



ATHLETIC CONTRACT: STUDENT ATHLETE

As a member of the _____ team, I understand that you want to enjoy the season, participate as much as possible, and improve your athletic abilities in this sport...and win games or contests. I am committed to making those things happen, and to reach our team goals for the season.

Your participation is dependent upon your willingness to work with me toward the goals below, and to live within the boundaries established in our League's athletic code. The things below describe the areas of personal development to which I and the School are asking you to make a commitment for the upcoming season. I also ask you to note any expectations, goals or questions you have on the reverse side of this form so that I can consider them and respond where needed.

Coach _____

Athlete's Commitment

I understand that participating in athletics gives me a special opportunity to develop not only my physical conditioning and athletic skill, but also character traits I need for success in life. I therefore commit to strive for the following during the upcoming season:

Competence – *The knowledge and skill I need to train and effectively compete*

- To develop the skills necessary to participate competently in the sport.
- To demonstrate knowledge of the rules and conventions of the sport.
- To demonstrate knowledge of the strategies of the sport.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.
- To demonstrate knowledge of healthy behaviors, including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.

Character – *My beliefs, attitudes and skills that support moral behavior and represent the positive values of the Catholic faith and the greater community.*

- To be a positive role model
- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions and not blame others.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To be honest.
- To play by the rules of the sport and not cheat.
- To control anger and frustration and refrain from displays of temper.
- To accept losing and winning graciously; to congratulate opponents, not sulk, or display other negative behaviors.

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Civility – *Behavior that shows respect and concern for others – treating them as I would want to be treated.*

- **To practice good manners on and off the field.**
- **To refrain from trash talk and other put- downs of opponents and teammates**
- **To treat all persons respectfully regardless of individual differences to show respect for legitimate authority (Coaches, captains and officials).**
- **To be fair and treat others as one wishes to be treated.**
- **To listen to and try to understand others.**
- **To be compassionate and sensitive to others.**
- **To actively support teammates and others.**

Citizenship – *Understanding that being part of a team is about my responsibility to my teammates, and not just about what’s important to me:*

- **To be faithful to the ideals of the game including sportsmanship.**
- **To keep commitments to my team.**
- **To show team spirit, encourage others and contribute to good morale.**
- **To put the good of the team ahead of my personal gain.**
- **To work well with teammates to achieve team goals.**
- **To accept responsibility to set a good example for teammates, younger athletes, fans and school community.**

Christianity - - *Christ calls us to a union of love with Him and a life beyond this one. The first 4 C's contribute to and are an integral part of that call.*

- * *To be a person for others*
- * *To exemplify in one’s life the Christian ideals*
- * *To practice the virtues of prudence, justice, temperance, and fortitude*
- * *To live out the Gospel message, especially Christ’s Beatitudes*
- * *To be young men of strong Christian faith*

My signature below indicates my commitment to the above and my willingness to live within the boundaries established in our League’s athletic code and to accept the logical consequences for violations.

Date

Athlete’s Signature

Athlete’s Personal and/or Team Goals:

ATHLETIC CONTRACT: COMMUNITY MEMBER

Fans / Community Member's Commitment

We understand that as a part of our school-community, YOU have an interest and investment in the success of our Athletic Program. YOU play a key role in reinforcing the educational goals of our Program. Therefore we encourage you to commit to the following:

- Remember that a ticket to a school athletic event is a privilege to observe the contest.
- Be a positive role model through their behavior at athletic contests.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Recognize and show appreciation for an outstanding play *by either team*.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the sport.
- Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.