

MEAFORD COYOTES TRACK CLUB

TEAM COMMITMENT

Being a member of the Meaford Coyotes Track Club requires commitment, dedication and hard work. The effort that each and every member gives will directly influence the improvement of each member and the Coyote team as a whole.

It is expected that each member be willing to commit to at least one of the two team workouts each week as well as maintaining a regular training program during the week as outlined in the "Coyote Training Schedule".

I, _____, am willing to make a commitment to the Meaford Coyotes Track Club for at least THREE of the following sessions:

*Spring [April - June]

*Summer Season [July - September]

*Fall Season [October - December]

*Winter Season [January - March]

Athlete's name: _____

Athlete's signature: _____

Parent's name: _____

Parent's signature: _____

Date: _____