

DUE ON APRIL 8, 2019

PJHS Track & Field Team Agreement

- 1. Show respect** for your teammates, coaches, and yourself.
- 2. Be on time and come prepared** for practice and meets. Practice starts at 7:30 a.m. Mondays and 4:10 p.m. on Tuesday-Thursday unless we have a meet. Practice attire includes a t-shirt, athletic shorts, socks, and running shoes. Meet attire includes your track uniform, socks, and running shoes. No jewelry is to be worn at practice or meets.
- 3. Be committed to the team.** You must attend **ALL** practices. If you are going to miss a practice you must talk to one of your coaches at least one day in advance. Be aware the being more than 10 minutes late or leaving 10 minutes or more early from practice is considered an absence. Missed practice will affect your ability to participate in meets.
- 4. District Policy to participate in meets.** You must be at school for a total of 3 class periods to participate in that days track meet.
- 5. You represent PJHS.** As a member of the PJHS Track and Field Team your behavior is a reflection of not only you but also our team and PJHS. Behavior must follow the school expectations outlined in the student handbook.
- 6. Eligibility:** You are a Student-Athlete and the **STUDENT** comes first! Grades will be monitored by your coaches. If at any time you are failing a class, you will not be able to participate in meets until the grade improves.
- 7. You are part of a team.** As a member of the track and field team, you should remember to support your teammates at practice and meets. Cheer for your teammates, help one another, and assist in carrying out and cleaning up equipment (even if it isn't your event).
- 8. Heading home?** It is very important that you are picked up on time each day after practice. Practice ends at 5:30. Athletes need to be picked up by 5:45 pm at the parent pick-up area. At away meets, you must be signed out by a parent or guardian before leaving, or have a transportation waiver on file if you are not riding the bus back to PJHS.
- 9. Take care of yourself.** As an athlete, it is important that you take care of your body. This includes eating healthy and drinking plenty of water. Athletes should be drinking water during school prior to practice and meets. Athletes should pack extra snacks and water to bring to meets.
- 10. Please sign up for the Remind notifications.** You can do this by following the directions on the instruction sheet.
- 11. Have FUN and always give 100%!!**

As a member of the Payne Junior High Track & Field Team I agree to follow the rules and expectations outlined above and have shared them with my parent(s)/guardian(s).

Athlete Name (**Print**): _____

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____

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