



Athletic Contract

F.O.C.U.S

IN SUPPORT OF SAINT CATHERINE OF ALEXANDRIA'S EXCELLENCE IN BODY, MIND AND SPIRIT
THE ATHLETIC DEPARTMENT WILL F.O.C.U.S ON FULFILLING THAT EXCELLENCE.
THE ATHLETIC DEPARTMENT WILL DRIVE STUDENTS TO COMPETE TO THEIR FULLEST GOD GIVEN
POTENTIAL.

Philosophy

- F- **Fun** is understanding why we are playing our respective sport
- O- **Optimizing** our potential is achieved by setting goals
- C- **Controlling** our emotions and the factors that either improve or hinder our play
- U- **Utilize** our Coaches, Teacher and Teammates to improve our game
- S- Are we better? What **SKILLS** have we developed/ have we reflected?

AGREEMENTS

- Commit to Sport for the entire season.
- Attend all scheduled practices.
- Represent SCA in the community through Community service opportunities, community events, camps, and other special activities
- Proper Attire for our respective sport
- Financial commitment

Signing this contract I (Print Name) _____

Will become a better student athlete at SCA.

I will make my parents and family proud.

I will use the F.O.C.U.S philosophy

I will build confidence within my GOD given abilities

Signature of Athlete _____ Date _____