
Expectations for Participants

1. **All Lux school rules apply.** Be respectful. Be responsible. Be safe.

2. **Show up.** If you have UNEXCUSED absences from practice, it could result in reduced or eliminated playing time during games. *An UNEXCUSED absence is one in which coaches are not informed by note, email, or phone call from a parent/guardian when you are absent.* If you are sick from school or if you have your parent/guardian inform the athletic director via a note, email, or phone call, you are excused from practice.

3. **Be Prepared.** You can't practice if you don't have clothes, shoes, ect. If you don't have needed items for practice, it will be considered an unexcused absence. Please don't make excuses, you are responsible for yourself and we will ask you to take ownership of your role.

4. **Work hard.** We expect you to give your best when you step into practice every day and are excited that you are a student athlete. This doesn't only involve your work ethic on the field, court, or mat. However, your role as a student is more important than you being an athlete. Therefore, if a teacher asks or requires you to stay after school, you need to see him or her. This is an excused absence if you have the teacher write you a pass to practice or send an email to me.

5. **Be Respectful.** The coaches that are with you everyday are here because they enjoy the sport. Listen to them, learn from them, and follow their directions. You are here to improve, put in the work. Hard work beats talent when talent doesn't work hard. If coaches have any behavior problems they will contact the athletic director, who will be making contact with home on repetitive or concerning behaviors. If parents have concerns, they will be encouraged to contact the athletic director.

6. **Have Fun.** You may be more experienced than your teammates, help them to learn and improve. You may be less experienced than your teammates, take their help and learn. Whatever your role, be a team player. We are here to have competitive fun. Encourage each other. Support each other.

7. **Follow Practice and Game/Meet Schedules.** You will be given a season calendar. Share it with your family. Rides need to be arranged to pick students up within five minutes of practice being finished. To help with supervision, students will need to be picked up at the southwest (6th Grade) entrance. If rides are coming early, students need to be responsible for communicating with their coach. Games and meets will be on Saturdays beginning at 8am and ending around noon. If you are unable to attend, inform your coaches by the Wednesday before the game or

meet. Check the Lux Intramural Google Classroom page [**nu0k06 (Those are zeroes)**] for information on game cancellations and schedules. If you have questions or concerns, please contact the athletic director.

I, _____ (print your name), have received a copy of the expectations for intramural participants and understand my role as a student-athlete at Lux Middle School. I know that my participation on the team is based on my ability to meet these expectations consistently.

Student-athlete signature

Date

My student-athlete has made me aware of the expectations for Lux intramural participants and I will help to advocate for him or her as needed during the intramural season.

Parent or Guardian signature

Date

Please return this page to Mrs. Lubash.