

Alton Girls Track and Field

Attendance Contract

Practices are Monday through Friday at 3:30 till 5:30. There may be Saturday practices as needed. Track and field requires daily training to be undertaken safely and successfully. Practices are intended to help you achieve your best. It is important that you attend practice.

Please review the following attendance requirements carefully with a parent/guardian. If you do not feel you can fulfill them, please do not sign the contract, and you will not be allowed to participate as a member of the team.

- Practice begins at 3:30 (3:40 when meeting at the track). Athletes are expected to be on time, dressed ready to practice at 3:40. Roll will be taken.
- If you cannot be at practice please **communicate** this to the head coach. **Acceptable absences** are illness (absent from school), a family emergency, and school sanctioned events or trips. Work, detention, homework, forgetting clothes or shoes, and lack of a ride to practice are all **unexcused absences**.
- College visits should be scheduled around practice and meet days. (Exceptions may be made following the coaching staff's review)
- Being a part of the track team is a big commitment. You may have a job, but it should not interfere with practices or meets. Athletes must remember that being apart of the team is a **privilege**.
- If you are unable to practice as a result of an injury, report to the training room before practice starts, then join the team for agilities.
- Athletes must be at practice to be eligible for meets. Athletes who miss practices before an upcoming meet may not compete.
- Athletes will be given 3 unexcused absences before they are dismissed from the team. Unexcused absences will carry consequences. Third unexcused absence from a meet or practice coaches will re-evaluate the individual's position on the team.

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I have read and understand the terms of the Attendance Contract the expectations and consequences outlined by the coaches. Please sign and return the bottom portion to the coaches.

Date

Athlete

Parent