

THE VIKING CHALLENGE

This Contract is entered into by and between the Santa Monica High School Cross Country Coaches TANIA FISCHER and HARLEY RICHARDS, and _____. The term of this Agreement shall begin on JUNE 8, 2015 and shall continue through its termination date of AUGUST 20, 2015. This Contract is NOT MANDATORY. Anyone who chooses not to participate will not be penalized.

The specific terms of this Contract are as follows:

- 1.) EAT RIGHT - You agree to give up at least one item of unhealthy food (Ex: Candy, Soda, etc...). You may not give up something that you don't regularly consume, if you don't drink Soda, you can't give it up. That is the minimum requirement; you may choose to eat even healthier and to aid you in this, attached is a sample diet plan. Diet is an essential part of running success, and should be considered more like FUEL than food. You cannot eat too much. A good rule of thumb: if you're hungry, eat. If you're not hungry...maybe eat.
- 2.) SLEEP RIGHT – You agree to get between 7 and 10 hours of sleep; no more, no less. Sleep is essential to recovery and a regular sleep pattern is a must if one is to be a successful athlete. Those hours are only for your one block of nighttime slumber and do not include naps, though if you are allowed, midday naps are encouraged.
- 3.) TRAIN RIGHT – You will follow the training plan provided by the Coaches. You will keep a running log (instructions attached) so that the Coaches can monitor your progress. You also agree to be responsible for maintaining your ability to follow the training plan. This means “taking care of the details” to prevent injury. This includes Stretching/Foam rolling, using a Jump Rope to fix bad form, doing strength, core and drills as well as Cross Training if needed. Specifics on these will be provided in the training plan or by your Coaches.
- 4.) STUDY RIGHT – You must read at least ONE running book. Being a student of the sport is helpful in attaining your running goals; learn from the greats or be inspired by a story. A list of books is attached, but suggestions not on the list can also be considered. Off list suggestions are subject to approval by the Coaches.

Upon successful completion of THE VIKING CHALLENGE, the Coaches agree to bestow upon you a special gift commemorating the completion as well as unlimited “props.” The question of, “how will they know if I truly complete it?” will undoubtedly arise. It is the hope that family and teammates will assist in keeping you honest, but it comes down to the honesty of each individual. If by the end of summer, you have not fully completed the terms of the contract and lie to get your gift, you must carry that betrayal of trust to yourselves, your coaches, your family and your teammates until it is eventually discovered and your gift will be revoked. TRUTH WILL OUT.

The parent and/or guardian of the athlete will also agree to assist in the completion of the contract. This can be as hands on or hands off as they choose: from supervising to simply informing the Coaches of infractions.

Any deviation from the terms of this Contract will result in expulsion from the Viking Challenge. Extenuating circumstances may exist at times; those times must be divulged to the Coaches BEFORE they come to pass and will be left up to the Coach's discretion.

SIGNATURE PAGE

(to be signed and returned to the coaches should you choose to participate)

FOOD(S) TO GIVE UP - _____

LOGARUN.COM USERNAME - _____

BOOK(S) TO READ - _____

(Coaches Signature)

(Athlete Signature)

(Printed Name)

(Printed Name)

(Date)

(Date)

(Coaches Signature)

(Parent/Guardian Signature)

(Printed Name)

(Printed Name)

(Date)

(Date)