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## 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:** \_\_\_\_\_