

**AL MIDDLE SCHOOL XC/TRACK & FIELD**  
**EXPECTATIONS AT PRACTICES, MEETS AND IN THE CLASSROOM**  
**BEHAVIOR CONTRACT**

You are now a member of the AL XC/Track & Field Team, you represent us at all times, just as you represent your family and your school and your community at all times. Your actions should make you and others proud.

\_\_\_\_ We expect you to exhibit good sportsmanship at all times.

\_\_\_\_ We expect you to have respect and kindness for yourselves, your coaches, your teammates and fellow competitors, officials and other coaches at all times.

\_\_\_\_ We expect you to conduct yourselves with courage, character and class in all aspects of their lives but especially at practices and meets.

\_\_\_\_ We expect a certain level of commitment to practice and meets. You come to meets to compete not scratch out of events (unless you are injured). If you do not want to compete, tell the coaches in advance so that we may give another athlete your spot.

\_\_\_\_ Do not leave meets without telling a coach or checking to see if you are an alternate in a relay. Athletes get hurt and you need to be ready to sub in.

\_\_\_\_ We expect you to prioritize academics.

\_\_\_\_ We expect ALL electronic devices including headphones to be deposited into the team plastic bin prior to practice. Using them during practice is rude and creates an attention problem.

\_\_\_\_ We expect you to come to practice ready to work hard and have fun, but it is not a social hour. You should not be sitting around. You are not a track expert. There is an order to practice, follow it and always be working on a skill.

\_\_\_\_ When you arrive to the gym for practice, Check in, get changed and get ready to go. Team leaders (8<sup>th</sup> graders) should get the team ready for warm-ups. NO MORE CHATTER during warm ups. Focus on what you are doing and help each other. Bring the correct gear for practice!

\_\_\_\_ We expect you to keep your hands to yourselves and not engage in tackling, picking teammates up, tripping their teammates....this behavior can lead to injury.

\_\_\_\_ When a coach is speaking, NO ONE ELSE should be speaking and all attention should be given to your coaches.

\_\_\_\_ We expect you to use respectful tone and language.

\_\_\_\_ We expect you to board the track bus and behave in a safe and orderly fashion so the bus driver can do their job without distraction.

\_\_\_\_ We expect you to know and follow general track rules at meets.

\_\_\_\_ We expect you to report back to the team section of the bleachers after your events and not hang around on the infield.

\_\_\_\_ We expect you to know which events you are participating in and report to them on time.

\_\_\_\_ We expect you to help carry items from the track bus to the team bleacher section and be responsible for the return of your event equipment (shot, batons, tape measures...)

\_\_\_\_ We expect you to keep our team section in the bleachers neat and tidy. Parent helpers should NOT have to pick up after you.

\_\_\_\_ We expect that when you use or remove items from our team bin, put them back.

\_\_\_\_ We expect you to respect all of our equipment and help to set-up or clean up after practice as needed.

\_\_\_\_ We expect you to not use equipment (hurdles, high jump pit...) unless a coach has asked you to train for that specific event.

\_\_\_\_ We expect you to understand that being part of the track team does not make you better than anyone else at school nor does it give you special privileges.

\_\_\_\_ We expect you to bring issues or concerns to your coaches and know that you will receive honest feedback given in full support of what is best for you.

\_\_\_\_ We expect you to respect your teachers, the administration and faculty at all times. If there is an issue, your coaches, teachers and administration will handle it.

\_\_\_\_ We expect you to work together with each other and us to achieve a high standard of team behavior. If you are not part of the solution you are part of the problem, even by staying silent.

\_\_\_\_ We expect that when you make mistakes or act foolishly you will apologize with sincerity and humility.

\_\_\_\_ We expect you to be humble and gracious in victory and defeat. Do not brag or make excuses. Always congratulate others on their victories.

\_\_\_\_ Keep track of your uniform! Total uniform replacement cost is \$100. Label the inside of your warm-up jacket and pants with your name on a piece of masking tape as soon as you receive them

We hope you will become better people through this experience and that you will wake up daily thinking about your personal actions and how you can either make life easier or harder for other people. We strongly encourage you to choose to make life easier on others! 1-2- WE!

\_\_\_\_\_ **Parent** \_\_\_\_\_ **Student/Athlete**