

Student/Athlete Contract

In an effort to lessen the disparity between our team ideals and individual behavior, and to personalize these ideals in our athletic experience, the Portland Middle School Athletic Program adopts the following basic expectations of its members:

1. I will respect and abide by all school rules, regulations, and policies.
2. I will respect the dignity of all persons; therefore, I will not physically, mentally, or psychologically abuse or bully any person.
3. I will neither use nor support the use of illegal drugs, alcohol, or the smoking of any substance.
4. I will be in school on time every morning, and I know I must be in school before 11 am to be eligible to practice or participate in a contest.
5. I will exhibit good sportsmanship on and off the track.
6. I will comply with instructions from all coaches and teachers immediately.
7. I will have a physical on file before trying out for the team.
8. I will respect the property of others; therefore, I will neither abuse nor tolerate the abuse of property.
9. I will use language that is socially acceptable. Profanity, vulgar talk, and obscene gestures will not be tolerated.
10. I will cooperate with teammates, coaches, and officials.
11. I will be on time for practice and team scheduled events.
12. I will have a parent contact a coach if I cannot attend practice because of illness, injury, an appointment, etc.
13. I understand if I miss practice without parent communication I will be asked to sit out the next meet.
14. I will strive for academic excellence; therefore, I will do my homework, go for extra help when needed, and do whatever it takes to strengthen my middle school experience.

I, _____ have read and understand this athletic contract. I know if any rules are broken, the coach has the right to take appropriate actions including the possibility of suspending me from the team for as long as she feels necessary.

Student Signature

Date

As a parent of a candidate of a _____ athletic team, I have read and understand the above policies. I approve of these policies and will help my son/daughter maintain these standards.

Parent Signature

Date