



Alternate Contract

Athlete Name: _____ Season: _____

Athlete Team: _____ Athlete Alternate Team: _____

As an alternate, I / my child, agrees to:

- ★ Attend a minimum of one practice per week with the Alternate Team.
- ★ Be available at competitions for the Alternate Team.
- ★ Only participate in additional events (pictures, team bonding, etc.) when explicitly asked to do so by team coaches
- ★ Prioritize your team in the event of a conflict between teams. Should a scheduling conflict occur with practices or events (e.g. team bonding), the main team practice/event will be attended.
- ★ Prioritize the skills needed for your team. For example, if a perfected back handspring is needed for your team but a back tuck would be better for the alternate team, the athlete is expected to work on the back handspring.

Being an alternate does not:

- ★ Suggest level placement change for the following season.
- ★ Does not guarantee a fill-in spot on the alternate team, but does significantly increase the opportunity.

Participant Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

All involved coaches need to be aware of and agree to the alternate position.

Team Coach Signature _____ Date _____

Alternate Coach Signature _____ Date _____