

## Organicoach Pledge

Organicoach lies on a simple fundamental principle: Respect.

Respect for our body, our mind, and the environment in which we live and train everyday.

By joining the Organicoach team, you are committing to respect certain core values essential to the good performance and ethic of our team.

These core values lie on:

- Exercising, whether it is for your well-being or performance at a professional or age group level, is articulated around a good physical and mental balance to respect your body and prevent the risk of injuries. We call to natural remedies such as the ones found in the use of herbal medicine, homeopathy, physical therapy, and osteopathy. Being in tune with your body is essential!
- Nutrition is based on simple principles: favor natural, organic and local products in your everyday life as well as in training and competition in order to contribute to the protection of the environment and participate in rural economy.
- Treatment for an injury or sickness needs to be approached in a constructive way. It is absolutely not about forcing our body through the intake of pharmaceutical drugs. When specific ingredients are listed on the list of doping agents, we are committed to withdraw ourselves from the start list of a competition.

Organicoach wishes to stand out with simple assets, which contribute to our image of a team respectful of our environment in training and in competition. Your behavior at a race - before, during and after - is our branding image, it assures harmony within our team and with other athletes,

*Therefore, we reserve the right to not renew your membership if we were to notice a behavior not in par with the points mentioned above.*

**Think Green, Stay Fit !**