

Thai Boxing Institute

Athlete Commitment & Standards Agreement

This agreement is entered into between The Thai Boxing Institute (“TBI”) and [Athlete Name] (“Athlete”).

Purpose

This agreement outlines the expectations, responsibilities, and commitments of athletes who represent TBI in any Competition Team capacity.

Core Values of The Thai Boxing Institute

“GHAP”

Gratitude: appreciative of the privilege to practice Thai boxing with others within our community.

Humility is an attitude of spiritual modesty and respect for the worth of the individual that comes from understanding our place in the larger order of things.

Abundance: A positive growth mindset with a goal towards achieving teamwork success and contributing to the community.

Passion: All members within the community train and teach with a sense of intention, purpose, and fulfillment, along with a commitment to high standards and a strong work ethic.

“Life is great.”

Athlete Commitments

1. Training & Attendance

- Maintain consistent attendance at all scheduled practices, team meetings, and conditioning sessions.
- When not in fight camp (off-season), continue training consistently to maintain readiness.
- When not in fight camp: Attend a minimum of 2 Competition Team classes (Mondays) and 2 Clinch classes (Wednesdays) per month for the duration of your Comp Team membership. (6 months)
- Understand that attendance will be tracked using Gymdesk and will be reviewed by coaching staff.
- Communicate promptly with coaches if unable to attend training or events.
- Arrive on time, prepared, and with proper equipment.

2. Conduct & Team Culture

- Demonstrate respect toward coaches, teammates, training partners, and opponents.
- Maintain a positive, supportive attitude and contribute to a safe and welcoming environment.
- When in fight camp, help clean the gym at end of training.
- Avoid gossip, negativity, or divisive behavior that undermines team cohesion.
- Act in alignment with and uphold the Core Values of The Thai Boxing Institute.

3. Effort & Accountability

- Put forth full effort and attention during training sessions.
- Accept coaching feedback with professionalism and apply it consistently.
- Uphold high personal standards of discipline, self-control, and responsibility.

4. Health & Lifestyle

- Follow weight management, nutrition, recovery, and conditioning plans as directed by the coaching staff.
- Refrain from substance abuse or reckless behavior that could harm myself or the team's reputation.
- Inform coaches immediately of any injury, illness, or mental health concerns.

5. Representation & Integrity

- Conduct myself in a manner that reflects positively on TBI both inside and outside of the gym.
- Wear TBI gear when competing or representing the gym at events.
- Understand that competing as a member of another gym without TBI approval is prohibited.

Acknowledgment

I understand that participation on the Competition Team is a privilege and not a right. Failure to uphold these standards may result in suspension or removal from the team at the discretion of the coaching staff.