



Thank you for joining **Marilyn Chychota Coaching LLC** and including the team on your journey. We have learned that our most successful athletes engage in a disciplined and consistent code of conduct. By joining our team, you would agree to the following code:

- Log training daily with comments on each session. Please direct your feedback comments to training specific responses. Please include your training stats in your log and your downloaded file, if applicable. Training files provide me with the science, but the art of coaching requires your comments and honest communication.
- Athletes are responsible for contacting their coach for all questions, concerns, and any specific requests via email or text.
- Knowledge is power and I have spent decades honing my skills with proven results. Please trust my process and become a great student.
- To help you achieve your goals, I may need to push and prod you in ways that are uncomfortable. Take nothing personally.
- Athletes must inform me prior to training or competition of all injuries, illness, travel and major life circumstances that will inhibit or be harmful to their training or health.
- If I contact you as a coach regarding training or racing, you are expected to contact me back in a timely and respectful fashion that honors professional courtesy. Please be courteous of times zones and basic business hours.
- Athletes must be prepared to train according to the planned schedule. Any schedule changes must be approved by your coach.
- Every athlete must understand the training session prior to executing. When in doubt, please email your coach. It is your responsibility to be mentally prepared for the session and execute to the best of your ability.
- You are personally responsible for being prepared with the correct equipment and the facilities required to execute the training.
- Every athlete must follow the rules of the sport and any misconduct or misbehavior deviating from those rules will not be tolerated, including any TUE for medications on the WADA list. You, the athlete, are responsible for being up to date on all WADA lists and TUE.
- All athletes are expected to behave in a respectful, sportsperson-like way on the race course, with their training, with their teammates, and with their coach. Any disrespect or un-sportsperson like conduct will not be tolerated.
- I expect you to work hard! Your success is determined by your commitment, organizational skills, and ability to communicate. Through this level of detail we can and will achieve your goals.

- If you have a week (or life) that changes a lot, let me know up front. Your key to success is consistency over a long period of time. The greater your ability to set your schedule, the more I'll be able to help you achieve your goals. Whether you're training eight hours per week, or twenty-eight, you'll commit to building a routine so I can build an effective plan for you.
- Athletes must be proactive. Your emails should include written lists, schedules and clear expectations.
- Every athlete will be treated with equal respect and supported by every team member. No one athlete is above another. Each athlete will be kind, supportive and encouraging to one another.

By joining Marilyn Chychota Coaching LLC, you are agreeing to the terms above. We take pride in our standards as a team and together we will set ourselves up for success.

MARILYN CHYCHOTA
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