

HOLYOKE ATHLETICS ARE YOU IN OR OUT?

IN:

- A commitment to do your very best in school everyday.
- A commitment to act with class and dignity in all situations.
- A commitment to put the team first.
- A commitment to work hard to improve yourself and your skills.
- A commitment to display a positive attitude in all situations, even when going through a difficult time as a team or individual.
- A commitment to accept constructive criticism as an indication that the coaching staff has an interest in helping you achieve the very best of your ability.
- A commitment to come forward to the coaching staff with any concerns in a mature fashion.
- A commitment to display sportsmanship in all situations.
- A commitment to not use drugs or alcohol.
- A commitment to not complain or backstab anyone on the team or in the program.
- A commitment to accept all decisions made by the coaching staff.
- A commitment to be grateful for the opportunity to get a great education and to play an interscholastic sport.
- A commitment to be a leader on the team, in school, and out of school.

OUT:

- Anything that runs counter to the spirit or reality of the above commitments.

ATHLETE'S RESPONSIBILITIES:

1. To return all necessary forms to the Athletic Director and/or coach prior to participating in any practice sessions or games.
2. To return team rules and regulations signed by parent(s)/legal guardian(s).
3. To attend all meetings, practice sessions, and scheduled games.
4. To participate to the best of his/her ability in practice and competitions.
5. To take proper care of uniforms and equipment issued to him/her.
6. To return all uniforms and equipment in good condition within one (1) week after the last game of the sport season. Uniforms should be cleaned before they are returned.
7. To support all members of his/her team throughout the sports season.
8. To adhere to sound training habits. The use of tobacco, alcohol, and /or non-prescriptive drugs is not permitted.
9. To set a good example on and off the playing field.
10. To develop his/her academic, as well as athletic, interests to the highest levels and standards.
11. To show respect for coaches, officials, opponents, and spectators at all times.
12. To demonstrate good sportsmanship at all times.
13. To know, understand, and appreciate the rules of his/her sport. The coach will review the rules of each sport during the sport season.
14. To honor the expectations of the coach and the Athletic Department. A copy of this Athletic Policy will be distributed to each athlete along with each individual coach's team rules for his/her particular sport.
15. To report all personal injuries to the coach and trainer.
16. To keep the locker room and practice area clean.
17. To bring a doctor's note or Return to Play Form to the Athletic Trainer following an injury or illness for which a doctor was seen.

I hereby acknowledge that I have received a copy of the Athlete's Responsibilities. I understand that is my responsibility to immediately read and abide by the policy.

Student Signature

Student Name (Print)

Date

Student ID

Homeroom

Sport