X. RESPONSIBILITIES OF THE STUDENT-ATHLETE

- **A.** To cooperate with coaches, school authorities, and teammates at all times.
- **B.** To uphold and respect all rules of the school and team.
- **C.** To strive for the highest degree of excellence.
- **D**. To treat all officials and opponents with respect and dignity.
- **E**. To be willing to pay the price to reach excellence and not accept mediocrity.
- **F**. To accept victory and defeat with humility, grace, and good sportsmanship.
- **G**. To follow training rules and refrain from any action that might bring shame upon the school.
- **H**. To place primary responsibility to the team, not to yourself. There is no "I" in TEAM.
- I. To be understanding of and helpful to others on the team or other teams. To be a backer of all the Forestville teams.
- **J**. To never do anything to bring shame upon yourself, your parents, your team or your school. Take PRIDE in what you do.