

Pine Hill Athletic Contract for Players, Parents and/or Guardians
2022-2023

I, _____(name), want to participate in our Pine Hill Athletic Program (RNSB, Inc.). In exchange for the privilege of being on the team, I promise to do the following:

1. Academic Responsibility:

Achieve academic success. Homework is self-motivation, self-discipline, and habit. Plan, organize, ask questions, and invest in yourself. Attend study hall as scheduled and seek extra tutoring when needed. **Bottom Line: Failing grades will result in player ineligibility or lack of playing time or will not travel with the team. This will be determined by each Head Coach approved by the Athletic Director.**

2. Attendance: Arrive early to practice prepared, on floor, on field, course. Give best effort with best attitude and enthusiasm three athletic Attributes that coaches do not control.

Be properly dressed in practice gear, no jewelry, piercing, hair ware, have hair complete before practice, power down cell phone and lock it. Please change in locker room always, appropriate athletic shoes must be worn for the specific sport in which participating in.

We are aware that there may be circumstances that arise that cause you to miss a practice, e.g., vacation, illness, etc. When this occurs, the **player or parent/guardian** will please inform their coach in advance when possible. Traditional Family Events are excused.

Not following Dorm policy: (IN Dorm) Athletes will be given consequences as stated in Dorm Policy Handbook and may lead to limited playing time and be **Evaluate on an individual basis.**

3. Positive Behavior

Our goal is to field a team of players that consistently demand more of themselves, than is demanded by the coaches. Be coachable, hustle, display mental toughness, bring energy, leadership, focus on the task at hand, develop intrinsic motivation, and self-discipline. (Takes 21 days to change a habit).

WE WILL WORK HARDER THAN ANY ATHLETIC PROGRAM. We will strive to develop good habits by practicing with energy, positivity, and appropriate effort to enhance performance and overall team physical and mental conditioning so that our team cultures thrive not dive! **Embrace Hard.**

RESPECT COACHES, TEAMMATES, OPPONENTS AND REFEREES. Behavior that reflects negativity on players, coaches and referees will not be tolerated, display self-control, no profanity or harassment will be tolerated. Please be gentleman and young ladies. NO GOSSIP, SUPPORT ONE ANOTHER!

RESPECT CLASSROOM TEACHERS AND ADMINISTRATORS. Lack of respect and discipline issues resulting in school consequences, Destruction of School property will result in game or team suspensions as determined on an individual basis.

4. Family & Player team Members:

Selflessness – Team First. Are you an energy taker or an energy giver?

Extraordinary Commitment on the part of players, their families, and coaches is important. Together we will work in unison toward a common goal building positive relationships and embracing the process.

5. Appearance: When attending team functions, represent the Pine Hill in a positive mature classy manner.

APPLY GOOD HEALTHY HABITS. This includes 8½ hours of sleep when possible. Eating breakfast, eating healthy foods, abstaining from alcohol, illegal drugs, tobacco, no soda pop, and drinking at least 8 glasses of water per day. Enjoy a fun day with family & friends.

As a parent/guardian of the above-named player, I promise to do the following:

Influence my child to abide by the contract he/she has signed. Discuss any issues regarding poor academics, poor choices, with the coach as soon as possible. Will not discuss playing time with any coaches. Please advocate for your son/daughter to advocate for themselves. Be an example of good sportsmanship at games by making only positive comments about the players, keeping criticism of the officiating to a minimum volume and frequency, and treating the fans of our opponents with respect. Cooperate by helping with fundraising, home tournaments, team dinners, and events.

I understand that if I play on this team, I will agree to abide by these expectations described in this contract. I promise to represent my community, Pine Hill (RNSB, Inc.) and our Pine Hill Warrior Athletic Program with the utmost respect, honor, and leadership that I possess.

Player Signature

My child has informed me of the required expectations during the 2022 – 2023 Warrior Athletic season. I will ensure that these expectations are realized.

Parent/Guardian Signature