



Panther Track and Field Team Rules and Procedures

Athlete: by signing **I** have read and understand to abide by the Team Rules, Expectations in the Code of Ethics for the Panther Cross-Country program.

Athlete name (please print): _____ **Athlete grade level:** _____

Athlete signature:

Date: _____

Parent: by signing **I** have read, understand and agree that my athlete understands the Team Rules and Expectations in the Code of Ethics for the Panther Cross-Country program.

Parent name (please print):

Parent signature:

Date: _____

Athlete and Parent please sign and return to Coach Miller



PANTHER Cross-Country

ATHLETE CODE OF ETHICS

- I will take my training seriously during practice and learn more about event, sport and will give 100% daily.
- I will be committed and dedicated to my training, nutrition, sleep and set attainable academic, performance goals.
- I will attend all practices and competition meets and display a positive attitude.
- I will not participate in activities that will be detrimental to my health or success that includes smoking, drinking, drugs, fighting in or out of school.
- I will refrain from receiving ANY PCN School Administration disciplinary actions.
- I will maintain **Eligibility** and **Attendance** in class as required by the Putnam City North Handbook as required by the school and district athletic policy.
- I will be considerate of teammates and other teams when attending competition meets.
- I will demonstrate good sportsmanship at practice and meets.
- I will respect my coaches, fellow athletes, parents and meet officials.
- I will not use profanity or make derogatory comments about others at practice, or competition meets.
- I will not challenge or protest the rulings of starters, judges or referees, but will bring all complaints or issues to the coaches for resolution.
- I understand that I am part of an inclusive **TEAM**.

Athlete: I have read the Panther Cross-Country **Code of Conduct** and, as an athlete of the PCN High-School I will adhere to it.

_____ **Athlete signature**

_____ **Parent signature**

_____ **Date**

