

ATHLETIC TRAINING RULES AGREEMENT

20__ - 20__

St. Margaret's Position Statement on Alcohol and Drugs

The use of alcohol and drugs by minors is illegal and potentially detrimental to their intellectual, physical and personal development. For these reasons, St. Margaret's does not condone the use of alcohol or drugs by our students in any fashion.

St. Margaret's is committed to promoting a school community based on a healthy, alcohol and drug-free way of life for students by providing education and counseling and facilitating communication among students, parents, and faculty.

The success of our efforts to attain these goals requires the commitment of students, parents and faculty.

Athletic Training Rules

Athletes participating on athletic teams make sacrifices for the good of their teams. They give their time and their energy; they give of themselves, physically, mentally and emotionally. The success of any team is proportional to the degree to which individuals undertake such sacrifices. Therefore, in view of this necessary individual commitment for team success, St. Margaret's requires that athletes abide by certain "training rules" in order to insure the greatest physical, mental and emotional well-being of all athletes.

As a participant of a St. Margaret's School **Athletic Team**, I understand my responsibility for maintaining the best possible physical and mental condition and for displaying proper conduct, self-control, and good sportsmanship.

I understand that the following items are included in the training rules for all competitive teams at St. Margaret's:

1. The use of alcoholic beverages in any form is prohibited.
2. The use of drugs (other than those prescribed by a physician for your use) is prohibited.
3. The use of tobacco in any form is prohibited.

I agree to abide by the above training rules. Violations of the training rules will be subject to consequences as determined by the Athletic Review Board. A captain who violates the training rules will automatically lose her captaincy. Two violations during one season will minimally result in an automatic expulsion from the team. Repeat violations during the course of a career will typically result in more severe disciplinary actions.

Player's Name _____
Please Print

Player's Signature _____ Date _____

I understand and have discussed the responsibilities and commitments that my daughter has accepted as a member of a St. Margaret's athletic team and will support and assist her in meeting these commitments.

Parent or Legal Guardian Signature _____ Date _____