

# Chapel Hill ISD



## Athletic Handbook

2018-2019

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## **Athletic Handbook Chapel Hill INDEPENDENT SCHOOL DISTRICT**

### **INTRODUCTION**

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. We believe that participation in athletics or in any extracurricular activity provides a wealth of opportunities and experiences that will prove to be very beneficial to everyone involved. A student who chooses to participate in athletics is voluntarily making a choice to develop self-discipline and to put the program or team above their personal ambitions. Athletics is a privilege, not a right. We are striving for excellence and do not want our student-athletes to compromise proper training methods or to accept mediocrity.

In order for any successful athletic department to run smoothly, all students, coaches, teachers, and administrators must be aware of all Board approved rules and guidelines that apply to the athletic department. Therefore, this handbook has been prepared in order to present an outline of the athletic policy of the Chapel Hill Independent School District. Members of the community, student-athletes, and the parents of those student-athletes are encouraged to read and become familiar with the contents of this athletic policy.

While this handbook cannot cover every instance that will arise in the day to day activities of the athletic program, it represents a good faith effort to inform all of those involved in the athletic program about the guidelines that will govern their participation. The coaches of the individual sports reserve the right to issue additional sport specific requirements as needed. Please be advised that participation in this program is dependent on strict adherence to the policies found in this handbook. Communication is the key to resolving most conflicts. Therefore, all policy questions need to be directed to the head coach of the sport in question. If the head coach fails to resolve the issue to your satisfaction, all questions need to then be presented to the Athletic Director.

CHISD believes that athletics play a vital role in the educational system. In athletics students learn the values of good citizenship, integrity, honesty, commitment, leadership, unity, confidence, hard work, and discipline. Participation in sports also allows our student-athletes to experience social growth, mental toughness, and emotional maturity. Athletic competition teaches our young men and women how to be gracious winners or to be dignified in defeat.

Athletic participation truly complements the academic goals of the district. It is only proper that student-athletes take the best possible care of school property. If damage to equipment or facilities is intentional or if school issued items are lost, the student-athlete involved will be expected to pay for their repair or replacement. Student-athletes should take care of all uniforms, equipment, and facilities as if those things belonged to the student-athlete.

All students who are eligible under UIL rules may participate in all sports offered and must have the following forms on file to participate in athletics:

1. Physical Evaluation (Medical History Form completed annually)
2. Red Devil Oath (Last page of Handbook)
3. Acknowledgement of Rules and sign Athletic Student Code of Conduct
4. Parent and Student Notification/Agreement Form Illegal Steroid Use
5. Sudden Cardiac Awareness Form
6. Concussion Acknowledgement Form

## **RED DEVIL ATHLETIC MISSION STATEMENT**

- I. Our goal is to promote the personal growth of our players.
  1. Players should leave the program not only as better people but well prepared for life's challenges.
  2. We want to take our players to a level that a student-athlete cannot get to by himself by maximizing each player's academic/athletic talent and character.
  3. Our approach is based upon the core values of TRUST, COMMITMENT, RESPECT, LEADERSHIP, and ENTHUSIASM.
  4. The primary lesson to be gained from athletics is a commitment to excellence, which requires DEDICATION, HARD WORK, COOPERATION, and the SUBORDINATION of the individual for the good of the team.
- II. We believe in a strong work ethic that leads to being thorough and prepared.
  1. A work ethic applies during the season as well as during the off-season.
  2. Students should understand that success requires work.
  3. Students should work to have a WINNING SEASON, TO WIN DISTRICT, TO WIN IN THE PLAYOFFS, AND ULTIMATELY TO WIN THE STATE TITLE.
- III. We will represent CHISD in a positive manner.
  1. We will operate our program PROFESSIONALLY and with INTEGRITY.
  2. We will require players to abide by the ACADEMIC mission of the school.
  3. We will hold our athletes to a high academic, personal, and moral standard.
- IV. We will promote the elements of teamwork and leadership.
  1. We will develop a "FAMILY" atmosphere.
  2. We will promote UNITY, PRIDE, CONFIDENCE and a feeling of ACCOUNTABILITY TO THE TEAM.

## PHILOSOPHY OF ATHLETICS

The primary goal of Chapel High athletics is to foster the physical, academic, and moral development of all student-athletes in the program. It is our belief that the benefits of athletic participation extend beyond the courts and fields of athletic competition into the challenges of life; therefore, we must strive to instill the self-discipline, character, work ethic, and cooperative skills that will give our student-athletes the best chance to succeed in any endeavor and to develop a positive and healthy self-esteem.

We feel that this can best be achieved through a fair and impartial implementation of the Athletic Handbook; through establishing and conveying clearly defined expectations; through the use of achievement oriented, enthusiastic coaching methods; and through an organized and collective approach to coaching.

We believe that coaches must be teachers, motivators, and positive role models, and that they must demonstrate that they genuinely care about their student-athletes and their profession. We recognize the importance of professional development; of a close relationship with administrators, teachers, and the community; and of the provision of clean, well-maintained facilities and equipment. We advocate the equality of all students, regardless of race, gender, and economic condition. Winning will always be an important catalyst for our program, but our most important benchmark for success is the development of student-athletes who will be prepared to face any competition or challenge with their best efforts.

## OBJECTIVES OF ATHLETICS

1. ***To learn teamwork*** - In order to work with others in our society, one must develop self-discipline, respect for authority, and understand the value of hard work and sacrifice.
2. ***To be successful*** - One must develop a desire to excel; the desire to win is everything.
3. ***To be a good sport*** - One must be humble in victory and dignified in defeat.
4. ***To be physically fit*** - One must develop physical fitness and a desire to maintain this to a high degree. Be committed to the total In/Out of Season programs. (Stronger, Faster, develop Mental Toughness and Heart)
5. ***To set goals*** - One must properly set goals and strive to reach them. One should always try to improve.
6. ***To always practice to WIN*** - Ask yourself everyday if YOU got better. Always have the attitude that you are going to do whatever it takes to make yourself better each day whether it be in the classroom and/or in athletics.
7. ***To be coachable*** - Know that this goes a long way with team success. Believe in your coaches, because they will believe in you and will look forward to working with you each day. They are going to prepare themselves every day so that they can prepare you.
8. ***To learn never to give up*** – Play to Win in whatever situation, “I WILL NEVER GIVE UP!”
9. ***To enjoy*** - One should enjoy participation in athletics and should gain the rewards it has to offer.

## **RESPONSIBILITIES**

### **RESPONSIBILITIES OF THE SCHOOL**

1. Transportation: To provide transportation to and from athletic contests.
2. Facilities, Supplies, and Equipment: To provide supplies, equipment, and facilities essential for our student-athletes to compete.
3. Student safety and development: To employ and teach proper training methods, to provide properly fitted safety equipment, to provide first aid to injuries, and to seek the care of a trained medical professional for emergency injuries.

### **RESPONSIBILITIES OF THE COACHES**

1. To provide first and foremost the safety of the participating student-athletes.
2. To encourage the student-athletes to give maximum effort in the classroom and to periodically monitor student grades to ensure academic success.
3. To schedule games and to make travel arrangements and inform parents, fans, and school officials of game times and practice schedules ASAP.
4. To carry out any needed discipline for infractions within the athletic program.
5. To complete eligibility forms and to adhere to all UIL rules.
6. To teach the skills necessary for the student-athlete to successfully participate in sports.
7. To teach sportsmanship and respect for officials.
8. To set the proper example of sportsmanship.
9. To take care of equipment and facilities.

### **RESPONSIBILITIES OF THE PARENTS**

1. To give moral support to their son/daughter for their participation in athletics. This could include verbal encouragement; going to games or meets whenever possible; or participating in the Chapel Hill Athletic Booster Club.
2. To encourage the student-athlete to attend all practices, games, or meets and not to miss these events other than for illness or circumstances beyond his/her control.
3. To furnish transportation to and from school for practices, games, and meets.
4. To furnish that equipment which the school does not furnish.
5. To work with the coach in identifying and correcting potential problems.
6. To encourage the student-athlete to maintain passing grades in all subjects and to attend tutorials when necessary or scheduled due to unsatisfactory grade reports.

### **RESPONSIBILITIES OF THE STUDENT-ATHLETES**

1. To represent the school and the community with character and good sportsmanship. Other communities, as well as our own, judge our school by the conduct and attitudes of our student-athletes, both on and off the field.
2. To be responsible to the other members of the team. Giving less than his/her best effort is letting their teammates down.
3. To be responsible to his/her family. The student-athlete should not do anything that will bring shame or dishonor to his/her self, parents, team, coaches, or school.

4. To be responsible to the younger students in the school system by providing an example to follow and should always remember that they are role models to younger student-athletes.
5. To strive for academic success along with athletic success. To continue to participate and remain eligible, the student-athlete must meet all eligibility standards set by the school and the state.
6. To adhere to all school policies and all athletic policies.
7. To train properly and refrain from activities that could be harmful to their bodies.

## **GENERAL REQUIREMENTS**

### **PLAYING TIME FOR STUDENT-ATHLETES**

At Chapel Hill, playing time is a decision reserved for the head coach of each sport based on practice performance, work ethic, attendance, attitude, and skill level.

### **MEETINGS WITH COACHES**

We strongly encourage communication between parents and coaches; however, we believe there is an appropriate time to do this. To set up a meeting with a coach, parents should contact that coach and schedule the day and time of the meeting. If the meeting with the coach does not result in a satisfactory resolution, parents should then contact the Athletic Director, Brian Grissom to set a date and time for a meeting with the Athletic Director and the coach. If the meeting with the Athletic Director does not result in a satisfactory resolution, parents should then contact the High School Principal, Marcus Ysasi, or the Junior High Principal, Matt Dunn to set up a meeting with them, the athletic director and the coach. **Approaching a coach before or after team competition or practice is not appropriate.**

When meeting with a coach, please keep the following information in mind as to what is and what is not appropriate to discuss with the coach. This information is contained in the University Interscholastic League Parent Involvement Manual on the UIL website.

#### ***Appropriate concerns to discuss with a coach:***

- 1) **The mental and physical treatment of your child**
- 2) **What your child needs to do to improve**
- 3) **Concerns about your child's behavior**

We know that it is very difficult to accept that your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interest of all students participating in the sport. As you can see from the list above, certain topics can and should be discussed with your child's coach. However,

#### ***Issues NOT appropriate for discussion with your child's coach:***

- 1) **How much playing time each athlete is getting**
- 2) **Team strategy**
- 3) **Play calling**
- 4) **Any situation that deals with other student-athletes**

## STUDENT HEALTH AND SAFETY PRACTICES

1. **Physical Examinations** – Physical exams are required on a yearly basis for the safety of our athletes. Parents should advise the coach if a student-athlete possesses any physical disabilities and/or limitations.
2. **Insurance** – Chapel Hill ISD provides a supplemental insurance policy that covers students during school activities. It is important to note that the coverage has limitations of benefits that may be paid out for medical expenses incurred in the event of an athletic injury during that participation. With the exception of emergencies, the athletic department must be notified and before any treatment or doctor visit is scheduled for a school athletic related injury. Claim forms for the supplemental policy will be provided at the time an injury is reported. Failure to report an injury in a timely manner may prevent a claim from being paid. Additionally, Chapel Hill ISD does not accept responsibility for any medical expenses incurred as a result of competing in any athletic activity. Please feel free to contact the business office with any questions on limits and benefits of the supplemental insurance or to review a complete copy of the policy.
3. **Emergency Release Form** – This form allows the coach to seek emergency medical treatment for an injured student-athlete should a parent not be available for consultation.

## AGE REQUIREMENTS (UIL RULE)

1. Junior High – To participate in athletics at the Junior High level, a student must not have turned 15 by September 1.
2. High School – To participate in athletics at the High School level, a student must not have turned 19 by September 1.

## ELIGIBILITY REQUIREMENTS

A student is eligible to participate in a UIL varsity contest if the student:

1. Is less than 19 years old on September 1.
2. Is not a high school graduate.
3. Is a full-time, day student in a participating high school.
4. Has been in regular attendance at the participant school since the sixth class day of the present school year or has been in regular attendance for 15 or more calendar days before the contest or competition.
5. Is in compliance with state law regarding grades and credit requirements as well as rules of the Texas Education Agency and has signed an Acknowledgement of Rules form indicating this compliance.
6. Is enrolled in a four year, normal program of high school courses.
7. Initially enrolled in the ninth grade not more than four years prior to participation nor was enrolled in the tenth grade no more than three years prior to participation.
8. Was not recruited to play professional or collegiate sports.
9. Did not represent a post-secondary institution in a contest or has not participated in a college training session or try-out to demonstrate his/her ability to colleges before completion or participation in his/her senior year in the sport or sports for which he/she is trying out for a scholarship.
10. Meets the specific eligibility requirements for UIL athletic competition in Section 440 of the Constitution and Contest Rules.



11. Lives with parent/legal guardian inside the school district attendance zone his/her first year of attendance or has been in attendance at the school for one calendar year.
12. Has not enrolled in or audited a post-secondary athletic or physical education course.
13. Has not moved for athletic purposes.
14. Has not accepted money or any other valuable consideration for teaching or participating in any sport, has not competed with a paid player or been paid for allowing his/her name to be used for the promotion or any product, plan or service; has not accepted "expenses paid" college visits for recruiting purposes until his/her senior year and then within dates specified by UIL rules with a visit permit and without missing any school time.
15. Was eligible according to the fifteen day rule and the residence rule prior to district certification.

### **SPORT REQUIREMENTS**

Team Sports of Volleyball, Basketball, Soccer, Baseball & Softball – athletes that participate in these sports are required to be enrolled in the athletic team period for the entire year.

Individual Sports of Cross Country, Track, Tennis, Golf and Power Lifting – It is suggested but not required that those who participate in individual sports only enroll in the individual sports athletic period.

### **EQUIPMENT**

School equipment checked out by the student-athlete is his/her responsibility. All equipment will be taken care of and kept in good condition. Students should not wear practice clothing or practice equipment off of the school campus. Game uniforms are not to be taken home unless instructed to by the head coach.

### **SCHOLASTIC REQUIREMENTS (NO PASS/NO PLAY)**

To be eligible to compete in extracurricular activities, a student must pass all subjects in which the student is enrolled. A failing grade (below 70) will eliminate a student from competition for a three week period. At the end of the three-week period, all grades will be checked, and if all grades are above a 70, then the student-athlete will regain eligibility. During a period in which the student-athlete is ineligible, he/she will be required to work out after school.

To be able to participate in the first nine weeks of the school year, the following criteria must have been met:

1. At the beginning of the 7th grade year, he/she must have been promoted to the 7th grade.
2. At the beginning of the 8th grade year, he/she must have been promoted to the 8th grade.
3. At the beginning of the 9th grade year, he/she must have been promoted to the 9th grade.
4. At the beginning of the 10th grade year, he/she must have 6-13 credits.
5. At the beginning of the 11th grade year, he/she must have 13-19 credits.
6. At the beginning of the 12th grade year, he/she must have 20 plus credits.

## PLAYER PARTICIPATION POLICY

To be enrolled in the Athletic Period a student must participate in one or more of the following team sports: Volleyball, Basketball, Baseball, Softball.

Any student may participate in the Individual Sports. We have added an Individual Sports athletic period for those who participate in individual sports.

If ever needed, the CHISD athletic department will have organized tryouts for determining varsity and junior varsity rosters. The head coaches may conduct tryouts, and after a period of evaluation, they will determine their rosters. This participation policy will be in effect for all sports but will only be used when there are too many students to participate at only one level. The decision as to which team the student represents rests entirely with the head coach of the sport. Student athletes should consider every practice as a try-out, knowing that no position is permanent, challenging themselves each day to improve. Varsity is an earned position.

## ATHLETIC TRIPS

Students who participate in school-sponsored trips shall be required to ride in transportation provided by the school to the event. A student's parent or guardian must personally request approval prior to the day of the trip, in writing, for the student to ride home with the parent or with an adult designated by the parent. The adult who is to take the student home must personally sign-out the student with the sponsor/coach at the event before leaving with the student. Parents taking their own children home must also personally sign-out with the sponsor/coach at the event.

## POLICIES FOR STUDENT ATHLETES

The basic principle of conduct under which CHISD students will operate is to conduct themselves in such a manner that will bring credit to themselves, to their teammates, to their families, and to Chapel Hill ISD. Student-athletes should be mindful of these facts:

- Athletics is a *privilege*, not a right.
- Student-athletes should never engage in any activity that can be construed as inappropriate for a Chapel Hill ISD athletic team member.
- Red Devils and Lady Red Devils will act in such a manner that will bring pride and honor to Chapel Hill Independent School District at all times. Including but not limited to school trips, competitions, restaurants, classrooms, social media, and any other time that they are representing Chapel Hill Independent School District. Keeping in mind that if you participate in a sport at Chapel Hill, you are ALWAYS representing CHISD.
- **Any violation of such things will result in punishment for a player. Punishments include but are not limited to: extra running or training, being put on athletic probation, removed from their sport, suspended from athletics for up to one year or dismissal from the program.**
- **Automatic One Year Dismissals include: arrests, failure of drug test, MIPs, DUIs, theft**
- While coaches and teachers will make every effort to promote their students to collegiate programs, participation in CHISD athletics does not ensure athletic scholarships.
- The coaches, in the best interest of the team, determine playing time. Classification, practice participation, etc., are important but not the only determining factors.
- Communication is essential to the success of any team. The athletic department's policy is as follows:
  1. If students are going to miss practice, they must contact their head coach prior to that practice or game, and inform him/her why they will be absent. It is the coach's discretion as to whether a practice is excused or unexcused.

2. Failure to do so and/or repeat offenses may result in suspension or dismissal from the team.

**Note:** School related absences *will* not result in a make-up session (ex. Student-athlete participates in Student Council activity, One Act Play, etc. – no make-up session)

- All clothes and equipment issued to a student-athlete are property of CHISD. They must be returned or replaced if lost or damaged.
- All athletic equipment lost will be replaced at the full value of the item. Replacement cost will be paid for any equipment not returned.
- Athletes will keep their assigned locker room clean, neat, and orderly. The locker rooms are not a personal closet or pantry. Violations will result in punishment for the entire program.
- Missing practice due to school discipline (ISS/DAEP) may result in reduced playing time or suspension from a contest as well as make-up drills, as this will be considered an unexcused absence.
- The CHISD dress code will be strictly enforced. (Student-athletes will not participate in games until they comply with the dress code.) This includes following dress code throughout the school day and while going to and leaving games, practices, etc.
- Stealing at school or at a school related activity will result in dismissal from the team for one year.
- It is the CHISD athletic policy that all student-athletes should exemplify model behavior in the classroom and community. Failure to act accordingly will result in disciplinary action taken by the athletic department.
- The athletic staff will practice policies designed for the protection of all student-athletes.
- It is the belief of the district that CHISD sports competitions and practices must take precedence over all other teams or leagues. Participation on non-school teams will be consistent with the UIL Constitution and Contest Rules Handbook.
- If student-athletes start one sport, they are obligated to complete that sport before starting another sport.
- It is the student-athlete's responsibility to follow the practices established by his/her coaches.

## CONSEQUENCES

The head coach of a sport and the Athletic Director may determine the consequences for failure to follow the policy as outlined above. Consequences are to be equally enforced, and continued non-compliance can result in being suspended from athletics for a full year. Repeat offenses will result in a disciplinary action (possible athletic probation) that is progressively stricter. Since circumstances surrounding each action may vary greatly, the coaching staff will make every effort to allow the punishment to fit the offense. Punishments extended in similar cases will help guide-coaching decisions, but each case will stand independently, and comparisons to punishments extended to other student-athletes are not valid. Parents may schedule a conference with the coach of the sport to discuss punishment assigned to their student-athlete.

## **QUITTING**

Quitting a sport is highly discouraged. Once a high school student makes a commitment to a team, that student is expected to finish the season (Junior High athletes are allowed a two week "tryout" period); however, if a student does quit after a season has started, then the student will not be allowed to participate in another sport until the following four criteria are met, unless mutually agreed upon by the head coach of the respective sport and the Athletic Director. (This includes play-off games.) If a student-athlete finds it necessary to drop a sport, the procedure for dropping a sport is the following:

1. Meet with the head coach of the particular sport and discuss the situation.
2. Meet with athletic director and parents (if necessary).
3. Check in all equipment issued.
4. The athlete must run 25 miles to re-enter athletics for another sport (which must be completed in a 5 school day period). This must also be done either in the morning before school or after school hours and supervised by a coach. The responsibility of finding a coach to watch their miles will lie with the athlete. Running cannot be done during athletic period and will be timed.

## **NON-SCHOOL SPONSORED SPORTS AND/OR OTHER ACTIVITIES**

School sport participation must take precedence over other non-school activities in which the student may be involved. If the student-athlete misses practice, a game, or just is not able to perform up to their potential due to their participation in non-school activities, the coach of the school sport in which that student is participating, with the concurrence of the athletic director, should decide the appropriate actions. A season extends from the first day of the activity until the last game is completed, unless the student is released from the sport by the head coach of the sport on the last day of the regular season.

## **HAZING**

Hazing is prohibited in CHISD and violates UIL policy. Hazing is any act, occurring on or off the campus, by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purposes of pledging, initiation into, affiliation with, holding office in, or maintaining membership in an organization. Consent to the hazing activity does not absolve the student of responsibility for the misconduct. Any student involved in hazing will be disciplined at the discretion of the head coach and Athletic Director and/or campus Principal.

## **BULLYING**

This conduct is considered bullying if it exploits an imbalance of power between the student perpetrator(s) and the student victim and if it interferes with a student's education or substantially disrupts the operation of the school.

Bullying occurs when a student or group of students engages in written or verbal expression or physical conduct against another student and the behavior:

- Results in harm to the student or the student's property,
- Places a student in fear of physical harm or of damage to the student's property, or
- Is so severe, persistent, or pervasive that it creates an intimidating, threatening, or abusive educational environment.

Bullying is prohibited by the district and could include hazing, threats, taunting, teasing, confinement, assault, demands for money, destruction of property, theft of valued possessions, name-calling, rumor-spreading, or ostracism. In some cases, bullying can occur through electronic methods, called "cyberbullying." Consent to the Bullying activity does not absolve the student of responsibility for the misconduct. Any student involved in Bullying will be disciplined at the discretion of the head coach, Athletic Director, and/or Principal.

#### **ATHLETIC LETTERING POLICY**

An Athletic Letter Award (Letter or Jacket) should require serious sacrifices on the part of the student athlete. The school letter should be symbols of not only school pride, but also of hard work and dedication in the classroom and on the playing field. If they are handed out as "favors," then the value of the award is diminished for all that have earned theirs the right way. If sacrifices were not made, then the athlete does not deserve it.

In order to receive an athletic award each athlete must play and complete the season on the varsity team at the listed level:

BASEBALL	8 or more District Games
BASKETBALL	8 or more District Games
CROSS COUNTRY	4 or more Meets
GOLF	District Meet
SOCCER	5 or more District Games
SOFTBALL	8 or more District Games
TENNIS	50% or more Matches
TRACK	Earn Points in District
VOLLEYBALL	8 or more District Games

## THE RED DEVIL OATH

I have read the athletic handbook and understand the policies of the athletic program. I agree to follow all rules and guidelines expressed in the handbook.

I am ready to make the sacrifices and to provide the effort necessary to make myself and CHHS the best place we can be. I understand that any violation of these guidelines could result in discipline such as: possible suspension, probation, and/or removal for one calendar year.

I will strive to follow the following guidelines that exemplify a Red Devil's behavior.

1. I will follow all Chapel Hill ISD and UIL rules and policies.
2. I will be a leader and will handle all of my academic responsibilities.
3. I will have respect for myself and for those in authority.
4. I will not lie or steal.
5. I will not use alcohol, illegal drugs, tobacco or other harmful substances.
6. I will give my best effort at all times.
7. I will not use profanity.
8. I realize the importance of practice, and I will personally strive to participate in 100% of the workouts. I am aware that missed workouts result in make-ups the day I return.
9. I will *never* be out-worked or out-competed.
10. I will always put the interests of the team above my individual interests.
11. I will treat the locker-room as if it were my home away from home. I will keep it neat and always pick up after myself.
12. I realize the terms and consequences of quitting.

**STUDENT-ATHLETE'S NAME: STUDENT-ATHLETE'S SIGNATURE:  
PARENT/GUARDIAN SIGNATURE:**

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Student Name (Printed)

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Student Signature

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Parent/Guardian Signature

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Date