

# ATHLETE AGREEMENT

Valid until April 2022

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(Name of the Athlete)

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_



### Team values

Caledonia Nordic ski club is here to create an environment of safety and gratitude to foster a growth mindset amongst our athletes while cultivating their sense of courage, curiosity and resilience. As such, we want our athletes to feel safe so they can voice their opinions and concerns and take ownership of their development.

Collaboration, inclusion and empathy are the fundamental pillars of our team. Every team member is encouraged to practice self-compassion, aspire to self-regulate, and have the self-awareness to foster open communication.

Team members are encouraged to take ownership, be proactive and focus on solutions. Cultivating an atmosphere of fun, play, and support while prioritizing health is vital to achieving our racing goals and potential.

This program's emphasis is on development in alignment with the LTAD model. We value effort and dedication to allow for a growth mindset.

We believe in sport for life – therefore, competition is only one avenue to allow individuals to develop and improve their skiing and shooting abilities. As such, the athlete should feel self-motivated rather than pressured to take part in any aspect of training or racing. We believe it is important to offer a variety of programs to accommodate the different interests of developing athletes.

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The Athlete agrees to the following:

For the sport:

- To respect the policies put forth by CCES ([www.cces.ca](http://www.cces.ca))
- To respect and honour the rules and regulations at events and those of regulating bodies involved in your sport.



For the club and our community:

- To represent the CNSC Team respectfully and responsibly.
- To not misuse any substance or communication platform while representing CNSC.
- To thank several volunteers at every event.
- To leave all sites as you found them or in better condition.
- To always value and respect our competitors.
- Follow and respect all club policies, codes of conduct, and procedures at all times.

For the team:

- To respect others at all times and display good sportsmanship.
- To demonstrate commitment to your teammates and show up ready and on time.
- To let your coaches and teammates know in advance when you cannot attend a session.
- To make the right decisions for the team if you are sick before an event. If you are sick at an event, you will make all reasonable efforts to protect your teammates.
- To never leave a follow teammate behind alone with a single adult and wait with them until there are either two adults, their parents or another athlete.
- To consistently support and value your teammates and treat them with dignity and respect.
- To engage and maintain open communication, communicate your differences respectfully and try to be solution orientated with your teammates and coaches.
- Differences in training ideas are encouraged to be discussed with the coaches. Training is a dynamic process – so should coaching.
- To respect curfews and team schedules.
- To respect and understand that major deviations from these engagements could result in losing the privilege of being part of the team so long you do not undergo the learning process necessary to be capable of adhering to these engagements.



- To respect the travel policy as stated in [https://commit2kids.ca/pdfs/EDU\\_TravelGuidelinesYouthSport\\_en.pdf](https://commit2kids.ca/pdfs/EDU_TravelGuidelinesYouthSport_en.pdf)
- To respect the team values at all times.

For yourself:

- To respect that you will get as much as you put in. This also includes Training Peaks for those athletes' part of the Race national program.
- To call the Canadian sports helpline if a situation arises where you need support and even if you are unsure if you do: call or text: 1-888-83SPORT (1-888-837-7678).
- To always protect and prioritize your health (physical, emotional and spiritual) over performance.
- To inform the coach of health-related concerns you deem worth sharing only if you feel comfortable sharing this information.
- I will never communicate via any electronic platform with a single parent or coach, I will always include at least two coaches or athletes.
- I will always wear high-viz when roller-skiing.

For your interpersonal relationship with your head coaches:

- To respect the head coach's time off, which will be specified for every season. This includes electronic communications.
- To respect the caretaker's / head coach's privacy by never entering his property unless invited to do so in a context not associated with their position as head coach. Athletes should never be on the caretaker's property unless accompanied by their parents or at the very least by one other athlete.



Significant deviations from this code of conduct will be addressed in the following manner:

1. Discussion with the head coaches or a head coach if others are not present to listen to all those involved, make an action plan and find an appropriate agreement aligned with the code of conduct.
2. Any persistent deviations will be reported to our conflict resolution committee who will decide on the appropriate measures to take. In the event this would happen during a competition, this role falls under the team manager's or the team captain's (biathlon) responsibility.

If you do not agree with some of the previous terms, please have a discussion with your head coach prior to signing this contract.

**PHOTO RELEASE:**

Photographs are regularly taken during CNSC program activities and special events. I grant permission to the CNSC team and other associated cross-country and biathlon organizations (e.g.: CCBC, CCC, Biathlon B.C etc) to use my/my child's photograph on its website, on exhibition space and/or for fundraising, development or public relations purposes.

Signature: \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Date: \_\_\_\_\_



This is an agreement between the CNSC and:

Athlete Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
D/M/YR

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Printed Name of Athletes Parent/Legal Guardian:

\_\_\_\_\_ Date: \_\_\_\_\_

Signature of Athletes Parent/Legal Guardian:

\_\_\_\_\_ Date: \_\_\_\_\_

Signature of the Athlete: \_\_\_\_\_

Date: \_\_\_\_\_

