

Commitment Agreement
Seaforth High School JV Basketball Team
2022 - 2023

1. Athlete must maintain at least an overall “C” grade point average and no “F” in any class, as defined by Seaforth High School.
2. Athlete must submit school progress report on a bi-weekly basis. If at any time, athlete is failing any subject, exhibit behavior problems and/or have attendance issues, athlete may no longer participate in basketball activities (games and practices) until issue(s) are resolved.
3. Athlete must not get suspended from school the period prior to and during basketball season. Doing so will result in automatic expulsion from team.
4. Alcohol, drugs, and legal problems are strictly prohibited. Engagement may result in immediate dismissal from team.
5. Relative to school requirements, basketball practices and basketball games, there will be no excuses, no whining, or no complaining.
6. In-excused basketball practices will not be tolerated. No practice, no play. No exceptions.
7. Practices will be five (5) days per week. Practice length will be between 1.5 and 2 hours.
8. Negative referee communication by athlete is strictly prohibited. If there is a non-positive issue, which needs to be addressed with referee, basketball coach will perform this task.
9. Success is defined by giving 100% effort (in practices / games) and passionate preparation. Passionate preparation is defined as “participating in practices” and “wanting to learn”. Any athlete who gives 100% effort and passionately prepares will be rewarded.
10. Athletes are expected to come together and play as a “team”. No “individual” will be more important than the “body of the team”.

The following parties should sign this commitment agreement: athlete, parent and basketball coach.

Athlete’s Signature (& Date):

Parent’s Signature (& Date):

Basketball Coach (& Date):