



QAST ADDITIONAL TRAINING DAY COMMITMENT

Student and Athlete Contract:

As a member of QAST undertaking Additional Training Days I agree to:

Out of School:

- Meet the QAST Code of Conduct at all times.
- Represent my School in an exemplary manner.
- Commit fully to the training requirements of my QAST Coach or the QAST Head Coach.

In School:

- Arrive on time and prepared for learning.
- Be actively engaged in learning and work without disturbing others.
- Establish and maintain a positive relationship with teachers, appreciating the extra work they are completing in allowing me time away from class.
- Consult with teachers to ensure clarity of expectations (including deadlines).
- Maintain the academic standards expected of me by my Teacher.
- Respect the learning environment provided at school.

Note: If at any time an applicant is deemed to be in breach of this contract their continuation in the programme will be reviewed by the School Representative and / or the Head Coach.

Date: _____

Student: _____

Parent/Caregiver: _____

School Representative: _____

QAST Head Coach: _____