

### **RSR ATHLETE COMMITMENT**

By registering for RSR Elite I agree to the following:

1. I agree to always try my hardest, to never give up and to remain steadfast in my commitment to my own personal development and my *RSR Team*.
2. I will take responsibility for my actions.
3. I will adhere to all *RSR Rules* and always remain respectful to my coaches and teammates and the Host School – property, equipment and staff. I understand that my parents/guardian will be called immediately if I break *RSR Rules* regardless of time of day or night; my parent/guardian may then need to pick me up immediately from camp.
4. I will follow the coaches' instructions and ask for clarification if I am confused.
5. I will increase my fitness and do my best to complete the recommended *RSR training* before I arrive at *RSR*.
6. I will be myself and allow my teammates and coaches to be themselves.
7. I will build up and support the other athletes.
8. I will take advantage of the opportunity to train with people from different backgrounds and experience levels.
9. I will be a mature athlete and tell my coaches immediately whenever I feel unfamiliar pain or a feeling that may be an injury.
10. I will capitalize on the opportunity of being outside my mental and physical comfort zones to get faster and to learn about myself.
11. I will be responsible for taking any medications and completing any physical therapy or other regimes that are necessary for me to stay healthy while at the camp.
12. I will hydrate and eat well to ensure I am nourishing and fueling my body.
13. I will sleep well and rest between sessions to ensure I am allowing my body to recover.
14. I will be on time and prepared for *every* training session and *every* Reflection Time.
15. I understand that I will be training 2-4 times a day. I am ready to train at this level and I have parental and medical approval to undertake this camp.
16. I recognize that there are mental and emotional risks being away from home for four weeks in a physically and mentally strenuous environment.
17. I will diligently participate in all *RSR activities* and write in my *RSR Manual* and provide this book to any coach upon request.
18. I will take risks daily to push myself out of my comfort zone and actively seek "failure" so that I will grow as an athlete and a person.
19. I will encourage my teammates to take risks and push themselves daily and will never judge their efforts or performances.
20. I will have FUN.

I will commit to these principles on a daily basis, in letter and in spirit, so that I can succeed at the camp.

*Athlete Name:* \_\_\_\_\_

*Parent Name:* \_\_\_\_\_

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

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