

Athlete First Name: _____ Athlete Last Name: _____

The athlete and parent signatures below indicate the athlete and parent understand the following participation requirements, as well as all rules and policies outlined on the team handbook page of the team website (www.campotrack.com), and agree to abide by them.

Participation in the Campolindo track & field program requires the following:

The athlete must be capable of strenuous physical activities, including sustained pace running, sprinting, jumping and plyometric exercises, weight lifting, core training and other forms of calisthenics. Athletes who are unable to prepare for the rigors of the spring track & field season with gradual and consistent conditioning should consider carefully whether or not joining the program is safe and appropriate.

The athlete must attend practice consistently and be available to compete in all Diablo Athletic League competitions. Daily Monday through Saturday practice attendance is required. Availability to compete in all DAL dual meets and the DAL Championship meets is mandatory. Athletes who drop below 80% attendance are not eligible for competition.

The athlete must speak in-person with the coaching staff about any potential conflicts with practices or competitions. This requires the athlete look over the published competition and training schedules in advance of the spring season and meet with the coaching staff to discuss any potential conflicts.

The athlete must consistently put forth his or her best effort at practices and competitions. The athlete must arrive at practices and competitions prepared to do his or her best. This requires an attitude of respect for teammates, athlete leaders and coaches, as well as respect for the physical and mental demands of this competitive endeavor.

The athlete must wear the appropriate gear to practices and competitions, including properly fitted running shoes, appropriate running apparel, and a sport watch with timer function.

The athlete must be appropriately rested and nourished, regularly sleeping 8 or more hours a night, eating healthy, well-balanced meals for breakfast, brunch, lunch and dinner, and drinking water and an electrolyte beverage frequently throughout the day.

The athlete must set up and maintain an XCStats.com account. The account must include a valid email address for both the athlete and a parent. The parent must also activate his or her own XCStats.com account by following the instructions in the activation email that is received after the athlete sets up his or her own XCStats.com profile.

The athlete and parent must utilize the information resources provided on the team website, the team XCStats.com account, the team Facebook group page, the team Twitter account to stay informed regarding team rules and policies, weekly logistical updates regarding practices and competitions, etc.

The athlete must meet these expectations in order to participate in the Campolindo track & field spring season. Athletes who are unable to meet these expectations should not join the Campolindo track & field team.

Athlete First Name: _____ Athlete Last Name: _____

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____