

# **HUMBOLDT RUNNING CAMP**

## **• HSU Camp Athlete Contract •**

*This form is required for all Campolindo camp participants. Please read and sign below.*

### **ATHLETE BEHAVIOR EXPECTATIONS:**

Campolindo Cross Country athletes who attend the HSU Running Camp do so as representatives of Campolindo High School. From 6am July 29 through 6pm August 3, 2018, athletes are bound by all team and school policies, just as they would be at any other team or school function. Failure to adhere to these policies will result in appropriate consequences.

### **WHAT TO EXPECT AT CAMP:**

HSU Running Camp is intended to be an intensive workshop, providing participants the opportunity to better themselves as athletes and team members through formal seminars and “hands on” skill practice. Elite coaches and athletes, including Olympians and National Champions, comprise an expert staff assembled as a resource for all participants. Athletes are expected to pay attention, take notes, ask thoughtful and productive questions when appropriate, and incorporate the principles provided through this instruction immediately and effectively. They are also expected to help facilitate this process for their teammates, as well as other camp participants.

HSU Running Camp is an opportunity for athletes to log training miles. Athletes will be expected to prepare themselves for a schedule of physical activity that will include a morning run, a general fitness routine and an afternoon run.

HSU Running Camp is also an opportunity to develop new and/or stronger, more productive relationships with teammates in order to foster competitive success. Athletes are expected to foster new relationships with teammates, taking the opportunity to develop a better understanding of the skills, interests, and needs of all teammates. Athletes will be expected to sit with different people at each seminar, eat with a variety of people at meal times, and ride next to a new person on each bus trip. Room assignments are also intended to facilitate this objective.

Athletes are expected to follow the directions of Chuck Woolridge, as well as all other HSU Running Camp staff members at all times. They should be respectful and courteous to all staff and all participants.

Camp is intended to be a positive and productive experience for the athlete, specifically relating to cross country training and racing. Athletes are expected to make those specific opportunities that relate to their improvement as athletes and teammates the top priority during this time.

### **WHAT TO AVOID AT CAMP:**

- Acting in a manner that would be inappropriate at school or at practice.
- Putting individual desires ahead of what is best for the team.
- Talking on the phone, text messaging, listening to headphones, playing video games, or using other personal electronic devices.
- Pursing romantic relationships or engaging in sexual behavior of any kind.

### **UNDERSTANDING:**

Signing below indicates that the athlete has read and understands the behavior expectations noted in this document, as well as those stipulated by AUHSD scholastic and athletic guidelines. It is an agreement by the athlete to put forth his/her best effort and take advantage of the unique opportunities for competitive improvement the camp provides, to refrain from inappropriate behavior, follow the directions of HSU Camp Staff, and recognize the authority of Chuck Woolridge as the primary adult supervisor for Campolindo participants.

PRINT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_