



Please complete the following Pledge.

I \_\_\_\_\_, parent of \_\_\_\_\_  
in the \_\_\_\_\_ grade, commit to guiding my “Student-Athlete” through her/his Track Season with Vast Track Club for the 2022 Year in the following:

\_\_\_\_\_ 1. First and foremost, ensure she/he is the best “Student-Athlete” by prioritizing Academics before Track, establish proper time-management skills to ensure studies/homework are complete to the best of her/his ability prior to attending track practice. Remember, “We are Student-Athletes. Student comes first!” – Coach Steven Gamble

\_\_\_\_\_ 2. I understand that my “Student-Athlete” must attend Track Practice each week for the **entire 2022 Vast Track Club Season**. Additionally, she/he may **not have more than 3 absences**. We understand that special circumstances/emergencies may arise, however, these must be discussed with the Coaching Staff/Board Members prior to not attending a practice. I understand that Vast Track Club is financially investing in my “Student-Athlete” and in return, I am pledging to attend each practice & track meets (to the best of my ability) and give 100% at each practice. Remember, “If you don’t put in the work (at practice), you can forget about even sniffing a medal or getting a P.R.,,,, you have to earn it! – Coach Sherman Armstrong

By completing & signing this document, I hereby Pledge to fulfill the terms and commitments herein.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

“Student-Athlete” Signature: \_\_\_\_\_ Date: \_\_\_\_\_