



**Rosemead**

Enter Name of Sport Here

## **Agreement & Rules**

### **STUDENT-ATHLETE:**

1. I understand that practice start time means I am on the court/field or at the gym on time (not walking in or putting my shoes on). I should have a WATER BOTTLE and place it out of the way.
2. I will wear a Team shirt or practice attire and NO JEWELRY to all practices and games.
3. I understand that being part of this program means that all games, practices, and fundraisers are mandatory.
4. I will give MY ALL not only for myself but for my coach and teammates.
6. I will be coachable and support my teammates even when I am not in the scrimmage or game. A poor attitude toward myself, teammates, or coach may result in being suspended or dropped from the team.
7. I will make sure ALL water bottles, trash and equipment is cleaned up at the end of practice & games even if it's not mine. Helping keep our school & other schools clean is important.
8. I understand that playing time is never guaranteed.
9. I understand that game and practice time is TEAM time. I will get to know my teammates and support them. During Varsity & JV games, teams will sit together, not with friends or family.
10. I understand that at NO time am I allowed to leave campus during a game. I must always stay with the team. Failure to do so will immediately result in being removed from the team.
11. I understand that all practices are closed and for our Team **ONLY**. No friends or family are allowed to hang out with us during practice times.
12. I understand that **ALL** phones will be put on silent for practice and games. There will be NO cell phones out during practice, games or on the bus, unless an exception is made by Coach.. Coaches will have players call parents on the way home from away games.

13. There is no tolerance for inappropriate comments, words, or gestures. This is an inclusive program. If at any time this rule is broken, you will be removed from the team.

14. I understand that I will be positive and refrain from any public negativity towards athletes, coaches, admin, school employees and parents. This includes all social media platforms. Have manners and be kind.

15. I understand that any feelings towards my coaches and teammates will not affect me while in season.

16. Respect is earned, if you want respect, please give it.

17. I understand that my jersey is school property and that I am responsible for washing, caring and having it ready for every game and picture day. If a player's jersey is damaged, then they will be responsible and need to replace it.

18. I understand that I am required to ride on the school bus to and from games. If I want to go home with my family after a game, I must submit the proper Permission Slip 24 hours BEFORE the game..

19. RHS has zero tolerance when it comes to drugs, alcohol, fighting and bullying. I am an athlete and must love and take care of my body. Engaging in such activities will result in me being cut from the team and reported to administration.

20. Last and most important, I understand that I am representing Rosemead High School and will always do so in the most positive way.

I \_\_\_\_\_ have read and understand the rules that my  
Player's Name

coaches have put in place. I will follow the rules and represent Rosemead High School and this program to the best of my ability.

Player Signature: \_\_\_\_\_

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