

Sage Creek Athletic Department

Student-Athlete Code of Conduct

Interscholastic athletic competition is intended to demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Characters"). This Code applies to all student-athletes involved in interscholastic sports in California (CIF).

At Sage Creek High School it is the expectation that our student-athletes are not only committed to the six core principles but also to our school's core values. This is expected both on and off the field.

- **B**uild
- **E**mpower
- **S**how Spirit
- **T**railblaze

Mission Statement

It is the mission of the Sage Creek Athletics Department to create and foster a championship culture where all members strive to establish community, demonstrate excellent sportsmanship, and improve both as an individual and collectively as a team.

Student Participation and Conduct Penalty

Student participation in athletics is a privilege and an honor. Sage Creek student-athletes are expected to conduct themselves in an exemplary manner at all times. This includes both in and out of athletics. During participation in all CIF competitions, a student who is ejected or disqualified from participating in the remainder of a contest will be ineligible for at least the team's next contest. Further ineligibility will be determined by the CIF section office. Any student-athlete's conduct that violates state and federal law or CUSD rules listed in the student handbook, may face a ban from interscholastic athletics for the remainder of the academic school year or longer based on the offense.

Behavior and Academics

A student-athlete's behavior on and off campus can and will affect their status on a team. It is important that student-athletes think before they act and speak. A student-athlete's conduct is as important as their athletic skills. This includes in the classroom. It is the expectation that student-athletes do the following:

- Be on time to class
- Show Respect to teachers, staff, and peers
- Participate positively in all classes
- Show teachers that you care about your academic success just as much as your athletic success.

Academics is the number one priority for high school student-athletes. A student-athlete must maintain at least a 2.0 GPA and have no more than two F's. Incomplete grades are calculated as F's until a grade change has been made. Student-athletes who do not maintain these minimum requirements will not be eligible to compete on an athletic team.

Time management is crucial when balancing academics and athletics. Key lessons learned through participating in high school athletics are planning, prioritizing, and understanding one's time limitations. If there is an unavoidable conflict involving athletics and academics, academics must always take priority. Consequences for missing practices, tournaments, or games may still result. Student-athletes will need to communicate with teachers and coaches regularly to maintain a balance between academics and athletics.

Traveling to away athletic competitions requires student-athletes to miss class. With a release time of 3:30pm student-athletes often miss a portion of 4th period and all of 5th period. Students need to recognize the demands that athletics can place on academics and make appropriate choices. Student-athletes are responsible for work missed due to athletics. Off roll is preferred for our athletes during their season of play, however, it is not always available depending on the student-athletes' course selection and course offerings and availability.

Attendance Requirement

Athletes must attend all classes throughout the day to attend practice or compete in games after school. An athlete must attend at least 4 hours of class on the day of a contest. An exception may be granted if the principal or the athletic director is informed prior to the absence. Prior notice is required for exceptions.

Quitting the team/ Removal from team

Any player who quits a team after the first scheduled contest will not be able to compete in any other sport that season. Any player that is removed from a team will be treated as if he quit after the first contest regardless of when the player was removed, disciplinary action may occur depending on the infraction. Any athlete who loses his/her eligibility because of grades forfeits all rights to varsity letters and individual team awards, league/post season awards, that he/she may have otherwise been entitled to receive for that sport. This is at the discretion of the head coach of the program and the Athletic Director. On occasion, an in-season athlete may find it necessary to drop out of a sport. If this is the case, the following procedure is suggested.

1. Communicate with your coach.
2. Report the situation to the Athletic Director.
3. Return all equipment and uniforms issued to you.

Athletes who quit their teams or are removed from the team by the coach at any time during the season will not earn Athletic PE credit.

Team Locker Room Procedures

The team locker room is for in season athletes only and it is a privilege to use this locker room. When your season is over, you will be required to remove all your personal items from the team room and remove your lock from your locker. It is expected that all student-athletes take care of the team locker room and keep it clean! No cleats should ever be worn in the locker room. There should be NO horseplay in the team locker room. Students may not be in the locker room without a certified coach supervising. Any theft or vandalizing will be prosecuted to the full extent. Athletes will be required to provide a lock. If you need assistance with getting a lock please contact the Athletic Department for assistance. Lock up your valuables on a daily basis, Sage Creek is not responsible for lost items. Sharing a locker is prohibited, your locker is for your equipment only.

Parent Responsibilities:

- Understand that academics are #1 priority.
- Model appropriate and respectful behavior towards coaches, athletes, parents, officials, school staff, opponents, and community members.
- Help your student-athlete to understand that the team comes before the individual.
- Schedule appointments, vacations, and college visits outside of school, tournaments, practice, or game time. The Head Coach of a team may issue consequences for missed time without prior permission from coach. Consequences will be given based on each situation.
- Encourage your student-athlete to know and understand game rules as well as team rules.
- Help your student-athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared. This includes strength and condition, proper nutrition, sleep, and care of injuries.
- Encourage your student-athlete to communicate appropriately and respectfully with the coaches, all Sage Creek staff members and all other people that work hard to support their athletic endeavors.
- Pay admission fees when appropriate.

Player's name: (print):_____

Player's signature:_____

Parent/Guardian signature:_____

Date: _____

Please make a copy of these expectations to keep for your reference and turn in the original signed copy when you submit your athletic clearance.