



Competitive Player Contract

As a member of an AMRA competitive team, I understand that the following are my responsibilities:

- To arrive prepared and on time for practices.
- To arrive prepared and on time for game warm-ups and games.
- To arrive prepared and on time for tournament warm-ups and games.
- To practice and play to the best of my ability.
- To notify the Coach in advance when I am unable to participate in any team activity.
- To ensure a healthy diet, proper hydration and sufficient rest.
- To participate in the regular physical training sessions as I continue to increase my strength and endurance.
- To participate in the regular physical training sessions as I continue to improve my skills.
- To listen attentively to the Coach, Assistant Coach(es), Trainer, and Team Manager.
- To respect players as they listen to the bench staff.
- To respect and encourage my teammates both on and off the ice.
- To abide by the Player Code of Conduct and conduct myself as an ambassador for the AMRA at games and tournaments.

Should I not be able to meet my responsibilities as outlined above, I understand the consequences may include being asked to leave a practice, to leave a game, being required to sit on the Player bench for part of a practice, being required to attend, but not dress for an entire game.

Name: _____

Signature: _____

Parent/Guardian Signature: _____

Phone Number: _____

To be completed and handed in to your team Manager if you are chosen for the team.