

Harrisburg Cougar Student Athletic Handbook/Contract

Mission Statement

Harrisburg High School Athletics aspires to be an outstanding educational-athletic organization that provides a high-quality experience to every student-athlete *and a safe, welcoming environment for all*. A high-quality experience is one in which every student-athlete:

- Is coached using the principles of positive coaching and “pursuing victory with honor”.
- Feels like an important part of the team regardless of performance.
- Understands that being a Cougar Athlete is both a privilege and a responsibility.
- Learns “life lessons” that have value beyond the playing field.
- Learns the skills, tactics and strategies of the game and improves as a player.

We are committed to creating a positive culture in which coaches, parents, teachers/staff, fans, officials and athletes work together to achieve our mission.

Harrisburg Cougar Athletic Code of Conduct

As a member of the Harrisburg High School Athletics you represent more than just yourself. Your actions on and off the field can reflect both positively and negatively upon many people. As a Cougar Athlete, you represent:

- Yourself
- Your family
- Your coaches
- Your School
- Your community
- All the Cougar players who came before you.

Being a Cougar Athletic player is both a privilege and a responsibility. The following is a Code of Conduct you will be expected to follow. It will be strictly adhered to.

Expectations:

- 1. Eligibility** – All athletes must maintain a 2.0 GPA to participate in a sport, there will be a weekly academic checks. If you are on the ineligibility list 3 times during the sport’s season, you will be dismissed from the team. You need to focus more on academics and not sports.
- 2. Community Service** – All athletes are expected to do 3 hours’ community service per sport. The coach will assign the location for the community service.
- 3. Sportsmanship** – Being a good sportsman means showing respect to other competitors and everyone involved in the sport. A good player does not let his/her emotions take over, NO MATTER the circumstances.

Sportsmanship defined “A person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.”

(We do not speak inappropriately to other teams’ players, coaches and/or referees: Profanity and vulgarity are unacceptable. Let our playing make the statement. We will remain composed at all times.) “Pursuing Victory with Honor”. **Winning should not be achieved at the cost of integrity.**

4. Work Ethic - Winning is not our primary goal. Each player will be dedicated and give 100% effort in practice and in competitions. If you can accomplish this, wins will follow.

5. Tryouts/playing time - There are no guarantees for athletes to be included on a team regardless of his/her participation in the previous year. Every player is expected to try out every season. There is also no guarantee of playing time at the freshman, junior varsity, or varsity levels. (Athletic participation is a privilege, not a right.)

6. Be Accountable - Do not come to Coaches with excuses. You are old enough to take responsibility for your actions. If you're having any kind of problems, we can work to fix it together. We do not point fingers and pass blame; that has no place on our TEAM.

7. Attendance - Please inform the Head Coach of any possible absenteeism that may arise. You are expected to be on time and attend all practices and team functions.

- First unexcused missed practice - physical conditioning.
- Second unexcused missed practice - game time will be revoked.
- Third unexcused missed practice - possible dismissal from the team.
- Tardy to practice - physical conditioning.

8. Missed practices and tardiness during any week, excused or unexcused, may prevent you from participating in that week's contest or jeopardize playing time.

- Excused missed practice - family emergency, medical doctor visit for injury or prior approval from Coach.
- Unexcused missed practice - dentist appointment, finish homework/project, detention, birthday party, etc.
- "Any player who would normally be eligible for participation on the day of a contest is required to attend school. Medical appointments are not considered excused absences for this purpose unless prior approval from the school.

Organize your priorities. (1-Family 2- School 3- Athletics)

9. Behavior - Your behavior on and off campus can and will affect your status on this team. Be smart. Think before you act and speak. *Your conduct is as important as your athletic skills.* This includes the classroom. Be on time, **NEVER** cut, participate in the class and show your teachers that you care about your academic success just as much as your athletic success. If your coach gets a bad report from a teacher, expect a consequence!

- the use of inappropriate language or any unsportsmanlike gestures or conduct is strictly prohibited.
- the use of inappropriate language or any unsportsmanlike gestures or conduct toward a coach or any
- any parent or family member caught verbally demonstrating inappropriate language/gestures at any or all coaches, players or Harrisburg staff will be reported to administrators. A possible suspension from attending further athletic events may be imposed.

10. Off Season – a student-athlete's off season behavior and attendance can affect his/her status on their team. You are expected to be respectful, hardworking, punctual and participate whether you are in season or not.

11. Drugs/Alcohol – These have no place in an athlete's life. Student-Athletes will be held to zero tolerance for drugs and alcohol.

12. Theft - Anyone caught stealing items from the locker room or another person will result in an immediate suspension from the team with possible dismissal. Do not bring valuables to practice. The Harrisburg coaching staff or School District will not be held responsible for them.

13. Locker Room Procedures - This is your locker room; take care of it and keep it clean! No cleats should ever be worn in the locker room. There should be NO horseplay. There should always be a coach supervising the locker room. Practice clothing should be laundered on a regular basis and is expected to look and smell presentable.

14. Equipment (Care and Maintenance) - Athletes are responsible for their uniform and any equipment issued to them. You need to take care of, and clean, all equipment issued to you. You will be charged (replacement price) for any equipment that is lost or damaged (other than normal wear). All equipment must be turned in as soon as your season is complete.

15. Injuries/Sickness - All Injuries and health issues need to be reported to a coach as promptly as possible. Coaches cannot determine how YOU feel. If you tell us you are hurt/ injured, we will remove you from play. If you hand your coach a doctor's note stating you can no longer participate due to injury, then the doctor must also clear you to return to activity.

16. Parents - Parents must schedule a meeting with the coach if they want to discuss something regarding their child. The coach will not use practice time to talk to parents unless it's an emergency. Coaches will not have a discussion about another child!

Thank you for supporting your child's commitment to their team. I hope we can all work together and avoid any undermining of one another; and focus rather on positive experiences for our athletes.

Playing Time: Each athlete has an important role on the team, whether they are a starter, a backup, or a practice player. Please be mindful and respectful of everyone's role on the team. We all contribute to the success and failure of our team regardless of rank. Playing time is earned by showing competency in the skills being taught, work ethic during practice, knowledge of the position(s), attendance, attitude, and behavior. Everyone develops at a different rate, set realistic goals for yourself and work hard to achieve them. Depending on your commitment and dedication, you set the standard for being a starting player. If you cannot attain these standards it may reflect your starting position. Each practice, your performance is evaluated by the coaching staff and can determine what your position may be in future games.

Personal Issues: Some sports have an intense and emotional environment where tempers may flare. If you have a conflict about your status on the team, please do not feel intimidated to approach any of the coaches on staff. If there are any other personal issues, that may be a reflection of your attendance or performance, please feel free to discuss this with any coach. We are here for you not only as coaches, but mentors, and will do what we can to help make your sport's career a memorable one. We respect all athletes and are committed to treating them with dignity.

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