

I (Full Name) _____ acknowledge that by reading the 2019 Madison West High School Track & Field expectations/rules and accepting a roster spot on the Track & Field team that I am committing to following all team expectations/rules and that failure to do so could result in suspension or expulsion from team activities.

TEAM EXPECTATIONS:

Commitment

- You are expected to be committed to the team, your teammates, your personal development, and your coaches. Showing this commitment includes attending all team activities on time (early) including practices, meets, meetings, and team-building events.

Communication

- You are expected to communicate with your coaches fully if anything restricts your ability to adhere to the any of these expectations.

Selflessness

- You are expected to be selfless in your decisions and actions. This includes thinking about how every one of your personal actions could affect the strength and success of the team.

Honesty

- You are expected to be honest with your teammates, your coaches and yourself. This expectation extends to your training, fitness, commitment and eligibility.

Patience and Trust

- You are expected to trust in the training and process of your coaches and be patient with your development and success.

Effort

- You are expected to put forth your full effort in all of your endeavors. This includes your academics, training, recovery/health, and team commitment.

Consistency

- You are expected to consistently maintain all of the expectations above and more.

TEAM RULES: Failure to follow these rules will result in suspension or removal from the team

1. Team members may miss no more than **6 practices** during the course of the season (3/11/19 – 6/1/19). Exceptions will only be made on a case-to-case basis in special circumstances.
2. High academics and discipline standards will be upheld by athletes and tracked by coaches.
3. Team members must communicate all missed practices to their event coach and/or head coach before practice time.
4. Team members must attend any meet they are entered to compete in.
5. Team members must serve as school role models. This includes upholding a high academic and discipline standard.
6. Team members must follow the instructions of their coaches and designated student-athlete leaders.
7. Team members must act respectfully towards every member of the team and their coaches. **Zero tolerance policy for any bullying, hazing, negative team action, etc.**