For the parents:

* Please let us have them. You are welcome to watch from the lobby or the tables in the walkway, but give them some space. There are mountains of studies suggesting a larger window for learning in the brain of a child when they are in a safe environment being supervised by someone other than a parent. *\*You will occasionally notice a few parents on the turf, I have worked out deals with them to throw BP and generally help out.*
* Please, no outside private lessons. It creates another hurdle to work around from a workload stand point and it skews our data.
* **Please don’t add to their training program. The dosages of activity prescribed for them are important and season dependent.**
* Please go follow us on **Facebook:Elite Athletic Performance LLC**, **Instagram: EAPerformanceLLC\_ , Twitter: @EAPerformance\_**

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_**

For the athletes:

* Do your work and we will get along fine.
* **If you aren’t doing your work, I’m not “Scheduling a call or meeting” to talk about what you can do better. I’m going to let your parents know you are wasting their money and move on.**
* Mandatory workouts at school are out of your control. Optional weight lifting classes and lifting with friends at a commercial gym are not ok. If you knew what you needed to be doing in the weight room, you wouldn’t be hiring us.
* Don’t be afraid to tell us you are exhausted and need to do recovery work. We will trust you until you prove you can’t be trusted.
* Don’t forget we have a lot of options in addition to the training program you are given. Extra Arm Care,Speed Work, Recovery, etc., just ask about the “Sheet Workouts”.
* You can stay here as long as you want as long as you are working.

**Athlete Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_**