



## Coaching Agreement

What I want for you is to reach your goals, however you define and design that for yourself. I am your biggest advocate, fan and coach. I am available to you as you create the life that you want.

Results. You are responsible for producing results, and your decisions are your own. I will always respect whatever you choose to do in any situation.

I will always tell you the truth as I see it, try to be unconditionally constructive, and acknowledge what is. I ask that you always tell me the truth as you see it.

### Coach Agreement

I agree to serve as your coach to help you achieve mutually agreed upon goals which may include, but are not limited to:

Goal setting and creating an action plan

Creating a Championship effort, a Champion Mentality

Increasing awareness and football IQ

Mental strength and the ability to battle adversity

Understanding proper nutrition and rest for optimum performance

Footwork, ball handling, throwing mechanics, routes and route running and hand eye coordination

Understanding schemes and how to read a defense

Alternative techniques

Film breakdown

How to behave on social media

As your coach, I cannot guarantee results, as they will depend on your effort as well as my own. I can guarantee that I will show up 100% for our work together, and I can tell you that you will create different results just by having the courage to experiment with your life. If you give a Championship effort you will reap the benefits of this effort.

During the time we spend together in any individual coaching, I will devote my time, thought, and energy to you exclusively. In between our sessions, I may not be readily available, as I will be attending others. Time is valuable. If you need me, I typically will return your call or email within 24 hours. I can respond to a text much faster.

I am not a health professional nor am I trained to provide psychotherapy or any medical care. I am a football coach and a Certified Holistic Health Coach. I can provide concepts and ideas that can work with your Bio Individuality to bring out your best self. If any issues come up for you that should be handled by a licensed physician, we can stop coaching while you attend to your health. I will not advise or coach on issues which are out of my area of expertise. However, I can refer you to some excellent practitioners in the area.

### Player/Parent Agreement

I want to accept full responsibility for myself. I realize that my success depends largely on how I conduct my life, how I think, how I feel, and what I do. I am aware that blaming anything or anyone, including myself, won't help me to succeed.

I will be open to creating a Championship Effort and developing my body and mind in a symbiotic relationship according to my action plan to reach my goals. I will commit to self-work off the field like reading and film study.

I am being coached to improve me on and off the field. That means I am willing to change how I think, feel, act, and how I treat myself if necessary to reach my goals. I know that anything less than my full participation will not achieve the results that I desire.

I am willing to enter into open, honest, and trusting communication and will consider your feedback in order to benefit my growth and success. I know I will not be judged.

I know that I must experiment with different ways of being, doing, having and communicating in order to find ways that suit me best. I know that no one way will work forever so I must experiment, while at all times maintaining my integrity, to find the best ways for me. I realize that trying out new ways may at times feel awkward, artificial, uncomfortable, and even scary at first.

#### Disputes

If for some reason a disagreement arises that we cannot negotiate ourselves, we agree to arbitration. We also agree to be bound by the decision of a mutually agreed upon arbitrator whose fees will be split equally between parties.

#### Logistics

This is an all year training program. All players will meet for the group session once a week for 2hrs. We may go over time. We will limit this to under an additional hour of coaching. These sessions will comprise of skill set training and group or team work. Sessions may be moved to a more advantageous time to accommodate the entire group or coaches.

In season we will focus more on specific training to get better from last game and prepare for the upcoming game. These sessions will be on either Saturday or Sunday morning.

Out of season group session training will consist of every aspect of the game to better the player's ability to reach his goals. These sessions will be on Friday, Saturday or Sunday according to player's current experience and commitment.

Individual work will include two 1 hr sessions per month. These will either be field or classroom work depending on what is most needed that session. These will be scheduled on a first come first serve basis.

#### Fee Agreement

We agree to a fee schedule of \$250.00/month for the group session or \$350.00 for the individual sessions. You can choose to pay in a month to month (4 to 5 week cycle that will be referred to as month from here on out), 3 months or 6 months in advance, commencing on the day of our first session, and ending the following month on the calendar day prior to the first session of next month.

Speed & Agility	\$100
Group	\$150
Individual	
13 & Up	\$350
13 & Under	\$250
Under 10	\$125
Wellness	\$350
7v7	\$150

Payment. The first is to be paid upon signing the contract, the following are to be paid at the beginning of each new month or the calendar day of our first session (i.e., if our first session is June 18th, the first payment would be due at the signing of the contract prior to that date prorated for the remainder of month. Next payment would be due by July 1). Please register on website at [www.justgrinding.com](http://www.justgrinding.com) and set up payment.

#### Discount

If you pay three month in advance there is a 5% discount. If you pay 6 months in advance, there is a 15% discount. Sibling Discount- 25% per sibling.

#### Impact Statement

At the conclusion of the coaching relationship, I ask that you write an Impact Statement describing the value received from coaching that I can copy and use for certification, testimonial text, and/or in response to prospect inquiries. I understand you may wish to remain anonymous.

#### Referrals

My coaching fills by referrals. If you are benefiting from our relationship, I hope you will suggest that colleagues and friends of yours speak with me. For each referral that becomes a paying client you will receive a complimentary session. I know many coaches and their specialties and will be happy to speak with anyone you send me and introduce them to a coach who I think is qualified and "right" for their needs, whether it is me, another coach, or other professional.

I have read and agree with the terms on these pages.

\_\_\_\_\_  
Parent of Player

\_\_\_\_\_  
Date

\_\_\_\_\_  
Player

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Date