



## SSPP Guest Eligibility & Expectations Athlete Code of Conduct

The SSPP take great pride in the culture that we are trying to create for our training group. A great deal of time and effort has gone into developing a culture that allows for each individual to thrive and progress at an accelerated rate. This is due to the teamwork and cohesion that the team have. It is expected that, to the best of your ability, you try to stay for the entirety of the session. That includes staying for the debrief that happens after each ice session. If you cannot, please let a coach know that you are leaving early.

As a guest it is expected that you abide by the SSPP Athlete's non-negotiables that they have created by the athletes themselves.

The SSPP athlete non-negotiables are:

- Skate to the line
- Punctual and Prepared
- Say good morning
- Listen when others speak

As a guest of the SSPP you will have access to:

- All of the training sessions for your time with the program
- SSPP Coaches and individual feedback
- Use of SSPP equipment
- Access to the University of Nottingham High Performance Zone during your time with the SSPP

Guest Costs:

- SSPP Guest costs - £125 per week or £25 per day

SSPP Guest Eligibility and Minimum Standards

- Star Class B qualification times (Must be skated within the last competition season)

Thank you for joining the SSPP to enhance your training experience.

Richard Shoebridge, Billy Simms and Mandy Worth  
SSPP Coaches

