

Student Name: _____ Date: _____ Team: _____

Forest Park High School VHSL Activities Team Agreement

As a student-athlete representing Forest Park High School, I understand that my behavior, both on and off the field, reflects on my team, my school, and myself. I agree to adhere to the following expectations as outlined in the Prince William County Schools (PWCS) Code of Conduct:

1. **Respect and Integrity**
 - Treat coaches, teammates, opponents, officials, and spectators with respect at all times.
 - Demonstrate honesty and integrity in all actions and decisions.
2. **Leadership**
 - Lead by example on and off the field, demonstrating positive behavior and decision-making.
 - Encourage and support teammates, fostering a positive and inclusive team environment.
3. **Being a Good Teammate**
 - Communicate effectively and respectfully with teammates and coaches.
 - Show commitment to the team by being reliable, cooperative, and supportive.
 - Celebrate the successes of teammates.
4. **Academic Commitment**
 - Maintain academic eligibility by meeting all school and team academic requirements.
 - Prioritize schoolwork and seek help when needed to ensure academic success.
 - Attend all team study halls scheduled by coaches.
5. **Attendance and Punctuality**
 - Attend all practices, games, and team meetings unless excused by the coach.
 - Arrive on time and be prepared for all team activities.
 - All students are required to attend school and classes regularly. Any student absent on the activity day cannot participate in that event. On the day of an event (game or practice), a student must attend school for at least one-half of the instructional day to equal three and one-half hours. In the case of a weekend interscholastic contest, attendance at school on Friday applies to the above statement. In the case of extenuating circumstances, the school administration may waive this rule.
 - Students who are frequently absent (nine or more) will be temporarily removed from their team/club unless absences are excused with a doctor's note.
 - Students who are frequently late for school or classes throughout the day (four or more total tardies) may become suspended from participation until improvement is shown (For example, one full week with no tardies)
6. **Sportsmanship**
 - Exhibit good sportsmanship, win or lose, and encourage teammates to do the same.
 - Unsportsmanlike conduct, including taunting, cussing, trash-talking, and inappropriate gestures will not be tolerated.
 - Spectators are expected to remain positive and considerate (VHSL 27-16-1).
 - Parents are not to question coaches about game day decisions until two days after the game.
7. **Substance Abuse**
 - Abstain from the use of alcohol, tobacco, drugs, and any other illegal substances.
 - Adhere to PWCS Regulation 735-1, which prohibits the possession, use, or distribution of alcohol, drugs, and any substances that resemble alcohol or drugs on school property:
 - *“A substance abuse suspension shall also result in an immediate suspension for a minimum of 30 calendar days from participation in all school activities (teams, clubs, and all other school-sponsored activities), including practices and attendance at such activities. A student who is suspended from school for a period longer than 30 days or who is expelled from school for a substance abuse offense shall not be allowed to participate in such school activities and not be allowed on school property without the express written permission of SMAPD, for the duration of the suspension or expulsion.”*
8. **Behavioral Expectations**
 - Follow **all** PWCS/VHSL rules and regulations.
 - Understand that bullying, harassment, and discrimination are unacceptable.
 - Be on time for all classes. Accrual of tardies have consequences (*See Above under Attendance and Punctuality*).
 - Referrals for fighting (causal) will result in a two-game suspension in conjunction with school discipline.
 - If the student is assigned a “Saturday School” detention and does not attend, the student will not be permitted to participate in practices, games, or afterschool activities until the Saturday school detention has been served.
 - It is the responsibility of the student/athlete to maintain and return all equipment and uniforms issued to them. Parents will be financially responsible for any equipment or uniforms lost, stolen, or misplaced when the student/athlete is responsible. Replacing these items shall be the actual cost to the school for purchasing new

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replacement items. Until any charges for lost equipment have been paid, the student shall be placed on the school's obligations list and will not be eligible to join any other teams until this obligation is stratified.

9. Social Media Conduct

- Use social media responsibly and avoid posting content that could harm the reputation of the team, school, or individuals.
- Understand that inappropriate use of social media can result in disciplinary action.

10. Safety and Well-being

- Report any unsafe conditions or behavior to a coach or school official.
- Take care of personal health and well-being, including proper nutrition, rest, and injury prevention.

Consequences of Violations

Participation in school activities is a privilege. The school administration may declare a student barred from participation in total or part based on inappropriate conduct, whether that conduct occurs during the school day, evenings, or weekends. Inappropriate conduct may include violations in the Prince William County Public Schools (PWCS) Code of Behavior, rules, and agreements between the students and their coaches, sponsors, or teachers; a school's local behavior guidelines, Virginia High School League (VHSL) Rules, and PWCS regulations and policies.

I understand that failure to adhere to these expectations may result in disciplinary action, including but not limited to:

- Suspension from practices or games
- Removal from the team
- Additional school disciplinary measures

Acknowledgment

By signing this agreement, I acknowledge that I have read, understood, and agree to abide by the PWCS Code of Conduct and the above-mentioned expectations. Failure to return this acknowledgment within three days will forfeit your spot on the team. Additionally, I have also reviewed the additional information regarding athletics located at:

https://www.pwcs.edu/academics_programs/student_activities/student_athletics/participation_guidelines

Student-Athlete Name (printed):	
Student-Athlete Signature:	
Date:	
Parent/Guardian Name (printed):	
Parent Guardian Signature:	
Date:	