Terms, please do not use this website or its services.

1. About Auman Sport and Performance Psychology

Auman Sport and Performance Psychology provides mental performance consulting and educational services designed to help athletes, teams, coaches, parents, and other performers develop psychological skills related to sport and performance.

Services may address topics such as:

- Confidence
- Goal setting
- Motivation
- Focus and concentration
- Mental preparation
- Performance anxiety and pressure
- Self-talk
- Visualization and imagery
- Resilience
- Mental toughness
- Routines
- Emotional regulation
- Injury-related mental performance challenges
- Leadership and communication
- Team culture
- Performance consistency
- Identity and personal development within sport

Services may be provided virtually, in person, individually, or in group, team, workshop, or educational settings.

2. Mental Performance Consulting Is Not Therapy

Auman Sport and Performance Psychology provides **mental performance consulting and education, not psychotherapy, counseling, psychiatric treatment, medical treatment, or other clinical mental health services.**

Working with Auman Sport and Performance Psychology does not establish a therapist-client, psychologist-patient, physician-patient, or other clinical healthcare relationship.

Mental performance services are intended to support performance, personal development, psychological skills, and sport-related growth.

If concerns arise that are outside the scope of mental performance consulting, you may be encouraged or required to seek assistance from an appropriately licensed mental health or healthcare professional.

3. Emergencies and Crisis Situations

Auman Sport and Performance Psychology is **not an emergency or crisis service.**

If you or another person is experiencing a medical or mental health emergency, is in immediate danger, or may harm themselves or someone else, do not rely on this website, email, text communication, or mental performance consulting services for emergency assistance.

Instead, contact **911**, go to the nearest emergency department, or contact an appropriate crisis service.

In the United States, you may call or text **988** to reach the Suicide & Crisis Lifeline.

4. Eligibility and Minor Athletes

Some services are available to athletes under the age of 18.

A parent or legal guardian may be required to provide consent before a minor participates in individual mental performance services.

Depending on the circumstances, a parent or guardian may authorize the minor athlete to participate in sessions without the parent or guardian being present.

Parents and guardians are responsible for providing accurate information and completing any required consent, emergency contact, or intake documentation.

Auman Sport and Performance Psychology reserves the right to decline or discontinue services if appropriate consent cannot be obtained.

5. Scheduling and Appointments

Sessions and other services are scheduled based on availability.

Clients are responsible for attending scheduled appointments at the agreed-upon time. Virtual clients are responsible for having an appropriate device, internet connection, and reasonably private location when participating in a session.

Scheduling policies, cancellations, rescheduling procedures, and other appointment requirements may be communicated separately when services are scheduled.

Auman Sport and Performance Psychology reserves the right to reschedule or cancel sessions when necessary.

6. Fees and Payment

Fees for individual sessions, team services, workshops, presentations, consultations, or other services may vary.

Applicable pricing and payment expectations will be communicated before or during the scheduling process.

Clients are responsible for paying any agreed-upon fees associated with services they request or receive.

Auman Sport and Performance Psychology reserves the right to update its pricing at any time. Changes in pricing will not retroactively change fees that have already been agreed upon unless otherwise communicated.

7. Cancellations and Missed Sessions

Clients should provide reasonable notice when they need to cancel or reschedule an appointment.

Repeated missed appointments, late cancellations, or failure to communicate may result in limitations on future scheduling or discontinuation of services.

Any specific cancellation or refund policy provided when booking a service will apply in addition to these Terms.

8. No Guaranteed Results

Mental performance development is an individual process, and results vary between athletes and clients.

Auman Sport and Performance Psychology does not guarantee:

- Improved athletic statistics or performance

- Increased playing time
- Team selection
- Scholarship opportunities
- Recruitment
- Competition results
- Elimination of anxiety or performance pressure
- Recovery from an injury
- Achievement of a particular personal, academic, athletic, or professional outcome

The effectiveness of mental performance strategies may depend on many factors, including participation, effort, consistency, personal circumstances, coaching environments, health, and factors outside the control of Auman Sport and Performance Psychology.

9. Client Responsibilities

Clients are expected to participate honestly and respectfully in services.

You are responsible for:

- Providing accurate information when reasonably requested
- Participating voluntarily in mental performance activities
- Communicating concerns or questions
- Completing activities or exercises at your own discretion
- Seeking medical or mental health assistance when appropriate
- Informing Auman Sport and Performance Psychology when a situation may fall outside the scope of mental performance consulting

Athletes remain responsible for their own decisions and actions.

10. Physical Activity and Sports Participation

Auman Sport and Performance Psychology does not provide medical clearance, physical therapy, athletic training, injury diagnosis, rehabilitation, or medical advice.

Athletes should consult appropriate healthcare professionals regarding injuries, physical limitations, return-to-play decisions, or medical concerns.

Nothing provided through this website or through mental performance services should be interpreted as authorization to begin, continue, or return to physical activity following an injury or medical condition.

11. Website Information

The information provided on aumansportpsych.com is intended for general educational and informational purposes.

Although reasonable efforts are made to provide helpful and accurate information, Auman Sport and Performance Psychology does not guarantee that all information on the website will always be complete, current, or error-free.

Website information should not be considered individualized psychological, medical, legal, or professional advice.

12. Educational Materials and Intellectual Property

Unless otherwise stated, the website and materials created by Auman Sport and Performance Psychology—including written content, worksheets, exercises, presentations, graphics, educational resources, logos, branding materials, and downloadable resources—are owned by or licensed to Auman Sport and Performance Psychology.

Materials provided to clients are generally intended for personal or authorized team use.

You may not reproduce, sell, republish, distribute, modify, upload, or commercially use these materials without prior written permission.

You may print or save materials provided to you for your own personal use unless otherwise stated.

13. Website Use

You agree not to use this website:

- For unlawful purposes
- To interfere with the operation or security of the website
- To attempt unauthorized access to website systems or information
- To transmit malicious software or harmful code
- To impersonate another person
- To submit intentionally false or misleading information
- To copy or misuse website content in violation of intellectual property rights
- To harass, threaten, or harm another person

Access to the website may be restricted or terminated if these Terms are violated.

14. Communication

Clients and website visitors may communicate with Auman Sport and Performance Psychology through email, website forms, video conferencing platforms, or other agreed-upon methods.

Electronic communication can carry privacy and security risks. While reasonable precautions may be taken, complete confidentiality or security cannot be guaranteed when information is transmitted electronically.

Please avoid sending highly sensitive medical, psychological, financial, or other confidential information through ordinary email or website contact forms unless specifically requested.

15. Confidentiality

Auman Sport and Performance Psychology values client privacy and makes reasonable efforts to protect information shared during services.

However, confidentiality may have limitations, particularly when there are concerns involving safety, abuse, legal obligations, or other circumstances in which disclosure may be necessary or permitted.

Additional confidentiality expectations may be described in client consent documents, service agreements, intake materials, or the website Privacy Policy.

16. Third-Party Services and Links

This website or our services may use or link to third-party platforms, websites, scheduling services, payment processors, video conferencing providers, social media platforms, or other external services.

Auman Sport and Performance Psychology does not control third-party websites or services and is not responsible for their content, availability, security practices, privacy practices, or actions.

Your use of third-party services may be subject to separate terms and privacy policies.

17. Testimonials and Examples

Any testimonials, examples, success stories, or descriptions of client experiences are individual experiences and should not be interpreted as a guarantee that another client will achieve the same or similar results.

18. Limitation of Liability

To the fullest extent permitted by applicable law, Auman Sport and Performance Psychology will not be liable for indirect, incidental, special, consequential, or similar damages resulting from the use of—or inability to use—this website, its materials, or its services.

You understand that participation in sports and performance activities may involve risks outside the control of Auman Sport and Performance Psychology.

Nothing in these Terms is intended to exclude or limit liability where doing so would be prohibited by law.

19. Indemnification

To the extent permitted by law, you agree to hold Auman Sport and Performance Psychology harmless from claims, damages, liabilities, or expenses arising from your unlawful use of the website, violation of these Terms, or infringement of the rights of another person.

20. Privacy

Your use of this website is also subject to the **Auman Sport and Performance Psychology Privacy Policy**.

The Privacy Policy explains how information collected through the website and services may be collected, used, stored, and protected.

21. Disclaimer

Your use of this website and its services is also subject to the **Auman Sport and Performance Psychology Disclaimer**.

The Disclaimer provides additional information regarding the scope and limitations of mental performance services and website content.

22. Changes to Services

Auman Sport and Performance Psychology may modify, discontinue, expand, restrict, or change any portion of its website, services, programs, pricing, scheduling procedures, or policies at any time.

Reasonable efforts may be made to notify existing clients when changes directly affect scheduled or ongoing services.

23. Changes to These Terms

These Terms and Conditions may be updated periodically.

Any changes will be posted on this page, and the “Last Updated” date at the top of the page will be revised.

Continued use of the website or services after updated Terms are posted constitutes acceptance of the revised Terms.

24. Governing Law

These Terms will be governed by and interpreted in accordance with the applicable laws of the **Commonwealth of Pennsylvania**, without regard to conflict-of-law principles.

Any dispute relating to these Terms, the website, or services will be handled in accordance with applicable Pennsylvania and federal law.

25. Severability

If any provision of these Terms is found to be unlawful, invalid, or unenforceable, the remaining provisions will continue in effect to the fullest extent permitted by law.

26. Entire Agreement

These Terms, together with any applicable Privacy Policy, Disclaimer, consent forms, service agreements, payment policies, or other written agreements provided to a client, constitute the applicable agreement regarding use of the website and services.

If a signed client agreement conflicts with these general website Terms, the signed agreement may control with respect to the specific service covered by that agreement.

27. Contact Information

Questions regarding these Terms and Conditions may be directed to:

Auman Sport and Performance Psychology

Website: aumansportpsych.com

Email: aumansportpsych@gmail.com

Legal Notice: These Terms and Conditions are intended to provide general website and business protections and are not a substitute for legal advice. Because Auman Sport and Performance Psychology works with athletes, including minors, it is recommended that these Terms, your Privacy Policy, Disclaimer, consent forms, and client agreements be reviewed by a licensed attorney familiar with Pennsylvania law and mental performance consulting.