



Bruins

# Cascade Track & Field

## Expectations



Bruins

As a student-athlete at Cascade High School, I understand that participating in athletics is a privilege, and I will be held to the expectations listed below. As a part of this team I am representing myself, my family, Cascade High School and the Everett community. I will do so to the best of my ability.

### Cascade Track & Field Daily Expectations

1. I will come to practice on time and ready to work. Practice starts at 2:45 pm.
2. I will bring my training shoes, sweats, running tights, long sleeve running shirt, sweatshirt, rain shell and LOCK to each practice. I will check with my event coach each day as to whether I need spikes or throwing shoes for the next practice.
3. I will attend all practices, meets for which I qualify, and team meetings.
4. I will abide by all school and district policies.
5. I will always do my best.
6. I will maintain a positive and supportive attitude toward myself and my teammates.
7. I will exhibit good sportsmanship at all times.

### Cascade Track & Field Meet Expectations

1. Plan on participating unless informed otherwise by a coach. NEVER ASSUME you are not competing, FIND OUT!
2. If you can not compete, plan to attend home meets to help run the event.
3. Unexcused absences will put your eligibility in jeopardy. Communicate with your coach!
4. Be on time for the bus. It is your responsibility to know when the bus is leaving and to be on it.
5. Be prepared to participate in any event that the team may need you in, or that your coaches feel the need to evaluate you in.
6. Expect to stay at the meet until it is over. You can leave when you have checked out with your event coach after the conclusion of the meet.
7. Plan ahead. Have all essential gear ready to go (uniform, spikes, warm ups, rain gear).
8. Always do your best. Don't let yourself or your teammates down.

Athlete Name (Print) \_\_\_\_\_

Athlete Signature \_\_\_\_\_