

STUDENT- ATHLETE CONTRACT

While a participant on the _____ team for the _____ season I pledge to:

1. Refrain from using drugs, alcohol, tobacco products, and inhalants.
2. Attend all practices, games and meetings.
3. Demonstrate my commitment to the team by contacting a coach personally by e-mail before a practice, game or meeting if I must miss it. (You are permitted to miss ONLY 3 practices for personal reasons such as a doctor's appointment, family obligation, or other extra-curricular activity. (After that you will be removed from the team.)
4. Faithfully attend all competitions in uniform. (If you do not have your uniform you do not travel or play that day.)
5. Contact a coach or athletic director personally by e-mail if I am unable to attend a competition because of illness or other urgency. You may not miss a game for any other reason.
6. Maintain my eligibility and academic standing based on the school's hand-book.
7. Arrive at school on time. (If you come to school late ten times or more, you are in danger of being suspended from practices and games.)
8. Ensure that if I arrive to school later than 10:30am I will not be able to participate in that day's game or practice.
9. Get permission from the Athletic Director if I have had to quit or been dismissed from a team and wish to play on another team in the same year.
10. Be well groomed, especially at competitions.
11. Replace/pay for any lost piece of equipment or uniform issued to me by the athletic department.
12. Turn in all the necessary forms issued to me by the athletic department before the first official practice after the roster has been posted.
13. Report any personal injuries or illnesses to the coach immediately.
14. Follow all reasonable requests made by the athletic director and coaches, especially those involving practice, diet, rest, and competition, including hydration, sleep and nutrition.
15. Bring extra food and drink that I need to sustain my energy level for my games and practices.
16. Hand in my uniforms washed at the end of the sport's season and return to physical education class.

Athlete's Signature

Head Coach's Signature

Parent/Guardian's Signature

Athletic Director's Signature