



**CAMP, Building Better Athletes, LLC.**

1877 West 2425 South  
Woods Cross, UT 84087  
801 824 2277

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ATHLETE POLICIES

- All athletes are expected to arrive and be properly prepared to begin training at their scheduled time. Preparation includes proper nutrition, attire, and attitude.
- Proper training attire includes: athletic pants or shorts, shoes, and shirt. Shirts must have shoulder straps and cover your midsection through all movements of activity. Shorts/Pants/Shirts must cover all appropriate areas.
- Preparation includes proper nutrition, attire, and attitude.
- If you make a mess, please clean it up.
- Treat equipment as if it was your own. We understand equipment wears out, however, if the athlete is not following instruction, which results in damages to weights, bands, treadmills, etc; it must be repaired or replaced by the athlete.
- No profanity or offensive language is allowed. Respect all athletes regardless of school or team affiliation.
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- Personal items are to be stored in provided cubbies. CAMP is not responsible for lost or stolen items. Items left in lockers for more than 2 weeks will be donated.
- If the athlete is purposefully being unsafe or ignoring CAMP staff they may be asked to leave. Such behavior jeopardizes the safety of themselves, CAMP staff, and other clients. This behavior will not be tolerated.
- Sessions are scheduled at the availability of the staff and facility. Cancellations must be made with 24 hours notice and failure to show up at scheduled times may result in a loss of that session.
- Unless directed by a doctor you will not take any supplementation of any kind, including but not limited to creatine, protein shakes, steroids, glutamine, pro hormones, test boosters, and human growth hormones.

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE  
(UNDER AGE 18 AT TIME OF REGISTRATION)

_____ PARTICIPANT'S NAME	_____ PARTICIPANT'S SIGNATURE	_____ DATE
_____ GUARDIAN'S NAME	_____ PARTICIPANT'S SIGNATURE	_____ DATE