

CMS Sports Expectation Guidelines

This form must be returned ASAP. Athletes will NOT be able to participate in practice or a game if this form is not signed.

Rules:

- All athletes are expected to attend practices and games. PRACTICE IS M, W, TH, F FROM 2:30 – 4:30. Athletes MUST have a ride home or take the late bus.
- Sportsmanship and respect are a requirement, not an option.
- Athletes who need extra academic help need to inform their coach - playing time will not be affected.
- The coach and/or athletic director have the right to suspend athletes for poor behavior or if their grades are in jeopardy.
- Any athlete who is not taking the bus on away games must inform the coach AND have a note/signature from his or her parent or guardian - **No phone permission is accepted .**
- Athletes should be prepared for inclement weather i.e. heat, rain, cold for practices/games.
- All athletes should bring their own water bottles and try not to share.
- Depending upon the distance, the team should return from away games between 5:30 pm - 6:00 pm. Home games should be finished around 5:15 pm. There will be no adult supervision after these end-times. All athletes must be picked up promptly at the end of an event.
- Directions to all fields are on the CPS webpage; please refer to this instead of contacting the office:
<http://cms.colonial.net/AfterSchool/Sports/Directions>
- All athletes must pass in their Athletic Participation/Health Record before they can participate in a game or track meet.

Sport: _____

Athlete signature: _____

Parent/guardian signature: _____

Parent/guardian email address: _____

(an easy way to be in touch and update parents if necessary)