

Forest Lake Education Center Athletic Department

STUDENT ATHLETE CONTRACT

As a member of the Forest Lake Education Center Athletic Program, I understand that you want to enjoy the season, participate as much as possible, improve your athletic abilities in this sport... and win games or contests. I am committed to making those things happen, and to reach our team goals for this season. ***God strives for me to be an agent of positive change for His Kingdom.***

Your participation is dependent upon your willingness to work with us toward the goals below, and to live within the boundaries established in our FLEC Handbook. The important matters addressed below describe the areas of personal development to which the coaching staff and the School is asking you to make a commitment for the upcoming season.

Athlete's Commitment

I understand that participating in middle school sports gives me a special opportunity to develop not only my physical conditioning and athletic skill, but also the character traits I need for success in life. I, therefore, commit to strive for the following during the upcoming season:

***Christ** - *Christ calls us to a relationship with Him that will positively impact every other area of our life.*

- To realize that God has a special and unique plan for my life that begins with acceptance of Christ as my Savior and Lord.
- To exemplify in one's life the Christian ideals for which FLEC stands.
- To grow to be more like Christ every day.
- To practice the Christ-like character traits of servant -leadership, obedience, honesty, dependability, humility, and compassion.
- To put the good of the team ahead of my personal gain.
- To be unselfish and to treat others as I want to be treated.
- To accept responsibility to set a good example for teammates, younger athletes, fans, and the school community.

***Curriculum** - *The understanding that I am a student first and an athlete second and that my success in the classroom will keep me eligible for success on the field or court of competition.*

- Be respectful to teachers, coaches, administration, and other students in the classroom.

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- To follow all classroom rules, policies, and procedures.
- To complete with quality all work as assigned by the teacher and to turn it in on time.
- To adequately prepare for all quizzes and tests.
- To seek help from the teacher as needed and to faithfully attend study hall in those subjects which are more of a challenge than others. Always seek help.
- To be a Christ-like role model for other students in the classroom as well as on the field of competition.

****Character - My beliefs, attitudes, and skills that support moral behavior, and good choices and represent the positive virtues of my relationship with Christ and Forest Lake Education Center.***

- To be dependable in fulfilling obligations and commitments.
- To be a positive role model.
- Accept responsibility for the consequences of actions and not blame others.
- To persevere, control anger, and accept success and failure graciously.
- To be supportive of all programs at Forest Lake Education Center
- To practice good manners on and off the field.
- To refrain from trash talk and other put-downs of opponents and teammates.
- To treat all persons respectfully regardless of individual differences and to show respect for legitimate authority (coaches, captains, and officials.)
- To listen to and try to understand one another. Taking the time to walk a mile in someone else's shoes to understand that everyone's story and background are unique and different.

****Competence - The knowledge, skill, and commitment I need to train and effectively compete as a member of the team.***

- To develop the skills necessary to participate competently in the sport.
- To demonstrate knowledge of the rules and conventions of the sport.
- To demonstrate knowledge of the strategies and tactical skills of the sport. Become a student of the GAME.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.

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- To demonstrate knowledge of healthy behaviors, including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.
- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments and do my part for the team.
- To show team spirit, encourage others, and contribute to good morale.
- Read the FLEC Handbook and abide by the policies and procedures.

My signature below indicates my commitment to the above and my willingness to live within the boundaries established in our School's athletic code and to accept the logical consequences for violations.

Print Athlete's Name _____
Athlete's Signature _____ **Date** _____

Print Legal Guardian(s) Name _____