

# **ITASCA WAMPUS CATS**



## **ATHLETIC PACKET**

**GO CATS GO!**

## The Athlete's Role

### The Athlete Code of Conduct

- I. Winners are built by:
  - a. Striving for excellence, "BE THE BEST YOU CAN BE".
  - b. Developing
    - i. Pride
    - ii. Leadership
    - iii. Good Character
    - iv. Self Discipline
    - v. Sacrifice
    - vi. Tradition
    - vii. Sportsmanship
    - viii. Respect for others
  
- II. On the field we must maintain:
  - a. Proper language
  - b. Respect for the officials and our opponent
  - c. A cool head
  - d. An attitude of make "NO EXCUSES".
  
- III. In the classroom we must:
  - a. Be respectful to our teachers
  - b. Be respectful to each other
  - c. No horseplay
  - d. Have a willingness to get our work done
  - e. Make "NO EXCUSES".
  
- IV. On the Campus
  - a. Be neatly dressed and well groomed
  - b. Set the example, you are No. 1
  
- V. In the Community
  - a. Our school is the center of attention in our community. Act in a way that will bring only praise to you, your school and the program.
  
- VI. Training Rules
  - a. We have very few, follow them to the letter. Remember athletics is a privilege that can be removed.
  
- VII. Miscellaneous
  - a. 'MAKE NO EXCUSE"
  - b. Know the benefits of a good all round program
  - c. Take care of facilities and equipment
  - d. Always be on time
  - e. Practice sessions are key to success- HUSTLE, HUSTLE, HUSTLE!

## The Athlete's Ten Commandments

1. To pass all classes enrolled in
2. To develop good sportsmanship – GOOD GUYS CAN FINISH FIRST!
3. To strive to be the best you can be
4. To be a fierce competitor
5. To be a winner, remember if we gave our best, we won
6. To hustle, hustle, hustle – always give 100%
7. To never give up regardless of the circumstances
8. To never make an excuse
9. To improve our strength, quickness, and flexibility
10. Above all else to have PRIDE in our program, school, and community

## Athletic Rules

### General

1. Our #1 rule is the DO RIGHT RULE. We expect our athletes to figure out the “right thing” to do, then “do it”.
2. We feel that our athletes must be a good example in the community and especially to the younger children who may look up to them.
3. We expect our athletes to show respect for coaches, teachers, administrators, teammates, and themselves.
4. We want our athletes to maintain proper conduct at all times, not only during school, but after school and during the summer months.
5. In other words, we want our athletes to be the best people they can be, physically, socially, mentally, and spiritually. We want them to become outstanding and successful future leaders of our communities and nation.

### Specifics

\*\* All specific punishments will be assessed at the coach’s discretion\*\*

(ex.: P.I. is “Personal Improvement” that a student athlete will perform based on their specific sport and/or position)

1. No Tobacco use (P.I.)
2. No profanity (P.I.)
3. No horseplay in the weight room, dressing room, or training room. (P.I.)
4. Keep all equipment picked up and lockers neat at all times.
5. No “HOT-DOGGING” or demonstration of poor sportsmanship during games.
6. Insubordination will not be tolerated. Keep quiet and do your job. Keep the right attitude at all times. No fighting with teammates, no talking back to coaches, no pouting or demonstrating a lack of effort.
7. Never leave practice or a game without permission under any circumstances.
8. Misbehaving during the school day – in or on the: classroom, cafeteria, hallways, athletic fields, etc.
9. Grade sheet – Poor class conduct or lack of effort checked.
10. Grade sheet – Failing or in danger of failing
11. Do not miss or be late unless you let a coach know beforehand.
  - a. Unexcused practice (P.I. and possible one game suspension)
  - b. Unexcused game (suspension for the remainder of the season)  
(Middle school athletes only-may have a specific holiday pre-arranged with their coach)
  - c. Excused practice (P.I. to be made up prior to the next contest, or at coach’s discretion).
  - d. Tardy to practice or game (P.I.)
12. Drugs and Alcohol use:

An athlete who has been caught by a school official, or admits their guilt to a school official, while a member of the athletic program shall complete two weeks of conditioning upon returning to the athletic program before being allowed to participate in that activity.
13. Criminal Offense – Must complete two weeks of extra conditioning play a one game suspension, with possible removal from the team depending on the nature of the offense.
14. If one starts a sport they must finish that sport before deciding to go to another. If they do decide to quit, it must be with coach’s approval and they cannot start the other sport until the one they have quit is over. If they quit without the coach’s approval they will be removed from all athletic participation while attending in the school district. Any exceptions to this rule will be determined by the athletic director. Example of exceptions may be: injury, illness, or hardships. An athlete who has quit a sport and wishes to return must make up every day that he/she missed using the same punishment as listed under un-excused practice. An athlete who has quit a sport and remains out for more than two weeks cannot return to that sport for the remainder of the season.

All of these athletic rules are in addition to any rules, regulations, or punishments listed in the school discipline management plan or student handbook.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Student Athlete

I have read and understood the above list of rules and as the parent or guardian of the student athlete listed above, I agree to the punishment guidelines set forth, if my child should break these rules.

Both parent/Guardian (if possible)

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian