

Athletic Policies and Guidelines

These are some of the policies and guidelines which you are expected to adhere to throughout the school year as presented in the districts athletic policy handbook.

1. Take care of your grades and your class behavior. You have made a commitment to be a part of a team. You don't want to let down your teammates, your parents, your coaches, or your self by becoming ineligible or getting into trouble with the teachers.
2. You may not wear an earring during athletic period, in the athletic areas, or while representing the school at any athletic function. You may not wear any jewelry during participation in athletics. Facial hair is not allowed. No distracting hair styles or colors.
3. Do not be tardy. Consequences will follow. (This includes before and after school practices). You are expected to attend school and practices everyday. If you are absent from school or practice you need to bring a note from your parent explaining your absence. Unexcused missed practices will result in missed playing time.
4. Take care of your equipment. You are responsible for all equipment issued to you. Use a quality combination lock on your locker. Make sure that it is locked when you leave it. Do not share lockers. Do not give your combination to anyone. If you forget equipment at home it is your responsibility to notify the coaches as soon as you get to the athletic area. Consequences for misplacing or forgetting equipment will follow. You are responsible for replacing any lost or stolen equipment.
5. Keep your locker neat and organized. Your equipment should be hung up daily.
6. You will dress out everyday. If you are in offseason you will dress out everyday. If you have an injury which prevents you from working out, you will still dress out even if you cannot participate.
7. No food or drinks in the gym or in the weight room. No glass in the lockerroom. No athletes in the training room, laundry room, or equipment room without a coach.
8. School equipment is for school use only. You are not to wear athletic equipment anywhere else.
9. We encourage you to practice good personal hygiene. Bring a towel and deodorant for use at school. We encourage you to shower after practice. Keep the showers clean. They are for people, not equipment.
10. Use the chain of command. If you have a problem, see the coach first.
11. Baggy, saggy attire is not appropriate. It can hinder your performance, detracts from the uniformity of the team, and simply looks sloppy. Shirts must be tucked in. Shorts must be worn above the hip. If an athlete has been warned about his appearance and still

fails to comply with this directive he will be given an appropriate consequence. Repeat offenders can expect to be removed from the athletic period.

12. You, as an athlete, represent the school and the athletic department. You are expected to conduct yourself as such full time. Incorporate good manners and respect into your speech and daily lifestyle.

13. Athletes are responsible for and expected to wear their own uniform. Consequences will be given if the student does not have their proper uniform.