

Host Family Guidelines at Carolina Elite

From time to time, great athletes are limited in their progress simply because they do not have access to the right training environment, equipment, and support. Hosting an athlete is a rewarding experience that offers the opportunity to build lasting relationships and support a young person's athletic dreams. ***Some athletes just need a host family on a few weekends throughout the year, some may need a more full-time solution.*** Carolina Elite will help connect athletes in need with potential host families, but is not party to any agreements thereafter.

Below are the guidelines and expectations for becoming a host family.

Expectations of a Host Family

1. Safe and Supportive Environment:

- Provide a safe, welcoming, and supportive home atmosphere.
- Treat the athlete as a member of your family, including them in family activities and meals.
- Clearly communicate house rules and expectations to the athlete upon arrival.
- Ensure the athlete understands curfews, chores, and family routines.

2. Accommodations & Meals:

- Provide a private or shared bedroom with appropriate furniture (bed, dresser, etc.).
- Ensure access to bathroom facilities, laundry, and common areas.
- Provide three nutritious meals a day. Discuss any dietary needs or restrictions with the athlete beforehand.

3. Transportation:

- Arrange transportation to and from training sessions, competitions, and any other required activities. Carpooling with other host families or team members can be a helpful solution.

4. Communication:

- Maintain open and respectful communication with the athlete and their parents or guardians.
- Inform the coaching staff and parents immediately of any issues, concerns, or emergencies.
- Maintain a list of emergency contacts, including the athlete's parents, coach, and primary care physician.

5. Financial Arrangements:

- Discuss and agree on financial responsibilities of the athlete's family, such as contributions toward groceries or other living expenses, before the athlete's arrival.
- *Carolina Elite is not part of this arrangement, and training costs are arranged separately with the gym.*

Expectations for Athletes

1. Respect:

- Respect the host family's home, rules, and privacy.
- Show appreciation for the support and care provided.
- Display good sportsmanship and represent the team and host family positively at all times.
- Avoid any behavior that could be harmful to oneself or others.

2. Communication:

- Communicate openly with the host family about any needs, concerns, or changes in schedule.
- Inform the host family of whereabouts and ensure they have contact information at all times.

3. Responsibilities:

- Follow the house rules and contribute to household chores as agreed upon with the host family.
- Maintain a clean and tidy living space.

4. Financial Arrangements

- Discuss and agree on financial responsibilities of the athlete's family, such as contributions toward groceries or other living expenses, before the athlete's arrival.
- Athlete or Athlete's Parents will promptly pay agreed upon amounts at agreed upon times directly to the host family.
- *Carolina Elite is not part of this arrangement, and training costs are arranged separately with the gym*

Process

1. Application Form (Google Form)

Complete a detailed application form, providing information about your athlete, including age, skill level, dietary/medical concerns, and anything additional that a host family may need to know. The office staff at Carolina Elite will look over the application and reach out with any questions.

2. Introductions:

Our staff will send your application information to families in our gym with athletes of similar skill and age that have expressed interest in being a host family. We will facilitate the process to this point and introduce you to a host family if one expresses interest and availability. Carolina Elite ONLY helps with the introduction and does not facilitate any additional steps including potential financial agreements.

3. Recommended Trial Run:

Athlete will travel to Carolina Elite for a training session and stay with the potential host family for short term trial run, such as a weekend. Both parties will arrange their own agreement with each other separate from their individual team agreements with Carolina Elite.