

LADY TOADS

COMMITMENT CONTRACT

Understanding that basketball:

- Provides a huge benefit to myself and my High School community;
- Affords me the opportunity to test and stretch my capabilities;
- Allows me the chance to find characteristics in myself that I didn't know I had;
- Enables me to be a representative of my school, community and TEAM;
- Permits me the chance to develop relationships with my team and coaches;

I agree to:

- Give 100% of my ability and effort on the court.
- Play through the tough times, pain and mistakes.
- Remain motivated to improve throughout the season.
- Place the success and benefits of the team ahead of my own desires and needs.
- Promote good sportsmanship.

I agree to:

- Promptly attend all meetings, practices and functions.
- Notify my coaches when I am unable to make a practice or function.
- Stay on pace with my studies, attend class.
- Conduct myself with dignity and class, follow all school rules, and remain clear of in school suspensions and referrals.

I agree to:

- Abstain from using any tobacco, drug or alcohol.
- Dress appropriately for all school functions, including practices and road trips.
- Control my temper and tongue- both profanity and derogatory remarks will not be tolerated.
- Build up and encourage others, keeping a strong moral code in regards to my relationships.

Failure to abide/follow any of these guidelines may result in disciplinary action/dismissal from team.