

Realizing I have an obligation as a member of this team to represent not only myself but my team and school in the highest of standards, I agree to the following:

TO ATTEND PRACTICE/MEETS

It is expected that you be at meets and practices. We are a small team and need everyone everyday. Being present leads to improvement and helps in affirming the reality that when you commit to a team/job you need to be present. I realize many of you do other things but my focus is on this track and field team. The following consequences will be in effect for missing practices:

- #1. No direct effect. If it is before a meet you will attend but not participate in that meet.
- #2. You will not compete in your next meet.
- #3. You will not compete in meets for 1 week. You will still need to practice.
- #4. You will be removed from the team.

Failing to stay until the workout is over is considered a miss.

Here is the procedure for sickness. When the attendance office is called let Coach McLeland know as well. On a non attendance day call Coach McLeland directly. This type of absence has no consequences.

When given notice to Coach McLeland ahead of time, college visits/tests are considered school related and are also ok. Non excused days would be work, prom and appointments that could happen at other times. Other issues may arise and should be worked out with Coach McLeland **ahead of time**.

TO ATTEND CLASS

If I fail to attend (cut class) I am not eligible to practice that day.

If I let Coach know this counts as a miss.

If I don't tell Coach it counts as 2 misses and then the second time, I will be dismissed from the team.

TO PASS CLASSES

If I am ineligible to run because of grades I realize I am jeopardizing not only my own education but hurting my team.

The second time this occurs I will be dismissed from the team.

TO FOLLOW SCHOOL ATHLETE POLICY –See Student Handbook (pgs. 35-37)

If I break the school's athletic policy any time while I am at West Chicago HS, I will face the designated consequences.

TO BE A TEAM PLAYER

I agree to participate in the events that best help the team. I know I can dialogue with the coaches regarding the line-up but it is Coach McLeland's final decision on what events I run.

TO BE HONEST

If in conversations with the coaching staff and/or my parents I am found to be "playing both sides" and not being honest, I will miss the next meet.

The second time this occurs I will be dismissed from the team.

It is understood that all behaviors can't be addressed in one document. I agree to communicate with Coach McLeland regarding all activity as it relates to track.

Coach McLeland's numbers: Work (includes voice mail)– (630) 876-6478

Home – (630) 231-1956, Cell – (630) 440 – 9039, Email – pmcleland@d94.org

In addition, my behaviors in and out of the classroom will be those which bring pride to myself, the team and my school.

Finally, I realize that daily negative choices will have a detrimental effect on me, whereas, positive choices will result in far better results (which could include the State Track Meet, graduation and a positive attitude).