

Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Important Expectations for GOT&F to**

1. Athletes are expected to be in attendance at all GOT&F Practices & Meets.
2. ***A Change* (Away Meets)** Athletes are fully expected to ride on the bus to our meets and ride the bus home as WE-GOT&F compete/win/lose and travel together.
3. A Change (Home Meets) Athletes will bring all the layers needed to stay warm and will stay to the end of all Home (WHS Hosted) meets; and will stay when we host **WMST&F** meets as a girl’s **fundraiser.** These **funds** directly support GOT&F programming.
4. *Attendance will be taken at the end of each meet and each practice in our SLG’s* to confirm full commitment, to support our “**All In**” mentality.
5. Athletes are highly encouraged to attend all GOT&F Team Gatherings/Events.
6. Work, *unless needed to survive*, is not an acceptable reason to miss GOT&F.
7. If an athlete needs to stay after school for extra help they will use our GOT&F Eagles Pass system (teachers will sign off on an athlete’s pass)
8. If an athlete needs to miss GOT&F events, Practices, Meets, etc. they must submit the ‘Request Form’.
   1. **The form needs to be submitted a minimum of 3 days prior to the requested dates! If not submitted in time the request can be refused based on missing the required deadline.**
   2. **All requests will be reviewed and a decision will be communicated efficiently.**
   3. **We realize that sometimes there are spontaneous issues that arise, medical emergencies, family priorities, etc. and will respond appropriately.**
9. **It is expected that we will all work together to empower all of our Lady Eagles!**





**Important Dates for GOT&F to**

**April 1st** - Aprils Fools Day… *keep the pranks safe but fun*.

**April 13** - Thursday – Team Pictures/Practice/***Team Dinner*** @ WHS Café.

**April 19 -** Break Week Red Riot Invitational Meet – a preseason meet during break.

8:30 departure- a pre-season meet so we are ready for our first meet!

**\* Meet the Coaches Night: @ WHS – 6:30 start.** Please, please attend this even if you are a veteran athlete or parent/guardian. We hope to see you all there!

**Meet 1: April 25th @ Noble vs. Chev., MGA**

**Meet 2: May 3rd – Wednesday - @ Windham vs. Sanf., Bidd., Deer.**

**May 4th** – **Team Dinner** @ WHS Café post practice.

**Relays May 5th – SCARBOROUGH Relays 2017**

**Meet 3: May 9th - @ SP vs. Mass., T.A.**

**PowerServe Saturday - May 13th**: Sign-up all team members/Parents/Guardians who are willing to represent GOT&F to Give-Back on this community service give back Saturday.

**Meet 4: May 15th - @ Gorham vs. Scar., Westbrook**

**May 18th- Team Dinner:** Invite the boys team: @ WHS café

**Meet 5: May 19th- Cumberland County Meet: Scarborough**

**Meet 6: May 22nd- Freshman Invitational Meet: Gorham**

**MAY 23rd - Host Windham Middle School Meet @ WHS Girls Fundraiser!**

**Meet 7 May 27th Southwesterns: @ Noble High School - Athletes must qualify for this meet**

**Thursday June 1st State Bound Athletes Team Dinner: Location TBD.**

**STATES T&F Saturday June 3rd @ Massabessic’s new facility**

**NEW ENGLANDS June 10th @ Norwood, MA**