

## **Mount Calm Athletic Code of Conduct**

Mount Calm Independent School District is committed to excellence in athletics as a part of their commitment to education as a whole

The Coaches at Mount Calm ISD believe that participating in secondary athletics promote positive character traits, personal development and success in later life. This Includes the drive to take one's talents to the highest level of competition while embracing the discipline needed to reach high standards. Athletics at MCISD is a privilege, not a right, and with it comes the expectations of respect, integrity, sportsmanship, character, honesty and pride.

MCISD's Athletic Code of Conduct applies to all athletes both on and off the field.

### **Athletic Guidelines**

Participation on a Mount Calm athletic team and in related activities, while being an honor and privilege, is an opportunity for young athletes to learn lifelong lessons about the responsibilities that are held by individuals in leadership roles. ALL athletes are expected to adhere to the following:

- Athletes will be tough competitors in the athletic arena, but outside the area of competition they are expected to conduct themselves with self discipline at all times, demonstrating respect for their administrators, coaches, teachers and peers.
- Athletes are to display/model behaviors associated with positive leaders both in the school and in the community;
- Athletes are expected to model behaviors associated with positive leaders at all times
  
- Athletes are expected to strive for academic excellence and to adhere to both the MCISD Student Code of Conduct and the Athletic Code of Conduct and Guidelines.

### **On the Field or Court**

Student athletes are expected to exhibit good sportsmanship both on and off the field or court. During competitions, student athletes will display respect for ALL officials and coaches. Student athletes, as leaders, should demonstrate the ability to accept defeat as well as to be gracious winners.

### **Attendance**

Athletes are expected to be in all classes every day and model good classroom behavior. Every effort should be made to schedule appointments outside the school day and practice times. All athletes are expected to contact their coaches if absent. ALL MCISD athletic events take priority over outside athletic practices and contests.

## **Academics**

All athletes are encouraged to be the leaders and continuously strive to achieve academically at a high standard. MCISD follows the states No Pass, No Play standards in which any athlete failing a class below a 70 on a grading period will become ineligible to play in any contest(s) until they are passing at the three week mark and must pass all classes on the next grading period to regain eligibility. Athletes are expected to practice with their team(s) during their ineligibility. Athletes showing a repeated history of failing grades and credit issues may be temporarily suspended/removed from the athletic program until a pattern of passing and academic discipline is shown.

## **Practice**

We believe practice is essential for athletes because it builds the skills, strength, and discipline needed to perform at their best. Consistent practice helps improve technique, increase endurance, and develop mental focus, all of which are crucial for success in any sport. It also allows athletes to learn from mistakes, build confidence, and work effectively with teammates. Ultimately, dedication to regular practice is what turns potential into performance.

Athletes are responsible for:

- Coming to practice on time and prepared; in school issued gear.
- Notifying the appropriate coach of an anticipated absence prior to a practice or game is imperative and will limit the amount of makeup work an athlete will be required to do. Unexcused absences and/or failure to notify a coach about an absence will result in a loss of playing time at the next contest.

- Obeying all rules established by the coach.
- Refraining from the use of profanity or vulgar language.
- Contributing their best at all times.

## **Consequences:**

Excused Absence (missing a practice due to illness, death in the family, etc...) 3 down and backs, 10 bleachers, 15 squat jumps

Unexcused Absence (any other reason, unless the coach excuses absence ahead of time) 5 down and backs, 3 gassers, 15 bleachers, 20 squat jumps

\*Missing practice with no prior notification will result in loss of play time in the next available contest

\*Athlete must finish conditioning before the next contest in order to earn playtime.

## **Equipment**

Taking good care of school-issued uniforms and equipment is essential for every athlete. Proper maintenance ensures that gear lasts longer, stays in good condition, and is safe to use during practices and games. By taking responsibility for your equipment, you contribute to a positive team culture and set a great example for others.

Athletes are expected to leave all school issued workout clothing and game uniforms at school.

**Do not take school issued equipment home for any reason**

## **Locker Room**

Athletes are expected to:

- Keep all items in assigned locker and understand that lockers are the property of the school and are subject to search if/when there is a reasonable cause.
- Obtain permission from a coach prior to entering the equipment room.
- Return their equipment to its proper place before leaving the dressing room each day.
- Refrain from any actions that could be considered hazing, bullying, and/or sexual harassment.

## **Travel**

Athletes, traveling as part of a team, will be expected to:

- Arrive at the designated location prior to scheduled meeting and departure time. Failure to fulfill this obligation may result in athletes being excluded from the trip (if you are not there when the bus leaves, you will get left!)
- Assume responsibility for bringing appropriate equipment, if applicable.
  - Dress in a neat and appropriate manner that complies with all dress and grooming guidelines or as directed by the coach.
- Demonstrate appropriate behavior from the time of departure and return to the campus.
  - Athletes are required to travel on the bus, with their team. Athletes will only be released to their parent or guardian at the completion of the activity. All athletes must ride the bus to the event, and may not ride home with anyone other than their parent or guardian without a note from said parent.

## **Withdrawing from the Team (Quitting a Sport)**

Finishing a sport that an athlete commits to is important because it teaches dedication, responsibility, and resilience. Sticking with a team through challenges, builds trust with coaches and teammates, develops important skills, while instilling how to overcome obstacles. We believe that by completing what they start our athletes show respect and commitment for Mount Calm while helping them grow both as an athlete and as a person. Lessons that will benefit our athletes on and off the field throughout their life.

Athletes wishing to withdraw from the team after the first contest:

- Need to think about their decision for 24 hours, talk to their parents and their coach prior to quitting.
  - Will forfeit any letter and/or award for the sport as well as end of season recognition i.e. banquets.
- Will be ineligible for participation in the next sport. (You quit a sport, you sit out the next sport as well)

## **Multi-Sport Participation**

Participation in multiple sports is encouraged as cross-sport training improves athleticism and helps athletes become more coachable. A student athlete must complete the first sport season they are in prior to beginning the next sport's season unless the Athletic Director approves.

## **Mount Calm High School Athletics Social Media Position Statement**

Social Media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social Media technologies such as Instagram, Twitter, Facebook, internet forums, weblogs, social blogs, Wikis, podcasts, photographs, video dating, social bookmarking and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

MCISD Athletics recognizes and supports its student-athletes, and coaches' rights to freedom of speech, expression and association including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for MCISD is a privilege, not a right. The student-athlete and coach represent his or her high school and the community, and therefore, they are expected to portray themselves, their team and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school.

Specifically prohibited behaviors are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal or defamatory language/actions
- Derogatory language regarding school personnel or other students
- Comments designed to harass or bully students and/or school personnel
- Nude, sexually-oriented, or indecent photos, images or altered pictures

\*\*\*Athletes will refrain from using or possessing tobacco of any kind (Including any sort of VAPE), consuming or possessing alcoholic beverages, or using or possessing any prohibited drugs such as marijuana, amphetamines, narcotics, or steroids on or off campus at all times. Athletes will also refrain from attending parties of any kind where alcohol and/or drugs are in the presence of minors.

**Consequences:** We will follow the MCISD school handbook

**We believe that every MCISD student athlete should possess qualities of good character, a positive attitude, a sense of responsibility, and upstanding ethics**

**CHARACTER:** The qualities a person possesses that shape the way they live their life and affects the manner in which other people view them is character. Someone who displays good character is honest with themselves and others, acts with a high level of integrity and treats others with respect even when they disagree with their views. A high level of character creates a positive image of you in the eyes of others as well as reflects favorably for your program.

**ATTITUDE:** A positive attitude is essential when participating in athletics and other school sponsored activities. Attitude is the disposition that a person shows when reacting to situations whether they be positive or negative. People with a positive attitude are better able to interact with others and respond to adversity in a healthy manner.

**RESPONSIBILITY:** Taking responsibility is one of the essential qualities of good sportsmanship. Being responsible is accepting one's actions and showing you are aware of how your decisions affect others. It is always very important that you conduct yourself with pride and take responsibility for yourself and your school.

**ETHICS:** A person's ethics can be seen by the way they react when faced with situations that call their morals and judgment into account. Displaying a high level of ethical behavior is essential when participating in UIL athletics. Whether you are a player, coach, fan, official or administrator it is your responsibility to always conduct yourself in an ethical manner that will help promote the goals of educational athletics.

It is our desire that any athlete competing for MCISD will come away with the following: Self-confidence, competitiveness, accountability, teamwork, leadership, self-discipline, pride, sportsmanship, work ethic, and high self esteem.

### **Mount Calm Athletic Code of Conduct**

Expectations:

1. **Show up** - Be on time and prepared for every practice and game.
2. **Be positive** - Encourage your teammates.
3. **Be coachable** - Be willing to change some things up in order to get better. We are all in this together!
4. **Be committed** - Remember that you are a part of something bigger than yourself. We all need each other.

## MOUNT CALM ISD ATHLETIC GUIDELINES AND CODE OF CONDUCT CONTRACT

I, \_\_\_\_\_, understand that it is a privilege and honor, not a right to be a member of a Mount Calm ISD athletics. I understand that I must conduct myself with the utmost integrity and honesty as a student involved in athletic activities in Mount Calm ISD. I understand that my position as a student involved in athletic activities means that I am held to a higher standard of behavior, and therefore, may receive greater consequences than those outlined in the MCISD Student Code of Conduct for conduct regardless of whether such conduct occurs on or off school property and/or at a school sponsored or school related event.

I understand that if I violate the MCISD Student Code of Conduct, I may receive consequences in accordance with those outlined in the MCISD Athletic Guidelines and Athletic Code of Conduct, as well as additional consequences as a result of my participation in athletic activities. I understand and agree that consequences assigned under this Contract will be assigned at the discretion and determination of the athletic director/campus administrator and coach of the activity and may include, but are not limited to, disciplinary consequences in, suspension from, removal from and/or prohibition from future participation in on or all athletic activities.

I understand that as a participant in an athletic activity, I must follow the MCISD Student Code of Conduct, MCISD Athletic Guidelines and Athletic Code of Conduct, in addition to all rules, regulations, and schedule commitments, as required by the coach of the activity.

I understand that if I should find myself in a situation where drugs, alcohol, tobacco, and/or any one of the prohibited substances under the MCISD Student Code of Conduct are being consumed by minors, I have an affirmative duty to remove myself from the situation immediately. In this regard, I am not permitted to attend a private or public, parental or guardian supervised or non-supervised, school or non-school function where prohibited substances are in use including, but not limited to house parties, field parties, keg parties and raves. It is an affirmative defense to a violation if I am in the presence of my own parent/guardian.

I have read the MCISD Student Code of Conduct, MCISD Athletic Guidelines and Athletic Code of Conduct, and all training rules and guidelines handed out by my activity coach and I agree to all of the terms and consequences stated herein.

\_\_\_\_\_  
Student Name (please print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

I have read the MCISD Student Code of Conduct, MCISD Athletic Guidelines and Athletic Code of Conduct, and all training rules and guidelines handed out by my coach and I agree to all of the terms and consequences stated herein

\_\_\_\_\_  
Parent/Guardian Name (please print) Parent/Guardian Signature

\_\_\_\_\_  
Parent/Guardian Name (please print) Parent/Guardian Signature

## **The Spectator's Mission**

Spectators at Mount Calm ISD will enthusiastically support our team. We will support our team without negative acts against the opposing team, its spectators and its coaches. We show our support through positive cheers, waves and clapping on good plays or effort. We will create an atmosphere of respect for the game and everybody involved in it. Negative acts against the opposing team, spectators, coaches, or game officials are not permitted or supported. Anyone showing negative behavior will be asked to leave.

## **Attendance Is a Privilege Not a Right**

Attendance at MCISD athletic games or meets is a privilege and not a right. This privilege is predicated upon acting in accord with this Code.

## **The Code**

**Respect each other:** We will create an atmosphere where all of our fellow Panther spectators can be comfortable. To achieve this, we will engage in respectful conduct which excludes profanity, obscene gestures, offensive remarks of a sexual nature, trash talking, taunting and boastful celebrations.

**Self-control:** We will individually uphold the highest standards. We will show self-control even if others do not. We will remain passionate in support. Displays of anger or frustration are not supported or tolerated.

**Respect our coach:** We will support the coach to do the coaching. Shouting instructions from the sidelines is disrespectful to our coach and not supported.

**Respect opposing players:** We will cheer for our team and respect the other team. We will be hospitable hosts to opposing players and not engage in any disrespectful acts because we understand that without them there is no game.

**Respect the opposing coach and opposing spectators:** We will respect the opposing coach and the opposing spectators showing the same respect as we show ours.

**Respect the officials:** We will support the officials by staying in the seating area and not approach them with complaints or questions. Negative gestures or negative comments, hostile comments or mocking comments towards them are not acceptable.

**Show respect before or after the game:** We will abide by this Code of Conduct before, during and after the game.

**Respect the system:** We understand that there is professional oversight for officials and coaches and that disagreements can be voiced respectfully at the appropriate times within the system. We will respect the system and investigate how to work within it if we have concerns or complaints before making them.

As a spectator and fan for MCISD Athletics, I will support and encourage all athletes and coaches and abide by this "Spectator's Mission"

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Name \_\_\_\_\_ Signature \_\_\_\_\_

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Date \_\_\_\_\_