

High Performance Agreement

As a High Performance Athlete, you will be responsible for pushing your physical and mental limits to achieve outstanding results in your chosen sport. You will work closely with coaches, trainers, and support staff to optimize your performance and reach your full potential. This is an opportunity to showcase your talent, dedication, and competitive spirit at the highest level of athletic competition.

The SWC agrees to provide funding to the athlete to offset the cost of training and competing. In exchange, the athlete agrees to the following responsibilities:

Responsibilities

- Train rigorously to enhance speed, strength, endurance, agility, and overall athletic performance
- Follow training programs designed by coaches and trainers to improve skills specific to your sport
- Attend regular practice sessions and competitions to refine techniques and strategies
- Compete in the weight class as specified by coaches, as a member of the Saskatoon Wrestling Club
- Collaborate with sports psychologists and nutritionists to maintain peak mental and physical fitness
- Analyze performance data to identify areas for improvement and adjust training accordingly
- Stay updated on the latest advancements in sports science and implement new training methodologies
- Adhere to strict discipline, including maintaining a healthy lifestyle, proper rest, and injury prevention protocols
- Act as a role model for aspiring athletes by demonstrating professionalism, sportsmanship, and integrity
- Perform fundraising tasks as assigned by the club or coaches
- Agree to and follow the code of conduct

As a High Performance Athlete, I understand that failure to adhere to the responsibilities defined in this document may result in cancellation of this funding agreement. As a High Performance Athlete, I understand the coach has the right to remove an athlete from the High Performance Program if they are not meeting the standards of a High Performance athlete and/or meeting the obligations of the High Performance Agreement.