

Pitreavie U11 and U13 Level 1 Development Group

Athlete Expectations

Rules

- Don't talk over your coach
- Try your best - no matter what the session is
- Stay off the equipment unless told otherwise by a coach

Consequences of breaking the rules

1. Verbal warning 1
2. Verbal warning 2
3. You will be asked to sit out for the rest of the session and this will be reported to your parents.

If you are put out of a session more than once, we will arrange to meet with one of your parents to discuss your future participation in the group.

If no improvement is seen, the matter will be referred to the coaching secretary for action. Athletes who continue to disrupt training may be asked to leave the club.

Why?

- We want to help ALL athletes to improve. If coaches are struggling to make themselves heard, those who want to learn will miss out - it is unfair if their learning is spoiled by the behaviour of others.
- You will enjoy the sport more if you concentrate and do your best.

Other points

- We want you to enjoy athletics and to keep coming. Socialising and chatting with friends is important and there are plenty of opportunities for this during training. However, please stop and listen when coaches are talking to you.
- If you are injured, unwell, upset or unable to complete a session for any reason, please tell a coach. We will always listen.