



STUDENT-PARENT-COACH PLEDGE

It is important that you take a few moments to go over the rules and expectations of our program with your child in order to ensure their safety and the safety of others. The following are agreed-upon responsibilities that we as students, parents, and coaches will live by, thus supporting student success both at school and at home.

The Student Pledge

My health and fitness is important and I am responsible for my success. As a student I will LEAD by:

1. Arriving on time and coming prepared.
2. Working as a team and practicing school values.
3. Having fun!
4. Signing in and out for attendance.
5. Practicing proper safety procedures while running.

The Parent / Caregiver Promise

My participation in my child's health and fitness is critical for him/her to be successful. As a parent/caregiver I will LEAD by:

1. Sending my child to practice **on time** and ready to run every Tuesday (appropriately dressed with sneakers, Deerfield Dashers T-shirt, and a water bottle).
2. Picking my child up from practice on time every Tuesday.
3. Supporting my child to help him/her meet his/her running and nutritional goals each week of the training program and beyond.
4. Ensuring that my child is at every practice. If my child isn't able to attend a practice, I will ensure that he/she makes up the mileage, in order to complete 25.2 miles by Saturday, May 5 2018.
5. Supporting my child at home by making sure he/she is completing his/her running/jogging/walking homework each week. Homework must be completed before the next practice each Tuesday.

The Staff Promise

We understand the importance of a quality, healthy lifestyle for each student. As a coach I will LEAD by:

1. Setting clear expectations for student behavior by modeling what a leader is, thus developing value-centered, responsible students that will support and encourage one another.
2. Teaching proper stretches, running form, and fun games to help promote an active lifestyle.
3. Providing each child with weekly nutritional challenges to promote a healthy lifestyle.
4. Creating a safe, positive, and healthy environment for each child.
5. Presenting weekly incentives to all students for their efforts and accomplishments.
6. Establishing and maintaining open lines of communication with parents.

Please sign and return the second page (this page) ONLY of this form on Tuesday February 13, 2018. Keep the first page for future reference.

DEERFIELD DASHERS PLEDGE FORM

My child and I discussed Deerfield Dashers Pledge and my child understands what is expected of him/her during the Tuesday trainings.

Student's Full Name (printed)

Grade

Coach/Teacher's Name

Student Signature

Parent Signature