

Dear Athlete,

Congratulations! You have been identified as a potential candidate for No Handouts Track and Field Club for the 2025 Summer Season. Our club is dedicated to developing elite-level athletes through hard work, discipline, and a commitment to excellence. We take pride in fostering a competitive and supportive environment that pushes athletes to reach their full potential on and off the track.

By signing this Letter of Commitment, you are confirming your intent to join No Handouts Track and Field for the 2025 Summer Season. This commitment signifies your dedication to attending practices, participating in scheduled competitions, and upholding the values and expectations of our program.

Commitment Expectations:

1. Attend all scheduled practices and training sessions unless excused in advance by a coach.
2. Participate in designated track meets and competitions as scheduled by the club.
3. Maintain a positive and respectful attitude towards coaches, teammates, and competitors.
4. Demonstrate a strong work ethic and a willingness to push beyond limits.
5. Adhere to all team policies, rules, and codes of conduct.

By signing below, you acknowledge your understanding of these commitments and agree to fully participate in the No Handouts Track and Field program for the 2025 Summer Season.

Athlete Information:

Name: _____

Age: _____

Primary Events: _____

Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

We are excited to welcome you to the No Handouts Track and Field family and look forward to an incredible season of growth, competition, and success!

For any questions or additional information, please contact us at [Insert Contact Information].

Sincerely,

Matthew Mott

Head Coach, No Handouts Track and Field