



Policies and Procedures For XL Participants

Please read these policies and procedures for the XL Sports Acceleration Program. Signing this document states that you agree to abide by the XL policies and procedures.

Code of Conduct

The XL Sports Acceleration Program is designed to promote athletic excellence while improving confidence and self-esteem. This mission will be reached only if participants conduct themselves in an acceptable manner. The following are acceptable ways to conduct behavior:

- Respect all XL Sports Acceleration Team Members at all times.
- Respect all participants of the XL Sports Acceleration Program at all times. Please treat others as you want them to treat you.
- Arrive **at least 15 minutes prior to the session time** you are scheduled.
- Be courteous and do not be late for your scheduled session.
- No profane language, horseplay, or verbal abuse of others will be tolerated.
- No tobacco products or alcohol use will be tolerated. If such a problem arises and the staff determines such use, that participant will be dismissed from the program.
- No Gum chewing or hard candy allowed during workouts: this is a choking hazard!

Dress Code

This program is an athletic based workout. Please dress appropriately for your workout session and remember to bring a **towel and water bottle**. The following is acceptable dress:

- T-shirt, sleeveless workout shirt, tank top (no shirts with profanity or distasteful items, no shirts promoting alcohol, tobacco, or sex)
- Sports shorts or sweatpants (No jeans or cut off jean shorts)
- Socks and Athletic Running or Cross training Shoes (No street shoes or sandals)
- No Jewelry of any kind (including earrings, visible body piercing, etc)

Attendance

Attendance is extremely important in achieving great end results of the XL Sports Acceleration Program. The following is the attendance policy for the XL Program:

- Call (319) 433-6244 **at least 24 hrs** in advance to let an XL Sports Team Member know that you will be absent. This will be listed as an **excused absence** and you will be able to make it up at a designated time to be determined.
- If you do not call and do not show up for your scheduled session time, you will have an **unexcused absence**. You **will not** be able to make this session time up unless it is excused by a doctor's note.
- There is no penalty for too many excused absences, but remember you are responsible for the success you achieve in this program. Unexcused absences result in forfeiture of sessions. **Success depends on your attendance and work ethic!**
- **Arrive on time!** No participant will be able to complete their scheduled workout session that day if they arrive over **10 minutes late**. However, if there is an available time later that day, you may be able to make it up as per availability at the discretion of an XL Team Member. This program is focused around **time-based workouts** on specific areas of need.

Admission and Application Procedures

Athletes interested in participating in the XL Sports Acceleration Program must go through the following process. Please make sure you have these steps completed prior to your 1st session meeting.

- Recreational, Junior High, High School, Collegiate, or Professional athletes may participate in the XL Sports Acceleration Program.
- Contact an XL Sports Acceleration Program Team Member at 319-433-6244 or visit www.xlsportsprogram.com for available times to register.
- Fill out the packet of information you pick up from the Team Member or print it off the web.
- Verification from a physician that you are able to participate in a Sports Acceleration Program via a copy of your current sports physical or signature of physician on the Medical Clearance form.
- Send or drop off the information packet and payment to XL Sports Acceleration Program, 1045 Southtown Dr., Waterloo, IA 50702 or register online at our website.
- The applicant must pay in full amount for the sessions before starting the program. If it is necessary to cancel after registration, you may do so only for medical reasons or catastrophic events. Reimbursement will be depended on sessions that have not been used.
- Please call (319) 433-6244 for any questions or information regarding the XL Sports Acceleration Program.

I have read and understand the above policies and procedures of the XL Sports Acceleration Program and agree to abide by them during participation in this program. If any policies are not followed, you will be asked to change the behavior. If the changes are not made, this is grounds for dismissal that day. Repetitive violations will be grounds for dismissal from the XL Sports Acceleration Program with no refund.

Participant Name _____ **Signature of Participant** _____

Parent/Guardian _____ **Signature of Parent/Guardian** _____

Date _____