

## **NWCS ATHLETIC CONTRACT: STUDENT ATHLETE**

As a member of the NWCS team, I understand that you want to enjoy the season, participate as much as possible, and improve your athletic abilities in this sport...and win games (contests)! I am committed to making those things happen, and to reach our team goals for the season.

Your participation is dependent upon your willingness to work with me toward the goals below, and to live within the boundaries established in our School's athletic code. The things below describe the areas of personal development to which I and the School are asking you to make a commitment for the upcoming season. I also ask you to note any expectations, goals or questions you have on the reverse side of this form so that I can consider them and respond where needed.

Coach \_\_\_\_\_

### **Athlete's Commitment**

**I understand that participating in high school athletics gives me a special opportunity to develop not only my physical conditioning and athletic skill, but also character traits I need for success in life. I therefore commit to strive for the following during the upcoming season: By signing this code I agree to these provisions.**

#### **Competence** – *The knowledge and skill I need to train and effectively compete*

- To develop the skills necessary to participate competently in the sport.
- To demonstrate knowledge of the rules and conventions of the sport.
- To demonstrate knowledge of the strategies of the sport.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.
- To demonstrate knowledge of healthy behaviors, including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.
- To refrain from being present where drugs are being used or made available and when in such environment to leave immediately

#### **Character** – *My beliefs, attitudes and skills that support moral behavior and represent the positive values of NWCS and the greater community.*

- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions and not to make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To be honest.

- To play by the rules of the sport and not cheat.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously; to congratulate opponents, not sulk, or display other negative behaviors.

**Civility** – *Behavior that shows respect and concern for others – treating them as I would want to be treated.*

- To practice good manners on and off the field.
- To refrain from trash talk and other put- downs of opponents and teammates
- To treat all persons respectfully regardless of individual differences to show respect for legitimate authority (Coaches, captains and officials).
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To be compassionate and sensitive to others.
- To actively support teammates and others.

**Citizenship** – *Understanding that being part of a team is about my responsibility to my teammates, and not just about what’s important to me:*

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to my team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of my personal gain.
- To work well with teammates to achieve team goals.
- To accept responsibility to set a good example for teammates, younger athletes, fans and school community.

My signature below indicates my commitment to the above and my willingness to live within the boundaries established in our School’s athletic code and to accept the logical consequences for violations.

---

Date

---

Athlete’s Signature

---

Date

---

Parent’s Signature