

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Homeroom #: \_\_\_\_\_

## **Permission Form - TMS Cross Country 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: \_\_\_\_\_

**Pictures:** Our team website and Instagram page often showcase TMS athletes competing. If you would like to request your child NOT be pictured please initial on the line below.

\_\_\_\_\_ I do not want my child appearing in team related pictures

### **Parental / Guardian Permission**

My son/daughter (please print) \_\_\_\_\_,

has my permission to participate on the TMS Cross Country Team in 2015.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Homeroom #: \_\_\_\_\_

## Team Contract - Cross Country Team 2015

1. Just like in school, I will follow all the rules in the **TMS 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 **schoolwork 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 recommended training schedule. **Training on non-practice days**, on my own or with friends/teammates, is very important!

### **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.*

- A. Visit team website → TMS Main Page > Activities > Cross Country / Track > Read More <http://fairfieldschools.org/schools/tms/activity/cross-country-track-field/>
- B. Click "Parent Volunteer Sign-Up" & Complete Form

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## **Cross Country TEAM CONTRACT 2015**

Student Printed Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_