

# HUMBOLDT RUNNING CAMP

## • HSU 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 HSU Running Camp do so as representatives of the Campolindo Cross Country Team and High School. From 6am July 24 through 7pm July 29, 2011, 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 consequences that may include suspension or dismissal from the team, and even expulsion from school.

**WHAT CAMP IS:** 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.

HSU Running Camp is also intended to be an opportunity for athletes to log training miles and 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 are expected to foster new relationships with teammates. They 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. Instead of “hanging out” with those athletes with which they typically associate, athletes should 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 in order to accomplish this goal. Room assignments are also intended to facilitate this objective.

Athletes are expected to follow the directions of Chuck Woolridge, as well as the 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 influence 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 CAMP IS NOT:**

Camp is NOT a vacation. It is NOT a week of ignoring responsibility.

It is NOT an opportunity to act in a manner that would be inappropriate at school or at 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 to be selfish and it is NOT a time to put individual desires ahead of what is best for the team.

It is NOT a time where talking on the phone, text messaging, listening to headphones, playing video games, or use of other personal electronic devices is acceptable. These behaviors are counter to the goals of camp participation!

It is NOT a time to pursue romantic relationships or engage in sexual behavior of any kind with other camp participants.

It is NOT a place where athletes will have much free time or be allowed to plan their own activities.

**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 HSU Camp Staff, and recognize the authority of Chuck Woolridge as the primary adult supervisor for Campolindo participants.

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