

Longfellow Track Agreement Form

I fully understand and have read the rules regarding the Longfellow Track Program. I will conduct myself accordingly and will put forth the effort and hard work it takes to become a better athlete and person.

I will follow the Longfellow track expectations and rules to the best of my ability:

- Be dressed and ready to warm up by 3:00 each day.
- No horse-play at practice. No play fighting, keep hands to yourself, etc.
- Stay in your designated area at all times.
- No inappropriate or demeaning language.
- Always tell a coach where you are going if you have to leave practice early or have to leave the designated practice area.
- Never wander off a training route. Always stay on the sidewalks when traveling to the Central track.
- Do not go to any other location other than Central or any designated route. Do not go to Festival or Dunkin' or any other place before checking out at Longfellow.
- Never use equipment unless supervised by a coach. Stay off all mats unless otherwise instructed.
- Inform coaches ahead of time of appointments or other commitments that will cause you to miss practice.
- Do not have disciplinary problems at school. This will result in team disciplinary action.
- Do not skip practice (meet at Dunkin', etc).
- Give 100% effort at each practice and meet.

Individuals who do not behave appropriately or who do not have legitimate excuses for being absent from practice may be subject, but not limited, to the following consequences:

1. Verbal warning
2. Loss of meet participation
3. Removal from team

Coaches will determine the severity of the consequences in relation to the offense committed. Coaches' decisions will be made after a comprehensive review of the offense is conducted. All decisions are final.

Longfellow Track Athlete Name Printed

Longfellow Track Athlete Signature

Date

Parent or Legal Guardian Signature

Date