

FRST Team Guidelines

1. Everyone is to be treated as an equal.
2. Put-downs, demeaning comments, slander, cursing will not be tolerated.
3. Before, during and after practice you represent FRST. You are **EXPECTED** to act in a manner that positively reflects FRST.
4. Absolutely **NO** horseplay is permitted before, during, or after FRST practice/meets.
5. You are responsible for cleaning up after yourself at FRST practices and meets.
6. A positive attitude and good behavior is expected at all FRST functions (includes practices, meets, banquets, etc.).
7. You are expected to bring suits, dryland clothes, and other necessary items to practice every day.
8. Physical harm and sexual harassment will **NOT** be tolerated and will result in a suspension from the team or immediate dismissal upon review of actions.
9. If you witness any form of physical harm or sexual harassment by one athlete to another, you are expected to immediately inform Coach Findley or a member of the coaching staff.

Athlete Signature

Date

Parent Signature

Date