

BETWEEN:

CANADIAN SKI JUMPING DEVELOPMENT TEAM

AND

NAME OF ATHLETE: _____

Whereas Canadian Ski Jumping Development Team is recognized by Ski Jumping Canada and Alberta Ski Jumping and Nordic Combined

And whereas Canadian Ski Jumping Development Team is operated in partnership with Alberta Ski Jumping and Nordic Combined

And whereas the Athlete has been selected to, and agrees to be an active participant of the Development Team program

And whereas Canadian Ski Jumping Development Team and the Athlete wish to clarify the relationship between them by establishing their respective obligations;

Now therefore in consideration of the mutual covenants and agreements hereinafter contained and for other good and valuable consideration, the Parties hereby agree as follows:

DEFINITIONS

1. Unless otherwise stated, in this Agreement:
 - a. "Agreed Upon Training Plan" means a schedule of mandatory training programs and competitions tailored to the individual needs of the Athlete to progress towards achieving agreed upon objectives and goals of the Athlete and Development Team
 - b. "Agreement" means this written agreement
 - c. "ASJNC" means Alberta Ski Jumping and Nordic Combined
 - d. "Athlete" means one of the parties in the Agreement listed above or in the case of an Athlete under the age of 18 years old, the Athlete's designate when required
 - e. "Athlete's Emergency Contact" means a person designated by the Athlete to Canadian Ski Jumping Development Team such as a parent/guardian or close family member who Canadian Ski Jumping Development Team will contact in the event of an emergency
 - f. "Banned Substance" means those substances and methods listed in the Canadian Centre for Ethics in Sport's list of "banned and restricted Doping Classes and Methods" with any such additional substances as may from time to time be added to the said list by the various governing bodies of the sport, Canadian Ski Jumping Development Team, Ski Jumping Canada or such other recognized body having at the time jurisdiction over the sport
 - g. "CADP" means the Canadian Anti-Doping Program

- h. “CCES” means Canadian Centre for Ethics in Sport
- i. “Default Notice” means a written document given by one party to this Agreement to the other party that outlines particulars of an alleged default (failure to conform to obligations under this Agreement) and how the situation can be remedied. Providing Default Notice is the first step in the dispute resolution procedure (see the Dispute Resolution Method section)
- j. “Designated Contact” means the individual designated by Canadian Ski Jumping Development Team as the Athlete’s main contact for questions, concerns, and communication regarding this Agreement
- k. “Fee Schedule” means the schedule of when an Athlete will have to pay any fees or costs associated with participation on the development team, and the amount
- l. “HPD” means High Performance Director, where applicable.
- m. “DT Coach” means the development team coach designated by Canadian Ski Jumping Development Team
- n. “DT” means Development Team
- o. “PSO” means Provincial Sports Organisation
- p. “PSO Sanctioned Activities” means all PSO training camps, competitions, fitness testing, PSO fundraising activities, meet and greets and personal appearances/promotional days
- q. “PSO Sponsor” means any entity, whether characterized by PSO as a sponsor, supplier, licensee or otherwise, with whom the PSO has a contract to use, market, advertise, or promote their products or services
- r. “Personal Information” means information collected about an identifiable individual, which may include information concerning:
 - i. the physical or mental health of an individual;
 - ii. any health service provided to an individual; or
 - iii. the donation by the individual of any body part or any bodily substance of the individual or information derived from the testing or examination of a body part or bodily substance of the individual.
- s. “Privacy Officer” means the person responsible for privacy within Canadian Ski Jumping Development Team
- t. “Progress Report Form” means the document provided to the Athlete by DT Coach to track the status of progress of the Athlete’s yearly training plan
- u. “SJC” means Ski Jumping Canada
- v. “Team Uniform and Equipment” means uniform and equipment provided by Canadian Ski Jumping Development Team or through a Canadian Ski Jumping Development Team Sponsor
- w. “SDRCC” means the Sport Dispute Resolution Center of Canada
- x. “UCCMS” means the Universal Code of Conduct to Prevent and Address Maltreatment in Sport

TEAM SELECTION and ELIGIBILITY

- 2. Canadian Ski Jumping Development Team will:

- a. organize, select, and operate teams of athletes, coaches, and other necessary support staff to represent Canada in Ski Jumping in accordance with the budget and policies of Canadian Ski Jumping Development Team and Alberta Ski Jumping and Nordic Combined;
 - b. publish selection criteria for all Development Teams three (3) months prior to the Team selection;
 - c. post its policies, rules, and regulations at skijumpingalberta.com/
 - d. not make changes to any policies, rules, and regulations regarding an athlete selection while the selection process is underway;
 - e. publish any changes to its rules and regulations through the usual communications of Canadian Ski Jumping Development Team in accordance with this Agreement;
 - f. conduct selection of members to all Development Teams in conformity with the published selection criteria, process and generally accepted principles of natural justice and procedural fairness; and
 - g. protect the Athlete's eligibility for national and international competition by informing the Athlete about applicable and potentially applicable eligibility requirements of Canadian Ski Jumping Development Team, SJC or other party and informing the Athlete if any proposed activity, communicated by the Athlete to Canadian Ski Jumping Development Team, appears to be in violation of those rules
3. The Athlete will:
- a. warrant to be a Canadian citizen or is otherwise eligible to compete representing Canadian Ski Jumping Development Team and Canada. If the Athlete's status changes, the Athlete will immediately inform Development Team Head Coach;
 - b. be a paid-up member in good standing of a Canadian Ski Jumping Development Team and their registered club;
 - c. maintain status as a member in good standing of Canadian Ski Jumping Development Team; abide by all policies, rules, and regulations of Canadian Ski Jumping Development Team; promptly pay all membership dues, health and accident insurance fees and Development Team levies associated with training and competition as approved by Canadian Ski Jumping Development Team; or have an accepted payment plan for such dues and fees; and
 - d. notify the DT Coach, or their designate, immediately of any circumstance which may affect their eligibility, for example, an injury or other legitimate reason that will prevent the Athlete from taking part in the Development Team program to which they were selected.

TRAINING and COMPETITION

4. Canadian Ski Jumping Development Team will:
- a. work with athletes and DT coaches to create training programs and competitions tailored to the individual needs of the Athlete to progress

- towards achieving agreed upon objectives and goals of the Athlete and Development Team (the “Agreed Upon Training Plan”).
- b. jointly manage and monitor the Agreed Upon Training Plan with relevant stakeholders including, but not inclusive of the athlete, daily training environment coach and Canadian Ski Jumping Development Team;
 - c. provide the DT Athlete with agreed upon updates to training plans, monitoring, testing schedules and results, evaluation feedback, anticipated financial costs and assessments, proposed changes to competition and training plans and a progress report as soon as the circumstances permit;
 - d. provide the DT Athlete with Development Team program and schedule information for training and competition, which may be amended upon the sole discretion of Canadian Ski Jumping Development Team.
5. The Athlete will:
- a. develop with their DT Coach an annual training inclusive of goals for performance and executed based on performance-based decisions such as an athlete performance profile or individual performance plan;
 - b. athletes will communicate regularly with the DT Coach, and follow the training monitoring system set up for the DT;
 - c. demonstrate commitment to all training and testing programs, competitive activities, as requested by the Canadian Ski Jumping Development Team. DT Athletes will be required to attend all agreed upon training camps and requested testing. Exceptions must be clarified with the DT Coach prior to accepting a position to the DT;
 - d. avoid living in an environment or participating in activities not conducive to high performance achievement or that pose significant risks to the Athlete’s health or ability to train or compete, as determined by Canadian Ski Jumping Development Team;
 - e. not participate in competitions in countries where the Canadian government sport policy or the policies of Canadian Ski Jumping Development Team have determined that such participation is not permitted;
 - f. abide by the laws of the host country and Canada while representing Canadian Ski Jumping Development Team; and
 - g. notify the DT Coach of any health-related problems or other legitimate reasons that prevents the Athlete’s training or the Athlete from fulfilling any obligations under this Agreement. In the event of injury, the Athlete will provide the HPD with a certificate from a medical doctor describing the nature of the injury within one week of the diagnosis of the injury.

INFORMATION and PRIVACY

6. Canadian Ski Jumping Development Team will:
- a. designate an employee who acts in the role of Canadian Ski Jumping Development Team’s Privacy Officer and communicate that designation and any changes to the designation to the Athlete as soon as the circumstances permit;

- b. collect Personal Information from the Athlete;
 - c. communicate to the Athlete which recordings, technology, tactics, methods, logistics or other information that Canadian Ski Jumping Development Team deems confidential as soon as the circumstances permit;
 - d. protect all information gathered in relation to the Athlete; and
 - e. not disclose any information about the Athlete to outside parties without consent of the Athlete, unless required to do so by law.
7. The Athlete will:
- a. provide Canadian Ski Jumping Development Team with any Personal Information required to confirm the eligibility of the Athlete;
 - b. provide Canadian Ski Jumping Development Team with Personal Information required for Canadian Ski Jumping Development Team to ensure the Athlete receives proper medical attention or other necessary care that may be needed while under the supervision of Canadian Ski Jumping Development Team; and
 - c. not disclose Canadian Ski Jumping Development Team recordings, technology, tactics, methods, logistics or other information that Canadian Ski Jumping Development Team deems confidential, unless required to do so by law.

COMMUNICATION

8. Canadian Ski Jumping Development Team will:
- a. provide a contractor and board member contact list to the Athlete;
 - b. ensure that a Canadian Ski Jumping Development Team contractor or ASJNC board member is available for communication and will respond within seven (7) days;
 - c. communicate in a timely manner, using appropriate methods such as telephone, e-mail, SMS, text or video messaging, or other methods depending on the nature of the communication and the Athlete's expressed communication preferences within the recommendations and guidelines of Safe Sport policies;
 - d. respond to the Athlete correspondence and communication as soon as the circumstances permit, depending on the nature of the communication and meet any deadlines for responding provided they have been mutually agreed upon by the parties, and given they do not exceed the timeframe in subsection 8(b); and,
 - e. notify the Athlete forthwith by e-mail if there are any changes made to Canadian Ski Jumping Development Team or ASJNC policies or agreements, and post all new or updated policies, agreements, or general updates on the ASJNC website.
9. The Athlete will:
- a. provide Canadian Ski Jumping Development Team with an up-to-date e-mail address that accepts file attachments, and that the Athlete will make reasonable efforts to check at least once every two (2) days;

- b. respond to Canadian Ski Jumping Development Team correspondence as soon as circumstances permit, depending on the nature of the communication and meet any deadlines for responding provided they have been mutually agreed upon by the parties; and
- c. provide notice of receipt by e-mail or electronic signature of notice from Canadian Ski Jumping Development Team within seven (7) business days. If the Athlete does not provide notice of receipt after seven (7) business days, the Athlete is deemed to have acknowledged and understood the policy or agreement changes.

MEDICAL and INJURY

- 10. In the event of an Injury or Illness Canadian Ski Jumping Development Team will:
 - a. where applicable, assist the Athlete in maintaining health or returning to health; and
 - b. make every effort to contact the Athlete's emergency contact prior to medical treatment being initiated in the event of a serious medical situation where the Athlete lacks legal capacity to make healthcare decisions arising while the Athlete is training or competing.
- 11. In the event of an Injury or Illness the Athlete will:
 - a. notify the DT Coach within 24 hours, and in writing within 7 days, or as soon as possible thereafter, of becoming aware of any injury or illness that might prevent the Athlete from fulfilling any obligations under this Agreement;
 - b. provide Canadian Ski Jumping Development Team with medical confirmation from a health professional describing the nature and diagnosis of the injury or illness (physical or mental) which states the:
 - i. date or estimated date the injury or illness was incurred;
 - ii. nature of the injury or illness, and whether it is an overuse or chronic injury;
 - iii. rehabilitation protocol, if any;
 - iv. amount and type of training the Athlete can do in the next 12 weeks and/or limitations thereto; and
 - v. return to play plan and expected date for return to full training and full recovery
 - c. follow a recovery and rehabilitation program for the injury or illness that prevented the Athlete from fulfilling obligations under this Agreement, approved by the Athlete's personal physician, a qualified medical doctor will be engaged to ensure his or her return to training and/or competition in a safe and timely manner.

ANTI-DOPING

- 12. Canadian Ski Jumping Development Team will:
 - a. promote an environment and culture of clean sport;
 - b. ensure procedural fairness, no unreasonable violations of the Athlete's rights to privacy and a just and fair process;

13. The Athlete will:

- a. not use banned substances including substances prevented by age (such as alcohol); and
- b. not supply such substances to others directly or indirectly, nor encourage or condone their use by knowingly aiding in any effort to avoid detection.

FINANCIAL and FUNDING

14. Canadian Ski Jumping Development Team will:

- a. provide an estimated Fee Schedule with dates to the Athlete that the Athlete will be required to pay to Canadian Ski Jumping Development Team during the term of the Agreement and will invoice the Athlete from time to time, with notice, for additional fees based on the actual costs incurred to Canadian Ski Jumping Development Team;
- b. provide an estimated amount that the Athlete will be required to pay to cover their own sport expenses during the term of this Agreement on mandatory events and optional events;
- c. inform the Athlete as soon as possible after Canadian Ski Jumping Development Team has knowledge of any changes to the fees as set out in the Fee Schedule, and will give the Athlete additional time, as the circumstances require, to pay any new fees as invoiced by Canadian Ski Jumping Development Team.

15. The Athlete will:

- a. review any Fee Schedule provided to them as soon as possible after it is received;
- b. pay, or have made arrangements to pay the invoiced fees within 30 days of being provided an invoice by Canadian Ski Jumping Development Team, or as the circumstances require; and
- c. reimburse additional expenses incurred by Canadian Ski Jumping Development Team on behalf of the Athlete within 30 days of receiving an invoice for those expenses or as the circumstances require.

RELATED POLICIES and AGREEMENTS

16. Infractions of Canadian Ski Jumping Development Team policies will result in the imposition of disciplinary sanctions that are reasonable and proportionate to the conduct. Sanctions may include but are not limited to: loss of eligibility to participate in Canadian Ski Jumping Development Team sanctioned activities on an interim or permanent basis; loss of any further financial support for training and competition from Canadian Ski Jumping Development Team; the requirement to pay compensation for any damaged property.

17. Enforcement of the Canadian Ski Jumping Development Team policies is the responsibility of the board and HPC in accordance with the Dispute Resolution Method (below). In a case where there is a conflict between an Athlete and Canadian Ski Jumping Development Team regarding the interpretation of a policy and/or

discipline sanction imposed, the Athlete has recourse to the ASJNC Dispute Resolution and Appeal Policy.

18. The Athlete will participate for a minimum of 20 hours (5 hours in this 2025 agreement due to length) in community outreach, appropriate volunteering related to the sport, media needs, etc in order to continue to receive monetary support. DT Coach or Canadian Ski Jumping Development Team or working through other Ski Jumping clubs can provide these opportunities as required. Possible exemptions can be made in exceptional circumstances.

UNIFORMS and EQUIPMENT

19. Canadian Ski Jumping Development Team will:
- a. provide the Athlete with necessary team apparel, products, and other equipment in accordance with availability, budget, sponsorships, team size and policies of the Canadian Ski Jumping Development Team.
20. The Athlete will:
- a. wear and/or use the team apparel, products, and other equipment in accordance with the policies of the Canadian Ski Jumping Development Team.

DISPUTE RESOLUTION METHOD

21. Canadian Ski Jumping Development Team will provide a hearing and appeal procedure with respect to any dispute between the Athlete and Canadian Ski Jumping Development Team that conforms with the principles of natural justice and procedural fairness. This procedure shall include access to an internal appeal process, as well as a clearly outlined pathway to independent arbitration through the SDRCC. The details of this procedure will be published by Canadian Ski Jumping Development Team under its Dispute Resolution and Appeals Policy found at skijumpingalberta.com/
22. Where one of the parties to this Agreement alleges that the other party has failed to conform to their obligations under this Agreement, the parties agree:
- a. the one party will notify the other party in writing of the particulars of the alleged default (the "Default Notice");
 - b. to indicate in the Default Notice, the steps to be taken to remedy the situation, and set out a reasonable period of time within which steps may be taken; and
 - c. where the party that gave the Default Notice alleges that the other party has not remedied the situation within the period of time set out, that party will file a complaint through the process set out in the Canadian Ski Jumping Development Team Dispute Resolution and Appeals Policy.
23. The parties agree that the giving of the Default Notice by a party will not prevent that party from later asserting that the default was so fundamental as to amount to a repudiation of this Agreement. If the party receiving the Default Notice remedies the breach within the specified period of time, the dispute will be considered resolved and neither party will have any recourse against the other concerning the matter alleged to comprise the default. If the party receiving the Default Notice fails to

remedy the breach within the specified period of time, and the party that gave the Default Notice still wishes recourse against the other concerning the matters alleged to comprise the default, that party will use the dispute settlement mechanism of this Agreement to resolve the differences between the parties.

NOTICE

24. Any notice required or permitted to be given to the Canadian Ski Jumping Development Team by the Athlete under this Agreement will be done in accordance with the 'Communication' section of this Agreement. Notice will be executed by delivery by mail to Canadian Ski Jumping Development Team at

PO Box 47164,
Calgary, AB
T3P 0B9

25. or delivery by e-mail to chair@asjnc.org
26. Any notice required or permitted to be given to the Athlete by Canadian Ski Jumping Development Team under this Agreement will be done in accordance with the 'Communication' section of this Agreement. Notice will be executed by delivery by courier to the Athlete or e-mail.

INSURANCE

27. The Athlete must provide their own out-of-country insurance that meets the required standards. The Athlete must provide this information to the DT Coach upon travel outside the country.

TERMINATION

28. Canadian Ski Jumping Development Team:
- a. may terminate this Agreement by providing written notice, prior to its scheduled expiry if the Athlete:
 - i. fails to adhere to Canadian Ski Jumping Development Team's programming and related policies and agreements as outlined in this agreement;
 - ii. fails to adhere to usage of banned substances (Section 13);
 - iii. has been convicted of a criminal offense; or
 - iv. has become ineligible to represent the PSO, Canadian Ski Jumping Development Team, or Ski Jumping Canada.
29. The Athlete:
- a. may terminate this Agreement at any time by providing written notice of termination to Canadian Ski Jumping Development Team;
 - b. understands and agrees that in terminating this Agreement, the Athlete loses all rights, benefits, and privileges of participation on the Canadian Ski Jumping Development Team

30. Any decision by Canadian Ski Jumping Development Team to terminate this Agreement prior to its scheduled expiry may be appealed by the Athlete through Canadian Ski Jumping Development Team's Appeal Policy.

ASSUMPTION OF RISK

31. The Athlete hereby acknowledges and agrees:
- a. ski jumping as a sport is dangerous and there are risks, dangers, and hazards inherent in ski jumping competitions and in training, preparing for, and traveling to and from such competition and training. These risks include but are not limited to: the risk of severe or fatal injury to the Athlete or to other persons, and the risk of property loss and damage. The Athlete acknowledges that they will be undertaking all activities pursuant to this Agreement at their own risk and agrees to assume all risks associated with, and incidental to, the Athlete's participation in ski jumping training and competition as a member of the Canadian Ski Jumping Development Team.
 - b. to indemnify and hold harmless Canadian Ski Jumping Development Team and its directors, officers, employees, contractors, volunteers, and agents from and against any and all liability, claims, losses, damages, and expenses that Canadian Ski Jumping Development Team may suffer or incur as a result, directly or indirectly, of any activity undertaken by the Athlete pursuant to this Agreement. This indemnification will survive any termination or expiry of this Agreement.

GENERAL PROVISIONS

32. Canadian Ski Jumping Development Team will conduct an annual review of its proposed Athlete Agreement via feedback provided by Athletes (and/or Parents/Guardians)
33. If any provision of this Agreement is deemed invalid or unenforceable, then the remaining provisions will not be affected, and every other provision will be valid and enforceable to the fullest extent permitted by law.
34. This Agreement may not be amended, modified, or altered in any respect except in writing and signed by the parties.
35. The Athlete and Canadian Ski Jumping Development Team confirm that they are aware of their respective rights to obtain independent legal advice before signing this Agreement and have signed this Agreement voluntarily and with full understanding of the nature and consequences of the Agreement.
36. This Agreement shall be binding upon and ensure to the benefit of the Parties hereto, their respective heirs, executors, administrators and permitted assigns.
37. THE PARTIES HEREBY AGREE to abide by the terms and conditions outlined in this Agreement.

ABUSE-FREE SPORT

38. ASJNC, on behalf of the Canadian Ski Jumping Development Team, will:

- a. Adopt the UCCMS and the policies and procedures;
 - b. Ensure that all PSO policies, procedures or other actions, are consistent with the UCCMS and the administration and enforcement rules;
 - c. Ensure that none of this Agreement, any other PSO policy, procedure or other action, are used by the PSO to restrict the Athlete's ability to exercise their rights, protections or responsibilities under the UCCMS;
 - d. Provide periodic UCCMS-compliant training opportunities to the Athlete and everyone interacting with or making decisions affecting the Athlete, and track the completion of these training activities;
 - e. Distribute and/or facilitate access, in a timely manner relevant information, tools, services and resources made available from time to time for UCCMS participants, including the Athlete;
 - f. Fully cooperate in good faith as part of any process related to the administration and enforcement of the UCCMS;
 - g. Ensure that any sanctions or measures which are imposed in accordance with policies and procedures are implemented, respected, and adhered to
 - h. ASJNC will follow Safe Sport and all its policies and procedures; and
 - i. ASJNC will require all staff to train in the Safe Sport policies via NCCP
39. The Athlete will:
- a. Familiarize themselves with the UCCMS and the policies, procedures and services of Abuse-Free Sport in the administration and enforcement of the UCCMS, including their admissibility to Mental Health Referral and Legal Aid services of Abuse-Free Sport;
 - b. Read and act in a manner consistent with the UCCMS to the best of their ability;
 - c. Complete any periodic training required by the Canadian Ski Jumping Development Team; and
 - d. Fully cooperate in good faith as part of any relevant Abuse-Free Sport process for which Athlete participation is required in relation to the administration and enforcement of the UCCMS.

GOVERNING LAW

40. This Agreement will be governed and construed in accordance with the laws of Alberta and the laws of Canada applicable therein.

TERMS AND SCOPE OF THE AGREEMENT

41. This Agreement is effective from July 1, 2025 to October 31, 2025.
42. The Athlete is a member of the Development Team for the duration of this Agreement.

**CANADIAN SKI JUMPING
DEVELOPMENT TEAM
Athlete Agreement 2025**

CANADIAN SKI JUMPING
DEVELOPMENT TEAM

ATHLETE

Name:

Name:

Date:

Date:

Signature:

Signature:

THIS SECTION MUST BE COMPLETED IF THE ATHLETE IS 17 YEARS OF AGE OR UNDER

PARENT/GUARDIAN INDEMNITY AGREEMENT

I am the parent/guardian of _____, who was born on _____ and is therefore a minor at the time of signing the Athlete Agreement with Canadian Ski Jumping Development Team.

I recognize that the Athlete derives significant benefits from signing this Agreement. I also recognize that the Athlete assumes obligations and I further recognize the Canadian Ski Jumping Development Team's desire and need to enforce these obligations.

In consideration of the benefits accruing to the Athlete, to me and to my family by reason of the Athlete and ASJNC and Canadian Ski Jumping Development Team entering into the Athlete Agreement, and for other good and valuable consideration, the receipt of which is acknowledged, I hereby agree to indemnify and hold harmless ASJNC and Canadian Ski Jumping Development Team from and against any claims, losses, damages and expenses which it may suffer or incur as a result of the breach of any provision of this Agreement by the Athlete or as a result of any activity undertaken by the Athlete pursuant to this Agreement. This indemnification shall survive termination of this Agreement.

Parent/Guardian Name (Print)

Date

Parent/Guardian Signature

Parent/Guardian E-mail

Parent/Guardian Phone Number

Your Development Team Agreement: What It Means for You (TL;DR)

Congratulations on being named to the Canadian Ski Jumping Development Team! We're excited to have you and can't wait to see what you achieve this season.

This page summarizes the official agreement you need to sign. It's written in plain English to help you understand your commitments as an athlete and a teammate.

Super Important: This summary is just a guide. You still need to read the full, official document (and have your parent/guardian read it) because that's the one that legally counts.

Your Big Promise

- **Your Commitment:** By signing, you agree to be an active and dedicated member of the Development Team for the entire season, which runs from **July 1, 2025, to October 31, 2025**.
- **Who We Are:** Your team is the **Canadian Ski Jumping Development Team**, which is operated in partnership with **Alberta Ski Jumping and Nordic Combined (ASJNC)**.

Being a Great Teammate & Athlete

This is the most important part of being on the team. It's not just about what you do on the hill; it's about how you carry yourself.

- **Show Up & Commit:** Your coaches and teammates are counting on you. Be on time for training, competitions, and team meetings. Come prepared, focused, and ready to give 100%. Your dedication to your own training plan is what will make you and the team better.
- **Respect Everyone, Everywhere:** This is non-negotiable.
 - **Respect your Teammates:** Support them, cheer for them, and help them out. A positive team culture starts with you.
 - **Respect your Coaches:** Listen, be open to feedback, and trust their guidance.
 - **Respect the Sport:** Respect officials, volunteers, and competitors from other teams. You represent yourself, our team, and our country.
- **Have a Positive Attitude:** High-performance sport has ups and downs. Celebrate the wins (yours and your teammates') and learn from the losses. A good attitude makes you a leader, no matter your age.
- **Be Smart & Safe:** Your health is your most valuable asset. Make choices that are good for a high-performance athlete. Rest, nutrition, and a healthy lifestyle are part of your training. If you get sick or injured, you **must tell your DT Coach right away**.
- **Be a Good Citizen:** Remember that you're an ambassador for the sport. Follow the laws of Canada and any country you travel to.

The Ground Rules

How We'll Communicate:

- We'll use a mix of channels. Day-to-day updates, schedule changes, or quick notes might come through a team text or WhatsApp for example
- Official documents or important notices might still be sent via **email**, so make sure you check it every couple of days.
- The bottom line: Stay connected and respond to your coaches when they reach out.

Clean Sport (Anti-Doping):

- This is simple: **Compete clean.**
- You must not use any banned substances. This also means no underage drinking or using any drug that is illegal or harmful to your performance.
- Protect yourself, your team, and your sport. Don't ever use, or help anyone else use, banned substances.

Safe Sport (Our Environment):

- We are 100% committed to a sport environment that is free from bullying, harassment, and abuse.
- You are expected to understand and follow the Safe Sport rules (known as UCCMS). It's all about ensuring everyone feels safe and respected. You'll have to complete any required Safe Sport training.

Remember, if you are under 18, your parent or guardian must also sign the full agreement. Make sure you both read it and ask your coach if anything is unclear.

Let's have a great season.

Name

Signature

Date