

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 an electronic 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):

Dual Meets				Invites			
Date	Day	Opponent		Date	Day	Invite	
2/28	Thurs	Fallbrook	___	3/2	Sat	MC Field & Distance	___
3/7	Thurs	Steele Canyon	___	3/9	Sat	Bronco	___
3/14	Thurs	Canyon Crest	___	3/16	Sat	Falcon	___
3/21	Thurs	Rancho Bernardo*	___	3/23	Sat	MC Invite	___
3/28	Thurs	Poway*	___	4/5-4/6	Fri-Sat	Arcadia	___
4/3	Wed	Westview*	___	4/13	Sat	Jaguar	___
4/11	Thurs	Mt Carmel*	___	4/19-4/20	Fri-Sat	Mt SAC	___
		*League Meets - Cannot Be Missed		4/27	Sat	Frosh-Soph	___

Post Season Meets are not optional and cannot be missed. If you qualify for Palomar League Finals (Sat 5/4), CIF Prelims (Sat 5/11), CIF Finals (Sat 5/18) or the State Meet (Fri-Sat 5/24-5/25), 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