



NORTHWOOD HIGH SCHOOL ATHLETICS DEPARTMENT

GUIDELINES FOR THE STUDENT ATHLETE

ATHLETICS 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 nor is participation required for graduation. It is the responsibility of the athlete to conform to the behavioral expectations set forth by the school's Athletics Department.

CONDUCT

All Northwood athletes represent not only their specific sport, but also their entire high school. It is imperative that student athletes are a positive represent their school positively 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 athletics 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 Athletics Department will not tolerate any student behavior that reflects poorly on the athletics program. An athletics council that will consist of the Athletics Director, the Assistant Principal overseeing athletics and one on-campus coach will examine all violations of the Athletics 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 Athletics council will meet to determine appropriate sanctions which commonly include:

First Offense: Immediate removal of the athlete from participation in all athletics contests for not less than ten (10) athletics days (including Saturdays). If the student is out of his/her athletics season, the student will not participate from the beginning with the 1st 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 harassment will not be tolerated. Any violation will result in the immediate removal of the athlete from participation in all athletics 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 Athletics Code or individual team guidelines.

Mutual Respect

Trustworthiness

Compassion

"For the good of the pack!"

ELIGIBILITY

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

1. To be academically eligible, students must meet three criteria:
 - a. Student Athletes must pass a minimum of 20 units of work in the quarter preceding the athletics season. Only 5 units of Physical Education may be counted toward those units. In addition, student athletes must be currently passing 20 units of class work.
 - b. All student athletes must be enrolled in a minimum of 25 units of course work during the season of the sport.
 - c. All student athletes must have a GPA of 2.0 or better on a 4.0 scale.
 - i. If student athletes do not meet the GPA criteria, but meet the credit criteria, a one-time probationary option is available. Student Athletes may use probation only once in their entire high school career.
2. All student Athletes must have a physical exam and have a completed form on file in the Athletics Office to be eligible to participate. Physical exams are good for one calendar year.
3. The student athlete must reside 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 athletics eligibility, which deal with insurance, physicals, parent consent, emergency cards and residential eligibility. Detailed guidelines are listed at 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 athletics 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 he/she 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 9th grade, he/she shall be returned to regular P.E. class.
3. Athlete 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 he/she was dropped has concluded.

Notice of Non-discrimination in Athletics

IUSD does not discriminate in enrollment in or access to any athletics program available. Admission to these programs is based on age appropriateness, team roster space, aptitude and meeting academic and behavioral eligibility requirements. The lack of English skills shall not be a barrier to admission to or participation in the District's activities and programs. IUSD's facilities and equipment provided for students are comparable and equitable to both sexes without disparity or imbalance, consistent with his or her gender identity, irrespective of the gender listed on the pupil's record. For additional information see www.iusd.org (Board Policy 5145.5)

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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) 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. In addition, according to Education Code section 51228.2; 5 CCR section 1700 this course has been designed to be taken more than once: Even though the Pupil may have previously completed the course and received a grade determined by the District to be sufficient to satisfy the District's minimum requirements for high school graduation and to satisfy the requirements for admission to the California public institutions of postsecondary education, the pupil is requesting this course because the course has been designed to be taken more than once because pupils are exposed to a new curriculum year to year and are therefore expected to derive educational value from taking the course again.

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

Print Parent Last Name _____ Last
Print Parent First Name _____ First
Parent Signature _____
Date ____/____/____

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

(1) _____

(2) _____

(3) _____

**PLEASE COMPLETE AND RETURN
THIS PAGE ONLY**

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

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