

Student-Athlete Commitment Form

Christian Academy in Japan
Athletic Department

I am aware of and will abide by the guidelines/expectations of the school, the athletic department, the league and the team. I understand that there are consequences to not meeting these guidelines/expectations and will accept those consequences.

I am aware that there are risks inherent in participating in athletics and I accept those risks knowing that the school and the athletic department are committed to maintaining the safety of student-athletes.

I am aware that CAJ values sportsmanship and I commit myself to striving to live up to the established ideals.

I commit myself to being an intentional ambassador for Christ as a member of this team.

I commit myself to being an effective communicator with my team mates, coach(es) and my parents/guardians.

I commit myself to being at all regularly scheduled practices and contests, and will give my best for the entire season.

I commit myself to being an effective member of this team and fulfilling all responsibilities given to me.

Student-athlete's name (printed) _____

Student-athlete's signature _____ Date _____

***If the student-athlete decides to quit the team after having signed and returned this form to the coach, the following will apply:**

- **Middle school students will be ineligible for athletic and fine arts activities for the current season.**
- **High school students will be ineligible for athletic and fine arts activities for the current season and the next season.**

Cell phone number _____

E-mail address _____