



VIKING FOOTBALL



TOUGH - DISCIPLINED - SELFLESS

HEAD COACH - Dan Nolan EMAIL - coachnolan@hotmail.com PHONE - (802) 673-4618

I, _____, am fully committed to participating in the Lyndon Institute Football strength and conditioning program from Monday, January 17, 2011 to Friday, March 11, 2011. My commitment means the following:

1. I will attend *every* lifting and conditioning session from 1/17 to 3/11. Acceptable reasons for missing are sickness and unsafe driving conditions.
2. I will push my teammates to be the best they can be, and accept that they will try to encourage me to the best that I can be.
3. I accept that if I fail to meet the conditions of this contract, my teammates and coaches will let me hear about it. I welcome this because I know that they are trying to help me become the best I can be.
4. I will hold my teammates (those that have signed the contract) accountable for their behavior, and they will hold me accountable for mine.
5. When I am at training sessions, I will be focused and work quickly and efficiently to complete the *entire workout* in the time allotted.
6. I will place special emphasis on working to correct my shortcomings, rather than just working on things that I am already good at.
7. I will observe all safety protocols at all times while at training sessions.

Signed with fullness of heart and sincerity of purpose on this _____ day of January, 2011.

Student-Athlete

Parent or Guardian