



**ATHLETIC TRAINING RULES AGREEMENT  
2018 - 2019**

**ST. MARGARET'S POSITION STATEMENT ON ALCOHOL AND DRUGS**

St. Margaret's does not condone the use of alcohol or drugs by our students in any fashion. The use of alcohol and drugs by minors is illegal and detrimental to their intellectual, physical, and personal development. St. Margaret's is committed to promoting a school community based on a healthy, alcohol- and drug-free way of life for students by providing education and facilitating communication among students, parents, and faculty. The success of our efforts to attain these goals requires the commitment of students, parents, and faculty.

**ATHLETIC TRAINING RULES**

Students participating on athletic teams make sacrifices for the good of their teams. They give their time and energy as well as their physical, mental and emotional selves. The success of any team is proportional to the degree to which individuals undertake such sacrifices. Therefore, in support of each athlete's individual commitment to team success, St. Margaret's requires that athletes abide by certain "training rules" in order to ensure their greatest physical, mental, and emotional well-being. As a participant of a St. Margaret's School athletic team, I understand my responsibility for maintaining the best possible physical and mental condition and for displaying proper conduct, self-control, and good sportsmanship. I also understand that the following items are included in the training rules for all competitive teams at St. Margaret's:

1. The use of alcoholic beverages in any form is prohibited.
2. The use of drugs (other than those prescribed by a physician for your use) is prohibited.
3. The use of tobacco in any form is prohibited.

I agree to abide by the above training rules. Violations of the training rules will be subject to consequences as determined by the Athletic Review Board. A captain who violates the training rules will automatically lose her captaincy. Two violations during one season will result in an automatic expulsion from the team and may involve additional consequences. Repeat violations during the course of a student's career will typically result in more severe disciplinary actions.

Student Name \_\_\_\_\_  
*Please Print*

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

I understand and have discussed the responsibilities and commitments that my child has accepted as a member of a St. Margaret's athletic team and will support and assist my child in meeting these commitments.

Parent or Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_