**AGREEMENT TO RULES AND REGULATIONS IN REGARDS TO PARTICIPATION FOR DEER PARK WINTER TRACK**

I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hereby agree to the rules and policies set forth by the coaching staff for participation in the 2013-2014 Winter Track season. I agree to attend practice every day unless a specific situation or emergency arises that requires me to be absent. I understand that if I have more than two unexcused absences or I miss a meet, that I face dismissal from the team. In addition, I agree to and will make the utmost effort to be on time every day to practice. I understand if I have more than two unexcused lateness it will count as an unexcused absence from practice. I pledge to be prepared every day at practice and will have the necessary equipment with me (Example: proper running shoes, warm clothing, water, etc.).

Additionally, I agree to the terms of how I will conduct myself at practice. I agree to represent myself, my team, my coaches, my school, and my community in an appropriate and professional manner. I understand that if I do not represent myself in the stated manner (Example: poor behavior, poor attitude, poor sportsmanship, etc.) I face suspension or dismissal from the team. Overall, I understand participation in athletics is a privilege, not a right.

It is my intention to give my best effort at practice and at our meets while upholding the standards of the Deer Park High School Athletic Program. I have read, reviewed, understand, and agree to the rules and policies of this team and everything stated in this contract.

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(Print Name)

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(Student Athlete Signature) (Date)

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(Parent/Guardian Signature) (Date)

**\*Must be signed and returned to coaching staff before beginning practice on the first day of preseason\***