

Athlete's Contract

As a member of the Phoenix Athletic Club I agree to the following conditions of membership:

I will show respect for the club coaches by:

- Always attending practice on time and ringing my coach before training if I am unable to attend.
- Listening carefully to instructions.
- Not talking while the coach is talking.
- Bringing a positive attitude to training and competition.
- Joining in all activities with 100% commitment.
- Completing all activities set for unsupervised sessions.
- Not using bad language.
- Helping with equipment.
- Not getting involved in any negative comments about my coaches.
- Informing my coaches if any other coach attempts to get me to join their squad.
- Informing my coaches if I am unhappy with any aspect of the coaching and trying to work through any issues that arise with that coach.

I will show respect for my fellow athletes by:

- Always competing honestly and to the best of my ability on the day.
- Appreciating the achievements of those who perform better than me and congratulating them on their performance.
- Respecting the efforts made by athletes not achieving as highly as myself and never making derogatory comments about them.
- Being a positive influence on group dynamics at training and competition.
- Making good use of training time so that all athletes get a fair amount of the coach's time.

I will show respect for my club by:

- Wearing my uniform with pride, in a clean and tidy condition.
- Always behaving in a friendly and courteous manner when wearing club uniform or acting as a representative of the club.
- Not involving myself in any negative conversations about the club or our coaches or other athletes.

I will show respect for my parents by:

- Putting in 100% effort at training and competition to make the most of the coaching services they have generously paid for.
- Behaving in a way that will make them proud whether I win or lose.

I agree that the following behaviours are disrespectful to my club, my fellow athletes, and my parents

1. Swearing at other athletes, coaches and/or any parents
2. Fighting with another athlete
3. Threatening another athlete
4. Bullying and/or harassment of another athlete
5. Conduct deemed to bring the club into disrepute

These behaviours, pending objective evidence that such behaviour has taken place, may result in grounds for my club membership to be suspended and/or cancelled. Any decision to do so will be made after discussion within the club committee. A first warning in writing, will be given detailing the behaviour of concern. Any repeat of said behaviour will result in either a suspension or cancellation of club membership depending on the severity of the behaviour in question.

Signed _____

Date _____