

CAL FOOTBALL
WINTER WORKOUTS – PLAYER CONTRACT

This off-season workout is designed to help each individual player reach their maximum potential both in the weight room and on the field by becoming bigger, faster and stronger. Our team goal is to win a pac-12 championship and this can only be achieved through sacrifice, discipline and dedication. This means that despite ANY circumstances that come, you place the team above self and all work toward a common goal. We will win our games this fall by how we work starting in January. **Earn the right to be successful!**

1. I WILL ALWAYS BE ON TIME! 1 SECOND LATE IS LATE.
2. IF I HAVE A CONFLICT, I WILL COMMUNICATE WITH STRENGTH COACHES AND HAVE A VALID REASON B/F MY SCHEDULED LIFT/RUN. FAILURE TO COMMUNICATE WILL BE CONSIDERED AN ABSENCE.
DAMON- 5103165271
SAL- 5103770040
MAHALA- 7187176179
3. IF I'M SICK, I WILL PHYSICALLY REPORT TO THE TRAINING ROOM B/F MY SCHEDULED LIFT/RUN TO BE EXCUSED. CALLING FROM BED IS NOT CONSIDERED EXCUSED.
4. I WILL BE COACHABLE AND TAKE CONSTRUCTIVE CRITICISM.
5. ONLY CAL ISSUED APPAREL WILL BE WORN. THIS INCLUDES NO EAR RINGS, NECKLACES, SOCKS, HEADGEAR, ETC. THERE WILL BE NO MODIFICATION TO ISSUED GEAR. I AM WILLING TO SACRIFICE MY INDIVIDUALITY TO CONFORM INTO ONE COHESIVE TEAM.
6. I WILL NEVER MAKE EXCUSES FOR MYSELF OR MY TEAMMATES. I WILL OWN MY ACTIONS.
7. I WILL GIVE MY ALL FOR MY TEAMMATES AND **ABOVE ALL ELSE FOR CAL** AND OUR SUCCESS ON A DAILY BASIS.
8. I WILL BE GRATEFUL FOR THIS OPPORTUNITY AND AS SUCH, WILL NOT ACT ENTITLED OR COMPLAIN AS I UNDERSTAND THAT I CHOSE TO BE A PART OF THIS TEAM.

IF I VIOLATE ANY OF THESE RULES, I WILL BE HELD ACCOUNTABLE BY BOTH TEAMMATES AND COACHES AND SUBJECT TO ANY DISCIPLINE AS A RESULT OF MY ACTIONS.

PRINT NAME _____

SIGNATURE _____