

Handout Content Overview

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1. Why Ethos Matters

Performance isn't just technical—it's cultural.

The vibe you help create shapes how far you (and others) will go.

Camp works best when everyone takes responsibility for the environment we build.

2. You Shape the Camp

Every athlete helps set the tone.

You lead by:

- Asking questions
- Supporting each other
- Staying curious
- Owning your attitude

Your energy and actions influence the people around you—positively or otherwise.

3. What We Expect from You

- **Respect** – For yourself, others, the venue, the sport
- **Ownership** – Don't wait to be told. Step up.
- **Kindness** – Lift others. Zero tolerance for bullying or exclusion.
- **Focus** – You're here to grow. Show up fully.
- **Playfulness** – Freestyle is fun. Bring joy to the process.

4. The Invisible Curriculum

You'll learn loads outside of coaching:

- How to live in a team
- How to adapt to different situations
- How to handle challenge, failure, success
- How to lead without ego

These aren't extras. They're core skills.

5. The Burners Way

We win together.

We lose together.

We improve together.

No one gets left behind.

This is a place where you'll be pushed—but always with care and purpose.

You'll leave better, stronger, and more aware—if you give it everything.

6. Summary Principles

1. Be curious
2. Be kind
3. Take ownership
4. Lift others
5. Respect everything
6. Laugh often
7. Bring your whole self
8. Practice like it matters
9. Reflect deeply
10. Grow relentlessly