



**ATHLETE EXPECTATIONS/CONTRACT:**

As an athlete, I agree...

1. To be on time for practices and games, or to contact the coach if I cannot make it.
2. To listen to instructions and follow the team rules as set by the board and the coaches.
3. To show respect and loyalty to the coaches, players, and other authority figures in the program.
4. To willingly take direction, instruction and discipline.
5. To demonstrate enthusiasm for practices and playing the game.
6. To help maintain the practice facility and equipment issued to me.
7. To dress according to these guidelines during Metro Warriors functions:
  - a. Shorts must have more than 3 inch inseam.
  - b. No cut offs.
  - c. No rolling of shorts.
  - d. Biker shorts may be worn under athletic shorts.
  - e. T-shirts with sleeves.
  - f. No tank tops unless worn under t-shirt.
  - g. No midriffs showing.
  - h. Appropriate court shoes only free of debris must be worn on gym floor.
8. To refrain from using drugs, tobacco, alcohol or any other controlled substances that would hurt my body or hinder my testimony or the testimony of my team and teammates.
9. To report all injuries to the coaching staff as soon as possible.
10. To always remain encouraging to ALL those around me (refraining from abusive, foul or degrading, disruptive or complaining language, including gossip and rumors).
11. To be a good example to those around me (refraining from coarse jesting, PDA...)
12. To be safe in all my behaviors, including refraining from body-piercing and tattooing
13. To always wear my seatbelt when traveling to games in or out of town.
14. To follow Nebraska state law for who young drivers are licensed to drive.
15. To limit cell phone or electronics usage during, before and after practice to only that which is necessary. If I need to use the phone, I will use it alone. I will not socialize "around" my phone or electronic device while at practice or a game.
16. To limit cell phone or electronics usage during out of town trips to whatever the coach and my team have agreed to. When boundaries are set, I agree to comply.

I fully understand and agree to follow the above expectations while I am a member of the METRO WARRIORS program. I realize that any violations could result in loss of privilege or suspension, as a parent to attend games or practices, or as an athlete to participate in practices and/or game

**Athlete Signature**

DATE \_\_\_\_\_