

# Sacramento City Unified School District

## Board of Education

Roy Grimes, President  
Ellyne Bell, Vice President  
Patrick Kennedy, 2<sup>nd</sup> Vice President  
Jerry Houseman  
Donald Terry  
Gustavo Arroyo  
Diana Rodriguez  
Student Member TBD

## Administration

Jonathan Raymond, Superintendent  
Tom Barentson, Deputy Superintendent/CFO  
Mary Hardin Young, Associate Superintendent  
Susan Miller, Associate Superintendent  
Mary Shelton Associate Superintendent  
Carol Mignone Stephen, Associate Superintendent  
Mellissa Truitt, Associate Superintendent

## C.K. McClatchy High School

Greg Purcell, Principal  
Laurie Hockenson, Vice Principal, Pupil Personnel  
Stan Echols, Vice Principal, Environment  
Jerry Crosby, Vice Principal, Academic Support  
Jason Elkins Athletic Director

## Non-Discrimination

“The Sacramento City Unified School District is committed in all its activities, policies, programs, and procedures to provide equal opportunity, for all to avoid discrimination against any person regardless of race, sex, religion, color, national origin, disability, marital status, or age, sexual orientation or gender identity.”

# C.K. McCLATCHY HIGH SCHOOL

## **STATEMENT OF ATHLETIC PHILOSOPHY**

1. To provide a well-supervised athletic program for as many students as possible, while ensuring the well-being of the student athlete.
2. To expose athletes to a variety of experiences which will assist them in developing sportsmanship, team cooperation, courtesy, respect, self-control, discipline, and accountability.
3. To teach basic athletic fundamentals, while stressing overall development and athleticism.
4. To provide a foundation promoting loyalty, school spirit, and ownership within the Lion community.
5. To reinforce the academic program, by supporting the values of C.K. McClatchy High School, where student athletes can and should strive to realize their maximum academic potential.
6. To be a supporter of the entire athletic community at C.K. McClatchy High School.

Athletes must comply with both the administration and the athletic department standards to remain eligible for athletic participation. At all times coaches have the prerogative to enforce more stringent rules, provided those rules are communicated in writing to the Athletic Director and the athletes and their parents prior to the beginning of their sport.

1. Athletes shall be directly responsible to the head coach and his/her assistants.
2. The athlete participates in a sport as an earned privilege.
3. He/she should strive to do whatever is necessary to make the team more successful.

The eligibility policy shall govern the actions of students-athletes, both on and off campus, and traveling to and from school activities, throughout the academic year. The Athletic Code is in effect for the first CIF sanctioned practice through the last contest of the school year. Athletes are responsible for compliance whether they participate during one or all seasons of sport: Fall, Winter, and /or Spring.

# C.K. McClatchy High School

## Sports

2009- 2010

### Fall:

Cross Country (Varsity, Frosh/Soph. - Boys & Girls)

Football (Varsity, J.V. & Freshmen)

Golf (Varsity - Girls)

Soccer (Varsity, J.V. - Boys)

Tennis (Varsity - Girls)

Volleyball (Varsity, J.V., Freshmen - Girls)

Water Polo (J.V., girls only, Varsity - Boys & Girls)

**Start Date: August 17, 2009**

### Winter:

Basketball (Varsity, J.V. & Freshmen - Boys & Girls)

Wrestling (Varsity & J.V.)

**Start Date: November 10, 2009**

### Spring:

Baseball (Varsity, J.V. & Freshmen)

Golf (Varsity - Boys)

Soccer (Varsity, J.V. - Girls)

Softball (Varsity & J.V.)

Swimming (Varsity, J.V. - Boys & Girls)

Tennis (Varsity - Boys)

Track and Field (Varsity, J.V. - Boys & Girls)

**Start Date: February 10, 2010**

## Eligibility

**G.P.A.** - In order to be academically eligible for CIF participation in interscholastic athletics against another school, students in grades nine through twelve shall have earned a minimum of a 2.0 grade point average and be enrolled in a minimum of 20 or more units during the present and previous grading period.

An "A" is worth four (4) grade points, a "B" is worth three (3) grade points, a "C" is worth two (2) grade points, a "D" is worth one (1) grade point, and a "F" is worth zero (0) grade points. The grade point will be determined by dividing the total number of grade points by the total number of courses.

Grades earned in summer school or equivalent courses may be utilized to determine eligibility for fall sports of the subsequent school year.

**AGE** - Student-athletes who turns 19 prior to June 14<sup>th</sup> will be ineligible. There is a waiver to this bylaw. See the athletic director for the criteria.

**Parental Consent** - Student-Athletes must get signed permission to participate from their parent/guardian, on a form provided by the school, before they participate.

**Physical Exam** - CIF rules requires that all athletes provide proof of a current physical examination by a licensed California physician. Physicals are valid for one year only. No student-athlete will be allowed to obtain a uniform or practice until evidence of a physical has been provided.

Physical forms will be on file in the Athletic Director's office. Physicals must be dated after July 1<sup>st</sup> and are valid through June 30<sup>th</sup>.

**Emergency card** - All student-athletes will be required to fill out **two** emergency cards before beginning participation. One copy is to be filed with the CKM Athletic Trainer and one with each coach.

**Sportsmanship** - All student-athletes will be required to sign and abide by the "Victory with Honor" program sanctioned by the CIF (California Interscholastic Federation).

## **Conduct and Behavior**

As student-athletes you are expected to represent the integrity of yourself, your parents, your school and your community. You are expected to conduct yourself properly at all times. Because of this, misconduct by the athlete shall not be condoned.

- 1) In the classroom, the student-athlete must:
  - a) Meet the academic and citizenship standards of the school.
  - b) Show respect for all school personnel and fellow students.
  - c) Make arrangements for all assignments missed due to a contest.
- 2) On campus, the student-athlete must:
  - a) Help promote school spirit.
  - b) Set a good example for others to follow.
  - c) Work for the improvement of the school.
  - d) Be respectful of personal and school property.
  - e) Adhere to all school rules
- 3) At a contest, the student-athlete must:
  - a) Respect the rules and the decisions of the officials.
  - b) Be modest in victory and gracious in defeat.
  - c) Control one's temper at all times.
  - d) Know that profanity and illegal tactics are signs of poor sportsmanship.
  - e) Show respect for visiting teams and their equipment.
- 4) On trips, the student-athlete must:
  - a) Conduct oneself in such a manner that he/she is a positive representative of the community, the school, and the student body.
  - b) Help take care of school equipment.
  - c) Respect the regulations as well as the property of the host school.

**If the student-athlete fails to abide by the above rules, he/she may face discipline ranging from non-participation for one contest to dismissal from the team for the season. Enforcement of these rules may be implemented by coach, Athletic Director and Administration at any point of each season.**

## **Drug and Alcohol Policy**

*(Both on and off campus)*

- 1) Drinking, the possession of alcoholic beverages, or being intoxicated
- 2) Use or possession of any dangerous and/or illegal drug.
- 3) Use or possession of any illegal sport-enhancement drug.
- 3) Use of or possession of any type of tobacco, either lighted or unlighted.

It is the policy of the Athletic Program of C.K. McClatchy High School to remove any student-athlete from their team/teams who is caught using or possessing any type of illegal drug, alcohol or tobacco. Any student-athlete caught attempting to sell any type of illegal drug or alcohol will also be removed

Any student-athlete in violation of this policy will be immediately removed from the team for the remainder of the season of the violation. The student-athlete will also be suspended from competition for 40 percent of all games, of every sport season for one calendar year (beginning on the date of the infraction).

The 40 percent suspension may be reduced to 20 percent if the Athlete agrees to enroll in an alcohol and or drug counseling program (depending on the infraction). This program must be cleared by the Athletic Director. Upon completion of the program, the suspension **may** be reduced to 20 percent; verification must be submitted to the Office of Athletics.

Before a violation occurs: Students-athletes who voluntarily disclose their substance abuse dependency to school personnel and who involve themselves in an assessment and treatment program will not be penalized under this policy. The recommendations of the assessor will be shared with the Athletic Director and/or Administrator in charge of Athletics in order that he/she may monitor adherence to the program.

## **Insurance**

All C.K. McClatchy High School student-athletes are required to have adequate medical and hospitalization insurance before practicing for any of the Lions athletic teams. Athletes must verify adequate medical insurance by having their parents sign the form (*On the physical/parent participation form*). Medical insurance may be purchased through the school district. See the Athletic Director for the forms.

## **Transportation**

Student-athletes must ride to and from all contests on school-provided transportation. In special instances athletes may return home from games with their parents or legal guardians. Permission **MUST** be obtained from the athletes coach and an athlete may only ride home with their own parent/guardian.

## Attendance

A student-athlete must attend school for the full regular school day to be eligible to practice and/or participate in a game.

A student-athlete must be in attendance the last regular school day of the week prior to a contest scheduled on a weekend or holiday to be eligible to participate in a game.

Non-attendance because of funerals, dental/medical appointments, religious activities, and serious family obligations are **possible** exceptions, subject to interpretation by the Athletic Director. It is the responsibility of the student athlete to notify his/her coach of any full or partial day absence which falls under this rule.

## Suspension

If a student-athlete is suspended from school by the administration, that student-athlete is suspended from all school related activities. They are not allowed to attend or participate in any school-related functions, including athletics.

If a student-athlete is suspended from his or her sport by the Athletic Director and/or coach it will be up to the Athletic Director/head coach's discretion whether or not the athlete will be permitted to attend practice and or contests.

## Quitting a Sport

A student-athlete who quits a team loses all rights of a team member including, but not limited to, awards and/or post-season honors.

**An athlete who quits a sport shall not be allowed to practice and participate in another sport until the season of the sport that he/she quit is completed.**

A student-athlete may "change" sports at any time until the cuts for the team are made. After that time, leaving a sport constitutes "quitting". If a student-athlete is cut, he/she will have the opportunity to try out for another sport.

Upon quitting a particular sport, the student-athlete must meet with his/her coach to clear all equipment. The athlete may not participate in any future sport until this has been done.

## Dedication

The student-athlete must be willing to dedicate himself/herself to the sport he/she will participate in. The student athlete should be aware that nothing worthwhile is accomplished without hard work, application, and a sincere desire to succeed. He/she must also be eager to sacrifice his/her own personal desires for the good of the group or team.

## Multi-Sport Athletes

All student-athletes in good academic standing are encouraged to participate in multiple sports at C.K. McClatchy High School. There is a myth that athletes must concentrate on one sport in high school in order to play at the next level. Statistics would show that probably less than 1% of all professional and Division I athletes participated in just one sport during their high school years.

Participating in multiple sports is not for everyone, particularly those with a true grit in a single sport. But generally speaking, a good athlete will be good in whatever sport he/she plays. The more sports our quality athletes participate in will make C.K. McClatchy High School a stronger athletic program.

## Awards/Letters

The student-athlete must complete the season in good standing as determined by the head coach.

The student-athlete must have turned in or accounted for all equipment checked out to him/her. If the equipment is not turned in or accounted for, letters, awards, and pictures can be held with the head coach and/or Athletic Director until his/her account is cleared.

Awards and letters are given out by the C.K. McClatchy High School student government. **In order for an athlete to receive his block “M” and sport emblem, he/she must purchase a student body card.** Every student at C.K. McClatchy High School receives an I.D. card. In order for the I.D. card to become a student body card the student-athlete must purchase a sticker (*Cost \$5.00*). The sticker can be purchased in the controller’s office.

A student-athlete will receive one Frosh/Soph Block “M” and one Varsity Block “M”. The athlete will receive an emblem for every sport in which he/she has participated. In order to receive a Block “M” and/or emblem the athlete must meet the above criteria.

## Equipment

School equipment checked out to a student-athlete becomes the responsibility of that person. The student/athlete is expected to maintain the equipment in a clean condition and utilize it only for the sport issued. Damage to equipment as a result of unauthorized use, or loss of such equipment, will become the financial obligation of the student/athlete. When players lose uniforms or equipment, they may not participate in any other sport until said uniform and/or equipment is found and returned or balance is paid in full. Students-athletes may not wear school-owned activity equipment and uniforms except at practices, activities, and games representing C.K. McClatchy High School. The Head Coach may give permission to his/her athletes to promote school spirit.

## Training Room

C.K. McClatchy High School provides a full time athletic trainer throughout the school year. Athletes needing care must do so at the end of the regular school day.

If a student-athlete is injured so that he/she will not be able to participate, a written document from the hospital and/or licensed physician must be given to the athletic trainer. On the document it must be dated if/when the student-athlete may be given permission to participate. This will include his/her physical education class as well. If he/she can not participate in physical education class due to a physical injury, he/she may not be allowed to practice and/or play in a game.

Injured student-athletes are still required to attend practice. Student-athletes missing practice or game must first get permission from the coach.

No one is allowed in the training room unless under direct supervision of the trainer/coach and for medical purposes only.

Training room hours are from 3:20 p.m. – 6:00 p.m.

## Hazing

Hazing is any action that inflicts or intends to cause physical or mental harm or anxieties to another student. Hazing is any action that may demean, degrade or disgrace any person, regardless of location, intent or consent of participants. Hazing can also include any action or situation which intentionally endangers a student.

**If the student-athlete fails to abide by the above rules, he/she may face discipline ranging from non-participation for one contest to dismissal from the team for the season. This does not include any punishment to the student athlete by the administration of the C.K. McClatchy High School.**

## Parent/Booster Card

All parent/booster cards are available at the controller's office at C.K. McClatchy High School. The cost of the card is \$ 20.00. Usually the parent/booster card is good at all home and away games. The following sports will require a cost of admission:

- 1) Football
- 2) Men's and Women's Basketball
- 3) Volleyball (foundation game only)

### Admission Prices

General admission \$6.00

With Booster or student body card (with ASB sticker) **\$3.00**

## **Parent - Guardian/Coach Communication**

Coaching and parenting are both very difficult roles to play. Understanding each other's roles and following the proper channels of communication will enable parents and coaches to effectively work together to provide a meaningful experience for student athletes while they are participating in athletics at C.K. McClatchy High School

### **COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:**

- Locations and times of practices and games
- Expectations of the players and the team
- Team rules and repercussions for violations
- Emergency and injury medical procedures
- Role of parent/guardian to support of the athletic program
- Discipline that may result in the denial of your child's participation

### **COMMUNICATION COACHES EXPECT FROM PARENTS:**

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance

As your children become involved in the programs at C.K. McClatchy High School, they will experience some of the most rewarding times of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

### **APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:**

- The treatment of your child, mentally and physically
- Ways the parent/guardian can help your child improve
- Concerns about your child's behavior

It is difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all student athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

### **ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent/guardian. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure will be followed to help promote a resolution to the issues or concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH:

- Call to set up an appointment
- The C.K. McClatchy High School athletic office phone number is (916) 264-4401 ext 1141
- **Please do not attempt to confront a coach before or after a contest and/or practice. Meetings of this nature do not promote resolution. A 24 hour waiting period is necessary to address any concerns.**

IF THE MEETING WITH THE COACH PROVIDES UNSATISFACTORY RESULTS:

- Call and set up an appointment with the Athletic Director, Jason Elkins (916) 264-4401 ext 1141 or email to: Jason-Elkins@sac-city.k12.ca.us to discuss the situation
- If still unresolved, you may contact the Vice Principal in charge of Athletics

## **Administration Obligation**

When, in the opinion of the Administration team and/or Athletic Director, a student-athlete's conduct, both in or outside school, is deemed to be a detriment to the school, poses a danger to students, or is a threat to disrupting the educational process, the Administration team and/or Athletic Director, at his/her discretion, may suspend/remove the student from participation in any extracurricular program (*For the purpose of this policy, extracurricular activity will be defined as not part of the regular school curriculum, is not graded, does not offer credit and does not take place during classroom time*).

## **Appeals**

The Athletic Director is charged with the interpretation and enforcement of the athletic program policies. Any questions or concerns should be directed, in writing, to the Athletic Director.

# **“VICTORY WITH HONOR”**

## **CIF - C.K. McCLATCHY HIGH SCHOOL Code of Conduct for Interscholastic Student Athletes**

Interscholastic athletic competition should 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 Character”). This code applies to all student athletes involved in interscholastic sports in California.

I understand that, in order to participate in high school athletics, I must act in accord with the following:

### **TRUSTWORTHINESS**

1. Trustworthiness - be worthy in all I do.

- Integrity - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what’s right even when it’s unpopular or personally costly.
- Honesty - live and compete honorably; don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- Reliability - fulfill commitments; do what I say I will do; be on time to practices and games.
- Loyalty - be loyal to my school and team; put the team above personal glory.

### **RESPECT**

Respect - treat all people with respect all the time and require the same of other student athletes.

Class - live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post game rituals.

Disrespectful - don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials - treat contest official with respect; don’t complain about or argue with official calls or decisions during or after an athletic event.

## **RESPONSIBILITY**

Importance of Education - be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student athletes that do not have a serious commitment in their education, the ability to succeed academically or the character to represent their institution honorably.

Role modeling -Remember participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct myself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Self control - exercise self control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

Healthy Lifestyle - safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game - protect the integrity of the game; don't gamble. Play the game according to the rules.

## **FAIRNESS**

Be fair - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

## **CARING**

Concern for Others - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

Teammates - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

## **CITIZENSHIP**

Play by the Rules - maintain a thorough knowledge of and abide by all applicable game and competition rules.

Spirit of Rules - honor the spirit and letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

**“VICTORY WITH HONOR”**  
**CIF - C.K. McCLATCHY HIGH SCHOOL**  
**PARENTS**

The role of the parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value system - established in the home, nurtured, in the school - that young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness, and respect are lifetime values taught through athletics. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

**As a parent of a student-athlete at our school, your goals should include:**

- Realize that athletics are part of the educational experience, and the benefit of involvement go beyond the final score of a game,
- Encourage our students to perform their best, just as we would urge them on with their classwork;
- Participate in positive cheers that encourage our student-athlete; and discouraging any cheers that would redirect that focus-including those that taunt and intimidate opponents, their fans and officials;
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
- Respect the task of our coaches face as teacher; and support them as they strive to educate our youth;
- Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
- Develop a sense of dignity and civility under all circumstances.

You can have a major influence on your student’s attitude about academics and athletics. The leadership role you take will help influence your child, and our community, for years to come.

**“VICTORY WITH HONOR”**  
**CIF - C.K. McCLATCHY HIGH SCHOOL**  
**Code of conduct for Interscholastic Coaches**

We, in the California Interscholastic Federation, believe that high school athletic competition should be fun but that it must also be a significant part of a sound education program. We believe that those who coach student-athlete are, first and foremost, teachers who have a duty to assure that their sports program **promote important life skills and the development of good character.**

We believe that the essential elements of character-building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the six pillars of Character).

We believe further, that the highest potential of sports is achieved when teacher-coaches consciously Teach, Enforce, Advocate, and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Finally, we believe that sincere and good-faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well being of our student-athletes.

**This Code of Conduct applies to all full-time and part-time coaches involved interscholastic sports.**

I understand that in my position as a coach, I must act in accord with the following code:

**Trustworthiness** - be worthy of trust in all I do and teach student-athletes the importance of integrity, honesty, reliability, and loyalty.

- Integrity - model high ideals of ethics and sportsmanship and always pursue victory with honor; teach, advocate and model the importance of honor and good character by doing the right thing even when it's unpopular or personally costly.
- Honesty - don't lie, cheat, steal, or engage in or permit dishonest or unsportsmanlike conduct.
- Reliability - fulfill commitments; I will do what I say I will do; be on time.
- Loyalty - be loyal to my school and team; put the team above personal glory.

Primacy of Educational Goals - be faithful to the educational and character-development missions of the school and assure that these objectives are not compromised to achieve sports performance goals; always place the academic, emotional, physical, and moral well being of athletes above desires and pressure to win.

Counseling - be candid with student-athletes and their parents about the likelihood of getting an athletic scholarship or playing on a professional level. Counsel them about

the requirement of many colleges preventing recruitment of student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

College Recruiters - be honest and candid with college recruiters about the character and academic abilities and interest of student-athletes.

## **Respect**

Respect - treat all people with respect all the time and require the same of student-athletes.

Class - be a good sport, teach, and model class, be gracious in victory and accept defeat with dignity; encourage student-athletes to give fallen opponents a hand, compliment extraordinary performance, and show sincere respect in pre-and post-game rituals.

Taunting - don't engage in or allow trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials - treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic contest.

Respect Parents - treat the parents of student-athletes with respect; be clear about your expectations, goals and policies and maintain open lines of communication.

Profanity - don't engage in or permit profanity or obscene gestures during practices, sporting events, on team buses, or any other situations where the behavior could reflect badly on the school or the sports program.

Positive Coaching - use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for the sport. Refrain from physical or psychological intimidation, verbal abuse, and conduct that is demeaning to student-athletes or others.

Effort and Teamwork - encourage student-athletes to pursue victory with honor, to think and play as a team, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the contest, than upon effort, improvement, teamwork, and winning with character.

Professional Relationships - maintain appropriate, professional relationships with student-athletes and respect proper teacher-student boundaries. Sexual or romantic contact with students is strictly forbidden as is verbal or physical conduct of a sexual nature directed to or in view of student-athletes.

## **Responsibility**

Life skills - always strive to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become well-rounded, successful and socially responsible.

Advocate Education - advocate the importance of education beyond basic athletic eligibility standards and work with faculty and parents to help student-athletes set and achieve the highest academic goals possible for them.

Advocate honor - prominently discuss the importance of character, ethics and sportsmanship in materials about the athletic program and vigorously advocate the concept of pursuing victory with honor in all communities.

Good Character - foster the development of good character by teaching, enforcing, advocating and modeling (T.E.A.M.) high standards of ethics and sportsmanship and the six pillars of character.

Role-Modeling - be a worthy role-model, always be mindful of the high visibility and great influence you have as a teacher-coach and consistently conduct myself in private and coaching situations in a manner that exemplifies all I want my student-athlete to be.

Personal Conduct - refrain from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of student-athletes or other situations where my conduct could undermine my positive impact as a role model.

Competence - strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques, and first-aid and safety.

Knowledge of rules- maintain a thorough knowledge of current game and competition rules and assure that my student-athletes know and understand the rules.

Positive Environment - strive to provide challenging, safe, enjoyable, and successful experiences for the athletes by maintaining a sports environment that is physically and emotionally safe.

Safety and Health - be informed about basic first aid principles and the physical capacities and limitations of the age-group coached.

Unhealthy Substances - educate student-athletes about the dangers and prohibit the use of unhealthy and illegal substances including alcohol, tobacco, and recreational or performance-enhancing drugs.

Eating Disorders - counsel students about the dangers of and be vigilant for signs of eating disorders or unhealthy techniques to gain, lose or maintain weight.

Physicians Advice - seek and follow the advice of a physician when determining whether an injured student-athlete is ready to play.

Privilege to Compete - assure that student-athletes understand that participation in interscholastic sports programs is a privilege, not a right and that they are expected to represent their school, team and teammates with honor, on and off the field. Require student-athletes to consistently exhibit good character and conduct themselves as positive role models.

Self-Control - control my ego and emotions; avoid displays of anger and frustration; don't retaliate.

Integrity of the Game - protect the integrity of the game; don't gamble. Play the game according to the rules.

Enforcing Rule - enforce this Code of Conduct consistently in all sports-related activities and venues even when the consequences are high.

Protect Athletes - put the well being of student-athletes above the other considerations and take appropriate steps to protect them from inappropriate conduct.

Access - help make your sport accessible to all diverse communities.

Improper Commercialism - be sensitive to and avoid unwholesome commercialism including inappropriate exploitation of my name of the school and undue financial dependence on corporate entities. Make sure any affiliation or association with a corporate entity is approved by school and district officials.

## **Fairness**

Fair and Open - be fair in competitive situations, selecting a team, disciplinary issues and all other matters; and be open-minded and willing to listen and learn.

## **Caring**

Safe Competition - put safety and health considerations above the desire to win; never permit student-athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.

Caring Environment - consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

## **Citizenship**

Honor the Spirit of Rules - observe and require student-athletes to observe the spirit and the letter of all rules including the rules of the game and those relating to eligibility, recruitment, transfers, practices, and other provisions regulating interscholastic competition.

Improper Gamesmanship - promote sportsmanship over gamesmanship; don't cheat.

Resist temptations to gain competitive advantage through strategies or techniques (such as devious rule violations, alteration of equipment or the field of play or tactics designed primarily to induce injury or fear of injury) that violate the rules, disrespect the highest traditions by practices that negate or diminish the impact of the core athletic skills that define the sport.

**THESE RULES ARE INTENDED TO PROMOTE THE INTEGRITY OF THE STUDENT ATHLETE AT C.K. McCLATCHY HIGH SCHOOL. PENALTIES IMPOSED WILL REFLECT UPON THE CHOICES OF THE STUDENT ATHLETE. THE INTENT OF THESE RULES IS TO ENCOURAGE STUDENT ATHLETES TO BE RESPONSIBLE FOR THEIR ACTIONS.**

A student/athlete is a special individual – special both in terms of the opportunities and responsibilities encountered. Working hard, playing hard and living up to high behavioral standards will help students in their future endeavors.

We are pleased to have you as part of our athletic program. Your coaches want to work with you to make this one of the most important and enjoyable experiences of your high school career.

-----  
I, (athlete's name) \_\_\_\_\_  
print name

Along with my parents/guardian, have read and agree to follow the rules, regulations, and policies described in the C.K. McClatchy High School Lions Athletic Code Handbook.

\_\_\_\_\_  
PLAYER SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE

