



Lower Merion High School

301 E. Montgomery Ave • ARDMORE • PA • 19003

Department of Activities & Athletics: Indoor Track & Field, Boys

www.sites.google.com/lmsd.org/lmhstfxc/indoor-tf-winter/ • (610) - 645 - 1820

Winter 2025/26

Student-Athlete and Family Agreement

As a student-athlete, I will do my best to represent our Lower Merion High School community, my family, myself and our team with appropriate standards of integrity, honesty, and commitment: academically, socially, and athletically; I shall be accountable for my decisions and behaviors within the framework of Lower Merion High School policies as well as Indoor Track & Field program values, team norms, and protocols

As parents/guardians and as a student-athlete, we will check the website and/or Remind group. The website is the primary platform for team information. Remind is for communicating by the coaches and for parents and student-athletes to communicate with the coaching staff.

As a student-athlete, if I have a scheduling conflict with team activities, I shall, ahead of time, communicate any issues with the coaching staff. Attendance (tardiness and absence) are factors in: determining my squad (within the team) and may result in suspension(s) from competitions or dismissal from the team.

As a student-athlete, if I am ill or injured, I will communicate this to the coaching staff as soon as I can. Communication with the athletic trainers regarding injury is an important part of my physical and mental recovery. A conversation with a coach in consultation with an athletic trainer will determine expectations for attendance to and activity during practices and/or competitions.

As a student-athlete, I will attend all classes and give my best-effort on assignments to maintain eligibility and understand that if I am on the LMHS Athletic Department weekly watch-list, I may be suspended from training and/or competitions until the next watch-list is published. I will work with my teachers, my coaches, the Athletic Department, and the resources available at school

As parents/guardians and as a student-athlete, we will appropriately communicate issues or concerns with the coaching staff.

As parents/guardians and as a student-athlete, we will prioritize prescribed LMHS Indoor Track & Field activities over other athletic endeavors or external sports/coaching during the season as such conflicts influence physical and mental wellness of student-athletes and disrupt the pursuit of LMHS Indoor Track & Field team and individual goals.

As parents/guardians and as a student-athlete, we understand the expectation of traveling with the team on the bus or vans and support team camaraderie, strengthen team culture and enrich team climate.

As parents/guardians and as a student-athlete, we will be respectful of officials, volunteers, teammates, coaches, the Athletic Directors and anyone affiliated with my participation in high school sports.

Signature of this document by student-athlete and parent(s)/guardian(s) is required for becoming a member of the Lower Merion Boys Indoor Track & Field team. The undersigned acknowledge that they have: read the policies on the website and agree to adhere to them and the policy summary above.

Student-Athlete Name [Print]

Parent/Guardian Name [Print]

Student-Athlete Signature

(Date)

Parent/Guardian Signature

(Date)