



# STUDENT CONTRACT

Dear Student,

You have been invited to participate in The Run Beyond Project over the coming months. The Run Beyond Project is a charitable organisation which provides coaching and mentoring programs to Australian high schools students. It uses running as a tool to do this.

This project aims to prepare you to complete a goal running event. The event selected for you to complete is \_\_\_\_\_.

The date of this event is \_\_\_\_\_.

It's important to understand that The Run Beyond Project is about much more than just running. In addition to training for the above event, you will participate in theory lessons which will focus on developing some important skills which you will be able to use to help your running, but more importantly, beyond the field of running, throughout your life. These include goal-setting, commitment and resilience, among others.

We work hard to offer a life-changing experience throughout this program, which we offer for free, to successful applicants. This experience includes:

- Weekly sessions with your teacher, in a safe, supportive, small group environment.
- A goal-race to work towards.
- Lesson plans designed to equip you with skills that will help you towards your goal race and beyond.
- A free, professionally fitted pair of running shoes to ensure you've got the right tools for the job.
- A Run Beyond t-shirt and singlet to identify you as an important part of our team.
- A difficult but achievable challenge.
- A graduation certificate upon the completion of the project and your goal race.
- A fun and fulfilling journey with your fellow students and cohort teacher.

## Student expectations

Of course, we expect you to work hard to commit to your side of the contract. Below are the things that we expect from students in order for them to successfully complete this project:

- A commitment to attend all training sessions. (90% attendance is required for graduation).
- The completion of all physical sessions as required and all theoretical sessions and set tasks.
- To respect and support your Run Beyond teammates and teacher(s).
- To represent The Run Beyond Project in an appropriate manner at all public training sessions and events.

In order to participate in this project, students are required to sign a contract agreeing to the student expectations listed above.

I, \_\_\_\_\_ (print name), promise to adhere to the student expectations set out above. I hereby commit participating in all theoretical and practical sessions to the best of my ability, to respecting and supporting my teachers and peers, and to representing The Run Beyond Project proudly and appropriately.

I understand that failure to abide by these expectations may mean I lose the opportunity to complete this project.

\_\_\_\_\_ (student signature)

\_\_\_\_\_ (date)