

ATHLETE'S RESPONSIBILITIES

I will be present and on time for practice- this shows commitment and is necessary for the success of my team.

I will arrive early to track meets- this allows us to be prepared and ready to play at the game time.

My sport is an individual and team sport, and I will be a team player. I will support and encourage my teammates.

I will be positive and give my best effort in practice and games.

I will listen and respect my coaches and participate in all exercises as best I can.

I will practice good sportsmanship and not use hurtful language or fight with my coaches, teammates, or athletes from other teams.

ATHLETE'S BILL OF RIGHTS

Right to participate in sports and at a level commensurate with my maturity and ability

Right to have qualified adult leadership

Right to play as a child and not as an adult

Right to participate in a safe and healthy environment

Right for an equal opportunity for success

Right to be treated with dignity

Right to learn and have fun

Athlete Name

Date

*If signed by a parent/guardian you agree to read and discuss the Athlete's Responsibilities and Athlete's Bill of Rights to your child(ren) before the first practice.