

## Del Norte Track and Field Outside Activity Contract

This contract is to set the days and/or times of practice and any meets that you will miss for outside activities. It is to acknowledge and recognize that these are the times and dates that we have agreed upon for the entirety of the season, and that missing any additional dates or times will result in that athlete not earning a Varsity Letter (or competing on Varsity) and may result in removal from the team.

Please return this contract filled out and signed. Coach Jacobs will also sign the document and provide a copy for everyone's records.

\_\_\_\_\_, will miss the following:  
(Print Athlete's Name)

Days of practice missing per week (please circle):

Monday      Tuesday      Wednesday      Thursday      Friday

If only leaving early, time will you be leaving practice early (please indicate on the line):

Monday      Tuesday      Wednesday      Thursday      Friday  
 \_\_\_\_\_

Meets you will miss (indicate with an X):

Date	Day	Opponent	Date	Day	Invite
2/17	Thurs	MH/OG	3/5	Sat	MC Field & Distance
2/24	Thurs	Mira Mesa	3/12	Sat	Bronco Invite
3/10	Thurs	CCA/Otay Ranch	3/19	Sat	Falcon Relays
3/24	Thurs	Rancho Bernardo*	3/26	Sat	Mt Carmel Invite
3/31	Thurs	Westview*	4/8-4/9	Fri-Sat	Arcadia Invite
4/6	Wed	Mt Carmel*	4/15-4/16	Fri-Sat	Mt SAC Relays
4/20	Wed	Poway*	4/16	Sat	Jag Invite
4/27	Wed	San Marcos*	4/23	Sat	Frosh/Soph Invite

\*League Meets - Cannot Be Missed

**Post Season Meets are not optional and cannot be missed.** If you qualify for Palomar League Finals (Sat 5/7), CIF Prelims (Sat 5/14), CIF Finals (Sat 5/21) or the State Meet (Fri-Sat 5/27-5/28), you are expected to compete in those meets. Failure to do so will result in not earning a Varsity Letter, Varsity Awards and impact your ability to participate at the Varsity level in some meets.

\_\_\_\_\_  
 Parent Signature

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Athlete Signature

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Coach Signature

\_\_\_\_\_  
 Date