

CrossFit Spotsy
11812 Main St. Bldg C 102A Fredericksburg, VA 22407
540 207 6841
www.crossfitspotsy.com

CrossFit Spotsy Athlete Agreement Form

This form represents a formal agreement between CrossFit Spotsy affiliate, trainers, and athletes.

CrossFit Spotsy MISSION:

Create a clean and professional training environment for athletes of all ages, offering the highest level of quality and service.

Expectations of Athletes:

1. Professionalism. We expect every athlete to behave in a manner that is respectful in the context of an elite training facility. We absolutely will not accept or condone any tasteless behavior or comments that are sexual, racial, or discriminatory in nature. We will absolutely protect this environment at all costs, including asking athletes to leave if behavior is unacceptable.
2. Commitment. We expect that no matter your level of athleticism, you approach every single opportunity to train with a positive attitude and a personal desire to better yourself. This means arriving on time, coming prepared, and giving 100% effort to the task at hand. We expect you to commit to the process prescribed by CrossFit for achieving lifelong fitness.
3. Coachability. CrossFit Spotsy coaches are dedicated to helping you achieve your fitness goals—a fact that is demonstrated in each and every workout. Therefore, we ask that you be receptive to our help, in both critique and correction. The primary concern of trainers is safety with the caveat of increased performance. We will absolutely stop you in the middle of a workout if safety is a concern. We may opt to stop you in the middle of a workout if your performance warrants. Be humble. Respect our ability to decide what is best for you given your demonstrated abilities. Understand that your growth as an athlete is as much our goal as it is yours. Be coachable. We expect you to trust that CrossFit Spotsy coaches have unique knowledge and skills to improve you in ways that you could not otherwise do by yourself. Additionally, we expect you to be willing to share with us knowledge of your body's limitations, strengths, and weaknesses—information that is critical in your individual wellness to fitness equation.
4. Respect. We strive to earn your respect. We are committed to operating with your and the facility's best interest in mind. We expect that you will, in turn, do the same. We expect you to follow instructions given by CrossFit Spotsy staff members. We expect you to take pride in preserving the high standard of quality in the facility. You will be briefed during fundamentals classes on the parameters of correctly using the equipment. We expect athletes to clean up after themselves. Disinfectant wipes are provided. Please wipe equipment appropriately after every workout, brush chalk off bars, and return gear to appropriate storage.

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What You Can Expect from Us:

1. Respect. Make no mistake: We believe in the CrossFit motto, Forging Elite Fitness. This process requires hard work—physically and mentally—and dedication that is unparalleled in any other fitness program. We respect your commitment to the process. We respect your perseverance on cold winter mornings when you know you'll be outside. We respect your attendance on hot summer afternoons after sitting in traffic on I-95 south for two hours. We absolutely respect the financial commitment you have made. We will honor your commitment by providing you the highest quality service. We commit to constantly increase our knowledge and ability to instruct movements, spot errors, and accurately correct faults in form. We commit to our continued education in that endeavor. We commit to providing you with a top professional training environment.

2. Professionalism. We, the staff of CrossFit Spotsy, strive to be one of the premier CrossFit affiliates in the world. This is a key component of our vision for CrossFit Spotsy. As such, it is paramount that our professionalism as coaches be above reproach. We will set the example for all of our athletes through:

- Positive attitudes
- Encouraging others
- Pursuit of knowledge and personal improvement as athletes and coaches
- Strict adherence to the CrossFit methodology
- Dedication to the lifelong fitness of our athletes

3. Raising questions/comments/concerns. Ideas about how to improve the services we provide are welcomed and invited. Please bring all questions and concerns to the attention of a trainer as soon as possible so they can be addressed promptly. If your concern is safety related, please do not delay. If you see something unsafe, advise a coach immediately. If you have an issue or concern related to one of the coaches, please address it with that coach in private. If you are not comfortable approaching that coach, please take your issue to the owner, Lisa Quinn.

4. Dismissal from the Gym. The quality of our training environment is important and will not be sacrificed. Any trainer reserves the right to ask an athlete to leave the facility immediately in the event the athlete is detracting from the training environment.

Final Note:

The trainers at CrossFit Spotsy look forward to teaching each athlete how to optimize their individual performance and increase their general fitness level through encouragement, motivation, sound advice and education. Every athlete who wants results must commit to the process. Trainers will not listen to

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comments about how the program doesn't work or to any other silly excuses for poor achievement of your goals. CrossFit can and will get you to your end state if you commit to it. We believe this wholeheartedly. If you feel like the program is not working for you, come talk to us and expect us to examine your life as a whole: sleep, nutrition, stress, workout journal, etc.

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CrossFit Spotsy Gym Rules and Expectations:

1. Respect the CrossFit program, the coaches, their time, other CrossFit Spotsy athletes, and CrossFit Spotsy equipment.
2. Be prepared for any type of workout in any type of condition: indoors/ outdoors, cold, hot, rain, snow, etc.
3. Leave your ego behind. There is zero tolerance for ego in the gym.
4. Listen when the coach is briefing the Workout Of the Day (WOD).
5. Sessions start on time. If you are late, wait for the next session out of the way of current session participants.
6. CLEAN the gear after you use it and put it away.
7. Make monthly payments on time, with good funds.
8. Give your best each time you step in the gym.
9. Keep lines of communication open between yourself and the coach.
10. Commit to the Process!
11. Every WOD must be paid for prior to participating in WOD.
12. CrossFit Spotsy reserves the right to suspend or terminate the participation of an athlete at any time due to disruptive, disorderly conduct, illegal activities, failure to abide by the rules and expectations, or the breach of any other provision outlined herein.
13. All terms and conditions, including all documents incorporated by reference herein, constitutes the entire and exclusive agreement between the parties, CrossFit Spotsy and the athlete signed below.
14. Any promises, representations or understandings, oral or written, pertaining directly or indirectly to the terms of participation, which are not contained herein, are hereby waived. This agreement may be modified only if done so in writing, signed by the party against which it is enforced, CrossFit Spotsy rules and regulations that are effective upon publication.

By signing below, you (the athlete) acknowledge that you have read this document in its entirety and have had an opportunity to raise any questions or concerns about its content. Any outlying issues have been annotated on the back of this form and acknowledged by you (the athlete) and the responsible CrossFit Spotsy Coach. Additionally, signing this document indicates consent to abide by the above listed policies of the gym.

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I, _____, understand and agree to the rules of CrossFit Spotsy.

I understand and agree that CrossFit Spotsy reserves the right to suspend or terminate my membership at any time without notice.

Athlete Name _____ Date _____

Signature _____

CrossFit Spotsy Coach Name _____

Signature _____

Comments (continue on back, if necessary):