

ATHLETE CODE OF CONDUCT

This document presents PVHSWP's expectations of its coaches, student athletes, and parent body, all of whom have made commitments to our program. Taking ownership of this process benefits and strengthens our program & pushes us to succeed at the highest level. Please read the document carefully, acquire the proper signatures, and return the sheet to your coach only when you believe you are ready to meet these expectations.

Commitment

Your dedication to the team affects you, your team, and PVHS athletics as a whole.

STUDENT ATHLETES WILL:

- Abide by the schedules set by the coaches.
- Be fully prepared and on time for practices and games, taking into account time for travel to events.
- Not make conflicting appointments during practice or game time, even during long vacations and preseason.
- Go over the practice and game schedules with their parents.
- Use free time in school responsibly (to see teachers and get ahead on homework).
- Communicate with their teachers when they will be absent at least **1 week** ahead of time.
- Use SportsYou to report availability for games, practices, team events

CAPTAINS WILL:

- Be positive role models of behavior at all times, 24/7.
- Help teammates manage academic workload and the demands of practice (model good study habits).
- Assist coaches in efforts to promote our program and attract and retain athletes.
- Be approachable and welcoming.
- Take a hands-on role in administering the athletic code of conduct.

COACHES WILL:

- Communicate clearly with athletes and parents.
- Present all families with accurate game schedules.
- Create regular practice schedules.
- Explain the consequences of violating the code at the beginning of each season.
- Exercise good sportsmanship and refrain from any activity that could be considered as bullying, harassment, hazing, and/or intimidation.

Conduct

You owe it to yourself and to your team to present your best, healthiest self.

- We are STUDENT-athletes. We are **100%** committed to both words - not 50% committed to each word. We are 100% a student & 100% an athlete, but the student portion comes first. Take care of your grades so we can take care of business in the pool.
- Take care of your body – eat healthy meals, do not drink or abuse substances (illegal or legal), get proper rest, hydrate, warm up and cool down appropriately.
- Exercise proper sportsmanship. This includes refraining from the use of derogatory terms in relation to race, religion, sexual orientation, and/or gender expression.
- Refrain from any activity that could be considered as bullying, harassment, hazing, and/or intimidation.
 - This includes talking about other athletes & individuals behind their backs or being passive aggressive. We work to communicate our frustrations with each other in a positive way - if our issues grow our team's success shrinks.

- Be careful and respectful when using the Internet as a means of social networking.
 - There will be no tolerance for any harmful or disparaging actions on social media toward teammates, coaches, or opposing teams.
 - This includes negative comments and/or posts on Twitter, Instagram, Snapchat, Tiktok, GroupMe, WhatsApp, text messages, or any other platform for online interaction.
- Travel safely and responsibly when driving or walking to a practice, especially one that is not located at PVHS.
- Be civil and courteous guests at other campuses – theft, vandalism, rude behavior and inappropriate language will not be tolerated.
- Leave facilities in better condition than when we arrived. Leaving behind trash, equipment, personal items, etc. is unacceptable.
- Keep yourself in the pool – behave responsibly and stay out of trouble, both in and outside of school.

Consequences

The choices you make can affect your playing time, playing eligibility, and discipline status. Captains, please also note that failure to meet the expectations laid out in this document may result in the negation of your captain designation.

Commitment violations

- At minimum, **2 unexcused tardy appearances** or **1 unexcused missed practice** will result in the athlete missing a start. Each subsequent unexcused tardy appearance or absence (game or practice) will result in the athlete missing a game & an email/meeting with parents. At any point after the 4th tardy appearance or 3rd unexcused absence, the athlete may be suspended from the team indefinitely potentially resulting in a failed grade.

Conduct violations

- A coach will limit an athlete's playing or practice time when he/she believes the athlete's health is in jeopardy (i.e. any drug and alcohol violations, physical illness, injury). Under these circumstances, the athlete may be referred to the appropriate school service (i.e. nurse, counselor, athletic trainer), and may not return to the playing field until given proper clearance.
- A coach will limit an athlete's playing or practice time if the athlete exhibits poor sportsmanship by way of language/attitude, or if the athlete exhibits any form of harassment, or if the athlete exhibits misconduct through means of social media. The administration will also be involved on a case-by-case basis to determine the athlete's consequences.
 - An athlete's captainship or comparable authority on a team may be taken away if he or she is found inciting negativity between teammates or toward opponents and coaches.
- Any drug and alcohol violation will be evaluated on a case-by-case basis by administration and coaches to determine the athlete's consequences.

Signing this document affirms each individual's commitment to the ideals presented herein.

Athlete's Signature: _____ **Print Name:** _____

Parent/Guardian's Signature: _____

Please return to Coach Zach by the end of the first week of practice.

Failure to do so may result in loss of playing time.