



Appendix B – Letter of Commitment

2019 Red Deer Canada Winter Games

- Team NB Commitment Form

Speed Skating



I, _____ am committed to competing for a position on New Brunswick's 2019 Red Deer Canada Winter Games LT OR ST Team.

I am aware that the 2019 CWGs are over a year and a half away and that by committing to a long term development program, I can become a much better skater and TEAM member. By making this commitment, I want to help NB create its best possible team and develop a larger group of high achieving skaters within the Province. I am willing to be part of that program.

I agree to do my part in training and overall personal development to make my best effort to be on the team, and understand that this includes:

- Getting the proper rest an athlete of my age requires,
- An appropriate diet and understanding increasing consumption to accommodate training.
- Maintaining a positive attitude,
- Managing my time and especially my schoolwork to ensure that I can give my speed skating the time it deserves,
- Attending Canada Games team practices, testing and training camps,
- Following the Canada Games Team 2 year training program,
- Learn, understand & develop all aspects of being an elite athlete in my sport
- Attending high level competitions when ever possible.

I am committed to do my part to **“Keep the winning tradition”**

Signed
(Athlete) _____ Date _____

Signed
(Parent) _____ Date _____