



## NORTHWOOD HIGH SCHOOL ATHLETIC DEPARTMENT

GUIDELINES FOR THE STUDENT ATHLETE

# ATHLETIC CODE

Athletes are ambassadors of Northwood High School, and therefore the behavior of all athletes, in and out of competition, is of paramount importance. As a privilege and not a right, interscholastic athletics is a voluntary program and students are not obligated to participate. Participation is not required for graduation. It is the responsibility of the athlete to conform to the behavioral expectations set forth by the school's athletic department.

### CONDUCT

All Northwood athletes represent not only their specific sport, but also their entire high school. It is imperative that athletes are a positive reflection of Northwood High School and behave accordingly. The following is a list of expectations for all athletes:

1. The possession or use of drugs, alcohol, tobacco or illegal steroids, in or out of season during school time or at a school event, or based on verifiable information outside of school, is prohibited.
2. The athlete should dress neatly and be well groomed at all times. No jewelry will be worn during athletic contests. This conforms to the CIF Officials Code for Safety. An athlete should dress neatly and wear shoes when traveling to an event.
3. Athletes will refrain from profanity, cheating, or illegal tactics during competition and in the classroom.
4. Athletes will show respect for teammates, opponents, officials and coaches at all times.
5. Athletes will not violate required locker room conduct. Horseplay results in injuries and damaged equipment, both of which hurt the team.
6. All athletes are expected to be modest in victory and gracious in defeat. Our athletes will win with character, lose with dignity, and strive for self-discipline at all times.
7. No athlete may be members of any secret clubs or fraternities.
8. No athlete may be suspended from school for any reason.
9. All athletes will behave in a manner commensurate with being a representative of the Northwood High School community.

The Northwood High School Athletic Department will not tolerate any student behavior that reflects poorly on the athletic program. An athletic council that will consist of the Athletic Director, Assistant Principal overseeing athletics and one on-campus coach will examine all violations of the athletic code. The council will review the case and apply sanctions.

*Any of the above offenses or conduct violations will be addressed on an individual basis.  
The athletic council will meet to determine appropriate sanctions which commonly include:*

***First Offense:*** Immediate removal of the athlete from participation in all athletic contests for not less than ten (10) athletic days (including Saturdays). If the student is out of his/her athletic season, the student will not participate from the beginning with the 1<sup>st</sup> game of the season and not less than 20% of consecutive games during the season. For a multi-sport athlete the percentage will be 10% each.

***Second Offense:*** A second offense shall result in immediate removal from the team for the remainder of the season, up to one calendar year with an appeal process available to the student at the end of the season.

Hazing of students, fighting, and sexual harassments will not be tolerated. Any violation will result in the immediate removal of the athlete from participation in all athletic practices and contests during the time of suspension. In addition, further consequences may be considered.

**NOTE:** It is the prerogative of the individual coaches to have additional policies and codes and to impose additional sanctions on athletes who violate the Athletic Code or individual team codes.

Mutual Respect

Trustworthiness

Compassion

*"For the good of the pack!"*

## **ELIGIBILITY**

The following requirements have been established by C.I.F. and the Irvine Unified School District for all students competing in interscholastic competition:

1. To be academically eligible, a students must meet three criteria:
  - a. Students must pass a minimum of 20 units of work in the quarter preceding the athletic season. Only 5 units of Physical Education may be counted towards those units. In addition, students must be currently passing 20 units of class work.
  - b. All athletes must be enrolled in a minimum of 25 units of course work during the season of the sport.
  - c. All athletes must have a GPA of 2.0 or better on a 4.0 scale.
    - i. If athletes do not meet the GPA criteria, but meet the credit criteria, a one-time probationary option is available. Athletes may use probation only once in their entire high school career.
2. All students must have a physical exam and have a completed form on file in the Athletic Office to be eligible to participate. Physical exams are good for one calendar year.
3. The student must be residing with the parent or legal guardian within the boundaries of the school attendance area. If not, the student must be eligible under an intra- or inter-district permit.

*Note: See the specific guidelines for athletic eligibility, which deal with insurance, physicals, parent consent, emergency cards and residential eligibility. Detailed guidelines are listed at [www.northwoodhigh.org](http://www.northwoodhigh.org).*

## **CARE OF EQUIPMENT**

Respect all equipment and use it safely and appropriately. Athletes are responsible for any uniforms or equipment they are issued. **No athlete will be allowed to play on any athletic team until all uniforms and equipment from a prior sport are returned and paid for. The athlete will not be allowed to participate in any award ceremony or receive a letter until all obligations have been met. Grades may also be held until an athlete clears up any uniform or equipment obligations.**

## **REMOVAL FROM OR QUITTING A TEAM**

Any student who is removed from a team or leaves the team for any reason will be subject to the following regulations:

1. An athlete has **three** weeks from the official start of practice for the season to determine whether they wish to leave a team. If, after the third week, an athlete leaves a team for any reason, the athlete may **not** join another team. The athlete may join another team only at the conclusion of the season of the team he/she left.
2. If an athlete leaves a team after a three-week period and is in the 9<sup>th</sup> grade, they shall be returned to regular P.E. class.
3. Athletes dropped from a team for disciplinary reasons (in or out of season) may **not** go out for another sport until the season of the sport from which they were dropped has concluded.

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I have read the Guidelines for the Student Athlete and agree to honor them. I am aware of and have read The Parent's Handbook and the Athletes' Handbook located on the district website ([www.iusd.org](http://www.iusd.org)) under Parent Resources, especially as it pertains to conduct of spectators and athletes. I have discussed the expectations for both athletes and spectators with my family and I take full responsibility for my actions.

<b>Print Student Last Name</b> _____	<b>Last</b>
<b>Print Student First Name</b> _____	<b>First</b>
<b>Student Signature</b> _____	
<b>Student ID #</b> _____	<b>Date</b> ____/____/____

<b>Print Parent Last Name</b> _____	<b>Last</b>
<b>Print Parent First Name</b> _____	<b>First</b>
<b>Parent Signature</b> _____	
<b>Date</b> ____/____/____	

**Sport(s) in which the student athlete will participate:**

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

**PLEASE COMPLETE AND RETURN  
THIS PAGE ONLY**

(This Athletic Code must be signed annually and kept on file)