

# ***Life of a Student Program Athletic and Co-Curricular Policy***

## ***Improving Student Codes of Conduct Eleven ways to improve your code:***

### **1. Statement of Purpose**

**What is your Code for???**

**Is our code to punish individuals for their mistakes or to educate them and to set clear and consistent boundaries for their behavior? A well-written code should be a positive document that establishes a comprehensive structure for running a program of excellence.**

#### ***Statement of Purpose***

***First*, it defines the positive expectations that we have for coaches, parents and students. The common values in our program need to reflect shared goals, a framework of principles agreed upon by the stakeholders and a need for active support from other stakeholders, such as the school board, school administration, other school staff and the community.**

***Second*, as in a clearly laid out playing field, it defines how we as a school will establish and maintain a healthy environment in which students can mature in, through athletics and co-curricular activities, while considering the responsibilities of all stakeholders.**

***Third*, this Code is meant to be a useable, dynamic document to guide the educational process through our school's co-curricular program. It defines the mission, philosophy, goals and parameters of the program, and the priority activities.**

***Fourth*, it spells out the consequences for behavioral issues and violations but links the identified individual to a process for help and change.**

**The code shall be a living document that is proactive and character based rather than reactive and punishment based. We shall simply tell our students what is expected from them behaviorally, if they are to be afforded the privilege of representing this community. Consequences shall be universal and the timing of any incident shall not be any consideration in the logical series of events that are initiated upon any confirmed violation.**

## **2. Use the Power of a Greater Authority**

### **SUPREME COURT UPHOLDS CODES FOR ATHLETES**

**Sport and athlete specific Athletic Codes of Conduct and drug testing have been upheld five times by the Supreme Court of the United States of America. That is referred to as a shutout! The basis for that support is due to the fact that in athletics we must insure the health and safety of those that partake in high-level physical activities.**

**The basis for this code of conduct for participating students is in this domain and this statement...**

#### **Learning standard for Health, Physical Education and Family and Consumer Sciences:**

**A safe and healthy environment, which calls for students to demonstrate personally and socially responsible behavior, to care and respect themselves and others, to recognize threats to the environment, and to demonstrate responsible personal and social behavior while engaged in athletics and co-curricular activities.**

**This educational framework links character development with educational goals and addresses the characteristics of the 4 C's (NY Character Educational Strategy, 2009).**

**The 4 C's were developed to help develop character through sport and co-curricular activity. Beyond the basic skills taught, it is our goal to develop the character of our youth through our athletic and co-curricular activity program:**

## Competence Character Civility and Citizenship

We know that less than 2% of high school athletes go on to play team sports at the college level. We understand that high school athletics and co-curricular activities provide a unique opportunity for the development of not only physical and mental conditioning, athletic and interpersonal skill development, but also character traits essential for success in life. To that end, we challenge every student to strive for the following:

**Competence** - *the necessary level of knowledge and skill to sufficiently train and compete*

- To develop the skills necessary to participate competently in the game/event.
- To demonstrate knowledge of the rules and conventions of the game/event.
- To demonstrate knowledge of the strategies of the game/event.
- To demonstrate a level of physical conditioning, mental and behavioral strength, skill level and fitness sufficient to participate competently in the game/event/activity.
- To demonstrate knowledge of healthy behaviors including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics and co-curricular activities.

**Character** - *the pattern of beliefs, attitudes and therefore behavior that relates to moral strength, constitution and essential qualities that embrace the positive values of \_\_\_\_\_ School and the Community*

- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions and not to make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To demonstrate truthfulness.
- To play by the rules and not cheat.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously; to congratulate opponents, not sulk, or display other negative behaviors.

**Civility** - *to demonstrate behavior that exemplifies appropriate respect and concern for others.*

- To practice good manners on and off the field/event location.
- To refrain from trash talk and other put-downs of opponents and teammates.
- To treat all persons respectfully regardless of individual differences; to show respect for legitimate authority (e.g. Coaches, Directors, Officials, Captains).
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To be compassionate and sensitive to others.
- To actively support teammates and others.

**Citizenship – social responsibility as part of a ‘community.’**

- To be faithful to the ideals of the game and activity including sportsmanship.
- To keep commitments to team/group.
- To show team and school spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of personal gain.
- To work well with teammates to achieve team goals.
- To accept responsibility to set a good example for teammates, younger students, fans and school community.

### **3. Use The Law To Establish Every Rationale For Your Code**

#### **TRAINING RULES AND REGULATIONS and THE C.A. STATE LAW**

**First and foremost, the possession or use of alcohol by anyone under the age of 21 years of age is against C.A. State law.**

**Marijuana and all classified street drugs and controlled substances are illegal for all and punishable by criminal arrest and prosecution.**

**Prescription drug possession or use of without a medical authorization is against the law and punishable by criminal arrest and prosecution.**

**Possession and use of tobacco products by student athletes and co-curricular participants shall be a violation because of the well-known health risks associated with use and the detrimental effect on physical and mental performance.**

#### **CA STATE USE POSSESSION LAWS**

**A person under the age of 21 is guilty of a minor in possession, a misdemeanor, if that person attempts to purchase, purchases, or is found in possession of alcohol.**

**Our message to students is loud and clear and should be understood by all Stakeholders: There will be “NO USE” of alcohol or marijuana or any illicit substances.**

#### **4. Stop the problem by going after the source**

##### **Students Who Host Lose the Most Initiative**

**Ringleaders in parties- there shall be a greater consequence for any student, if it is determined that they were involved in the organization, facilitation, promotion, or hosting of any gathering or social event where alcohol or drugs are available or use has occurred. This penalty shall be a tier 2 violation - double the first violation status.**

#### **5. Parties/ Presence At Parties With Drugs (In The Presence Of)**

**If a student attends a party/gathering, where alcohol or drugs are being illegally dispensed, the student must leave the party/gathering immediately\* (LEAVING MEANS LEAVING IMMEDIATELY \*) and report their attendance to a coach or administrator before the end of the next school day. Because possession and use of alcohol or drugs by youth under age 21, is against CA State law, it is our intent to prevent any community youth, including athletes, co-curricular participants, and students from being in an environment which greatly increases the risk of use, danger and nearly all negative behaviors of concern of our youth.**

**If we allow our students to be present in this illegal environment, we promote and allow the possibility for them to be involved in this illegal culture and we must assume some will partake in the use of these substances.**

**\* And to take as many of your teammates/group members with you as possible.**

#### **6. Possession or Use on School Property (*DRUG FREE ZONE*) or at/during school sponsored events.**

**Students identified as being under the influence of controlled substances during school hours or at school events will have the option of being suspended with limited impact on school participation and athletic/co-curricular activity eligibility. As a pivotal part of our consequences for substance use violations, the student and or parent/guardian shall be required to complete an educational program, The Seven Challenges, as part of the process that may lead to resumption of participation in athletic and co-curricular programs. If we fail to educate students and**

parent/guardians when such violations occur, we fail to help them learn from their mistakes and are negligent in our duties as an educational institution.

**Time to help our students, not just have them sit out two events...**  
**Process for Return to Athletic and Co-Curricular Privileges**

**First Offense: Restitution for dishonoring uniform and co-curricular activity**

Imposes a consequence of a 10 school day suspension from participation in co-curricular activities reduced to 5 school days if:

- The Student participates in a mandatory alcohol and drug screening
- Completes The Seven Challenges Program
- Attends all practices that do not interfere with The Seven Challenges Program
- Attends all games/events during the suspension and is not allowed to participate

**Second Offense: Intervenes in Potentially hazardous pattern of behavior**

- Accomplish objectives within 1<sup>st</sup> offense consequence; suspension increased to 20 school days
- Mandatory alcohol and drug assessment and referral
- Attend alcohol and other drug counseling with Youth Services or other indicated program

**Third Offense: Protects integrity of team and co-curricular activity**

- Accomplish all objectives of 1 and 2
- Mandatory drug and alcohol treatment program
- Referral for expulsion from school athletics/co-curricular activities

**Distribution, dispensing or sale of any such drugs to any other student shall result in immediate and permanent suspension for the remainder of student's career.**

**There shall be no recourse for a student for any violation listed above.**

## **7. Cooperation During Investigation**

**You have the right to remain silent...But you may be in the bleachers on game day/present at event.**

**It is important for all students to understand that involvement in our programs is a privilege. With the responsibility of being a student, comes a commitment, which is the condition of this code of conduct. In the event that a student comes under investigation for possible violations to the provisions of this code, it is expected that:**

- 1. The student shall be truthful.**
- 2. That the student be forthcoming with information.**
- 3. That the student not be deceptive or untruthful.**
- 4. That the student be cooperative.**

**During the investigation of any student violation the student must be truthful and forthcoming with information, or the Director has within his/her power to impose a greater level of consequence, if it is determined that the student has lied, been deceptive or untruthful, prior to, or after the determination of guilt and or consequences. Great weight must be placed on the privilege of representing our community outside the confines of our community and any student that would fail to be truthful and/or cooperative would jeopardize the perceived character of our programs.**

**Failure to comply with the above conditions may result in full expulsion from the athletic/co-curricular program for the duration of the students' future career.**

## **8. Mandatory Seasonal Meetings**

**Get it right from the start...**

**Pre-season meetings: Non-negotiable areas for The Life of a Student Program are discussed with all stakeholders. It is also impressed upon all stakeholders, that by signing the codes an individual indicates that they have knowledge, understanding and agreement to all standards set forth for the privilege of being involved in the athletic/co-curricular program. Coaches/directors and students discuss their expectations for the team, define 'success' and set goals for individuals and teams for the season ahead and communicate with parents. (Create a climate of KNOWLEDGE, UNDERSTANDING AND AGREEMENT WITH ALL STAKEHOLDERS. All stakeholders sign a Code of Conduct together).**

## **9. Team Leaders Held to Higher Standards**

Recent AAI surveys indicate that as many as 48% of team student leaders are involved in the party culture. Who is in charge of your teams?

Student leaders will be held to the highest standard of behavior, because they chose to be an example to their peers. Any student in a leadership role will face a greater consequence for violations of the code than team members. A team leader should receive a tier two or tier three violation for any serious code violations.

See Job Description for Student Leaders below.

**Student Leadership Job Description:** A caring and nurturing individual willing to exemplify the highest standards of character and duty to their team/group, school and community. Must conduct yourself on and off the fields of play with behavior that is an example to others. This individual must possess high-level communication skills and be willing to confront any behaviors of concern or violations of standards of student code of conduct among peers. Must act as a conduit between team/group and coach/director. Must be willing to bring any serious concerns to the attention of adult authority. Must be willing to hold team meetings to discuss substance use and behavioral issues. Must act to insure and inspire team goals and effectiveness. You will be held to the highest levels of conduct and character because you are in charge of the group.

## **10. Cyber Image Policy**

**Cyber Image Policy-** Any identifiable image, photo or video which implicates a student to have been in possession or presence of drugs or portrays actual use, or out of character behavior or crime, shall be confirmation of a violation of the code. Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be a responsibility that the student must assume. It must also be noted that there may be persons, who would attempt to implicate a student, by taking such images, to place them in a situation where they might be in violation of this code standard. This is our rationale for demanding that our students not place themselves in such environments.

## **11. What are we agreeing to????**

By signing this document, I \_\_\_\_\_parent/guardian, indicate that I have knowledge, understanding and agreement to these standards, set forth in order for my son/daughter \_\_\_\_\_to be afforded the privilege of representing \_\_\_\_\_High School as a student. I am also aware that any violation on the part of my child, to any of these standards, shall result in the consequences contained within this policy.