

# North Hampton Student Athlete Contract

## As a North Hampton Athlete I...

1. Will be dressed and ready for practice by 3:00.
2. Will provide the coach(es) with a note from a parent/guardian prior to a missed practice, or speak to them in person, for an excused absence.
  - a. An excused practice is: a note from a parent/guardian about a doctor's appointment, extra help after school for academics, or leave school due to illness.
3. Understand that **4 unexcused absences** will result in my removal from the team.
4. Understand that if I miss the practice before a game due to an unexcused absence, I will not be able to participate in the game.
5. Will support and encourage my teammates.
6. Will represent our school in a positive manner and display proper conduct and behavior at all times.
7. Will go to the coach if there is a problem or question related to that sport.
8. Am responsible for knowing the game and practice schedule.
9. Am responsible for keeping track of, taking care of, and remembering my uniform and/or equipment for every event. If I forget my uniform, and/or equipment, I realize that I will not be able to participate in the game.
10. Must inform my coach immediately if an injury occurs. This must be followed by a note from a parent/guardian indicating awareness of the injury and what precautions parents/guardians want taken.
11. Will be a positive role model for my team and will demonstrate and encourage sportsmanship at every game, practice, and/or other sporting event by showing respect, courtesy, and positive support for all players, coaches, officials, and spectators.
12. Will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing, taunting, or using profane language or gestures. I understand that in doing so, this may result in my immediate dismissal from the team.
13. Will be tobacco, alcohol and drug free. Any violation of this will result in immediate dismissal from the team.
14. Will be respectful of the bus, other schools' staff and building and other teams' players at all times.

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Athlete's Name

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Sport(s)

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Athlete's Signature/Date

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Parent(s) Signature/Date