

WATCHMEN SPORTS

Player Commitment and Expectation Sheet

We consider every player on our teams to be valuable and their contribution to their team is one of our highest priorities. As a member of the CSLA Sports Program, there are certain expectations and commitments that are expected from each athlete when playing sports for the school. This commitment sheet will list those expectations and will enable us to organize our teams and practices based upon who will be in attendance.

Program Expectations

Our program expectations are based upon the fact that sports are a vehicle for our players to learn skills that will help them become successful adults. With that philosophy in mind, the following expectations are maintained for all participants.

Conduct

Each player's conduct on and off the field/court should always be such that it brings credit to the individual, their family, their team, their school, and God. This would include behavior on the practice and game field/court, at school, and in the community.

1. **Drugs, Alcohol and Tobacco:** The use of these substances is strictly prohibited regardless of the circumstances. Failure to adhere to this policy could result in loss of playing time, diminishment of role on the team and/or suspension or expulsion from the team at the coaches and athletic director's discretion.
2. **Behavior:** Players are expected to maintain a positive attitude and body language at all times. This includes, and is not exclusive to, practices, games, traveling with the team and at school. Engaging in a negative conversation or displaying a negative attitude toward teammates, coaches, fans, and officials could result in removal from the team. The coach and athletic director will determine consequences at their discretion. *Technical fouls based on conduct are absolutely unacceptable.*
3. **Discipline:** Our philosophy is simple. Discipline is a tool we use to teach character. We believe that no two situations are ever exactly alike and that the punishment should fit the situation. Therefore, we incorporate a variety of discipline strategies from a verbal reprimand to removal from the team, depending upon the circumstances.
4. **Effort:** Effort in our program is mandatory at all times. Effort has four categories: physical, mental, emotional, and spiritual. *Physical effort* is simply working as hard as possible at all times. *Emotional effort* is putting your heart into your commitment to this team and always putting the teams' goals above the individuals. *Mental effort* means to be mentally tough, apply new information and techniques immediately and to always have your head in the game. *Spiritual effort* means being a Christ-like example in all you do, participating in team prayer times and a willingness to support teammates through prayer.

Academics

Each player in our program is responsible to make sure that they are maximizing their potential in the classroom. All players are expected to maintain eligibility according to the athletic eligibility requirements in the CSLA handbook.

Attendance

Attendance at all team meetings, practices and functions is mandatory unless previously cleared with the coach. Lack of attendance and/or communication with the coach could result in removal from the team. A player who is absent from school for illness is not required to notify the coach.

All players are expected to be on time and prepared for practices, games and team meetings as determined by the coach.

All players are required to read the practice and game schedule sheet and note any holiday or vacation conflicts before returning the form to the coach. Attendance at all team functions will also be a factor in the selection of teams, playing times and roles on the team.

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Pre-Arranged Absences

Listed below are the dates I will be gone for family planned vacation, doctors appointments, etc.

Date: _____ Reason: _____

Date: _____ Reason: _____

Date: _____ Reason: _____

Date: _____ Reason: _____

Communication

If a player has a concern to share with the coach regarding coaching, themselves, or actions of other players, it should be brought to the coach's attention immediately in a private manner. The coaches will do everything in their power to understand the concern. However, some concerns become philosophical issues where the player may have to understand what the coach is trying to accomplish. If a matter cannot be resolved satisfactorily, the player and coach will meet with the athletic director.

Commitment

I have read this expectation and commitment sheet and reviewed it with my parent(s). I accept all conditions associated with becoming a member of this program. I am now committed to becoming a CSL Lion student/athlete and will do my best to meet all expectations of membership in the program.

Player Signature

Date

Communication

If you as a parent are concerned regarding participation, attitudes, etc., please approach the coach as soon as you can to address the issue in a private manner. If you are unable to resolve matters with the coach, please set a time to meet with the athletic director as the next step.

Commitment

I have read this expectation and commitment sheet and reviewed it with my son/daughter. I accept all conditions associated with becoming a member of this program, especially encouraging and supporting the coach and athletic staff. I am committed to becoming a CSLA Watchmen Parent Supporter and will do my best to meet all expectations of membership and help my son/daughter to hold to their responsibilities and commitments for their personal growth, the strength of the team and most importantly to strengthen their walk with the Lord.

Parent Signature

Date

Coaches Signature

Date