

Conduct of Training Sessions: Responsibilities of the Participant

- I agree to come to each training sessions ready to go! will have all my equipment ready and will be mentally prepared for the workout.
- I will leave everything at the door so that I can benefit during each session. I choose to focus on the matter at hand leaving any worries, concerns, or unnecessary thoughts at the door.
- I agree to do everything I can within my power to stay focused and concentrate on my workout so I can get the most out of training. By maintaining a high level of concentration I also ensure that I will perform in a manner that will be safe and constructive.
- I agree to work and play hard always giving my best. Giving 110%! I agree to complete my individual workouts away from my training sessions giving 110% and doing so while maintaining a level of safety.
- I agree to enjoy the workouts and training sessions(s) and do so with energy.
- I agree to be coach-able and act like a champion having a positive attitude and helping others to be positive.
- I agree to speak in a positive manner to myself as well as others. I will make every effort to keep my thoughts and verbal comments positive towards everyone involved with training including other athletes, coaches, and most importantly myself.
- I agree to never, never, never give up and to keep my attitude positive so I can move forward.

Conduct of Training Sessions: Responsibilities of the Trainer/Coach

- I agree to come prepared to each training session with a workout plan and the proper equipment so that the athlete is well trained. I will be focused and excited about the athlete's training.
- I agree to verbally communicate to the athlete and the parent(s)/guardian(s) about what is expected at training sessions as well as how well the athlete performed during the sessions(s). Giving feedback both during and after training sessions.
- I agree to maintain a safe environment for the athlete both physically, including equipment, and mentally with positive feedback and instruction.
- I agree to be professional, honest and a person of integrity in my dealings with both the athlete and their parent(s)/guardian(s)

Parent/Guardian Responsibilities as it relates to the training sessions

- I agree to have the athlete at the training session(s) on time and will also be promote at picking the athlete up after training sessions.
- For athletes training individually with the trainer/coach I agree to remain at the gym or have a sibling remain at the gym in order to assist with "shagging" balls and encouraging the athlete.
- I agree to make the payments on time or communicate with the trainer/coach about payments prior to any training sessions.
- I agree to communicate in a positive manner with the athlete and the trainer/coach when discussing the athlete's workout(s) or athlete performance(s).

Hold Harmless Agreement

I, _____ (parent/guardian), give my child, _____ (athlete), permission to participate in the volleyball training designed and instructed by _____ (trainer/coach). I understand that all safety precautions will be taken, however, I am also aware that physical activity involving sports brings with it the chance of injury. I will not hold Southwind Volleyball Club, it's trainer/coach, or sports facility responsible for any accident or injury to y child that may occur during the training.

Pricing and payments

Pricing includes trainer/coach's fees and gym rental fees as advertised in the Training Price List (see pricing guide flyer, separate document) and agreed upon prior to the training session(s). Payment is due upon completion of the training session; if there are multiple sessions payment is due for each session after its completion or complete payment for all sessions will be accepted.

Athlete's Information

Athlete _____
 Parent(s) _____
 Address _____
 City _____
 State _____
 Zip _____
 Birthday _____

Phone _____
 Cell Phone _____
 Email _____
 Player position _____
 School _____
 Club _____
 Year in school _____

Please rate your skills (the higher the number the higher the skill)

Serving	1	2	3	4	5
Forearm Passing	1	2	3	4	5
Overhand Passing	1	2	3	4	5
Setting	1	2	3	4	5
Attacking	1	2	3	4	5
Blocking	1	2	3	4	5
Digging	1	2	3	4	5

Volleyball Skills

What skills would you like to work on during our training sessions?

What would you like to accomplish from our training?

Do you have access to any other training equipment (ie. dumbbells, jump rope, track field)?

I have read, understand, and will commit to the above agreement to the best of my ability.

(Printed name of Parent or Legal Guardian)

(Signature of Parent of Legal Guardian)

(Printed name of Participant/Player)

(Signature of Participant/Player)

(Printed name of Trainer/Coach)

(Signature of Trainer/Coach)

(Date)