

## Sports Team Contract:

This is not an individual sport! Everyone practices together and competes together. There is no separate practice. Every member of the team contributes to the success of the team at each meet. Therefore, it is important you understand the rules and expectations that come with membership of this team.

1. **Academics first.** Grades are the MOST important thing! Keep your grades up, and you can compete each week!

2. **Commitment.** By joining the team, you have made a promise to the team and to me that you will be at every practice and every meet. If someone misses two or more practices or is late to two or more practices, he/she may be dropped

1. **Language and Behavior.** Everyone on this team is expected to treat every other member of the team and the coach with respect. You will use proper language and behave properly during the school day and at practices and meets. Anything less will not be tolerated. As a member of this team, you represent our school, the community, your teammates, and me. Individuals whose behavior reflects poorly upon the team, the school, or the community will be asked to leave the team.
2. **Sportsmanship.** The team will support each of its members as well as the members of other teams in meets. The team will show respect for every team.
3. **Equipment:** PROPER shoes with socks, comfortable exercise clothes, and necessary uniform!
4. **Nutrition.** Eat right! Make sure to bring water to practices and games. Some suggestions of good snacks before practice include bananas, bagels, granola bars, pretzels, apples. Don't eat anything TOO big before practices or games!

\_\_\_\_\_ Student Signature

\_\_\_\_\_ Parent Signature

\_\_\_\_\_ Coach Signature