**Florence “Lady Gophers” Softball**

**Student – Athlete participation agreement**

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**Student – Athlete**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sport: Softball**

**I understand that a fulfilling educational sport experience requires the exercise of responsibilities on the part of both personnel associated with the athletics program and student – athletes. As a student – athlete, I understand my responsibility to commit to the principles of self – discipline, collaborative effort and team building, and to be an ambassador for the school.**

**Academic Standards:**

**I understand that the athletics department is committed to the philosophy that student – athletes are students first and foremost and that all student – athletes must exhibit behaviors that demonstrate a commitment to maximizing academic success as their first priority. I understand that the athletics department has created the following standards, strategies, and policies to maximize the possibility of student – athletes meeting their academic goals. I understand that I am obligated to comply with these standards:**

**: Student – athletes must adhere to all academic requirements.**

**: Student – athletes are not permitted to miss any regularly scheduled classes**

**for activities other than scheduled athletics competitions.**

**: Student – athletes are expected to meet all deadline dates for class assignments**

**and are required to make pre-arrangements with teachers when quizzes, tests or**

**special assignments conflict with contest dates.**

**Behavioral Expectations:**

**I understand that student-athletes are visible representatives of the school both on campus and off-campus whose behaviors are often closely scrutinized. Student-athletes behavior affects public perception of the school, athletics department standards, and character of the student body. Therefore, it is an expectation that student-athletes will demonstrate consistent role model behavior, sportsmanship and self-control. More specifically:**

**: Student-athletes must be committed to fair play. Intentional acts of unsportsmanlike behavior or cheating will not be tolerated.**

**: When representing their teams during competition, student-athletes will exercise self-control in all ways including, but not limited to, resisting the use of profanity, demonstrating unnecessary aggression of hostility towards others, making inappropriate physical gestures, taunting or excessively celebrating, and disrespecting coaches, officials, teammates or opponents.**

**: Student-athletes are prohibited from interacting in any negative way with fans.**

**Physical Conditioning and Training:**

**: Report to my coach or athletic trainer, any change in my physical, mental or emotional well-being that may affect my ability to participate safely. This includes any additions of prescription medications or over the counter supplements.**

**: Commit to completing all conditioning activities and practice session I am asked to perform to ready me for the physical, mental, and emotional stress associated with my sport unless I have documented limitations that have been approved by the medical staff.**

**: Refrain from outside activities that will enhance my risk of unsafe participation such as excessive exercise, alcohol consumption, using non-prescription drugs, taking over the counter supplements that have not been approved by the team trainer, taking steroids or other performance enhancing or illegal drugs.**

**: Follow the guidelines given to me by my coaches and athletic trainer regarding hydration, sleep, and nutrition.**

**: Communicate with my coach or athletic trainer any time I feel any abnormal or labored physical response to exercise (i.e. pain, nausea, shortness of breath, dizziness, etc.) and to stop the activity immediately.**

**: Communicate with my coach or athletic trainer if I become aware of another athlete’s abnormal or labored physical, mental, or emotional response to any activity.**

**Teamwork and Team Expectations:**

**I understand that team unity and team chemistry are key variables for a positive and successful athletics experience. Commitment to team goals is essential which, at times, may take precedence over individual goals. However, I understand that the athletics department does not subscribe to a team culture based on intimidation or mandatory allegiance to questionable practices and requires that all student-athletes be treated fairly by coaches, support staff, and teammates. Under these conditions, I understand that student-athletes are expected to exhibit a level of selflessness that promotes team goals. More specifically:**

**: Student-athletes are expected to abide by team rules.**

**: Student-athletes are expected to abide by all athletics department policies that are**

**contained in the athletics department Student-Athlete Handbook.**

**: Student-athletes are expected to report any actions that establish a class system**

**(hazing, initiations, etc.) to their coach immediately.**

**Team Rules:**

**I understand and will abide by the following team rules:**

**: Weight lifting and conditioning is mandatory.**

**: Practices for varsity players will be from 3 – 6 pm. Varsity athletes must provide for**

**their own transportation from practice to home.**

**: J.V. and Freshman teams will practice from 3 - 5:15 pm. Activity buses will be**

**available for both teams.**

**: All practices will be closed to parents. Parents may arrive 15 minutes before end of**

**practice.**

**: A player will not be a starting player if that player was absent the day before a game**

**: A three strike policy will be in effect for all athletes. The player will be asked to leave**

**the field and not participate in the remainder of the practice for any of the following**

**reasons:**

**: Bad attitude toward coaches or teammates**

**: Lack of hustle**

**: Foul language**

**: Unable to take instruction and directions from anyone of the coaches**

**: Disrespecting coaches or fellow teammates**

**: Back talking to coaches**

**Penalties:**

**: 1st time – additional hour of conditioning**

**: 2nd time – suspension from 1 or 2 games**

**: 3rd time – dismissal from team**

**I agree to accept the participation standards and policies listed above and knowingly accept that violations of these standards may result in a variety of sanctions by the athletics department including, but not limited to restriction, suspension from, or termination of participation in the athletic program.**

**Student-Athlete Signature:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent’s Signature:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**