



Town East Christian School

Student-Athlete Contract

As a Town East Student Athlete, you are expected to uphold the standards and principles given to you by the Word of God. You can do this by following the below guidelines:

_____ I acknowledge that I am a student first and an athlete second. I commit to giving 100% effort in the classroom and agree to maintain a minimum grade of 70% in every class to remain eligible for athletic participation.

_____ I understand that I must uphold a Christ-like attitude by being respectful to teachers, classmates, coaches, teammates, game officials, and members of opposing teams.

Upholding a Christ-like attitude in the highly emotional environment of youth sports sets a profound example for my teammates and for our fans in the stands. It shifts the focus from simply winning a game to honoring God through sportsmanship, patience, and respect.

_____ I will maintain health and fitness levels by giving 100% in the training program prescribed by the coach.

I will be committed to hydration and pre-conditioning, caloric & nutrition demands, and rest & physical recovery to assist in my overall health and fitness levels.

I will make an asserted effort to follow *The 9-Hour Sleep Plan*: muscle growth and physical repair only happen during deep sleep cycles. I will do my best to adhere to an electronics-off policy [by 9:30 PM] so that I may get the recommended 9 hours of sleep.

I will be committed to having an *Active Recovery at Home*: I understand the need to stretch for 15-minutes before bed and utilizing ice packs or Epsom salt baths to combat the inevitable muscle soreness of an active sports season.

_____ I will keep a positive attitude and refrain from any demeaning or negative comments about coaches, parents, or players [home or opposing teams].

_____ I understand that commitment to victory is nothing *without* commitment to hard work in practice.

_____ I will give maximum effort at all team practices. Absences or modifications must be approved by the coach ahead of time, except in cases of sudden illness.

_____ I will exhibit exemplary sportsmanship and a collaborative attitude toward teammates, coaching staff, and officials at all times.

I agree to maintain a professional, supportive, and positive demeanor during all official practices, training sessions, and competitive events.

Maintaining a positive mindset during sports changes your brain chemistry. It directly improves your focus, resilience, and overall execution.

_____ I will maintain a respectful and professional attitude toward all coaches, referees, and officials at all times during practices and games.

_____ I agree to maintain a high standard of sportsmanship. Any penalty, foul, or unsportsmanlike action directed toward another player, coach, official, or spectator *may* result in immediate disciplinary action. The Team reserves the right to impose additional penalties, including but not limited to, game suspension or permanent expulsion from the Team.

Sports leagues and teams enforce strict code of conduct policies to maintain safety, respect, and sportsmanship.

Student Signature / Date

Printed Name