

Lockport Indoor Track and Field Contract – 2019-2020

Welcome to the 2019-2020 Lockport Varsity Indoor Track team. **All paperwork will be completed and turned in BEFORE you can begin practicing with the team!** [Medical card, Athletic Code of Conduct & Team Contract] We will not accept new participants after Nov. 22nd, 2019. Remember, you must have *participated in 6* to be eligible for a meet.

- You must participate in all practices in order to take part in a meet (coaches' requirement).
 - Track is a commitment. You must have a written excuse for all absences. Unexcused absences will lead to you no longer being part of the team. Work is **not** an excuse! **3 Unexcused absences equals a dismissal from the team!!!!**
 - If you miss a bus, you cannot receive a ride by another party and then compete (School Rule). Miss 1 bus and you will not compete in the next meet.. Miss a 2nd bus and you are no longer with us! A parent may **not** give you a ride to the meet without prior authorization of the athletic director/principal & notification received by the coach. You may go home with a **parent** if they hand the coach a note/sign out on the sign-out sheet.
 - If you are unable to attend a meet, coaches need a written note at least **2 weeks in advance!**
 - You must inform your coaches of all injuries before you can be referred to the trainers. Please tell us immediately during the meet of any injuries so that we can take care of you and make any changes if needed.
 - If you are late for a practice, you must have a note.
 - All equipment must be turned in at season's end to qualify for awards, report cards, etc!!!
 - If you break the Athletic Code of Conduct or our Team Rules, don't expect to remain on this years team.
 - All equipment must be turned in at season's end to qualify for awards, report cards, etc!!!
 - You must be present in school for 90% of days that are scheduled: if you are on the attendance list you are not eligible to compete in a meet. This is sent out every week and if your attendance does not improve you will no longer be a member of our team.
 - You must be academically eligible to compete in Indoor Track & Field (passing 4 classes & Physical Education): 1st Quarter Report Cards are used to determine eligibility
 - You must be in school for 5 periods in order to practice or compete in a meet that day or on the weekend.
- General Concerns:
- Be on time
 - Don't fool around at practices or meets. Represent Lockport in a professional and sportsmanlike manner. Time is short and facilities are limited!
 - Listen carefully
 - Warm ups are essential to avoid injuries and to perform at your best. Proper clothing is extremely important!
 - Be kind to and respectful of your teammates, fellow competitors, spectators, and coaches.
 - Talk to your coaches about any concerns, problems, and/or injuries whenever you feel the need!

Please sign below to acknowledge your agreement with the above statements.

Print Name: _____ Date: _____

Signature: _____

Parent(s)/Guardian(s) Signature(s): _____