

CATHOLIC CENTRAL HIGH SCHOOL
Guidelines for Two-Sport Athletes
During the Same Sports Season

1. Athletes will be expected to practice with both teams, except for when both teams are practicing at the same time. As a two sport athlete, you need to be cognizant of your responsibilities to your teammates and coaches in both sports. On Fridays, or at the end of each week, you will also need to turn in a practice schedule to both of your coaches for the upcoming week so they know when to expect you at practices and events.
2. Athletes who choose to participate in two sports during a season, will not be allowed to quit either sport team once games and/or meets begin in either sport. If an athlete quits a team at that time or later, they will no longer be allowed to participate in the other sport for the rest of the season either.
3. Athletes must declare a priority sport at the beginning of the season. This is needed for potential conflict resolution should any conflicts arise between the two sports regarding schedules during the season if the respective coaches cannot agree on a resolution.
4. Scheduled games and/or meets, will generally take priority over practices when scheduling conflicts arise. Knowing an athlete's priority sport, coaches will communicate and work together regarding participation in games, meets, matches, or practices which may interfere with training or potential performances in an upcoming event. Athletes and parents are expected to abide by and respect the coaches decisions.

I have read and understand the above guidelines regarding two-sport athletes during the same sports season. We, as a student athlete and as a parent of a student athlete, agree to accept and abide by these guidelines.

Student Name: _____

(PRINT NAME)

Priority Sport: _____

Second Sport: _____

(STUDENT SIGNATURE)

(DATE)

(PARENT SIGNATURE)

(DATE)