

Sports Team Training Camp Rules and Guidelines

Dear Team Members,

Welcome to our annual training camp! To ensure a safe and productive environment for everyone, please adhere to the following rules and guidelines:

General Conduct

- Respect all teammates, coaches, and staff at all times.
- Follow instructions given by coaching staff.
- No bullying or harassment will be tolerated.

Attendance

- Attendance is mandatory for all scheduled sessions.
- Notify a coach in advance if you are unable to attend.

Health and Safety

- Stay hydrated and bring your own water bottle.
- Report any injuries to a coach immediately.

Equipment and Facilities

- Use equipment only as instructed and return it after each use.
- Keep the training area clean and organized.

Behavior during Camp

- Maintain a positive attitude.
- Be supportive of fellow teammates.

We look forward to an exciting and rewarding training camp! If you have any questions, please feel free to reach out to the coaching staff.

Best regards,
[Your Team Name] Coaching Staff