

## **CROSSFIT GENERATION ATHLETE PLEDGE**

**As a CrossFit Generation athlete, I pledge to do my best to follow the expectations of this training facility listed below.**

**In order to continue to build our CrossFit Generation community and foster an environment which supports respect, camaraderie, positivity and spirit I will...**

1. Take pride and ownership of my gym.
  - a. I will spread the good word when possible. Word of mouth is key for CFG!
  - b. If I see something that needs improvement, I will let my coaches know.
2. Respect my fellow athletes and coaches.
  - a. Always support fellow athletes. Cheer and encourage throughout workout.
  - b. Coaches are looking out for my best interest.
  - c. Coaches want me to be the best I can be.
  - d. Coaches are there to keep me safe and healthy and help me reach my goals.
3. Clean up after myself.
  - a. Put away my toys.
  - b. Wipe up my sweat and chalk marks.
  - c. Take home all belongs (clothes, water bottles etc...).
  - d. No muddy shoes- if mess is made, I will clean it up.
4. Treat equipment like it's gold.
  - a. Avoid dropping at all costs (dumb bells, kettlebells and empty barbells).
  - b. Be mindful equipment is expensive and should not be abused.
5. Give 100% effort and attention during training.
  - a. Be mindful of space and respectful of others space.
  - b. No whining or complaining.
  - c. Go hard and give every workout my best.
  - d. Be attentive during instruction and focused throughout workout.
6. Realize the clock and white board are a training tool only.
  - a. Times only count when workout standards are met.
    - i. Full range of motion on all exercises.
    - ii. Completion of all reps required.
  - b. Technique and form are more important than time and score.
7. Be open and communicate with coaches.
  - a. Let coaches know of anything going on regarding my training.
  - b. Keep coaches posted with my updates (good or bad).
8. Be on time (to the best of my ability).
9. Keep CFG a drama-free zone.
10. Leave my ego at home.