



Bangor Slaters Field Hockey Player Contract



1. **I understand that being a high school student-athlete requires an ability to budget my time wisely. I will make sure to meet the commitments of home, school, and sports.**
2. **I understand that being a student-athlete means, I am a STUDENT FIRST, then an athlete.** I will get help from my teachers when needed and will never use practice as an excuse for not completing assignments. I know I must meet the school's scholastic eligibility requirements throughout the season – if I become academically ineligible you cannot participate. If I am failing one class, I will be put on probation, failing two classes means I am ineligible for one week.
3. **I will be on time and attend all practices and games.** I understand that my playing time may be affected by my absence and additional consequences may occur. I must be in the locker room at the designated time PROMPTLY and READY to go (if I need to be taped, I must get it done right away – it is not an excuse to be late, have equipment on, jewelry off, hair back, etc.). When school dismisses I report directly to the locker room – I do NOT loiter in the hallway.
 - a. Be in the locker room ready 10 minutes before practice begins.
 - b. Practices during the school year run from 3:30 to 5:30. Athletes should be picked up along the side of the field hockey field or at the side of the gym.
4. **I understand that if I am absent from school or suspended in any way, I may not attend practice or a game on the same day.** I understand I am expected to attend **ALL** hockey practices, scrimmages and games.
 - a. Summer jobs & vacations are to be arranged around our in-season practices.
 - b. You are excused to meet with subject teachers after school, to meet subject requirements, if you FIRST contact the head coach
 - c. If possible, Doctor & Dentist appointments should be made at times other than practices and games. If not, a note from home requesting your absence is necessary.
 - d. You may be excused in cases of personal illness or family emergency if you FIRST contact the head coach.
 - e. School policy requires all students to be in attendance at school in order to be eligible for games and practices. Out of School Suspension and In School Suspension does not permit you practice or participate in games - you may not be on the school campus.
5. **All players will ride to and from away games on the team bus.** WE ARE A TEAM – WE PRACTICE, TRAVEL AND PLAY AS A TEAM!!!! Players will not be permitted to ride to or from away games with parents or anyone else; you will be granted permission in the case of an emergency or with permission from Coach Ott. A note must be provided from your parent and/or guardian.
6. **I will take care of my body by avoiding drugs, alcohol, and tobacco.** The use of any of these is illegal and will result in immediate dismissal from the team. I will try my best to get enough sleep, eat healthy, and drink enough water each day.

7. **I understand when using social media, I not only represent myself, but also my team and community.** I know any information posted on these sites is easily viewable by third parties. Anything posted on these sites that are against the athlete code of conduct, drug and alcohol policy, and/or individual team rules can and may result in disciplinary action against that student athlete. *Rule of thumb – would you want your coaches to see what you post? If you have to even think about it, don't post it.*
8. **I understand I must report ALL minor and major injuries to Coach Ott and the athletic trainer – athletes out with an injury are unable to practice until medically cleared; attendance is still required.**
9. **I will be a team player.** I will respect my teammates, managers, and coaching staff. Regardless of my level of play, I will support and encourage my teammates to help the team be successful.
10. **I will look for ways to improve my skills, strength, and endurance.** I am expected to work hard, to focus, and to be committed every day.
11. **I will listen and learn from the coaching staff.** I will take constructive criticism and look to better myself with their instruction. I understand that I must be mentally tough. I understand there are reasons when I am removed from a game and will not feel negatively about myself or my coaches when this occurs.
12. **I realize that communication and trust are the basis for an excellent team.** I will not be afraid to ask questions or bring forth my issues. I understand that I should go to my captains and/or leadership council before going to my coaches with any problems. I will always be an advocate for myself.
13. **I will always play by the rules of the game and accept the judgement of the officials.** If there is a concern on the field, I will address it with my captains and coaches.
14. **I will help with team equipment whenever necessary.** I will be responsible for returning all equipment in good condition at the end of the season.
15. **I realize that as a Bangor High School Field Hockey player, I am representing the student body, staff, and community.** Standards for Slater athletes are set higher than for that of other students. I will comply with all standards and rules of conduct set by my coaches, the administration, and the Board of Education, and agreed on by my teammates. I will always do my best to make Bangor Area School District proud of me and my actions. I will represent my team and my school with **class**.

I understand that a contract is a written, binding agreement that is intended to be enforceable by law. Signing this contract means I agree to all terms presented within it. I understand that breaking any part of this contract can be cause for suspension or dismissal from the team. My signature below signifies that I have read and agree to every part of this contract and know what it means to be a Bangor Field Hockey team member.

Signature: _____ Date: _____

Print Name: _____