



## THE ROYAL CALEDONIAN CURLING CLUB ACADEMY ATHLETE AGREEMENT

The Royal Caledonian Curling Club (RCCC) is delighted to invite you as an Academy athlete.

Our expectations of the programme and our expectations of you, the athlete, are detailed within this agreement. This will ensure that you are aware of the basis on which we are providing assistance and how this relates to your performance. This intends to record our commitment to you, and your commitment to us as an athlete.

The Academy's overall objective is to deliver a supportive programme to progress athletes on the performance pathway for World Class potential. To meet this objective, the RCCC is investing in Scotland's future potential performance athletes who are fully committed to a competitive programme.

### 1 Resources

The RCCC will support the programme costs of ice sessions, technical coaching and an Academy curling top. In return, we ask you to commit a day in assisting the RCCC with development programmes e.g coach assessments, Skill Awards workshops. Prior notice will be given and agreement made between RCCC and athlete.

### 2 Athlete Programme

**The primary objective of all selected Academy athletes is to improve their individual rankings and to perform to their peak potential. This is to ensure the best possible chance of progressing within the performance pathway.**

#### 2.1 Planning and Goal Setting

Support will be provided from your appointed On-Ice Technical Coach and the Performance Development Coach to identify an appropriate individual training schedule and set achievable goals and targets. Communication between Team, Technical and Performance Development Coach will be regular to direct practice.

#### 2.2 Strength & Conditioning

Strength and Conditioning programmes are now seen as an essential element which contributes to the success of athletes striving for World Class levels and you are encouraged to take advantage of the advice offered and carry out your own fitness training. There is a large aerobic-Cardio-vascular requirement of repeated bouts of sweeping which doesn't require to be practised on ice.

### **2.3 Technical/Tactical Training Programme**

On ice training sessions will be delivered by your identified Academy Technical Coach to develop your techniques on a needs analysis basis to cover delivery, release, weight control, split timing, communication, sweeping, tactics, angles, ice conditions, stone matching, rules & etiquette. Sessions will be available at Stirling during the summer off season.

### **2.4 Practice Training**

Each athlete is expected to take responsibility for arranging their own on-ice practice at least once per week to improve technique in addition to arranged training and competitions. This should be recorded in their Training Diary. Many rinks now offer a Season Practice Ticket. Team Sessions are expected once per month, where feasible with team coach, to take place throughout the season to work on teamwork i.e. tactics, line calling and judgement, ice and stone management and team dynamics.

### **2.5 Sports Science Programme**

Support will be incorporated throughout your training programme, where deemed appropriate to cover nutrition, team building, motivation, psychology, and competition preparation.

### **2.6 Competition Programme**

Athletes will be given advice on selecting a suitable competition schedule and setting achievable goals. This will then be agreed with the Performance Development Coach. Athletes are required to compete in at least 2 Asham Under 21 Slam events, Men/Women are required to compete in at least 2 GSCT events and both must play in the age related Scottish Qualifiers/Championship. Athletes are expected to work closely with their own team coach who can assist and monitor performance at competitions throughout the season. Athletes are required to cover their own domestic competition and travel costs.

## **2 Adherence to Programme**

In order to promote the RCCC and its role in supporting and encouraging athletes, you are required to fully comply with the following:

- ❖ must be a member of the RCCC.
- ❖ must be either born in Scotland or have a Scottish parent or have been domiciled in Scotland for two consecutive years.
- ❖ regularly communicate with the Performance Development Coach by phone or email. Athletes are expected to check and regularly respond to information or requests.
- ❖ attend all on and off ice training sessions with a positive, professional attitude and accept responsibility for punctuality.
- ❖ take responsibility for your own practice sessions and to purchase a season practice ticket where available at your local rink.
- ❖ adhere to a strength and conditioning programme based on the Academy Template and Programme guidance and which may include mandatory fitness testing and to take a proactive approach to accessing the support sourced/provided. A Guideline Programme is available on the RCCC site in the Athlete/Parent Handbook.

- ❖ Sportsmanship, etiquette and the spirit of curling are all values we expect athletes to promote.
- ❖ adhere at all times to the Discipline in Curling Guidelines.
- ❖ Maintain a Training and Practice Diary which may be monitored at regular intervals by the Performance Development Coach. This is very important as it will record your commitment to improving as an athlete and will prepare you for the intensive monitoring and reporting carried out by all Performance level athletes.

#### **4 Clothing**

We will provide you with an Academy curling overtop. You are required to wear this when you attend training sessions or any other related public appearance including travelling to foreign competitions.

#### **5 Verbal Acknowledgements**

One of our objectives is to maintain the RCCC's public profile as a leading governing body for sporting success. In order to promote this objective you are required to publicly acknowledge RCCC in appropriate circumstances such as speaking engagements and media interviews, team blogs and websites, social media etc., for the support which we are providing to you.

#### **6 Period of Assistance**

The assistance, which we are offering you in this letter subject to its terms, is for the period from 30<sup>th</sup> June 2017 to 29<sup>th</sup> June 2018.

#### **7 Maintaining Performance and Commitment**

The continued success of the RCCC and its ability to provide assistance to athletes, such as you, depends upon our ability to carry out our functions in a responsible manner.

You will need to be able to demonstrate that you have maintained your performance at a level which continues to justify this level of support. Your coach will regularly review your performance and commitment during the period of this Agreement against your goals and targets. When considering continued and future support we will take into account why targets may not have been reached e.g. illness or injury. Following this review, the RCCC will reassess the position and may require discussion over the level of support you are receiving or may need to terminate the support in accordance with Condition 8 below. Athletes must have a minimum of 80% attendance at on ice sessions, squad events and fitness tests.

#### **8 De-selection/Cancellation of Assistance**

RCCC would be extremely disappointed if there is a need to cancel the assistance provided to you. This will only happen if you fail to meet the expectations or to comply with the terms contained in this letter and will occur without penalty due by the RCCC.

Should you wish to appeal the de-selection process the RCCC has a Disciplinary and Appeal process which would be adhered to.

If you do fail to meet expectations or to comply with the terms contained in this agreement, we will notify you and give you the opportunity to discuss your situation with us. After this time, if such failure remains unresolved we will issue you with a written notice which will state a period determined by us as appropriate by which the failure must be remedied by you. If you do not remedy such failure within this period, this will result in the immediate termination of assistance and this Agreement.

## **9 Consent of Personal Information**

In order to provide you with the most appropriate programme and support RCCC will require certain information about you. You agree that we may collect such information, retain it and use it for administering your involvement. You agree to being photographed/videoed when on ice for both training and promotional purposes.

Some of the information you give to the RCCC may be confidential. This will be respected and treated appropriately. The information held by the RCCC does not affect your statutory rights under the Data Protection Acts of 1984 and 1998.

Please let us know if your personal details change so that we can keep our records up to date. You are entitled to have access to the information we hold about you and this will be provided at any time upon request.

## **10 Information Supplied**

The assistance we are providing to you is based upon the information you have provided to us. It is your responsibility to confirm that the information you have provided is correct. If any of the information you have provided to us is incorrect, RCCC can cancel the assistance referred to in this agreement with immediate effect without penalty due by the RCCC notwithstanding the terms of condition 8 above.

## **11 Reporting**

It will be necessary for you to report on your competition performance and possibly complete questionnaires or surveys on the programme assistance from the RCCC. In particular it is essential that you complete these forms/questionnaires/surveys provided by the RCCC and return them within the time stipulated. By accepting the terms of this agreement you agree to provide any information which may be reasonably required by the RCCC in relation to the monitoring of your performance.

## **12 Disputes**

It is hoped that there will not be any disputes or differences about the interpretation or application of this letter. However if there is, then it is expected for you to raise concerns at the earliest opportunity so we can discuss them fully, openly, promptly and in good faith to negotiate a solution.

## **13 Anti-Doping**

The RCCC has in place a set of anti-doping rules that all athletes, coaches and athlete support personnel must abide by. The anti-doping rules for The RCCC are consistent with the World Anti-Doping Code (2015 Code), which governs anti-doping internationally.

## **14 Alcohol**

In accordance with the players code of conduct no alcohol should be consumed by funded athletes during training and competition. If competitors are knocked out of a competition prior to completion of the event, they should seek the approval of the performance coach before consuming alcohol. The WCF have an alcohol ban at the World Junior Championships.

## **15 Sponsorship**

By accepting the terms of this agreement you undertake not to accept sponsorship monies or other benefits in kind from tobacco companies, or organisations which otherwise promote, directly or indirectly, the interests of such tobacco companies or organisations. We would also encourage you not to accept sponsorship from alcohol companies in the interest of ethics in our sport and also the implications for athletes under the age of 18 years.

## 16 Representation of Scotland

It is essential that during the period from **30<sup>th</sup> June 2017 to 29<sup>th</sup> June 2018** notwithstanding the earlier termination or natural expiry of this agreement you are eligible and you maintain your eligibility to compete for Scotland [namely curling] and do not compete for any other country (except in competitions where Scotland does not compete as a separate country in its own right and where you would be eligible to compete for Great Britain or the United Kingdom of Great Britain and Northern Ireland). You will also be required to sign an International Agreement document whilst competing in any overseas competitions, championships as a player representative of the RCCC.

## 17 Social Media

We encourage you to use social media to build a good profile of you and your team within curling. We have no desire to control what you post online but make sure your facts are accurate and don't use inappropriate language or engage in insulting behaviour. You must be mindful of the images, postings and content that your profiles and photos project to your competitors, foreign teams, squad selectors, etc. At no time should any photo featuring the RCCC logo, your sponsor or yourself in team or Scotland kit compromise you or your team. Don't comment negatively on others' professional performance, be they athletes, officials, coaches, ice technicians. ***Social Media Guidelines will be issued to all athletes.***

We trust that this agreement clearly sets out the RCCC commitment to you and what is expected from you in return. If you agree to receive support from the RCCC on this basis, then please sign below and return one copy of this as soon as possible. You may wish to discuss this letter with your family, your lawyer or other professional advisers, and we would encourage you to do so.

Yours sincerely



**Barbara McFarlane**  
Performance Development Coach

I accept and agree to the foregoing terms and conditions of receiving support and assistance from The RCCC Academy programme. (Please sign below on acceptance of the contract and return one copy at your induction meeting.)

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian/Parent  
Signature (if under18): \_\_\_\_\_ Date: \_\_\_\_\_