



# HIGHLANDS KNIGHTS

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## Student Commitment to Excellence & Participation in Highlands Athletics

### **Attendance**

- I will attend all team activities and arrive on time.
- I will personally notify my coach 24 hours in advance if I have a conflict (face-to-face, phone call).
- I will be honest with my coaches if I was not at school to not participate in any athletic event that same day.
- I understand that unexcused absences may be disciplined at the coach's discretion.

### **Attitude**

- I understand that athletic participation is a privilege, not a right.
- I will give maximum effort at all team activities.
- I will be humble and coachable.
- I will treat my teammates and coaches with respect.
- I will respect the property of my teammates and the school and help set up/clean wherever I can.

### **Behavior**

- I will honor Jesus by being respectful and disciplined toward all teammates, coaches, opponents, officials, and spectators regardless of their behavior toward me.
- I will not use profanity.
- I will lead by example in my behavior during the school day.

### **Commitment**

- I understand that if I quit, I may be required to sit out of the next two athletic seasons. This applies to the current year and may be extended into the following year.
- I will do my best in school so that I may remain eligible & glorify God through my efforts.

### **Communication**

- I will communicate with my parents in a timely manner about the schedule and any other important information or events.

### **Conflict**

- I will take any concerns directly to the person and not gossip or cause drama.

### **Playing Time**

- I understand that all players may not play in each contest.
- I understand that not all players will have equal playing time throughout a season.
- I will speak with my coach directly about concerns related to playing time, role, or responsibility.

*I understand and agree to abide by the commitments laid out. I will hold my teammates accountable, commit fully to my teammates and coach, honor and glorify God with my conduct, take concerns directly to the person with whom I disagree, and will do all of this regardless of how much I do or do not play.*

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Student Name

Signature

Date

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Parent Name

Signature

Date