



ST FRANCIS WOLVES ATHLETICS

NAME _____ GRADE _____ YES / NO
EXTENSION

“For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack.”
-Rudyard Kipling

Please Read and Review the PAL Guidelines

<https://sites.google.com/a/faculty.jhs.net/pal/home>

Check out the Play Like a Champion website

<http://www.playlikeachampion.org>

http://media.wix.com/ugd/fe1251_33a3b2e909c049c389174a762c6f1ef3.pdf

Forms and Fees

- Health Verification- valid for one year
- Medical and Emergency Form- valid for school year
- Signed Student-Athlete and Parent Athletic Agreement
- Signed Parent’s Pledge “10 Commandments for Sports Parents”
- Field Trip Forms for off-campus Track and Golf practices
- Fee- Basketball \$70, Cross Country \$40, Flag Football \$70, Golf \$200,
Track \$40, Volleyball \$70, Little Dribblers \$40
make check payable to St. Francis Elementary
memo: Student’s First and Last Name, Grade, and the sport
student is participating in

Student-Athlete and Parent Athletic Agreement

I, _____, commit to attend practices and games with a positive attitude, to listen to my coach's critiques, to support my teammates, and to abide by the officials' decision.

I, _____, understand that maintaining good grades is first and foremost of being a student-athlete. I understand that I am a role model for other students and a representative of our school. I promise to abide by the Athletic Agreement, Student Handbook, uphold our school's SLEs, and demonstrate good sportsmanship on and off the court.

We have read and understand the PAL Guidelines, Play Like a Champion values, and Athletic Agreement. We will conduct ourselves with integrity at sporting events.

Athlete Sign and Date _____

Parent Sign and Date _____

10 COMMANDMENTS FOR SPORTS PARENTS

I have read the 10 Commandments for Sports Parents and will support and foster my child's physical, social, moral, and spiritual development.

Parent Sign and Date _____

Student-Athlete and Parent Athletic Agreement

1. Parents consent that student-athlete is capable of performing the physical requirements pertaining to the sport.
2. Student-athletes must maintain a minimum of a C average. Student will be responsible for turning in a monthly report card to Athletic Director verifying grade eligibility.
3. Student-athlete is responsible for talking to his/her coach regarding scheduling conflicts. Failure to inform the coach may affect the opportunity to play or limit playing time in the next game.
4. Student-athlete may not attend practice and/or games if he/she is not in attendance at school that day. It is the student-athlete's responsibility to contact coach regarding absence. If student-athlete attends practice and/or games when he/she missed school the following disciplinary action will occur:
 - a. First violation will result in 1 game suspension.
 - b. Second violation will result in dismissal from sport.
5. Student-athletes will abide by the Extension Policy
 - in Extension: Student checks into Extension and remains there until practice begins. Students are not allowed to roam the school or go to the gym prior to practice.
 - not in Extension: Student must go to Library/ Study Hall directly after school. When Library/ Study Hall closes (4pm) student must go directly to gym. Student may leave campus with parent permission, but must not return until practice begins.
 - Families that need extended care during the sports season only must talk with the Finance Office directly.
 - Parents will update Extension regarding changes in pickups as early as possible.
6. Student-athlete understands that he/she is responsible for his/her uniform. Uniform must be turned in one week following end of season in good condition.
7. Student-athlete and parents understand that they are ambassadors of St Francis and will represent themselves with integrity on and off the court. They will not disrespect the site director, coaches, players, or officials.

Unsportsmanlike conduct by student-athletes or parents will result in disciplinary actions to be determined by the Athletic Director and Principle.

8. Should problems arise, student-athletes and parents will follow the Chain of Command. Athlete will talk to the Coach first. Afterwards, athlete can talk to the Athletic Director, followed by the Principle.

10 Commandments for Sport Parents

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

On the way to the event...

1. Ask your child to set goals for the game: a physical goal, a mental goal and a sportsmanship goal.
2. Remind your child (and yourself) to have fun.
3. Say a prayer of thanksgiving with your child for the chance to play.

At the event...

4. Be positive with players, fans, opponents, coaches and officials.
5. Remain calm and in control of your words and actions.
6. Take a deep breath or step away from the game if you grow angry.
7. Applaud good play on both teams.

On the way home...

8. Ask your child, "How do you think the game went?"
9. Point out signs of sportsmanship shown in the game.
10. Express your love for your child regardless of the outcome.