



Our mission at Brave is to provide a supportive community where kids gain the skills, the mindset, and the confidence to go out into the world and overcome whatever challenges they face.

In order to effectively teach those skills and create that community, we ask all students to commit to the following guidelines, and for parents to support their children in doing so. In return, the coaches commit to upholding these guidelines with patience and kindness.

Be Safe

- Watching out for others
- Being cautious near the edge of the mats
- Tapping early
- Letting go of submissions immediately

- Using techniques I don't really know or haven't learned in class
- Distracting other students or the coaches
- Rolling outside appropriate times

Be Respectful

- Paying attention while coaches are speaking/instructing
- Being kind and considerate toward other students

- Talking back to coaches
- Inappropriate language or jokes
- Demanding attention from others through grabbing, pulling, talking

Be On Task

- Staying in the area/space I should be
- Practicing/drilling the appropriate techniques

- Talking or playing instead of practicing

Follow Instructions

- Trying to do it the way my coach showed
- Accepting consequences (eg wall-sitting) if I am not participating well in class

As a parent, I agree to hold my child accountable for adhering to the guidelines above.

As a student, I agree to follow the guidelines above.

Parent: _____

Student: _____