



ATHLETE CONTRACT for

The Talent Opportunity Program



What Sets TOPS apart from other classes?

In TOPS the focus is not on winning, rather the process of developing champions in and out of the gym. The staff is able to do this by finding qualities within each child that makes him or her special and developing a unique bond with each athlete. The staff provides a positive influence while helping and pushing each athlete to set and achieve their goals. This is done by building their core strength, improving flexibility and working towards higher-level skills that cannot always be properly addressed during the needs of a team practice.

Being a Winning Parent:

Understanding the Mission and Philosophies of TOPS

A key component to your child's success is you. There is a term used in sports called, The "Athlete Triad"; Athlete, Parent & Coach working together to achieve the best possible experiences and outcomes.

First, last and always is the Athlete who becomes the center of our attention and focus. Often this focus is lost due to negative outside factors such as ego (of the coach or parent), an unhealthy emphasis on winning, too much focus on the outcome rather than the entire process and/or a parent living vicariously through their child.

When making a decision we must ask:

- What overall, long-term benefits will the athlete receive?
- Will the process be both fun and rewarding?
- What are the possible dangers or harmful side effects of this decision?
- Are the goals set too high, too low, too fast, too demanding, or for a benefit of someone other than the athlete?"

Coaches perform a delicate balancing act every day. Our ability to walk this fine line comes from years of experience, education, planning, successes and learning from our mistakes. Some days, an emphasis will be

placed on technical corrections while others will be focused on strength and speed, with form and execution taking a lesser role. Overall, the training plan will be a complete picture. However, taken as a snapshot it will be incomplete and out of context of our grand plan.

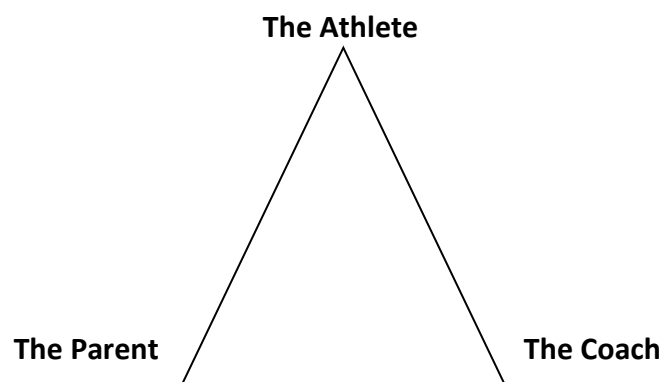
Parents play a vital role as the supporter, both of the athlete and the coach. When your child needs a little encouragement, it is your job to give them a hug, tell them how wonderful they are and send them to train with a renewed confidence. It is your responsibility as a parent to know your child's goals, dreams, challenges, deficiencies and achievements. After all, you are in the child's corner for life. It is your challenge to effectively communicate to the coach and listen, seek to understand, and do what is best for your child. We are a sum of all of our experiences.

Our mission is to provide a fun, safe, nurturing, challenging and rewarding environment for athletes to have a healthy experience both overcoming challenges and learning from failure.

Just because you can doesn't always mean you should.

Parents are driven to do what they perceive as the best thing for their child. This may not be realistic, healthy or focused on the long-term best interest of their child/athlete. In the end, the parent has the choice whether or not to support the coach's decision, compromise with the coach or remove their child from the Coach/program all together.

Below is an overview of the Athlete/Coach/Parent Triad. This relationship is an exercise in compromise, communication and discipline. The athlete must always remain at the top of the pyramid, the purpose and motivation for the existence and necessity of the coach and parent. **We wish you the best of luck in your role in this noble endeavor.**



The Athlete

First and foremost, the athlete is essential or the program would not exist. The athlete must have the **desire** to train the sport, the **dedication** to face and overcome obstacles and the **perseverance** to push on when the going gets tough. The athlete is on the team to learn from their coaches, from their teammates and from themselves. The athletes must make mistakes, make corrections and drive themselves to transcend beyond their perceived limitations. In the end, the athlete will learn and remember the sum total of the entire experience in the sport.

The Coach

The coach is a mentor and a guide. The coach plans the training and competitive cycle for every athlete on the team. The coach leads by example and the team follows in their footsteps. The coach is not always right and sometimes makes mistakes. The coach is constantly learning and striving to find new ways to teach, motivate, inspire and propel their athletes to the next level of performance. The coach is a communicator and mediator interrelated to the athlete, the team and the parent.

The Parent

The parent supports the athlete, the coach and the team. The parent is a spectator, allowing the athlete and the coach to perform their roles. The parent is a role model for the athlete, demonstrating disciplined behavior, showing respect and performing their duties to the highest level. The parent is strong enough to watch their athlete fail and tender enough to give a hug when they need one. The parent will occasionally cross the line with the athlete or coach and be humble enough to apologize and return to their territory. The parent is an advocate for their athlete, but does so in an appropriate manner. The parent provides balance, encouragement, and love.

There is a NO VIEWING policy for TOPS. Parents may not enter the gym until 7:10pm (Fridays) or 6:10pm (Mondays) to pick up their child(ren). Rather, we will open up viewing once every quarter and will announce these days via email.

Athlete Expectations, Commitment and Priorities

TOPS is a Privilege: Your child has earned the right to train in the TOPS program, through countless hours of hard work and dedication to All Star Cheer & Tumbling. Please remember that TOPS is a privilege and as such, should not be taken for granted. All athletes should conduct themselves with dignity, composure and good sportsmanship.

The TOPS coaching staff is committed to making a positive difference in the lives of all the children they teach. The TOPS program is a disciplined cheer practice; therefore, the expectations of the athlete are high. These expectations are not unreasonable and include but are not limited to the following:

A TOPS Team Member is expected to enter the gym with a positive attitude.

A TOPS Team Member is expected to have FUN while learning.

A TOPS Team Member is expected to set reasonable goals.

A TOPS Team Member is expected to respect their instructors, their teammates, and **themselves**.

A TOPS Team Member is expected to TRY their best, ALL of the time.

A TOPS Team Member is expected to be on time and maintain good attendance. When unable to make a scheduled training session or arriving late, the parent is expected to notify the gym ahead of time.

A TOPS Team Member is expected to maintain good academic standing at school and have a balance between sport and academics.

Attendance & Injuries or Illness

TOPS is year-round and begins each June. This year, the TOPS group will be divided into two groups:

Ages 13+ and Levels 3- 5 on Mondays from 4:00-6:15pm

Ages 7+ and ALL Levels on Fridays from 4:00-7:30pm

Practices are every Monday and Friday and sometimes, even when the Gym is closed for Mini Breaks in the Summer and Holidays, TOPS athletes may still have training. During Competition season, an athlete may have to miss due to an early departure for a competition.

Injured athletes are expected to participate in their normal practice sessions. In most cases, it is possible to work around injuries and turn a difficult situation into something positive by giving the injured athlete a specialized training plan to work on flexibility, strength, and specific skills not related to her injury.

TOPS Fees - Annual Registration Fee

The monthly fee for athletes on Teams is \$90 per month (Fridays) and \$75 (Mondays). Anyone in TOPS that is not on a Competitive team (training twice weekly) will pay \$115 or \$90, respectively, per month. Additionally, all TOPS athletes will purchase customized training apparel with TOPS identification. In the past, it has been a TOPS-specific Sports Bra and Bow and this past season, only a sports bra. This is left at the discretion of the Director, Denika. Athletes are expected to wear cheer bows to each training session and hair must be tied up and off the students face.

Summary of points:

ATHLETE:

- I will be respectful of my coaches and teammates
- I understand that I am a role model for other athletes in the gym and will act like one
- I will show good sportsmanship at all times
- I will enter the gym each day with a positive outlook
- I will communicate with my coaches how I am feeling and my goals
- I will attend every possible practice
- I have read and understand the TOPS contract

PARENTS:

- I will be respectful and request to communicate with the coaches outside of practice hours.
- I understand the commitment and my role in the process
- I will make sure my child attends every practice that is possible to attend
- I have read and understand the TOPS Contract

Athlete _____ **Date** _____

Parent _____ **Date** _____

Coach _____ **Date** _____