



# What does it take to be an Eagle?

## RCS Expectations and Player Contract for Student Athletes

### Developing as a Team (*Community*)

- Place the good of the team ahead of personal accomplishment or self-recognition
- Display sportsmanship to team members, opponents, officials, and fans
- Be a positive role-model in attitude, character, and work ethic

### Athletic Improvement (*Excellence*)

- Respect the coach(es), their decisions, and instructions
- Attend and work hard in all practices and games
- Develop your skills; set and work to accomplish personal goals that align with team goals

## Learning to Soar

*What it takes to be a Champion*

### Academic Responsibility (*Balance*)

- Get permission and homework *prior* to missing a class for an athletic event
- Practice time management to ensure you complete assignments on time
- Work consistently in academic classes to avoid 'U' marks on interims and report cards

### Personal Responsibility (*Character*)

- Recognize that you are responsible for your own actions, responses, and attitude
- Abide by the RCS code of conduct and school policies
- Take care of school equipment and your uniform; be sure to return your uniform promptly at the end of the season

**\* Please note that in order to play or practice you must have attended school that day unless a prior reason has been approved.**

Please detach the portion below and give to your coach

**I have read and understand the RCS Expectations and Player Contract for Student Athletes. By signing this player contract, I am committed to learning how to Soar on a RCS sport's team. I understand that if I do not follow this contract, I am jeopardizing my spot on the team and future teams.**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date