

HUMBOLDT RUNNING CAMP

• Humboldt Camp Athlete Contract •

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

CAMP BEHAVIOR EXPECTATIONS: Campolindo Cross Country athletes that attend the Humboldt Running Camp do so as representatives of the Campolindo Cross Country Team and High School. Through the duration of the trip, 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 CAMP IS: Humboldt 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.

Humboldt Running Camp is also intended to be 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 and skill session, and an afternoon run. Humboldt 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 take this opportunity seriously. They 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.

Athletes should make an effort to branch out from those teammates they already know, 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 the other Humboldt 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.

Camp is an opportunity for athletes to conduct themselves with dignity and respect for all other participants. It is an opportunity to put individual desires aside and focus on what is best for the team.

WHAT CAMP IS NOT: Camp is not a time to behave in a manner that would not be acceptable at school or practice. It is not a time to be a clown or to seek social gratification at someone else’s expense. It is not a time for using smart phones, text messaging, listening to headphones, playing video games, or using of other personal electronic devices. These behaviors are counter to the goals of camp participation. All athlete cell phones will be confiscated by the coaching staff before departure and returned upon the conclusion of the camp. Camp is not a time to pursue romantic relationships or engage in sexual behavior of any kind with other camp participants.

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 their best effort and take advantage of the unique opportunities for competitive improvement the camp provides, to refrain from inappropriate behavior, follow the directions of Humboldt Camp Staff, and accept the authority of Coach Chuck Woolridge as the primary adult supervisor for Campolindo participants.

PRINT NAME: _____ SIGNATURE: _____ Date: _____