

Sports Anonymous

Strength and Conditioning Camp Youth Athlete Code of Conduct / Expectations

- Athletes are expected to arrive on time and be ready to begin at the start time.
- Proper attire is a must. NO sagging shorts or flat-bottomed tennis shoes (i.e. Air Force Ones or any other similar style of basketball or street shoes.) Running shoes or cross-trainers are acceptable choices. Please ask, if not sure of acceptable shoe styles. You will *not* be allowed to participate if not dressed appropriately.
- A t-shirt must be worn at all times.
- To avoid blisters, socks are strongly recommended
- Courtesy and respectful behavior is to be displayed to coaches and each other at *all* times. Coach Hibbler reserves the right to dismiss ANYONE who does not adhere to these rules or take these sessions seriously, WITHOUT refund.
- Athletes are limited to designated areas.

Suggested items to bring for each session: *Your own water bottle*

Towel

Change of shirt

*Post-session snack (granola/cereal bar,
fruit, etc.....NO candy)*

***I understand and agree to obey the expectations listed above.

Athlete's signature _____

For Adult clients and Parents/Guardians

My/ my child's health issues have been addressed by a physician and I have/ he/she has been cleared for participation in such events. Medical equipment, such as an inhaler, is to be made readily available to the coach and/or athlete for usage upon an emergency. I understand that my medical insurance is primary and any coverage from Sports Anonymous, LLC is effective only after my insurance has paid.

Does participant use an inhaler? Yes ____ No ____ (If Yes, one must be available during each session)

Signature of client or parent/ guardian(if client is under 18) _____

Date: _____

*Come with a heart to work hard and a desire to
succeed!!!*