



Last Name: _____

First Name: _____

2026 TRACK CONTRACT

Rule #1 BE THERE (Trust is a series of promises kept)

1. You must attend every practice, 3:55-5:15 daily, unless excused beforehand in order to attend the next track meet. Be on time. Unannounced tardies can result in losing events to other athletes that are on time. Strathmore Standard Time if you're not 15 minutes early you're already late!!!!
2. All MEET absences must be cleared through the head coach a day in advance. (Exceptions for emergencies can only be made by the head coach); If you miss more than 3 meets you will not receive your letter for athletics, or PE Credit You must attend the League Championship to receive credit..


Rule #2 DO YOUR BEST (1&0 that's all that matters) One Event, One assignment, One situation at a time

3. You must declare a minimum of two events for competition. You must participate in those events at each track meet, unless entry rules for your event prevent you from competing, in which case you may still attend the track meet. (exception: Area and Valley meets)

Rule #3 TREAT OTHERS THE WAY YOU WANT TO BE TREATED (Protect your team)

4. Your classroom behavior reflects on you, your teammates, coaches and family. Always humility and class!!!
5. You are not allowed to leave the stadium or "hang out" in areas other than where the team is sitting when we are at track meets.
6. We encourage your parents and family to sit with the team at track meets.
7. We will make sure the area we sit in is clean of all trash before we leave.

We want everyone to have an enjoyable experience while participating in track but we also believe it is important to prepare properly for competition, so we can compete at a high level!!!

Every participant is required to go to  **HOME CAMPUS** ONE STOP SHOP FOR SCHOOL ATHLETICS <https://www.homecampus.com>, fill out the form, it takes about 30 minutes the first time. Click that you will participate in Track and Field(Spring2026), and submit an up-to-date physical before participation. Our schedule and your records will be located online at **Athletic.net**

Join  Team stack app, Find  **STRATHMORE TRACK & FIELD**

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____