

Princeton Day School

Expectations for Student-Athletes

Princeton Day School Athletics, above all, values teamwork, a positive attitude, commitment and respect for oneself and the team. The guidelines below highlight these values and the expectations of all student-athletes.

Please sign below to show compliance.

Teamwork: Commitment to the team

- Attending practice is essential to the success of the team. Therefore, student-athletes are expected to attend all practices and games:
 - This includes preseason, Saturdays and possible vacation periods.
 - Medical/dental/etc. appointments should be scheduled around practices/games.
 - An unexcused absence from a practice or game will be treated as a class cut and may result in a detention and a loss of playing time.
 - Injured athletes are expected to meet and consult with our Athletic Trainer.
- Training and development of skills in the off-season is strongly encouraged for all student-athletes who play, or aspire to play, at the varsity level. Student-athletes should consult with their coaches and our Sports' Performance Coach to design a program that would enhance their health, strength and conditioning.

Academics: Your role as a student-athlete

- Student-athletes arriving late to school and missing an academic class may not participate in that afternoon's practices or games without the permission of the Dean.
- Whenever there is an early dismissal, student-athletes are expected to communicate with their teachers prior to dismissal to make up any work they may miss.

Respect:

- **Yourself** - The use of alcohol/drugs run counter to the ideals of athletic participation and are grounds for dismissal from the team.
- **Your Coach** - Student-athletes, as self-advocates, are instructed to direct any questions or concerns with their coach prior to parent involvement.
- **Your Team** - PDS does not allow for any form of group or player ridicule, intimidation, harassment or initiation...whether there is willful participation or not. Any offense will result in dismissal from the team.
- **Your School** - As a student-athlete you are expected to respect teammates, coaches, opponents and officials.

I have read the above guidelines reflecting PDS's athletic values and agree to respect and abide by them. I also understand that violations of this contract may result in dismissal from the team.

Student Signature-Date & Sport