

Academy of Notre Dame
2019-20 Middle School Sports Contract

Attendance

Practice takes place 4 days a week at Notre Dame and attendance is mandatory. An athlete may be excused in advance under extenuating circumstances, but this should be a rare occurrence. Absences should be communicated to athletic dept. and all coaches via email ***before*** they occur, and must be accompanied with a reason (see table below). Leaving practice significantly early (more than the last fifteen minutes) will count as an absence.

Games/Matches/Meets - Attendance is mandatory at all events on the scheduled unless otherwise informed.

Each Season: Each season you are allowed three (3) absences (coaches will take attendance at each practice and event). When you have an unexcused absence you will inform athletic dept. and the coaching staff so they can make a note of it. If you use more three absences during the course of the season you will need to have a conversation with the athletic dept. and the coaches and it may result in your removal from the team.

All final decisions about attendance policy violations will be at the athletic dept. (including coaches) discretion.

Here are some (not necessarily all) examples of excused vs unexcused absences:

| <u>Excused absences (still require email)</u> | <u>Unexcused Absences</u> |
|--|---|
| <i>Required</i> school events | <i>Optional</i> school events |
| Sick--absent from school or left early | Vacation/Travel |
| Family Emergency/Personal Reasons | Routine doctor's appointments (non-emergency) |
| | Other sports' practices or games |
| | Social events |

Signature

Date

Parent Signature

Date

Code of Conduct

As a member of a athletic Middle school team and of the greater Notre Dame community, all team members will adhere to the following personal expectations:

1. I will be respectful of my teammates and coaches, and especially respectful of opponents and officials.
2. I will give a full effort in all academic work and will seek help as soon as it is needed.
3. I will give a full effort in every practice and in every competition.
4. I will do what is asked of me when it is asked, knowing that the coaches' requests will always be reasonable.
5. I will strive to be independently motivated, knowing that a coach will not always be present.
6. I will make every effort to get proper nutrition, hydration, and rest throughout the season.
7. I will exhibit good sportsmanship in all interactions with opponents, and I understand that track and field is a sport where friendly interaction commonly occurs between opponents.
8. I will consider the needs of the team when being asked to participate in a certain event.
9. I understand that equipment is very expensive, and I will treat the school's equipment well so that it can last for many years and make sure everything used is return to Launfal after practice/games.
10. I will help set up for practice and put things away after practice.
11. I will support my teammates in their efforts whenever possible, in practice and in meets.
12. I will be on time for all practices, meets, and team activities, and will not leave early.

Signature

Date