



## ATHLETE CONTRACT

I, \_\_\_\_\_, as an **athlete** participating in the Race4Chase triathlon program, agree to adhere to the guidelines listed below. I acknowledge that I have read and understood them, and that my participation during the 6-week program is contingent on my upholding my side of this contract.

- Race4Chase is a free program with a limited amount of spots, so I am **grateful** for this opportunity and I will do my best every day.
- I will be on time every morning, and I will show up ready to work.
- I will treat my fellow athletes and my coaches with **respect**, using positive language and refraining from any harmful behavior.
- I understand that this is a physically demanding program and I will **work hard** every day, to the best of my ability.
- I will arrive each morning **prepared** for the day's activities, with appropriate workout clothing and equipment.
- I will leave my work area, or my breakfast/lunch area, **cleaner** than it was when I found it.
- While training at the Y, I will be conscious of the fact that I am sharing the area with other Y members. I will be sensitive to members by keeping my voice down, respecting their space, and always acting in a **courteous** manner.
- During off-site training runs and rides, I will proudly and conscientiously represent Race4Chase and the Y by remaining focused on the task at hand, **obeying** the coaches' directions, displaying courtesy to members of the community, and acting always in a way that is safe for me and my fellow athletes and coaches.
- If I have a problem with a fellow athlete or any other concerns, I will immediately notify a coach.
- I recognize that I am part of a program that includes athletes from different athletic and life backgrounds, and I will always be **supportive**, cooperative, and encouraging of others as they work toward their goals.

\_\_\_\_\_  
Athlete name

\_\_\_\_\_  
Date