



**Chartwell  
High School Athletics  
Student & Parent  
Handbook**

**2021-2022**



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**Go Bulldogs!**

EFFORT-TEAMWORK-SPORTSMANSHIP



# Welcome

Hello Chartwell Family! Welcome and congratulations on being a part of the Chartwell High School athletic program. The 2021-22 seasons will be our very first time offering sports at our high school. We welcome and encourage you to help us build a tradition of excellence here at Chartwell. Research has shown that being a student-athlete is about a lot more than just fun and games. It has the ability to teach important life lessons that translate into higher grades and fewer absences than non-athletes. This is done by developing the kind of work ethics, habits and self-discipline needed to become more responsible and productive members of our Chartwell community. Not only will athletics bring about a positive impact on our student athletes but our fans as well. Watching and cheering on our Bulldogs this year will give our community a chance to come together. As we sit and watch these leaders compete, our hope is that we cheer on the grit, growth, tenacity and hard work these student athletes put in regardless of the outcome of the game. As we welcome you to this family, we would like to communicate some philosophies and expectations for all our student-athletes and families.

## Chartwell High School Athletic Department Staff

Garrett Benjamin – Athletic Director

Rory Patterson – Middle School Director

John Lukin– Athletics Facilities Director

## Coaching Certifications

All Chartwell High School coaches are required to be certified before the start of each season with the following:

- Fundamentals of Coaching (One Time Certification)
- COVID-19 for Coaches and Administrators (One Time Certification)
- Heat Illness Prevention (Every Two Year Certification)
- Concussion in Sports (Every Two Year Certification)
- Sudden Cardiac Arrest (Every Two year Certification)
- CPR, AED, First Aid, Health and Safety (Every two year Certification)

## Varsity Head Coaches

### Fall

Boys & Girls Cross Country – TBD (Coming Fall 2022)

### Winter

Boys Basketball – Rory Patterson

Girls Basketball – Rory Patterson

Wrestling – Garrett Benjamin



## **Spring**

Boys Golf – Randy Postadan & Garrett Benjamin

Boys & Girls Track – TBD (Coming Spring 2023)

\*\*\*\*\* More sports will be added based on student interest, growth of our student body, and access to facilities. \*\*\*\*\*

## **Mission and Philosophy**

The Chartwell High School mission and philosophy of giving students the skills, strategies, tools and social-emotional mindset will be clearly seen in the athletic programs. Coaches and staff at Chartwell will pay close attention to our student-athlete's academic progress. As students first and athletes second, it is important that they are working hard and doing well in the classroom. We will focus on giving all our students the opportunities to learn and participate in any sport we offer. Valuing lessons as sportsmanship, teamwork, dedication to a goal, sacrifice of one's personal gain for that of a team, self-discipline, how to deal with success and cope with adversity. It is extremely important that our student-athletes are walking away from our athletic programs with those life lessons that will help them to be successful later in life.

## **Crowd Expectations at Athletic Contests**

Proper behavior is expected at all home and away athletic contests. Athletes and spectators should always display an attitude of good sportsmanship toward opposing players, coaches, fans and officials. Sportsmanship means treating opponents with fairness, courtesy and respect. Students whose behavior is inappropriate will be referred to the Head of School. In accordance with CIF/CCS and league sportsmanship policies, the following behavior is considered unacceptable at all high school athletic contests:

1. Insulting your opponents' school or mascot.
2. Insulting opposing players.
3. Making unsportsmanlike, derogatory or obscene cheers or gestures.
4. Signs meant to be derogatory toward one's opponent.
5. Using artificial noise makers.
6. Insulting officials verbally or through gestures.
7. Proceeding onto the playing court or field before, during or after the contest.
8. Acting disrespectful during the national anthem or during opposing team introductions.
9. Visiting an opposing team's campus before or after a contest with the intent to perform a prank or commit vandalism.



# Chartwell Student-Athlete Expectations

## Privilege to Compete

It is important to remind all student-athletes that it is a privilege to compete in athletics here at Chartwell High School, not your right. You are a student first and an athlete second. Your first responsibility is the classroom and the commitment to be successful there. If you take care of your academic responsibilities and adhere to discipline guidelines, you will get the opportunity to compete.

## Expectations Away from the Playing Field

Our expectations away from the playing field are that you are outstanding representatives of our school and our programs. As student-athletes, you are high profile in the community and you should understand that responsibility.

## Success

Athletic success at Chartwell High School is defined if three things happen every day at practice and in every game: effort, teamwork and sportsmanship.

- **Effort:** We expect all our student-athletes to give their best effort every single day in practices or games. Work as hard as you can to make yourself and your teammates better.
- **Teamwork:** It is essential that all team members see themselves as part of a bigger group. Being a part of a team means at times sacrificing what you may want as an individual for the betterment of the team. Team members should all be moving in the same direction in order to help the team be successful.
- **Sportsmanship:** Win or lose, Chartwell High School athletes should always represent themselves in a first class manner. In the emotional climate of high school athletics, it is important to never lose sight of proper sportsmanship. How individuals and teams handle both winning and losing show a lot about their character.

If our teams can do these three things (effort, teamwork and sportsmanship) we will be successful on the scoreboard and also in life.

## Academic Policy

In order to participate publicly in Athletics at Chartwell High School, a student must achieve a grade point average (GPA) of at least a 2.00 for the grading period. When a student becomes academically ineligible, the student may no longer participate publicly or be excused from any class for anything related to that activity.

A student who does not attain a 2.00 GPA in a grading period will be granted probationary eligibility if the student's GPA is between a 1.7 (C-) and 2.00. If the student's GPA is below a 1.7 (C-) no probationary eligibility will be granted. When granted probationary eligibility, the student will remain eligible to



publicly participate until the next grade-reporting period, at which time the student must attain a minimum of 2.00 GPA to remain eligible. If the probationary student does not attain the 2.00 GPA necessary, the student becomes ineligible until the next reporting period.

A student will be granted only one (1) probationary period during any school year, and it will be granted for the reporting period immediately following the student's first failure to attain the required 2.00 GPA. There will be no probationary eligibility granted after the second semester. Thus, if a student does not attain a 2.00 GPA at the end of the second semester, he/she will be declared ineligible for the first reporting period the following school year. The student, however, could go to Summer School to make up for their deficiency and become eligible.

## **Drug and Alcohol Policy**

As an independent coeducational high school, Chartwell High School respects and promotes the dignity and worth of each human being. As such, we find the use and abuse of alcohol and drugs incompatible with our mission and philosophy. Chartwell High School expects students to avoid any use, involvement or possession of alcohol or drugs. Chartwell High School also recognizes substance addiction as a treatable illness and any student who initiates help on their own will be confidentially referred to our SEAD Team for assessment.

## **Disciplinary Action for Substance Abuse**

### **Extracurricular Suspension**

Any student who violates the drug and alcohol policy shall be subject to a public performance suspension period from all extracurricular programs including athletics. This "public performance" suspension period may range from 30 to 60 calendar days. In the most serious cases, a student may be suspended from all activities for the remainder of the season, activity, or in the most serious cases, dismissal from school (See Illegal Substances in Student Handbook)

A student who is suspended from extracurricular activities shall not be permitted to perform publicly until the suspension period has ended. Students who are suspended from public performance are required to fulfill their activity commitment by meeting the daily requirements of that activity, but are not allowed to attend any school sponsored activities or competition (home or away) outside of the daily practice, meeting, rehearsal or tryout period, until the suspension period has ended. A student who fails to complete the daily requirements of the extracurricular activity they are involved in shall be denied activity credit.

In the event of the suspension period extending past the conclusion of the school year, the suspension will be extended into the beginning of the next school year. If a senior is in violation of the substance abuse policy or behavior expectations of the school, the right to participate in senior activities, including the graduation ceremony and exercises, will be forfeited.



## **Athletic Tobacco Policy**

It is the belief of the Chartwell High School Athletic Department that the use of tobacco of any type is harmful to a person's health and well-being as well as impacting athletic performance. In an effort to discourage the use of tobacco of any type among Chartwell High School athletes, the Athletic Department adopts the following policy:

### **First Offense**

The athlete may be suspended from public performance for a period of one week or one contest, whichever is the shorter. The athlete will be referred to the Counseling Department or counseled by the coaching staff as to the hazards of tobacco use and its long range effects on health.

### **Second Offense**

The athlete may be dismissed from the team for the remainder of the season and cannot participate in any other sport until the season of the sport he/she was dismissed from is completed.

## **Performance Enhancing Supplements and Steroids**

It is the policy of Chartwell High School to oppose the use of performance enhancing supplements such as Creatine and Androstenedione, etc. All coaches, teachers and staff members at Chartwell High School will not promote, sell or distribute any supplements marketed as “muscle building.” The school takes the position that all students should make positive lifestyle choices formed by a conscience and a loving responsibility toward other members of the team. Chartwell High School student athletes will compete and reach their full potential, but will do it based on their natural abilities, without the introduction of foreign substances in their bodies.

Students shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the American Medical Association) to treat a medical condition. As stated under CIF Bylaw 200.D, there could be additional penalties for false or fraudulent information. Any violation of this policy is considered a violation of the Chartwell High School Substance Abuse policy.

## **Theft & Vandalism Policy**

Any athlete involved in an incident of theft or vandalism home or away will be referred to the Head of School as outlined in the Chartwell Student-Parent Handbook. In addition, any athletic penalty for theft or vandalism will be determined by the Athletic Director, in consultation with the coach, after discussion with the Head of School.

The athletic penalty for theft or vandalism may range from suspension for a minimum of one day (may be suspended for longer if circumstances bear) to a maximum penalty of dismissal from the team for the remainder of that season. Suspension period may include the missing of contests.



Malicious mischief, however, will be dealt with athletically in the same manner as theft or vandalism and will be punished by the same range of penalties.

## **Eligibility**

To be eligible to play, students must meet the extracurricular eligibility requirements. To be eligible, students must also meet the following criteria:

### ***1. Physical Examination***

Prior to participation in athletics, students must have a physical exam by a physician and provide the school with evidence of such an exam or doctor's clearance. The physical is good for one year from the date of the exam.

### ***2. Transfer Students***

Any transfer student should see the Athletic Director to determine eligibility and to see if the proper paperwork has been filed. Failure to do so could result in the forfeiture of contests and the suspension of the student from CIF competition.

### ***3. Outside Competition***

According to CIF Rule 600, a student on a high school team becomes ineligible if the student competes in a contest on an "outside" team in the same sport during the student's high school season of sport. A violation of this rule results in the student being declared ineligible for the remainder of the season and any games that the student participated in after this infraction would be forfeited.

### ***4. Age***

A student whose 19<sup>th</sup> birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. A student whose 19<sup>th</sup> birthday is on June 14<sup>th</sup> or before, is ineligible.

### ***5. Gender Identity Participation***

All students should have the opportunity to participate in CIF activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student's records. The student and/or the student's school may seek review of the student's eligibility for participation in interscholastic athletics in a gender that does not match the gender assigned to them at birth, via the following procedure below should either the student or the school have questions or need guidance in making the determination. Once the student has been granted eligibility to participate in interscholastic athletics consistent with their gender identity, the eligibility is granted for the duration of the student's participation and does not need to be renewed every sports season or school year. All discussion and documentation will be kept confidential, and the proceedings will be sealed unless the student and family make a specific request. For more information, see the following web page:

<https://static1.squarespace.com/static/598118a9a803bb9823cf53ba/t/59976378f14aa1418c03f717/1503093625109/Guidelines+For+Gender+Identity+Participation.pdf>





## Tryouts/Start Dates

Tryouts/start dates for all teams will be posted on the Athletic Department bulletin board and the web page at the start of each sport season. All students are encouraged to come out for athletics. With Chartwell High School being the size it is we will be competing against similar sized schools. **All sports are non-cut teams.** The goal is to have enough players to have a Varsity and JV team. Interested students must attend informational meetings and sign up for tryouts. Students must have a physical exam form on file in the Athletic Department before coming out for a team. Only the varsity coach can invite a student to try out for a different level. Coaches reserve the exclusive right to determine who makes a particular level of team. Coaches are available to meet with students to discuss their evaluation.

## Freshman Philosophy

Chartwell High School is dedicated to teaching and player development. Every Freshman is encouraged to come out for a team. The mission is to help develop an athlete's knowledge level and skill level while providing them the foundation they will need to participate in any sport.

## Away Games

When you are traveling away from school grounds for competitions, remember once again that you are always representing Chartwell High School. Always dress and act appropriately. Someone's only impression of our school may be you, so make sure that impression is positive.

## Equipment Room

Student-athletes are not allowed in the PE coaches room unless a coach is present. Athletic belongings (i.e. golf clubs, cleats, etc) must be stored in the PE coaches room at the beginning of the day and collected at the end of the day.

## Hazing or Initiation Rites

Chartwell High School does not allow any hazing or initiation rites in any of our athletic programs. As one Bulldog family, we do not tolerate these activities.

## Technology/Acceptable Use Policy

Student athletes should remember to always follow the rules of the technology acceptable use policy in the student handbook. Any online communication should be positive and represent the school and the programs in the highest light.

## Multiple Sports

Chartwell High School and its coaches encourage students to play multiple sports. We feel strongly that playing multiple sports can be a big and positive part of the high school experience. Any student wishing



to play 2 sports in the same season must schedule a meeting with the Director of Athletics and the head coach from each program to discuss if it is possible.

## **Communication**

All student-athletes are encouraged to communicate directly with the coaches on any issue or situation that needs to be discussed. Coach-student communication is essential to the success of any program.

Communication on the following topics will not take place with parents: playing time, game strategy or other students in the program. Any missed practices must be communicated by the student athlete with the coach. The following are appropriate concerns to discuss with the coaching staff: the treatment of the student athlete mentally and physically, strategies to help the student athlete improve, or concerns or changes in your student athlete's behavior.

## **Conflict Resolution**

Students and/or parents who have a complaint or grievance must follow these procedures in this order:

- Schedule a meeting with the coach to address the issue.
- If that step does not resolve the issue, set up a meeting with the varsity head coach.
- If the issue remains unresolved, a parent may request a meeting with the coach, student athlete and Athletic Director.
- In the rare event that a complaint has not been handled, the Head of School should be notified.

## **Evaluations**

At the end of every sport season, students will have the opportunity to evaluate the coaching staff. The Athletic Department staff will administer this evaluation.

## **Facilities**

Student-athletes may only use Chartwell High School facilities under the supervision of a Chartwell High school coach or teacher.

## **Commitment**

All student-athletes are expected to see their commitment through once joining a Chartwell High School athletic team. If a student-athlete quits a team before the season is over, they are not allowed to participate or tryout for a team during the next season of sport until the season of sport they quit is completed.

## **Officials**

Chartwell High School student athletes are expected to show the highest form of respect toward the officials during an athletic contest. Taunting, trash talking, swearing or any other forms of derisive behavior are unacceptable.



## **Club Sports**

If a Chartwell High School student-athlete is participating in a different sport in an outside club, the high school sport must take precedence over the club sport.

## **Two Sports in the Same Season**

Any student wishing to play two sports in the same athletic season must schedule a meeting with the Director of Athletics and the two coaches they are wishing to play for that season.

## **Social Media Policy**

Student athletes should maintain a positive and respectful presence on social media. All actions on social media should be consistent with school expectations of being a Chartwell Student Athlete.

Guidelines to consider:

1. Avoid sharing private information
2. Consider future employers and colleges viewing your social media accounts
3. Make your social media profile enhance you not inhibit you

## **Injuries**

Student-athletes must report all injuries to their coach and the Athletic Director as soon as possible. The Athletic Director will provide guidance during the process of treatment and rehabilitation of all athletic injuries. The Athletic Director will evaluate each injury and determine the best course of action (return to competition or practice, rest, MD referral, etc.) for the health and well-being of the student-athlete. The Athletic Director will determine if and when the injured student-athlete may return to activity at any capacity (conditioning/practice/competition). Student-athletes who seek the care of a physician, either by referral of the Athletic Director or at a parent's preference, must provide written documentation from the physician (not a parent) stating their injury or illness status. This documentation should state the nature of the injury, recommendation for rehabilitation, recommendations for return to play, and a return to participation date.

Student-athletes who do not submit documentation, after receiving care by a physician, will not be allowed to participate in any capacity until such a note is received by the Athletic Director. If the student-athlete is under on-going care after an injury (surgery, physical therapy, etc) and the physician is unable to initially provide a return date, the student-athlete must submit a supplemental note to the Athletic Director, from the treating physician, stating the athlete is cleared to return to full participation. After the student-athlete has been cleared by the treating physician, playing time will be determined by the coach with the recommendation of the Athletic Director and physician.

Injured student-athletes are still part of the team and are expected to attend practices and competitions unless given clearance by a coach, Athletic Director, or physician. Student-athletes are expected to be accountable and punctual for their injury evaluation, rehabilitation, treatments, etc..



## **What happens when my child has a concussion?**

A concussion, no matter what degree, is a serious injury. The Athletic Director will work closely with the parents and student-athlete to determine the best course of action. Return to play is determined on a case by case basis. Chartwell High School policy is that every athlete is required to meet all of the following criteria in order to be allowed to return to play after a concussion:

1. The athlete is asymptomatic at rest and with exertion AND...
2. The athlete must have a normal neurological and physical exam, and be cleared for full activity by their primary care medical physician.

## **Chartwell Parents**

We thank you for all the help and support you give to our school and our athletic programs. We also welcome you to the Chartwell High School athletic family this season and thank you for the many sacrifices you make to allow your student athletes to play athletics here at Chartwell High School. Below are a few expectations that we have for you as Chartwell Parent:

### **Be supportive.**

We ask that you be supportive of your students in their athletic adventures as well as being supportive of our coaching staff. Our coaches are a collection of educators that are truly passionate about the sport they coach and also passionate about working with young people. They will teach your students many aspects of the sport they are involved in along with many life lessons that they will take with them after their high school career is over.

### **Let the coaches coach and the players play.**

We ask that you avoid the PGA (post game analysis) with your student athlete after practices and games. Allow the coaches and students to work together to get better individually and collectively.

### **Be “role models” in the stands.**

Your student athlete is watching you and the example you set. It is important as the adults to remember to always be a positive role model in the stands. We know it can be emotional watching our children participate in sports but it is important that, as adults, we are keeping high school sports in the proper perspective. If you have nothing positive to say, say nothing at all. We should not voice negative comments to the officials, opposing team or opposing fans at any athletic contest. We should always be first class and cheer for great plays from both teams. Make sure we are always showing great sportsmanship in word and action.

## **10 Rules to Follow as a Bulldog Parent**

1. Talk about the other kids on the team and the other team in the same manner you want other parents to talk about your child.
2. It's nice to give the coach a pat on the back when they win. It is even nicer when you give the coach a pat on the back after a loss.



3. Don't hesitate to give the referee, umpire or official a pat on the back.
4. Remind your children that it's effort that counts.
5. Avoid the PGA – the post game analysis.
6. Smile....enjoy the game!
7. If you are not a good sport at the games, neither will your kids.
8. Take time to learn the rules of the game.
9. If you must make noise at games, shout only praise and encouragement.
10. Above all, be there for your children...support them, praise them, regardless of the score.

## **Transportation to/from Athletic Contests**

Chartwell High School will attempt to coordinate all transportation to contests. When it is not available, students are responsible for providing or seeking their own transportation.

Students who are driven to a contest in school provided transportation are allowed to go home from a contest with their parent/guardian only. Students are not allowed to go home in any other vehicle or with anyone else unless the coach in charge has a written note from the student's parent/guardian permitting such transportation.

## **Communication**

Our coaching staff will communicate with you on expectations for each individual program at the pre-season parent meeting along with email communications. If there are issues or concerns that our coaches need to know about with your student, please communicate those to our coaches in either a meeting or an email. These meetings should be scheduled in advance and should not take place before or after a game or before or after practice. Things that should not be discussed with our coaching staff are playing time, game situations or strategies and/or other student-athletes in the program.

## **Parent Gear**

If parents would like to have clothing specific to a Chartwell High School sport, they can contact the AD or coach to coordinate a purchase. All student athletic clothing will be purchased through the team.

## **College Recruiting Process**

If your student has a desire to play college athletics, please make an appointment with their school counselor and the high school coach who can help you through this process.

# **Principles of Pursuing Victory with Honor**

### **The Operating Beliefs and Principles of the California Interscholastic Federation**

At its best, athletic competition can hold intrinsic values for our society. It is a symbol of a great ideal: pursuing victory with honor. The love of sports is deeply embedded in our nation's consciousness. The value of millions of participants and spectators are directly and dramatically influenced by the values and actions conveyed by organized sports. In the belief that the impact of sports can and should enhance the



character and uplift the ethics of our students across the state, we have established a framework of principles and a set of common values that must be adopted and practiced widely.

On November 5, 1999 nearly 50 interscholastic sports and educational leaders representing California's 1263 high schools voted as part of the CIF Federated Council, to unanimously adapt and endorse "Pursuing Victory With Honor" as operating beliefs and principles of the California Interscholastic Federation (CIF). "Pursuing Victory With Honor" is the result of a conference convened May 12-14, 1999 in Scottsdale, Arizona by the Josephson Institute of Ethics, CHARACTER COUNTS! Coalition and the United States Olympic Committee.

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sport leadership – including coaches, athletic administrators, program directors and game officials – to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athlete is a serious commitment to getting an education and developing the academic skills and character to succeed. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well being of student-athletes is always placed above desires and pressures to win.
9. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
10. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other

participants with respect. Coaches have a social responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.

11. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) The physical capabilities and limitations of the age group coached as well as first aid; 3) Coaching principles and the rules and strategies of the sport.
12. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
13. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
14. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
15. The profession of coaching is a profession of teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

## 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:

1. **Trustworthiness** - be worthy of trust 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.
2. **Respect** - treat all people with respect all the time and require the same of other student athletes.





3. **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.
4. **Disrespectful Conduct** – 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.
5. **Respect Officials** – treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.
6. **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 to their education, the ability to succeed academically or the character to represent their institution honorably
7. **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 yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
8. **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.
9. **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.
10. **Integrity of the Game** – protect the integrity of the game; don't gamble. Play the game according to the rules.
11. **Be fair** - live up to high standards of fair play; be open-minded; always be willing to listen and learn.
12. **Concern for Others** - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to me or others.
13. **Teammates** - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.
14. **Play by the Rules** – maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. **Spirit of Rules** – honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.