



PAGE HIGH SCHOOL 2025

Mission



Our mission is to inspire excellence in every athlete by fostering a culture of teamwork, discipline, and perseverance. Through dedicated training, sportsmanship, and a commitment to personal and collective growth, we aim to develop not only successful competitors but also confident individuals prepared to lead on and off the track. Together, we celebrate diversity, embrace challenges, and strive to achieve our fullest potential while upholding the values of respect, integrity, and community pride.

Athlete Guidelines

1. Respect and Integrity:

- Treat teammates, coaches, opponents, and officials with respect at all times.
- Negative behaviors such as inappropriate language, Verbal taunting, bullying, gossip, or poor sportsmanship will not be tolerated and are grounds for immediate dismissal from the team.
- Represent the team positively at school, events, and in the community.

2. Commitment to Excellence:

- Attend practices, meets, and team events consistently and punctually.
 - This includes: Being properly prepared at the start of practice with proper clothing, shoes, warm-up.
 - Athletes must attend all weekly practices as a team unless otherwise excused by the head coach. If attendance is not excused by the head coach, athletes may not be able to participate in weekly meets. Exceptions to this rule are at the discretion of the head coach and must be pre-approved.
 - 3 unexcused absences without parental notifications can result in suspension from the team.
 - All absences must be in written form (either email or handwritten to the Head Coach) in order to be excused.
 - Excused absences include: illness, pre-approved travel, coinciding school sport. All at the discretion of the Head Coach.
- Give 100% effort in all training sessions and competitions, striving to improve personal and team performance.
- Maintain academic eligibility and a strong work ethic in the classroom.

3. Teamwork and Support:

- Encourage and uplift teammates, celebrating each other's successes.
- Embrace constructive feedback from coaches and work collaboratively to solve challenges.
- Share responsibilities, such as helping with equipment or supporting teammates during events.

4. Personal Responsibility:

- Follow the coach's instructions regarding training, safety, and event participation.
- Take care of your body through proper nutrition, hydration, and rest.
- Communicate any injuries or scheduling conflicts with coaches promptly.

Parent Guidelines

5. Support and Encouragement:

- Cheer for all athletes respectfully and demonstrate good sportsmanship at meets.
- Encourage your athlete to balance academics and athletics effectively.
- Refrain from coaching your athlete during practices or meets; allow coaches to fulfill their roles.

6. Positive Communication:

- Address any concerns directly with coaches during appropriate times and with respect. Avoid discussions during practices or meets unless urgent.
- Be proactive in providing necessary documentation, such as physicals, medical information, or travel forms, in a timely manner.
- Inform coaches of any scheduling conflicts or health concerns that may impact your athlete's participation.
- Notify the Head Coach of ANY injury before any practices to ensure the utmost safety of your athlete.

7. Modeling Sportsmanship:

- Show respect to all athletes, coaches, officials, and other spectators during meets and events.
- Avoid negative comments about athletes, coaches, or officiating decisions, whether in person or on social media.
- There is a zero alcohol tolerance policy on school grounds and can result in grounds for your athlete to be dismissed from the team if you are consuming or carrying alcohol at any PHS practice/event/meet.
- Emphasize effort and improvement over winning, reinforcing the value of the team's mission.

8. Team Involvement:

- Volunteer for team events, such as helping with meet logistics, fundraising efforts, or providing snacks for the team.
- Attend parent meetings and stay informed about team schedules, policies, and expectations.
- Support team policies and encourage your athlete to adhere to the guidelines.