

## Player Commitment Form

- All student-athletes are expected to be on time and attend every practice, except when there is an emergency that prevents attendance.
- Any athlete who arrives late or misses practice will be expected to complete a specified amount of conditioning. This is not a punishment, it is a way to keep our athletes in shape and continue to keep their athletic conditioning in check.
- All athletes must check in with the coach before each game.
- Sportsmanship and a positive attitude are expected at all times.
- Student-athletes must foster an uplifting and encouraging atmosphere towards peers and opponents at all times.
- Undermining the authority of coaches, teachers, or parents is not acceptable. When instructions or criticism is given, student-athletes are expected to respond with an attitude of respect and compliance.
- No offensive language. No exceptions.
- All student-athletes are encouraged to be hydrated during the season.

