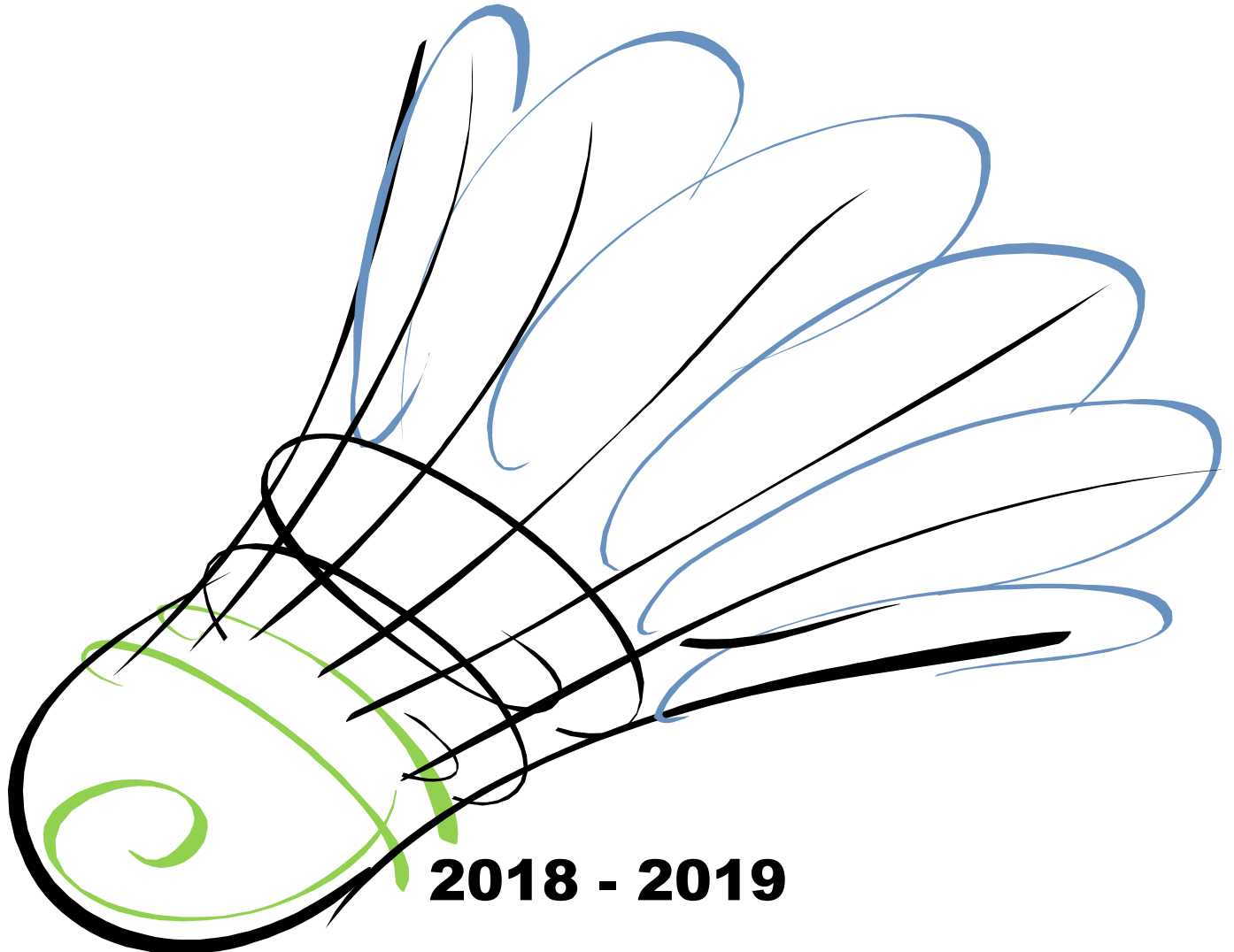




**THE DERRICK**  
golf and winter club

# **Derrick Badminton Athlete Handbook**



**2018 - 2019**

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## THE DERRICK CLUB BADMINTON PROGRAM

The success of the Derrick Club badminton program is directly related to the team of professional coaches led by Coach Ma. A variety of programs are offered for members to have fun playing badminton. Everyone is invited to join these classes and improve their technique whether at a recreational or competitive level. There is evening and weekend badminton at the social and competitive level for the enjoyment of our adult members too.

## CONTACTS

|                              |  |
|------------------------------|--|
| The Derrick Club Reception   | 780-437-1833   |
| Badminton Office Direct Line | 780-391-2006   |
| Coach Ma                     | <a href="mailto:coachmas@gmail.com">coachmas@gmail.com</a>   |
| Coach Yi                     | <a href="mailto:taiyi@live.cn">taiyi@live.cn</a>             |
| Coach Kai                    | <a href="mailto:dan_kai@hotmail.com">dan_kai@hotmail.com</a> |

## WEBSITES

|  |   |
|--|---|
| The Derrick Club:                        | <a href="https://www.derrickclub.com/">https://www.derrickclub.com/</a>       |
| Badminton Alberta:                       | <a href="http://www.badmintonalberta.ca/">http://www.badmintonalberta.ca/</a> |
| Badminton Canada:                        | <a href="http://www.badminton.ca/">http://www.badminton.ca/</a>               |
| Edmonton District Badminton Association: | <a href="http://edba.org/">http://edba.org/</a>                               |

## BADMINTON COMMITTEE 2018 – 2019

Chairperson: Joyce Pittman

|            |             |               |                    |
|------------|-------------|---------------|--------------------|
| Anne Lee   | Andrew Kwan | Danny Long    | Doug Rutherford    |
| Steve Wong | 'Xinwei Yu' | Bessie Tsai   | Coach Ma Zhong Hua |
| Kai Dan    | Yi Tai      | Kathy Francis |                    |

*We are looking for more people to get involved and volunteer to help with the badminton program. Join the Badminton Committee or volunteer to help with the Badminton Tournaments held at the Derrick. If you have some great ideas and want to help out in any way then contact us!*

## COACHES



### **Head Coach: Ma Zhong Hua**

#### **NCCP Badminton Regional Coach Trained**

*Beginner, Intermediate, Camps, Competitive B, Private Lessons*

Coach Ma has a Master's degree in Physiology and an illustrious career as a badminton coach in China, Japan and now Canada. His most famous protégés in China and Japan were the 1987 and 1988 World Mixed Doubles Champions, Shi Fang Jing and Wang Peng Ren. The same team won Silver at the 1988 Olympics. Even though Coach Ma has rubbed shoulders with many "greats" of world badminton, his goal at the Derrick has been to get to the grass roots and develop programs for all levels and ages. Coach Ma leads a team of coaches who promote a collaborative training environment through group lessons, private lessons and team training.



### **Assistant Coach: Yi Tai**

#### **NCCP Badminton Regional Coach Certified**

*Competitive B & A, High Performance, Camps, Ladies Clinics, Fitness, Private Lessons*

Yi is a highly competitive player who has joined our team from China. She has played in numerous international level tournaments and won the Chinese National Junior Championship. Yi played on the Shanghai Provincial Team in 2003 when the team finished second and she played on the Chinese Nation Team from 2003-2007. One of the highlights of her career was winning Gold in women's Singles at the 2008 Canadian International Championships in Montreal. Yi and her doubles partner also won silver in the same event. Her coaching and playing experience is invaluable to our badminton program.



### **Assistant Coach: Kai Dan**

#### **NCCP Badminton Provincial Coach Trained**

*Competitive B & A, High Performance, Camps, Private Lessons*

Kai joined our professional coaching staff after 7 years of coaching High Performance at the Royal Glenora Club followed by coaching at the B Active Club. He was the CCAA Badminton College National Men's Singles Champion for 5 consecutive years and was twice named the CCAA All Canadian Male Athlete of the Year and twice the NAIT Male Athlete of the Year. He is excited to bring his passion and experience to Derrick Club members.

## **DRESS CODE REQUIREMENTS**

### **Clothing**

Athletic wear required on court.

Coloured athletic shirts and athletic shorts are permissible.

### **Footwear**

Clean, non-marking indoor court shoes are required.

\*Badminton shoes are preferred (available for order through Coach Ma)

### **Equipment**

A proper, lightweight badminton racquet is strongly recommended.

Cheaper, steel racquets are quite heavy and can cause wrist damage from over strain.

Different lengths are suitable for different age groups – shorter lengths for younger players.

**\*Badminton racquets are available for order through Coach Ma.**

## **REGISTRATION ON GAMETIME**

All classes are available for booking on GameTime and **MUST** be used for registration by all members. Booking on GameTime helps maintain proper class sizes!

**Classes are also billed monthly - not per class attended.**

### **ATHLETE INFORMATION**

The committee will collect child and adult contact information in order to ensure coaches/organizers can contact everyone.

### **VOLUNTEER COMMITMENT**

Parents of children competing in badminton tournaments may be asked to volunteer when the Derrick Club hosts a tournament. Parents interested in becoming an official or joining the badminton committee are urged to contact a committee member.

# GROUP LESSONS

Group Lessons run from early September until the end of May each year.

There are group lessons for all ages and abilities that you will progress through based on skill level:

- Beginner                                      Coach Ma
- Intermediate                                Coach Ma
- Competitive B & A                      Coach Ma      Kai Dan              Yi Tai
- High Performance                        Kai Dan              Yi Tai



# BADMINTON SCHEDULE

Winter 2019

## Badminton Schedule



|   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   | Sunday  |
|---|--|---|--|--|---|--|---|
| Morning   |  |   |  |  |   | Adult Open Play<br>8:00-10:00 a.m.   | Adult Open Play<br>8:30-10:00 a.m.  |
|   |  |   |  |  |   | Fitness for Badminton<br>10:00-12:00 p.m.  | Open Play<br>10:00-1:00 p.m.  |
| Afternoon   | Private Lessons & Open Play<br>1:30-4:00 p.m.  | Adult Clinic<br>1:30-2:30 p.m.<br><br>Private Lessons & Open Play<br>1:30-4:00 p.m.                 | Preschool<br>2:00-2:45 p.m.<br><br>Private Lessons & Open Play<br>2:00-4:00 p.m. | Private Lessons & Open Play<br>12:30-4:00 p.m.   | Private Lessons & Open Play<br>1:30-4:00 p.m. | Junior Open Play & Private Lessons<br>12:00-2:00 p.m.<br><br>Private Lessons & Open Play<br>2:00-3:00 p.m. | Beginner Jr. Group Lesson<br>1:00-2:00 p.m.<br><br>Private Lessons & Family Open Play<br>2:00-3:00 p.m. |
|   | Beginner Jr. Group Lesson<br>4:00-5:00 p.m.<br><br>Private Lessons & Open Play<br>5:00-5:30 p.m. | Intermediate Jr. Group Lesson<br>4:00-5:00 p.m.<br><br>Competitive A Group Lesson<br>5:00-6:00 p.m. | Competitive B<br>4:00-5:30 p.m.  | Intermediate Jr. Group Lesson<br>4:00-5:00 p.m.<br><br>Competitive A Group Lesson<br>5:00-6:30 p.m.    | Competitive B<br>4:00-5:30 p.m.               | Adult Open Play & Private Lessons<br>3:00-5:00 p.m.  | Private Lessons & Open Play<br>3:00-10:00 p.m.  |
| High Performance Group Lesson<br>5:30-7:30 p.m.<br><br>Adult Competitive Ladder<br>7:30-9:30 p.m. | Competitive Ladder<br>6:00-7:00 p.m.<br><br>Private Lessons & Adult Open Play<br>7:00-11:00 p.m. | High Performance Group Lesson<br>5:30-7:30 p.m.<br><br>Adult Competitive Ladder<br>7:30-9:30 p.m.   | Private Lessons & Open Play<br>6:30-8:00 p.m.                                    | Private Lessons & Open Play<br>5:30-7:30 p.m.<br><br>High Performance & Adult Ladder<br>7:30-9:00 p.m. | Open Play<br>5:00-11:00 p.m.                  |  |   |
| Open Play<br>9:30-11:00 p.m.  |  | Open Play<br>9:30-11:00 p.m.  | Adult Open Play<br>8:00-11:00 p.m.   | Open Play<br>9:00-11:00 p.m.   |   |  |   |

# **BADMINTON GROUP LESSONS – DESCRIPTIONS**

## **Beginner**

From the Pre-school Class to the Beginner Classes and the Teen Class this program is for someone just starting out in badminton. We believe that teaching the fundamental skills in a fun setting you will improve as a player. Forehand and backhand grip, serve and air-volley, ready position, racquet work, half court footwork, concept of all the basic skills, half court singles rules, and some fun games.

## **Intermediate**

Players in this class know all of the proper shots in badminton and are beginning to learn more about how to play the game. An Intermediate player is developing and working towards playing in their first competitive tournament. They will keep practicing till the able to use all the half court basic skills proficiently. Students will learn some half court patterns, full court footwork and singles/doubles rules. They will be able to play intense half court games with some transition to full court. This player is advancing their skills on court in regards to competitive play and how to play a winning shot. As they develop Coaches will advise when they are ready to play in a tournament. The starting point for them would be doing one or both of the local EDDBA tournaments.

## **Competitive B**

Players are able to use all the cross court skills proficiently. They are learning more straight and cross patterns, and play cross court single and full court singles. Competitive B players understand the strategies. They will also learn doubles skills, footwork, and concepts. Players are preparing for the transition to a Badminton Alberta tournaments and could also play in the Derrick Junior when they have the skill level.

## **Competitive A**

Players are able to use full court skills proficiently. They will be mastering singles, doubles and mixed doubles footwork. Coaches will continue to work on competitive strategies. Players have advanced skill levels, attend class twice a week and participate in at least the two Badminton Alberta tournaments held in Edmonton, Provincials, and EDDBA tournaments. Other tournaments are encouraged.

## **High Performance**

Players will improve singles, doubles and mixed doubles strategies, be able to think and adjust their own weakness and advantages individually. Coaches will be developing more intense footwork and fitness training. High performance group lessons will train the players as professional athletes and help them to be fit and ready for all the high level tournaments, including Nationals and Internationals tournaments. This would include open tournaments organized by Badminton clubs in Edmonton and Calgary. As an elite player attendance to the class twice a week is required.

Criteria: Players are selected for this group by the coach responsible for the group. This selection is based on player readiness, performance and commitment.

## **Competitive B, A, High Performance Registration Fee**

\$75/year September - June

The registration fee is non-refundable and will cover the coaching fees at the Derrick Junior Tournament and at Provincials. A Derrick Club Badminton team T-Shirt will be provided for athletes to wear at tournaments.

## **PRIVATE AND SEMI-PRIVATE LESSONS**

Private coaching sessions emphasize the fundamentals of badminton, a specific skill or other aspects of athleticism like speed or endurance. Private lessons compliment group lessons as they provide a one on one opportunity to specifically target areas that an athlete needs to improve. The focus is solely on the player's improvement and increasing their skill and confidence level. Our coaches know what it takes to play in high level situations, from basic badminton technics to strategic game thinking, and can work with the student to build a strong foundation.

Private Lessons are available for booking with each of the coaches based on their availability:

- \$35.00 / ½ Hour Private Lesson
- \$40.00 / ½ Hour Semi-Private Lesson (2 players @ \$20 each)
- \$70.00 / 1 Hour Private Lesson
- \$80.00 / 1 Hour Semi-Private (2 Players @ \$40 each )

### **Private Lesson Policies**

A Derrick Club member may book casual and seasonal private lesson training when the coach is available. After September 15, Junior Sponsored members will be permitted to book their season lessons. Should a member need to re-book their seasonal lessons and a junior sponsored member has that time slot the coach is required to give the junior sponsored athlete a notice time of two weeks before a change can be made.

Members have first priority to book their seasonal lessons until September 15 when we allow junior sponsored members to book.

Please do not interrupt the coach during private lessons unless there is an Emergency. (Please respect when a coach is in their private lesson time)

Cancellations for private lessons will be accepted up to 24 hours prior to the appointment. If you do not cancel your scheduled appointment 24 hours in advance of its start time, you will be billed 100% of the session fee. Coaches are responsible for waiting 15 minutes for a client's arrival. Upon late arrival, sessions will be completed to the end of the scheduled time or at the trainers' discretion.



## BADMINTON CAMPS

Badminton Camps for all ages and abilities are held during school breaks throughout the year:

- Summer Break
- Christmas Break
- Teacher's Convention
- Spring Break

These camps offer a great opportunity for players new to badminton to immerse themselves in daily training. This will help develop their skills more quickly.

Camps are also excellent for an ongoing badminton player to continue to improve their skills and abilities on a daily basis surrounded by others of a similar or higher skill level.

Camps are offered in Beginner, Intermediate, Competitive and High Performance levels.

## ADULTS

Adults have a number of options for recreational or competitive play.

- |             |                          |                   |
|-------------|--------------------------|-------------------|
| • Monday    | Adult Competitive Ladder | 7:30pm – 9:30pm   |
| • Tuesday   | Adult Open Play          | 7:00pm – 11:00pm  |
| • Wednesday | Adult Competitive Play   | 7:30pm – 9:30pm   |
| • Thursday  | Adult Open Play          | 8:00pm – 11:00pm  |
| • Friday    | H P & Adult Ladder       | 7:30pm – 9:00pm   |
| • Saturday  | Adult Open Play          | 8:00am – 10:00am  |
| • Saturday  | Adult Drop In            | 3:00pm - 5:00pm   |
| • Sunday    | Adult Open Play          | 8:30am - 10:00 am |

Adult members are welcome to come out and meet other players during open-play and adult only play times. If you are new, introduce yourself and ask to play a game. Meet other members and become a part of the social and competitive scene of our adult players.

## TOURNAMENTS

Tournaments are a great way to improve your skills and abilities at playing badminton while also playing against different people. The Derrick Club will offer fun tournaments for all participants to gain experience.

There are different levels of competitive tournaments:

EDBA – Edmonton District Badminton Association:

- Junior Fall Tournament in December, EDBA Junior Open in February
- Excellent for juniors new to tournaments or for adults looking to play a tournament locally

Badminton Alberta:

- Junior Series, Yonex Junior Elite, Yonex Alberta Series,
- Tournaments for the more experienced player up to the Elite and Adult level

Badminton Canada:

- Elite Juniors and Adults have a number of tournament options to play on the National and International scene

### What tournaments should I be entering?

Beginner – Derrick Fun Tournaments – Informal and Fun at the Club, Fall and Spring

Intermediate – Derrick Fun Tournaments , EDBA

Competitive A & B – EDBA, Badminton Alberta Junior Series

Competitive A – EDBA, Badminton Alberta Junior Series

A coaching fee will be shared amongst Derrick Juniors playing in Badminton Alberta Tournaments, when there are enough Derrick juniors registered to warrant a coach attending.

High Performance – Badminton Alberta Junior Series, Yonex Junior Elite, Alberta Series and Open Tournaments. A coaching fee will be shared amongst Derrick Juniors playing in the elite level Tournaments, when there are enough Derrick Juniors registered to warrant a coach attending.

If you are unsure of which tournaments to enter, please discuss with your Coach.

**Every Derrick Badminton Player should play in at least one tournament per season.**

**Competitive and High Performance Players should be playing in multiple tournaments.**

## Q&A FOR ENTERING INTO BADMINTON ALBERTA SANCTIONED COMPETITIVE TOURNAMENTS

### Badminton Alberta Membership:

Competitive tournaments require a membership with Badminton Alberta. The membership year is from September 1<sup>st</sup> to August 31<sup>st</sup> each year. Membership can be obtained on-line with the use of a credit card or Pay Pal at the following link: <http://www.badmintonalberta.ca/form/1755/Membership-Registration>

You have a choice between Competitive or Single event membership type. If an athlete intends on playing more than one Badminton Alberta sanctioned tournament they must purchase a Competitive membership. The Single event membership is for an athlete who will only play in one sanctioned tournament during the season. Your Badminton Alberta ID number stays the same each year but you must pay each year to renew it.

### Badminton Alberta ID Number:

Once you have submitted your application to Badminton Alberta for membership, one of their staff will email you a Badminton Alberta ID number (it will contain two letters and five numbers). This may take 1-2 business days, so be sure to apply in time before tournament deadline. You will be required to supply this number each time you enter a tournament. You will also receive a username and password, which will provide you access to the Members Only section on the Badminton Alberta website. This username and password will not provide you access to the Tournament Software website

### Tournament Registration Instructions:

You can access tournament information off the homepage at [www.badmintonalberta.ca](http://www.badmintonalberta.ca). Look for the link along the top that says tournaments. Use the drop down menu to find your specific tournament and click on the tournament registration link for that even. You will now enter the Tournament Software website. If the tournament is still available, you will find a prompt (**Click here to enter**), select this and you will go to the next stage of entry.

1. Online entry page – select online entry with an account (even though you may not have an account yet). If you have an account you can simply login here. If you do not have an account, you can sign up here - **Sign Up**. Here you will create your own username and password, so please write it down, as you will need it each time you enter online.
2. Regulations – simply read and check the “I agree with the regulations box at the bottom of the page”.
3. Confirm the personal information is correct for the player you are attempting to enter. If you have more than one child entering the tournament, you will be required to have a separate username and password for each child. Under the events tab you will need to select which event and/or age group your child wants to enter.

*Events: BS – Boys singles, GS – Girls singles, BD – Boys doubles, GD – Girls doubles, XD – Mixed doubles*

If your child does not have a doubles partner, but you want them to play doubles, select request a partner. If they do have a partner, enter the players ID number and name. This way the software will automatically pair the two athletes together as a team. Then select **Continue**. If you don't have a partner I recommend you request one as it is fun to play more than one event and the price is the same.

4. Online payment step – select **Continue with payment**. You will now be asked to provide payment via credit card or PayPal.

Once your payment has been received your entry will be complete. Your child' name will not appear on the tournament site, until the tournament organizer has downloaded the entries from the server. Online entry usually closes 10 days prior to the first day of the tournament. You will receive an automated email once the Tournament Director has processed your entry.

**Entry fees:**

For junior aged tournaments there is usually just one fee, which allows the player to select one singles, one doubles and one mixed doubles event. Most tournaments offer a souvenir as part of the entry fee.

For Badminton Alberta junior events – each junior athlete will only receive one souvenir shirt for the season, no matter how many tournaments they enter that year. They will get the shirt at their first event.

**Club Name:**

When preparing the draws, there are several rules that must be adhered to. One of these rules allows for separation of players from the same club. When entering please enter the name of the club you belong to.

**Dress Code:**

A number of the private clubs have specific dress codes for play. As a guest of these clubs, we must adhere to the host clubs dress code. ie. "Whites" only refers to white tops and shorts, with no more than 15% colour.

**Partners:**

Parents and athletes are responsible for arranging their own partners. Coaches encourage parents to make partnership arrangements early. Coaches will not be involved in creating partnerships but may give suggestions if requested. Parents must inform coaches once partnerships are organized so that they are informed and can oversee partnerships. A Jr. Sponsored must partner with a Derrick Club member, of the same calibre and commitment level, unless granted permission.

**Badminton Age Classifications****Badminton Alberta to align with BWF and Pan Am Federations on 01 January 2019**

Effective 01 January 2019, Badminton Alberta will realign the junior age classifications to fall in-line with the Gregorian calendar, which is used by the BWF and Pan Am Badminton Federations. The new season of play will begin 01 January and finish on December 31 of each season.

- to be eligible for u11 - all participants must be born in 2009 or later;
- to be eligible for u13 - all participants must be born in 2007 or later;
- to be eligible for u15 - all participants must be born in 2005 or later;
- to be eligible for u17 - all participants must be born in 2003 or later;
- to be eligible for u19 - all participants must be born in 2001 or later.

Simply put an athlete can't turn the age of the category during the year of the competition. The proposed changes will allow athletes the opportunity to participate in their respective age category for the entire 12 months. The change will also provide more accurate rankings, as only eligible athletes will be appear in the provincial ranking lists.

**Playing Up**

If you are an experienced player and want to play in an older age category, you may do so, however, you do so at your own risk. If the tournament is played at different venues, you may run the risk of having conflicting match times, which will be solved by defaulting you in one of the events. Therefore you may consider entering in ONE age category per tournament, to avoid such situations. If the tournament is played at one venue you may not be eligible for the normal amount of rest in between matches, as to not slow up the schedule for the masses for the decision of a few. We therefore ask for your cooperation and hopefully can reciprocate.

**Partner Ineligible**

If you find out that your doubles or mixed doubles partner isn't eligible to play in your age category, you must:

1. Play up in all events so you can still play with your partner(s); or
2. Choose a new partner so you can stay in your age category; or
3. Not enter a doubles event

### **Masters Age Classification**

The Masters age classifications in singles, doubles and mixed doubles in Canada are:

- 30+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+
- The tournament organizing committee has the option to combine adjacent age categories.
- In Canada the age must be attained by the start of the tournament.
- To qualify in Alberta, the specific age must be attained before or during the tournament dates.

**Reminder: To play Junior Nationals you must play Provincials AND a Yonex Junior Elite event.**

### **Edmonton District Badminton Association (EDBA) Tournaments:**

Two junior tournaments are usually scheduled for February and April - Dates TBC.

These are good tournaments for junior players ready to play in their first tournament and juniors in the competitive classes.

Tournament registration is processed manually and entry must be mailed in. Badminton Alberta Membership is not required.

### **Derrick Fun Tournaments:**

These informal, fun tournaments will be held at the Derrick for our beginner classes to give those players an opportunity to try a tournament in a comfortable and fun setting.

## **THE DERRICK CLUB JUNIOR BADMINTON TRAVEL POLICY**

The support team for each athlete must understand their individual roles and ensure that open communication exists between all parties. All athletes and parents/guardians are required to sign the Derrick Club Code of Conduct.

### **The Role of Professional:**

- to coach athletes at the badminton tournaments, within reason of time and geographical restraints This travel policy is intended to be used as a guideline for athletes, parents and professionals
- to deliver pre- and post-game preparation and analysis
- to reinforce the athletes' responsibility to know the competition schedule
- to communicate with the tournament organizer and officials
- to communicate with the parents/guardians and chaperones
- to assist athletes in preparing for upcoming matches (must be approached by athlete)

- unless specifically arranged in writing, players and their parents/guardians must acknowledge that the club and professionals are not responsible for transportation, supervision or accommodation of the players
- the professional shall not be liable for any problems that arise outside their role

#### **The Role of Chaperone/Parent/Guardian:**

- Parents unable to travel to the competition must arrange for the travel of competitors to the competition, and must designate a chaperone to be responsible at all times during the time of the tournament for the safety and well-being of their child. This role cannot be appointed to or assumed by the coach.
- responsible for transportation to and from competition
- responsible for accommodation during the period of the competition
- supervision of athlete at the tournament and place of accommodation
- to meet the adequate nutrition needs of athlete
- to ensure prompt payment of expense funds are made to the coach
- responsible for reporting any damage caused by their child to the club

#### **Coaching Expenses (within Alberta):**

- When decided by the coach and athletes' parents/guardians that a coach will attend a tournament, the coach's expenses for travel, accommodation and meals will be shared by the athletes' families (not including those covered by the registration fee),
- Reasonable coaching fee is to be paid to the coach by the Badminton Committee as per previous agreement

#### **Electronic Communications and Social Media Policy**

The Derrick Club recognizes that smart phones and various means of communicating through social media is an important part of our society. Use of smartphones and social media also presents certain risks and carries with it certain responsibilities.

- Privacy is very important to everyone. Posting any photos publicly about another athlete coach or chaperone requires implicit consent from all the individuals in the photo.
- Use of smartphones during team events and travel will be limited.
  - Limitations may include access to devices during competition, training, meals, sleep times etc.
- Athletes, coaches and chaperones using smartphones and computers should not have an expectation of privacy while on team sanction events. Any content viewed on the devices must be legal and socially appropriate for minors.
- Athletes will refrain from using social media in emergency situations; proper communication will come from the coaches and/or chaperones.
- Inappropriate use of a smartphone may lead to the device being confiscated by a coach or chaperone.
- The Club may at times use images for our Digest, Website or advertising.

## **COMMITMENT BY THE DERRICK CLUB JUNIOR ATHLETES**

As a proud representative of the Derrick Club, I realize that what I do, whether participating at the club or representing it elsewhere, will always reflect on me, my teammates and the Derrick Club.

I am to be a pace setter in my personal conduct, setting high standards for both myself and others.

Representing the Derrick Club, my commitment is the following:

1. To be sportsman-like, while at the club or representing it elsewhere.
2. To respect all people and their property, whether it is at the Club or wherever we are staying.
3. To neither possess alcohol, cannabis or tobacco, or supply these substances or their substitutes to others.
4. To never be in possession or use any drug other than prescribed medical drugs. I will advise my coach of the use of any prescription drugs.
5. To report any damage caused by their actions to the officials present.

I agree that if I do not fulfill these commitments that I will expect my parents or guardians to be contacted, and that the Derrick Club may suspend some or all of my privileges associated with the Club.

**Date:** \_\_\_\_\_

\_\_\_\_\_

**Athlete's Signature**

\_\_\_\_\_

**Print Name**

For parents/guardians of athletes under 18 years of age:

I have read and discussed the meaning of the above commitments with the athlete named above. I agree that these commitments are important and I support them.

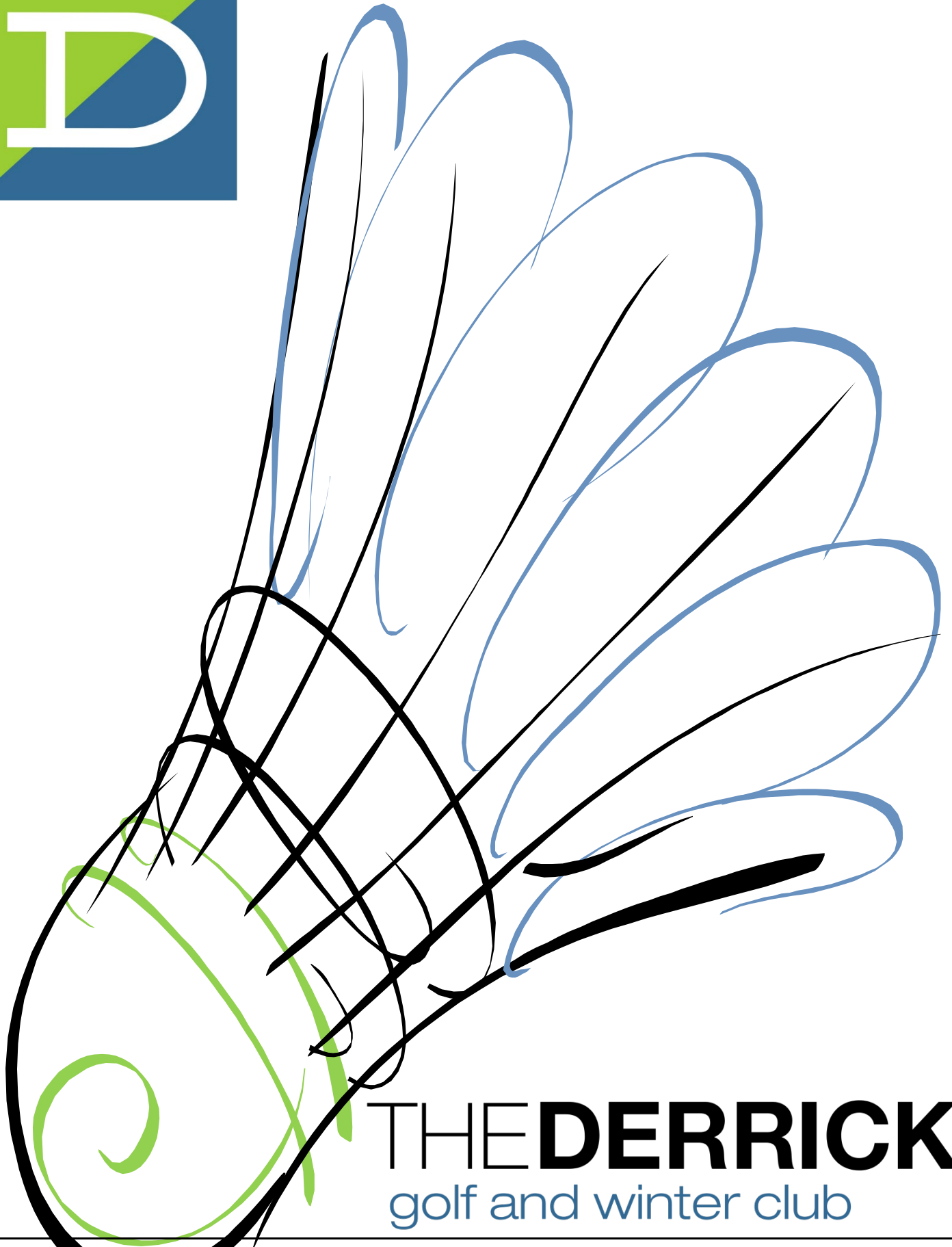
**Date:** \_\_\_\_\_

\_\_\_\_\_

**Parent's/Guardian's signature**

\_\_\_\_\_

**Print Name**



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