



Athletes Expectations

As a member of the TST Athletics Program I will...

- * Attend all practices and games. If I am going to miss a practice for medical or family reasons, I will be sure to notify my coach and athletic director a least one day in advance or before I leave school. I understand that if I miss multiple games or practices for reasons other than those listed above I am putting my place on the team in jeopardy. **I also understand that if I miss a practice, I will make up any conditioning or drills that are deemed necessary by the Head Coach.**
- * Missing **3 unexcused** practices will result in dismissal from the team.
- * Play by the rules.
- * Never argue with an official. If you disagree, have your captain or coach approach the official during a break or after the competition.
- * Control my temper. Verbal abuse of officials, other players or spectators is never acceptable. Deliberately distracting or provoking an opponent are not tolerable or permitted behaviors in any sport.
- * Work equally hard for myself and/or your team. Your team's performance will benefit and so will you.
- * Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- * Treat all participants in my sport as you like to be treated. I will not bully or take unfair advantage of another competitor.
- * Cooperate with my coach, teammates and opponents. Without them there would be no competition.
- * Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Athletes Name: _____ **Athletes Signature:** _____

Parents Name: _____ **Parents Signature:** _____