

Gaston Day School Athletics

S P A R T A N S

Student-Athlete Commitment Expectations

By accepting a position on a Gaston Day School team, I am proud to be part of something bigger than myself. Therefore, I understand that my commitment to my sport is more than one of just time. It is a commitment to other people who are counting on me.

Attendance:

I understand the need for me to be at every practice and game unless I am sick or there is a family emergency. If I am injured then I should still attend practices to support my teammates. I understand that there will be a penalty for unexcused absences.

It is okay for me to miss practice when I am seeking academic assistance from a teacher if I have prior approval from my coach. I also know that all Gaston Day School student-athletes must budget their time to get work done so it is not okay for me to skip practice simply because I have a lot of school work.

Sportsmanship:

As a representative of Gaston Day, I understand that my actions as an athlete are highly visible and reflect on my entire school community. I am committed to competing and behaving with integrity and character as I represent Gaston Day. I understand that inappropriate behaviors will result in consequences.

Personal Responsibility:

I understand that my actions on and off the field represent and can impact my entire team that I am committed to. Therefore, I will use my best judgment to make good decisions and work hard in the classroom. I understand that as a member of a Gaston Day team, I am responsible for myself and also accountable to those who depend on me.



Team Before Self, Tireless Preparation, Fierce In Competition