

1. I AM dedicated to climbing and the Vertical Adventures Youth Program Philosophy.
2. I WILL have a positive attitude and a “try-hard” mentality.
3. I WILL have a teachable spirit and demonstrate my desire to learn and improve.
4. I WILL practice direct communication. It is my responsibility (not my parents) to talk to the coach about my needs, questions, thoughts, suggestions, and criticisms. I WILL use appropriate language in the appropriate place and time. I KNOW my coach cares and wants to hear from me. I understand it helps them do their job better.
5. It is not all about ME. I AM NOT the center of the world. I AM part of a team, a community. I TRUST that my coaches are doing what is best and have faith in their efforts for me.
6. I WILL practice personal responsibility. My parents are not responsible for remembering my gear, coaches will not have to cleanup after me. There is no one to blame but myself - not the route setter, not the coach...
7. I WILL strive to be the person I want others to be and love my neighbor as myself.
8. I WILL extended grace to others that I want extended to me. I’m not perfect and nor is anyone else.
9. I WILL celebrate accomplishments - mine as well as others. I WILL cheer on others.
10. I WILL use best practices and be dedicated to following risk management guidelines at all times. I hold lives in my hands.
11. I AGREE not to use drugs, alcohol, vulgar language, and disrespectful behavior. I UNDERSTAND that doing so will result in immediate dismissal from the team. My membership will be revoked, with no refund of team fees.
12. I COMMIT to practicing either on my own or with another team member 1-2 times per week in addition to scheduled practices.
13. I WILL follow dress code and wear team uniform for every practice. Boys and girls must have shirts on at all times, covering belly buttons, and shorts must be longer than the leg loops on their harnesses.
14. I WILL demonstrate good sportsmanship and stay for awards after all competitions unless prior arrangements have been made.
15. I COMMIT to attending every practice (they are not optional) - call/email/text my coach if I cannot attend
16. I WILL embrace failure as a chance to get better.
17. I WILL leave my smart phone in the cubby at the start of practice.

I understand the responsibilities listed above and if I am selected as a member of Vertical Adventures Climbing Team, agree to abide by the above philosophy and contract. Failure to abide could result in dismissal from the team.

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Name	Signature	Date	Athlete’s Date of Birth
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