



# Hammerhead Racing & Development Team

## Contract

I \_\_\_\_\_(athlete) am entering into this contract with Hammerhead Triathlon in good faith and understand that it is my full responsibility to fulfill my obligations set forth below and discussed at our introductory meetings. I will take responsibility for my equipment and my conduct.

### 1. Racing

- a. Complete 6 or more races throughout the racing season. These should include mostly triathlons/duathlons, but can also be running races (10K/5K) or bicycle races. Designated "Team Races" are listed on the website. Team support and equipment will be provided at these events. Athletes are encouraged to race at these events, but are not obligated in order to complete the Hammerhead Triathlon Contract.
- b. Parents will register their own child for each race.
- c. Parents are expected to provide transportation to and from practices and races. Transportation should be arranged with other parents when not possible for parent to transport.
- d. Arrive at races at least 1 hour before race time to warm-up with the team, set up their own transition area, to show team unity, and to be present for interviews and photos.
- e. Attend pre and post race team meetings to discuss race strategy and evaluation.
- f. Athletes will wear team apparel at all races. Remember, you are a representative of the Hammerhead Triathlon Community and it is important to uphold integrity and good character at all times, especially when wearing our team apparel.
- g. Athletes will maintain a clean and organized team area and assist in camp set up or break down at all races.
- h. Athletes are expected to provide their own drinks, food, and supplements except at the designated races listed above.

### 2. Team and Community Service

Juniors:

- a. Volunteer a minimum of 5 hours assisting Body and Mind Solutions with their events including Hammerhead Kids Camps and Races.
- b. Will follow the team strategy and race tactics when directed by the coach.
- c. Will always work WITH and NOT AGAINST teammates during a race.
- d. Those who have driver's licenses will assist with transportation to races.

Parents:

- e. At least one parent of each athlete is expected to take an active role as a volunteer. Duties include volunteering for the Hammerhead Development Team, Hammerhead Triathlon, or Hammerhead Camps in any of the following capacities:
  - Assist with transportation to races.
  - All parents are responsible to help with Team fundraisers.
  - *Hammerhead Development Team Parent*: Assists with team e-mails and provides orientation and support to parents new to the team. Networks with local businesses to encourage support to the team and picks up weekly training munchies donated by local food store.
  - *Hammerhead Travel Agent*: Makes hotel or other travel arrangements when traveling to training or racing sites.
  - Hammerhead Triathlon Positions:
    1. *Registration*: Work with timing company to receive race applications and set up on line registration. Organize race day registration.
    2. *Parking*: Develop parking map and direct traffic the day of the race.

3. *Food*: Secure food for finish line and aid station. Contact companies for food and product donations.
4. *Run Course/Equipment*: Course development. Location of aid station and volunteers. Communicate equipment needs to timing company.
5. *Finish Line*: Secure T-shirts, medals or ribbons, photographer and banners from various companies who donated products and/or sponsored events.
6. *Volunteer Coordinator*: In charge of positioning all volunteers and managing them throughout the day.
7. *Sponsorship*: Help secure sponsorships and work with finish line coordinator to secure banners.
8. *Clean Up Crew*: Make sure our presence is not known once we leave the race site!
9. *Marketing*: Design T-shirt, race application and brochure
10. *Medical*: Alert emergency agencies and local hospitals of event. Arrange for medical team of 4 to be on the premises the day of the race.

### 3. Team Practices

- a. Athletes are encouraged to attend all team practice sessions, however, athletes must attend at least 4 team practices per month.
- b. Athletes must always wear a helmet when riding bicycles.
- c. Parents are required to ride with juniors at practice if they are unable to keep up with the majority of the team. This is for safety purposes. Parents are expected to follow the directions of the coach.
- d. Parents are expected to share in vehicle support of practices when necessary.
- e. Junior riders are required to carry supplies to repair a flat tire to participate.
- f. All juniors are required to have an "Identification Card" on them at all times. Carrying a cell phone is also highly encouraged.

### 4. Code of Ethics

- a. Cheating at practice and races will not be tolerated and may result in removal from the Team.  
Athlete signature: \_\_\_\_\_
- b. I will be a positive role models for all athletes, young and old, in the sport of triathlon at all times.  
Athlete signature: \_\_\_\_\_
- c. I will encourage and help other members of the team as well as triathletes not on the Team.  
Athlete signature: \_\_\_\_\_
- d. I will represent Hammerhead Triathlon and its sponsors in a professional manner by my appearance, demeanor, well-maintained bike and uniforms in order to present a professional team image.  
Athlete signature: \_\_\_\_\_
- e. I will be a good sport and remain composed at all times. Frustrations will occur, but I will discuss them privately. Temper tantrums and bad attitudes may result in team suspensions or removal from the Team.  
Athlete signature: \_\_\_\_\_
- f. I will keep my grades at or above a 2.3 grade point average during the academic school year.  
Athlete signature: \_\_\_\_\_

### 5. Training

- a. Each athlete will receive a journal to remember important dates and record their workouts and races.
- b. Athletes are encouraged to follow the standardized training plans prepared by the Body and Mind Solutions Coaches.

### 6. Forms

The following forms will be filled out by me and my parents and will be turned in prior to commencing training:

- a. Hammerhead Triathlon Questionnaire (Turn into Head Coach)
- b. Hammerhead Triathlon Release (Turn into Head Coach)
- c. Emergency Care Permission Form (Turn into Head Coach)

- d. USA Triathlon membership (Give copy of membership card to Head Coach)
- e. Hammerhead Triathlon Contract (Turn into Head Coach)

#### 7. Dues

- a. **Coaching Dues:** There will also be a non-refundable fee to cover coaching of \$500 per athlete.
- b. **Uniform Dues:** There will be a uniform fee of \$200 per athlete. This fee is due when the athlete joins the team.

#### 8. Equipment

- a. Athletes are expected to provide their own bike, shoes, gloves, and eye protection. Some bikes are available for a no-fee lease.
- b. Athletes are required to wear a fastened bike helmet when riding their bikes.
- c. The athlete must maintain any equipment or uniforms provided by Hammerhead Triathlon in good condition.
- d. Hammerhead Triathlon will supply team tents, water cooler, banners, and limited mechanic assistance at designated team races.

#### 9. Uniform Kit

Athletes who join Hammerhead Triathlon and fulfill the paperwork requirements found within the contract will receive the equipment listed below. Hammerhead Triathlon Uniforms are subject to availability and are not guaranteed to be in stock.

- a. ONE (1) Jersey
- b. ONE (1) Pair of racing shorts
- c. ONE (1) Water bottle
- d. ONE (1) Team t-shirt
- e. ONE (1) Pair of socks
- f. ONE (1) Warm-up sweat top
- g. ONE (1) Warm-up sweat bottom

#### 10. Team Discounts & Sponsors

There will be a 20% discount on private coaching given to any Hammerhead triathlete training one-one-one with Hammerhead Coaches. Other discounted or free items from our sponsors such as PowerBar, Specialized, Spokesman Bicycles and Rudy Project may become available.

#### 11. Membership

Hammerhead Triathlon reserves the right to make exceptions for reimbursements and membership at their sole discretion. Hammerhead Triathlon also reserves the right to terminate an athlete contract at any time without just cause. Should this occur, Hammerhead Triathlon will pro-rate and return any remaining Coaching Dues. Hammerhead uniforms also **must** be returned to Body and Mind Solutions/Hammerhead Triathlon immediately. Reimbursements will not be made.

#### 12. Body and Mind Solution's Commitment to Hammerhead Athletes:

- a. Upon acceptance by head coach into Hammerhead Triathlon, athlete will receive a "Uniform Kit" as available.
- b. Provide a SUPER supportive atmosphere for children to foster socially and physically during training and races
- c. Offer four or more group coaching sessions per month and one-on-one coaching workouts at discounted rates.
- d. Body and Mind Solutions, through Body and Mind Foundation, offers financial scholarships if needed. The financial gifts are based upon each athlete's triathlon goals and athletic talent.
- e. FREE gifts and discounted items from our product sponsors, Specialized Bikes, Spokesman Bicycles, PowerBar and Rudy Project.
- f. Offer a variety of training, positive social interaction and top notch USA Triathlon certified coaches.
- g. Provide coaching and nutritional support at "Team Races".
- h. Meet individually with each athlete to discuss goals and training logs.

- i. Coach the most efficient and up to date methods of swimming, cycling, running, nutrition, hydration and how to transition between events.
- j. Emphasize proper technique, safety, pacing and sportsmanship.
- k. And most importantly, help our kids have a blast!!!

**Warning: Triathlon is a dangerous activity, including risk of serious injury or death (see the Release for more details). Do not join the Team if you are not in excellent physical and mental health or you have any condition or impairment that would interfere with extreme physical activity.**

ACCEPTED AND AGREED TO BY

Printed Full Name of Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Athlete: \_\_\_\_\_ Birth Date/Age: \_\_\_\_\_

Printed Name of Parent: \_\_\_\_\_ Signature of Parent: \_\_\_\_\_

Address: \_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_ Work #: \_\_\_\_\_

E-mail (**mandatory** for communication): \_\_\_\_\_