

THIS DOCUMENT MUST BE SIGNED AND RETURNED TO COACH ADAMS BY FRIDAY, FEBRUARY 21st.



Rules of Conduct and Disciplinary Guidelines

Dear Parents and Athletes,

We, at Little Mill Middle School, are happy that you have an interest in becoming part of the Mustang Track and Field program. We appreciate the dedication that you have shown in your efforts to become a member of the team that will represent LMMS and our community.

Mustang Track and Field prides itself on building the character of young athletes which requires discipline, dedication, and teamwork. Athletes will be invited to participate in our program if, and only if, we believe they understand and appreciate the opportunity and privilege of being a contributing member of our community, our school and our TEAM. We look forward to continuing to make Mustang Track and Field something our school, community and families can be proud of.

Below, you will find the Rules of Conduct and the Disciplinary Guidelines that we will follow with regards to conduct at school and in the community. Please review these guidelines to ensure you understand the standard to which we will hold our athletes. Please sign to indicate you have read and understand the guidelines.

Athletes are representatives of the school, the community, and the league. As leaders in the school, athletes are expected to conduct themselves in a manner prescribed by the athletics department and the school. This conduct shall continue throughout the year and not just for a particular sports season. The athlete shall display good sportsmanship at all times. Inappropriate behavior or language, failure to follow the instructions of the coach and/or officials may lead to suspension from contests and/or the team. A neat, clean and well-groomed appearance is expected at all times from every member of the athletics department: athletes, coaches, and administrators. As a member of the Forsyth County Middle/High School Athletic Department, I understand my responsibilities as a student/athlete (and as a parent/guardian of this athlete) in participating in Forsyth County Middle/High School Athletics and the consequences of violating any of the expectations outlined in this contract.

Practice and meet participation should take priority over other extra-curricular activities during the season. It is imperative that each athlete commit to the set practice schedule. If an athlete must miss a practice, he/she must communicate conflicts with the head coach prior to the date of the missed practice or meet. Furthermore, any athlete who misses his/her designated practice is required to make up the missed practice on the next scheduled practice date. Failure to attend practices, make up missed practices, or communicate conflicts with the head coach will result in dismissal from the team.

In the event a student behaves inappropriately in the community or at school, these guidelines will be observed. Each case will be dealt with on an individual basis considering all circumstances and actions involved.

Items to be completed:

- ☐ Order spirit wear by 2/16:

<https://mustangtf2025.itemorder.com>

- ☐ Sign up for Remind using the code in the packet
- ☐ Pay for player fees on SchoolPay by 2/28 (\$100)
- ☐ Sign and return Rules of Conduct to Coach Adams by 2/28

Any behavior resulting in contact with a coach by a classroom teacher or administrative referral not resulting in administrative discipline;

First offense	Conference with coach, additional conditioning exercises after practice
Second offense	One-meet suspension, additional conditioning exercises
Third offense	Dismissal from team

Any behavior resulting in administrative referral followed by administrative discipline during the season;

Assigned to ISS	One-meet suspension
Second ISS Assignment	Dismissal from team
OSS	Dismissal from team

Any behavior in the community that reflects poorly on Little Mill Middle School (i.e. - vandalism, destruction of property, disrespect for authority);

First offense	Conference with coach, additional conditioning exercises after practice
Second Offense	One-meet suspension
Third offense	Dismissal from team

Please sign to indicate you have read and understand the Rules of Conduct and Disciplinary Guidelines. This form is available on the Track and Field web page for your future reference.

As an athlete, I, _____ further pledge to:

- communicate my sports schedule well in advance to my parents and teachers,
- schedule my personal life so that it does not conflict with team expectations,
- give my coach advance notice of any commitments I have that conflict with the team schedule,
- discuss issues of concern with my coach, team captains and parents before they become problematic,
- abide by all the training rules set forth by my coach and the athletic department,
- make a commitment to my teammates and coaches to continually strive to contribute to the program.

Signature of Athlete

Date

As a parent/guardian, I, _____, further pledge to:

- stay informed about my son/daughter's athletic schedule to keep conflicts to a minimum.
- support my son/daughter's decision to commit to the team by attending as many team meetings, contests and special events as my schedule will permit,
- work closely with all school personnel to assure an appropriate academic and athletic experience for my daughter/son throughout his/her high school career,
- discuss issues of concern with my son/daughter and then their coach before they become problematic,
- assure that my son/daughter will attend all practices, contests, special events and will follow all training rules set forth,
- acknowledge the ultimate authority of the coach to determine strategy and player selection,
- work cooperatively with coaches, other parents, and school personnel to assure a wholesome and successful athletic program for our school.

Signature of Parent/Guardian

Date

We look forward to an exciting 2025 track and field season!

Coach Smith, Head Coach
Coach Adams, Assistant Coach
Coach Benavidez, Assistant Coach



Sign up for important updates from M. Adams.

Get information for **Little Mill Middle School** right on your phone—not on handouts.

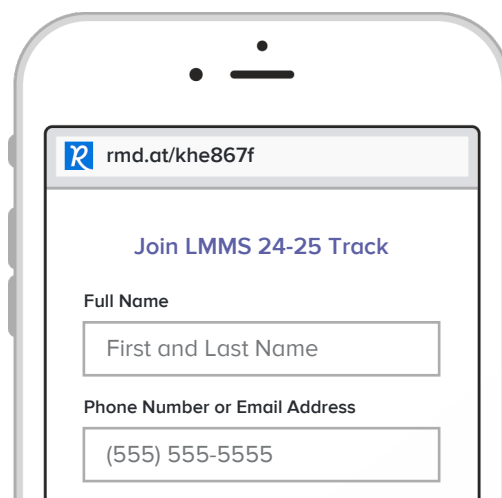
Pick a way to receive messages for **LMMS 24-25 Track**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/khe867f

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

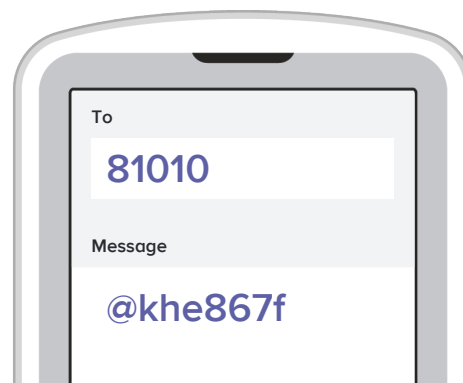


B If you don't have a smartphone, get text notifications.

Text the message **@khe867f** to the number **81010**.

If you're having trouble with **81010**, try texting **@khe867f** to **(415) 813-2648**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/khe867f on a desktop computer to sign up for email notifications.

February

LMMS MUSTANG TRACK & FIELD

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11 GIRLS TRY OUTS 7:00-8:15 AM	12 BOYS TRY OUTS 7:00-8:30 AM	13 CALL BACKS 7:00-8:30 AM	14 NO SCHOOL NO PRACTICE ORDER SPIRIT WEAR!	15 ORDER SPIRIT WEAR!
16 DEADLINE FOR ORDERING SPIRIT WEAR IS TODAY!	17 NO SCHOOL NO PRACTICE	18 NO SCHOOL NO PRACTICE	19 FULL TEAM PRACTICE 7:00-8:30 AM	20 JUMPERS & THROWERS PRACTICE 7:00-8:30 AM	21 RUNNERS PRACTICE 7:00-8:30 AM	22
23	24 RUNNERS PRACTICE 7:00-8:30 AM	25 JUMPERS & THROWERS PRACTICE 7:00-8:30 AM	26 RUNNERS PRACTICE 7:00-8:30 AM	27 JUMPERS & THROWERS PRACTICE 7:00-8:30 AM	28 RUNNERS PRACTICE 7:00-8:30 AM Participation Fee Due (\$100, SchoolPay)	

March

LMMS MUSTANG TRACK & FIELD

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 RUNNERS PRACTICE 7:00-8:30 AM	4 FULL TEAM PRACTICE 7:00-8:30 AM	5 SPEED MEET AT EFHS	6 RECOVERY NO PRACTICE	7 FIELD/RELAY PRACTICE 7:00-8:30 AM	8
9	10 RUNNERS PRACTICE 7:00-8:30 AM	11 FULL TEAM PRACTICE 7:00-8:30 AM	12 MEET @ SFHS 5:45	13 RECOVERY NO PRACTICE	14 FIELD/RELAY PRACTICE 7:00-8:30 AM	15
16	17 RUNNERS PRACTICE 7:00-8:30 AM	18 FULL TEAM PRACTICE 7:00-8:30 AM	19 MEET @ NFHS 5:45	20 RECOVERY NO PRACTICE	21 FIELD/RELAY PRACTICE 7:00-8:30 AM	22
23	24 RUNNERS PRACTICE 7:00-8:30 AM	25 FULL TEAM PRACTICE 7:00-8:30 AM	26 MEET @ EFHS 5:45	27 RECOVERY NO PRACTICE	28 FULL TEAM PRACTICE 7:00-8:30 AM	29
30	31 SPRING BREAK-TRAIN ON YOUR OWN!					

April

LMMS MUSTANG TRACK & FIELD

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	SPRING BREAK-TRAIN ON YOUR OWN!					
6	7 FULL TEAM PRACTICE 7:00-8:30 AM	8 FULL TEAM PRACTICE 7:00-8:30 AM	9 MEET @ NFHS 5:45	10 RECOVERY NO PRACTICE	11 COUNTY QUALIFIER PRACTICE 7:00-8:30 AM	12
13	14 COUNTY QUALIFIER PRACTICE 7:00-8:30 AM	15 COUNTY QUALIFIER PRACTICE 7:00-8:30 AM	16 COUNTY QUALIFIER PRACTICE 7:00-8:30 AM	17 COUNTY MEET @ WFHS FIELD-3:00 RUNNING-5:00	18	19
20	21	22	23	24	25	26
27	28	29	30			