



## Lady Seahawk Softball Commitments 2010



**I am** making a commitment to this team. According to Webster's Dictionary commitment is defined as "something pledged; the state or an instance of being obligated or emotionally impelled." Each player on the team is expected to commit 100%. No exceptions and no excuses.

**I will** exemplify good character: *"Participation in athletic programs is a privilege, not a right. To earn that privilege student-athletes must abide by the rules and they must conduct themselves, on and off the field, as role models who exemplify good character."*

**I will** have a POSITIVE ATTITUDE! No negative talk.

**I will** be at each practice and game on time with my equipment. If I am late without a prior excused reason, or a reason the coaches determine is sufficient, the consequence will be at the coach's discretion.

**I will** contact coach directly if I am going to miss practice/game due to illness.

**I will** follow the Coaching Staff's directions - No WHINING, No COMPLAINING!

**I will** run everywhere I go! On the field, off the field, and (but not limited to) each drill in practice.

**I will** maintain a neat appearance and not wear any jewelry at practice or during games.

**I will** travel to and from games with the team in a school vehicle.

**I understand** that I must be picked up no later than 15 minutes after practice ends. It is my responsibility to arrange for transportation to and from practice.

**I am** a Student-Athlete. Academics are always a priority, and before making a commitment to this team I need to know that I am capable of balancing school with extra-curricular activities.

**I will** adhere to the Hilton Head Island High School Student Handbook and all other guidelines set by the Athletic Department, including eligibility requirements.

**I understand** any infraction of the above statements could result in consequences determined at the discretion of the coaching staff, HHIHS Administration, Athletic Department and Faculty. This could include but not limited to: running, sitting out of a game and being released from the team.

**It is my job** as a member of this team to notify the coaching staff of anything that may hinder my ability to focus or participate (medications, illness, etc). The staff is here to help, but I understand it is my responsibility to inform the coaches.

**As a parent I understand and support** the above requests of the 2010 coaching staff. If I have a question or comment I will discuss it in an appropriate manner. I will schedule a private appointment with the coaching staff in order to discuss my concerns.

Player Signature\_\_\_\_\_ Date\_\_\_\_\_

Parent Signature\_\_\_\_\_ Date\_\_\_\_\_