

Name: _____ Grade: _____ Homeroom #: _____

Permission Form - TMS Track Team 2015

****PLEASE PRINT CAREFULLY AND NEATLY. THANK YOU!****

Emergency Contact Info

Parent/Guardian Name(s): _____

Address: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Parent/Guardian Email: _____

Student Email: _____

Parental / Guardian Permission

My son/daughter (please print) _____,
has my permission to participate on the Tomlinson Cross Country Team in the
fall of 2014.

Parent Signature: _____ Date: _____

Name: _____ Grade: _____ Homeroom #: _____

Team Contract - TMS Track Team 2015

1. Just like in school, I will follow all the rules in the Tomlinson Student Success Contract.
2. I will have a positive attitude and am excited to be part of a **FUN TEAM**, that works together to help everyone be successful.
3. I will **attend practice regularly** and understand that my attendance will play a role in choosing varsity race spots at certain meets. If you are doing multiple TMS after school activities/clubs, please see the coaches.
4. I will give my **best effort** at all times in all practices and competitions.
5. I will be **respectful and supportive** (cheering please!) of my coaches, teammates, and competitors at practice and meets.
6. I understand that **school work comes first**. Please keep the coaches informed and try to schedule extra help sessions at non-practice times if possible.
7. I will do my best to follow the provided training schedule. **Training on non-practice days**, on my own or with friends/teammates, is very important!

----- CUT HERE (keep above, return below) -----

Track & Field TEAM CONTRACT 2015

Student Printed Name: _____

Student Signature: _____

Parent / Guardian Signature: _____

TEAM PARENT VOLUNTEER (*totally optional*)

We can use help with many things, such as: arranging car pools, directing runners at meets, organizing post race team snacks, possibly leading training runs at practice, etc.

Full Name: _____

Email: _____