

Simsbury High School
Girls' Track and Field Team Expectations

WE ARE A TEAM! This means we will stay for the duration of all meets and support our teammates. Exceptions will only be made by Coach Milledge with written request in advance.

- All team members are expected to arrive to all practices and matches on time.
- Exhibit sportsmanship at all times.
- Give your best effort and commitment to the team.
- Be supportive of fellow teammates, fellow athletes and coaches.
- Players are self-disciplined and are drug-alcohol and tobacco free.
- Players will display courage together, win or lose.
- Players will conduct themselves in a manner that reflects a positive image upon themselves, our team, coach, school and community. (This includes the use of social media, Facebook, Twitter, Snap Chat, etc.)
- Players will follow the Simsbury High School Trojan Code of Conduct and SHS player Sports Contract.
- HAZING will not be tolerated! Serious consequences will be given.
- Players are to be dressed appropriately to go outside every day and to have their equipment (sweatpants, sweatshirts, track shoes, and water and after school snack) with them.
- No public displays of affection (PDA) are allowed during practices or meets.
*** Public display of affection is the term used to describe any form of physical contact between couples in a public setting. It includes everything from kissing and cuddling to holding hands or exchanging light touches.*



Acknowledgement of Girls' Track and Field Expectations
Please sign and return this portion to Coach Milledge

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____