



2023-2024
STUDENT-ATHLETE
HANDBOOK

Turlock Christian School JH/HS
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Welcome from our Head of School

Welcome to the 2023-2024 school year. As this year begins, we look forward to another year filled with the sounds of students learning, their activities and being a part of a loving community. We believe God has many great things in store for TCS as we stay committed to His mission of educating students in a caring environment. Each of our students are created in the image of God and has been uniquely gifted. Our goal remains to equip each of them to use those talents and gifts for the glory of His kingdom here and after they leave TCS.

Community is central to who we are at TC. This is a place where you are amongst friends. The TCS community, together, strives to impact lives by pursuing excellence and honoring God. This is how we approach each day. Each of us are committed to a mission to empower students to become leaders.

Our Focus

At TCS, our focus is “**Preparing students for college and life in the vital areas of faith, virtue and knowledge.**” We are committed to academic excellence, being a caring community, and have a proud history of preparing students for outstanding college careers. Whatever a student’s future holds, Turlock Christian’s primary goal is to prepare them to live life honoring God and making an impact wherever their life takes them.

Our Core Values

We seek to teach and live out four Core Values.

Excellence: We strive to do our best always and to realize fully, our God-given potential.

Partnership: We serve in partnership with students, their families, churches and others who share our values.

Impact: We are committed to living unselfishly, making life-changing differences in others, our community, country and the world.

Character: We seek to be and to produce people whose lives are marked by love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Our hope is that all who attend TCS will have a student experience of epic proportions. We pray that Turlock Christian will prepare them to honor God by living unusual and out of the ordinary lives, dedicated fully to Him.

John Kennedy
TC Head of School

ATHLETIC PROGRAMS

HIGH SCHOOL

- FALL** Varsity Football
 Girls JV and Varsity Volleyball
 Varsity Cheer
 Coed Varsity Cross Country
 Coed Varsity Clay Target Trap
- WINTER** Girls Varsity and Junior Varsity Basketball
 Boys Varsity and Junior Varsity Basketball
 Girls Varsity Cheerleading
- SPRING** Varsity Baseball
 Co-Ed Varsity Tennis
 Co-Ed Varsity Track & Field
 Co-Ed Varsity Golf
 Varsity Clay Target Trap

JUNIOR HIGH SCHOOL

- FALL** Girls 7th - 8th Grade Volleyball
 Co-Ed 7th - 8th Soccer
 Cheer
 Clay Target (Trap Team)
- WINTER** Girls 7th - 8th Grade Basketball
 Boys 7th - 8th Grade Basketball
 Girls Cheerleading
- SPRING** Boys 7th - 8th Grade Baseball
 Girls 7th - 8th Grade Softball
 Clay Target (Trap Team)

ATHLETIC PHILOSOPHY

The philosophy is to support the mission statement of Turlock Christian Schools and to assist students in their athletic growth and development. Athletics assist students in promoting the importance of teamwork, effort, goals and commitment. **High School athletics is highly competitive**, but winning is not the only measure of success. *Sportsmanship, respect for participants, and dignity in the face of adversity* are more important than the outcome of the contest. Our actions, whether victorious or not, should always be done in a way that honors others and gives glory to God.

Three themes should permeate every area of the Turlock Christian Athletic Department:

1. **Commitment** -- Jesus knew what his purpose was, and absolutely nothing was going to stand in his way.
2. **A spirit of love and compassion** -- Jesus never failed to minister in love, grace and truth to those around him.
3. **Pursue excellence** – Do your best to grow in your own athletic abilities.

In order to strengthen the body of Christ, we as an athletic department need to **encourage** and **pray** with each other and our team members and to nurture the gifts and talents of each individual.

We honor God in every athletic situation by using our gifts and talents to encourage one another, giving God all the glory.

CALIFORNIA INTERSCHOLASTIC FEDERATION (CIF)

The Turlock Christian Schools sports program offers students the opportunity to participate in athletic competition with other schools. The high school is a member of the California Interscholastic Federation (CIF) and the Central California Athletic Association (league).

The following is the **CIF Code of Ethics**:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game -- not a matter of life and death for player, coach, school, official, fan, community, state, or nation.

SPORTSMANSHIP GUIDELINES

Athletes are ambassadors of Turlock Christian School. Therefore, athletes and parents must assume it is expected and required that all team personnel, parents and spectators respect and honor God at all times by exhibiting the highest level of conduct. Treat all athletes, coaches, staff and officials with respect and dignity at all times.

CHAIN OF COMMAND PROCEDURES

The purpose of the Turlock Christian Athletic Department “chain of command” procedure is to help build and foster relationships between students, families, coaches, administration, teachers, and everyone else involved.

We follow the **Matthew 18:15-20 Principle** - **If at any time an issue arises, please go directly to the person the issue is with.** If the issue is not resolved, you then see the supervisor of the individual. We encourage **clear, concise** and **courteous** communication between parents, coaches, administration, and all those involved with the student-athletes at Turlock Christian. Be charitable and assume the best intentions of one another. Do NOT gossip.

Parent Communication with Coaches

If a parent feels a need to communicate a concern with a coach, the parent must contact the coach for a pre-arranged meeting. Please be aware that a parent is not to address a coach before or immediately after a game or practice. Coaches have pre and post-game/practice responsibilities, including supervision of players at all times. If needed, the parent can contact the school office for a pre-arranged meeting between the parent, coach and the Athletic Director.

Student Communication with Coaches

If student athlete has a conflict or concerns regarding the team and/or coach, they must go directly to the coach to speak about the issue to seek understanding and resolution. If the student athlete feels that understanding and resolution has not been accomplished they may address the issue with the Athletic Director. If the Athletic Director is not available then the student athlete/family may speak to the Principal.

All Turlock Christian School student-athletes must adhere to the following policy. If you are found to not be adhering to the below requirements, you could face suspension or expulsion from participating Turlock Christian School athletics.

A STUDENT-ATHLETE MAY NOT:

1. Be friends on social media with any coach/teacher while a student at Turlock Christian.
2. Text or call coaches/teachers for personal reasons.

A STUDENT-ATHLETE MAY:

1. Contact coaches by texting, calling, or emailing if he/she has a relationship with the family and has the family's permission to be in contact the student.
2. Become friends/followers on social media once graduated and/or are no longer a student at Turlock Christian School

HARASSMENT:

Harassment in any form, including sexual harassment, is prohibited. If you threaten, torment, harass, humiliate, ridicule, otherwise target, or bully another individual who you know through school, the school can discipline you up to and including suspension and expulsion for such conduct.

Report immediately any incident of harassment (physical, emotional and/or sexual) of a student by another student and/or by an adult to the Athletic Director and School Principal.

Those receiving the report will thoroughly investigate the matter in confidence. After reviewing all the facts, TCS will make a determination reasonable grounds exist to believe that harassment has occurred and take necessary action. Disciplinary action, up to and including expulsion or termination, will occur for any employee or student who is found to have engaged in harassment. The School principal or Athletic Director will submit a report to local governing authorities in cases of suspected sexual harassment of a student by an adult.

1. Sexual Harassment Includes:

- a. Unwanted sexual advances.
- b. Offering educational benefits in exchange for sexual favors.
- c. Making or threatening reprisals after a negative response to sexual advances.
- d. Visual conduct; leering, making sexual gestures, displaying of sexually suggestive objects or pictures, cartoons, or posters.
- e. Verbal conduct; making or using derogatory comments, epithets, slurs, and jokes.
- f. Verbal sexual advances or propositions.
- g. Verbal abuse of sexual nature, graphic verbal commentaries about an individual's body, sexually degrading words used to describe an individual.
- h. Suggestive or obscene letters, notes, or invitations.
- i. Physical conduct; touching, assault, impending, or blocking movements.

2. Harassment via Social Networking and Digital Media:

Such conduct includes but not limited to inappropriate use of the internet, social media, e-mail, mobile devices and or computers related in any way to school, other students, or school personnel. The school interprets the offense to include messages/images sent from on or off campus computers or other devices that talk about another student or TC personnel, which reflects negatively on Turlock Christian School.

REPORT OF SUSPECTED SEXUAL ABUSE:

1. Sexual abuse or sexual assault of any person under 18 years of age.
2. Neglect of a child less than 18 years of age.
3. Situations where a child under 18 years of age is subjected to physical pain or mental suffering or where the child's health or safety is jeopardized.
4. Situations where a child under 18 years of age is the victim of a willful (non-accidental) physical injury by another person. This does not include injuries sustained from a mutual fight between minors.

DEFINITION OF REASONABLE SUSPICION:

According to Penal Code Section 11166 (1), reasonable suspicion is what is "objectively reasonable for a person to entertain a suspicion, based upon the facts that could cause a reasonable person in a like suspicion, drawing, when appropriate, on his or her training and experience, to suspect child abuse or neglect." In plain English, this means using average judgment and common sense.

If you have "reasonable suspicion" of child abuse, you are not to conduct your own investigation to confirm or discount the suspicion. However, it is appropriate to ask the child a few questions to help clarify the situation. For example, if a child has a swollen eye, it is reasonable to ask how he/she sustained the injury.

If you suspect someone you know has been abused please contact the Athletic Director or High School Principal immediately.

CPS: 1-800-558-3627
Turlock Police Department: 668-5550
Stanislaus County Sheriffs, Family Crimes Unit: 525-7074,
<https://www.scsdonline.com/fcu.html>

CONDUCT OF A CHRISTIAN ATHLETE

The conduct of a Christian athlete is observed in many areas of life. The student athlete is encouraged to pursue a relationship with God through prayer and spending time studying God's Word, to strengthen and sustain the athlete as they strive to live a life that honors God on the field, in the classroom and in life.

DRESS CODE

The athletic department expects all student-athletes will maintain a clean, neat, and modest appearance. Appropriate shirts, shorts/pants, and shoes must be worn at all times. Student-athletes will refrain from wearing tee shirts with inappropriate logos including and/or endorsing profanity, alcohol consumption and tobacco or drug use.

All student-athletes will dress properly at all home and away games/events. Team members not in compliance with team and/or school dress code are subject to team and/or school discipline. Dress code is to follow the Turlock Christian School Code of Conduct.

ON THE FIELD

In the area of athletic competition, a Christian athlete should never use profanity or illegal tactics. Losing is part of the game and athletes should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory. However, if there is a possible conflict, leave the field immediately.

Officials in a game are there for insuring that both teams receive a fair opportunity. Officials do not lose a game for you. Athletic tradition states that no one except the appointed captain talks to the official, and he/she should speak in a tone of respect and for clarifying a rule.

Any behavior contrary to what is stated is a direct reflection on the school, the team and coaches, will not be tolerated. Coaches shall report violations to the Athletic Director within 24 hours of violation. Those of a serious nature will result in suspension and possible expulsion from the team.

IN THE CLASSROOM

A student athlete is a student first and athlete second. He/she is to attend every class every day. He/she plans his/her time so he/she gives sufficient energy to his/her studies to ensure acceptable grades. At TC an athlete must maintain a 2.0 average and no failing grades (F's) in any class. Grade checks occur on the first Friday of every month.

As a Christian athlete you are:

1. a student, first and foremost
2. a gentleman or lady
3. competitive

In addition to maintaining a 2.0 GPA, an athlete should give respectful attention to classroom activities and show respect for students and faculty members at all times. Disrespect and unnecessary talking are not approved habits of behavior. If these standards present a problem to the athlete that he is unable to correct, he or she will be required to meet with the Athletic Director and could face possible suspension or expulsion from the team.

HAZING

Hazing is prohibited at all times. Hazing involves any act that subjects teammates to mental or physical discomfort, embarrassment, harassment, or ridicule. In some instances, hazing constitutes a criminal act. A student athlete who fails to observe the prohibitions and mandates of this policy will be subject to discipline or removal from the team. All hazing incidents are reported to the Director of Athletics immediately.

PRACTICE EXPECTATIONS

Students are to be at every practice during the season. In the event of personal illness, death in the family, or a similar family emergency, the student athlete is excused from practice. The coach can approve other reasons for absence prior to practice time.

Students are to communicate with their coach if they know they will be missing a practice or game, at least one week in advance.

Frequent absences or tardiness to practice will result in loss of academic physical education credit for the sport, and/or loss of the opportunity to receive the TC block letter, as well as possible suspension or expulsion from the team.

Practice Expectations for Student Athletes;

1. Be on time to every practice, dressed and ready to participate.
2. All members of the team are to attend every practice session unless excused by the head coach.
3. Work hard to improve yourself without having to be forced. Correct habits are formed through continued repetition.
4. No complaining, no criticizing, no egotism, no excuses! Earn the respect of all through your actions. Lead by positive example.
5. Never leave practice without permission.
6. When the coach blows the whistle and is speaking give your undivided attention, respond immediately with respect and obedience.
7. Take care of all school equipment including but not limited to; uniforms (wash in cold water and hang to dry), balls, weight room, and all equipment in Monte Vista Chapel gym and Calvary Baptist Church gym.
8. Give your best to the team and expect the best from your teammates.

TREATMENT AND PRECAUTIONS OF BLOOD INJURIES

COMMUNICABLE DISEASE PRECAUTIONS

1. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
2. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
3. The bloodied portion of the uniform must be properly disinfected or the uniform changed before the athlete may participate.
4. Clean all blood contaminated surfaces and equipment with a solution made from a 1-100 dilution of household bleach or other disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments or devices.
6. Although saliva is not implicated in HIV transmission, to minimize the need for emergency direct mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin condition should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and, other articles containing body fluids.
10. Refer to the specific sport rules for additional information.

TRIPS/TRAVELING TO AND FROM GAMES

When we travel to and from games, we represent our Lord, school and coaches; therefore, student athletes are to dress in an acceptable manner when traveling, and conduct themselves in a manner consistent with what TC believes. Violations will result in suspensions from the next game.

Students will travel to and from with the team unless arrangement through verbal consent is made and approved by the coach. Students may only ride with parents who have a TC cleared and approved volunteer driver application, not with other students.

Teams may travel with parents by car in approved vehicles whose drivers have filled out the required Volunteer Driver application in the TC office. Otherwise, all team members, stat keepers, etc., will go to and return from games in the school van. The only exception to this is traveling with parents.

Eating snacks and drinking water are allowed in the vans. **However**, everyone **MUST** pick up the garbage from inside the van before released to go home.

Students will call parents for pick-up approximately fifteen minutes before they arrive back at the TC campus. **Coaches must stay with the athletes until parents arrive to pick them up after away games and practices.**

SUPPLEMENTS

Coaches may not encourage any student-athlete to take supplements, even if the supplement is harmless and is legal.

A Turlock Christian student-athlete may not take a supplement such as creatine or other muscle recovery products, unless the following items turned in:

- a. A signed note from medical doctor stating that the student-athlete can take the supplement and is healthy enough to do so.
- b. A signed note from the parent stating the student-athlete may take the supplement.
- c. Both signed notes turned in and signed off by the Athletic Director.

Once all three signatures are received, the student-athlete will be given permission to take the specific supplement mentioned in the notes.

If a student-athlete is taking a supplement without the appropriate signatures, suspension or expulsion from their team may occur. This is a very serious issue, as it is important for underage athletes to receive proper permission to take supplements, even if the supplement is widely accepted in society and legal.

ELIGIBILITY AND ATTENDANCE REQUIREMENTS

ATHLETIC AND EXTRA-CURRICULAR STUDENT ELIGIBILITY

ACADEMIC ELIGIBILITY:

1. Eligibility is determined on the first Friday of each month.
2. Athletes must maintain a grade point average of 2.0 with no F's.
3. If students do not meet the grade requirement, they will be on a two-week probation.
4. Students on ***academic probation*** may continue to participate in practices and games/meets.
5. If a student remains **ineligible** *after* the **two-week probation period**, the student will be ineligible to participate in games/meets but may participate in practices until the next grade check.

BEHAVIORAL ELIGIBILITY:

The way we act on the campus is of great importance. Athletes should be leaders and fellow students should respect and follow them. There are certain characteristics that pertain to an athlete.

1. Neat and well groomed.
2. Does not use profanity in his/her speech.
4. Maintains a good example on and off campus.

True leaders will accept this responsibility, realizing they influence many others on the campus. Athletic leaders work for the betterment of the school and what is right and good for their fellow students. Hazing of new students, fighting, etc., are certainly not in the best interest of school spirit and should be opposed at every opportunity. The use of illegal drugs or substances (on or off campus) will result in automatic expulsion from all sports for the full academic year and referral to the principal for further discipline.

The manner, in which a Turlock Christian student-athlete behaves, is not dependent on being on campus or at a school function or event. The student-athlete is always a representative of Turlock Christian and their faith. If negative behavior is found on social media, the student will be required to meet with the Athletic Director and will possibly receive suspension or expulsion from the current team and further play for the remainder of the academic year.

Coaches are responsible to report violations of these policies to the Athletic Director within 24 hours of notification of the violation. Violations of these rules may result in suspension and/or possible expulsion from the team. In addition, regular school discipline, which puts students into the fault system, can create behavioral ineligibility for extra-curricular activities and sport activities.

SCHOOL ATTENDANCE AND ATHLETIC PARTICIPATION

1. In order to participate in athletics (game or practice) on a given day, a student must be in school all day and must not miss more than one class period in the given day.
2. Dentist and doctor notes are necessary when appointments are on game or special activity days, for the purpose of eligibility.
3. If the student misses more than one class period (refer to point one) for any reason (except for other emergencies the administration deems appropriate), the student will not be allowed to participate in athletics for that day. For example, if a student arrived at school at 9:30 a.m. because he/she did not feel well when he/she woke up, he/she cannot play or practice that day. It also means that if a student is "needed at home," that student will not be able to play or practice that day, unless the administration feels that it is an emergency.
4. If a student has an attendance infraction on a game or special activity day, he/she may not dress out for that activity. They may not practice on the day of an infraction either but must attend the practice anyway. Even though a student may not participate on the day of infraction, he/she must still attend the game or practice session. However, the student will NOT travel with the team if there is an early school-day release time for an away game.
5. If a student misses school due to an illness but feels better later in the day, they are not to attend practices or games.

ATHLETIC PHYSICALS

Annual physicals are required for all athletes who participate on inter-scholastic teams at Turlock Christian School. A current physical form must be on file. *Individuals are not allowed to participate in games or practice without a physical.* This applies to all High School and Junior High student-athletes.

It is the responsibility of the athlete and his/her parents to keep the school supplied with a current physical. The CIF physical consent form must be on record with the athletic department and a copy (will be provided by the school) in the coach's Emergency Contact Folder before the first official practice.

It is very important to remember that no extensions granted unless special arrangements are made with the Athletic Director. By having physical reports in early, an adjustment can be made, if necessary, in the training program of that athlete.

Regardless of when an athlete had his/her last physical, it would be a good policy for parents to schedule physicals in the summer of every year to make certain that an athlete will not have to sit out any practice sessions or games. Each year the school arranges with a local physician to have students get their physicals at a specific time. Each family will be notified of this date, which is usually during the month of July.

ATHLETIC PARTICIPATION GUIDELINES

GUIDELINES

Guidelines regarding player participation:

- 7th/8th grade teams: Everyone plays, but playtime may not be equal.
- Junior Varsity teams: This level is a transition stage between junior high sports and the competitiveness of high school athletics. Therefore, each player should play as much as possible. The coach plays who he/she feels fit in order to win the game.
- Varsity teams: The coach plays as many players as possible, but does not sacrifice the team's opportunity for victory to do so. The coach plays who he/she feels fit in order to win the game.

TC Athletic Department enforces a “**No Quit Policy.**” This means that once the final roster has been submitted to the office (after the first 2 weeks), athletes are not allowed to quit any team until the end of the season unless under a doctor’s recommendation. Quitting or removal from a team will affect the ability to play on any team in the following season and impact future letters of recommendations from the school.

Uniform and Equipment Return

All athletes are responsible for the equipment issued to them by their coaches. Once an athlete’s respective season is completed, they must return said equipment to their coach or designee. Parent/Guardian are responsible for the replacement cost of missing or damaged items. It is the expectation that all Turlock Christian athletes will be mindful of the value of the issued equipment and be responsible about returning such items to their coach or designee.

Failure to return uniforms on the due date will result in the following:

Uniforms are all due to the coach no later than TWO WEEKS after the last game/meet of the sport season. After two weeks, parents will be billed for unreturned items.

ATHLETIC AWARDS AND LETTERING POLICY

The coaching staff of Turlock Christian High School desire each student athletes' athletic letter to be a source of pride gained through hard work and dedication. An athlete does not earn a letter merely by attending practices and games.

An athlete is awarded one TC block varsity athletic letter while in attendance at Turlock Christian High School regardless of the number of times an individual letters in a sport or sports. An athlete will not be awarded a letter if he/she is not eligible for the entire season due to academic or behavioral ineligibility.

All athletes are expected to attend the Sports Banquet. This is where you will receive any award, (certificate, insert, plaque, and letter). This is a special event and all coaches and players are encouraged to dress accordingly.

The following criteria have been established to earn a TC block letter:

1. Must be an athlete on a varsity team. JV players do not receive a letter.
2. Must be eligible the entire season. An athlete who becomes academically or behaviorally ineligible at any time will not be eligible to receive a letter.
3. If a player is injured during a practice or game after interscholastic play has begun, he/she is still eligible to receive a letter if he/she continues to support the team through attendance and assistance.
4. Must be judged by the coach as having made a positive contribution to the team; either through skill development and/or through team spirit.
5. In order to receive a letter, a varsity player must attend practices and games for at least $\frac{3}{4}$ of the season. Being a senior does not exempt a student from this policy.
6. All letter nominations must be submitted by the head coach to the Athletic Director within two days of your season ending. The Athletic Director must approve all players receiving a letter, and may remove the letter from any student whom he deems ineligible due to academic, athletic, or behavioral issues.

The two main team awards given on the junior high teams and high school teams are **Most Valuable Player** and **Christian Character Award**.

Varsity athletes who have earned a TC block letter will receive a small sport-specific insert patch representative of the sport they participated.

Turlock Christian Student Athlete Handbook Signature Sheet

By signing this page, I am stating that I have read and agree to the information and material listed and stated in the Turlock Christian Student Athlete Handbook. I affirm as a student athlete at Turlock Christian, my goal will be to represent Turlock Christian with honor and dignity, good sportsmanship and servant leadership. I will work to enhance the gifts and abilities that God has given me for the good of my team and our athletic department. The Code of Conduct, as stated in the handbook, is a 24-7 commitment.

Student Printed Name

Sport/Season

Student Signature

Date

Parent Printed Name

Parent Signature

Date

Please sign and return this form to YOUR coach by the first **week** of in-season practice.