

ANC Athletics Training Rules

An ANC student/athlete abstains from drinking any alcohol, using any tobacco products including e-cigarettes, or using any drugs illegally. ANC students/athletes do not supply anyone with any of the above. Additionally, they do not remain in the presence of anyone who is illegally consuming these substances. Our student/athletes recognize that they and their teammates are dedicated to the team and each other, and that breaking this code is a breach of trust.

A student/athlete who needs help with substance abuse is encouraged to approach his/her coach and/or athletic director. ANC will facilitate finding counseling and any other help that students may need. Though a student/athlete must abstain from substance abuse, he/she will not be penalized for admitting to a history of abuse that occurred outside of the athletic season.

First Offense: If a violation occurs, the student/athlete shall lose eligibility for the next consecutive contests totaling 25% of all contests in that sport. The student/athlete will continue to practice, attend games, and support the team, but the student/athlete will not be in uniform or playing during the contests for which he/she has been suspended. The student/athlete's transcript may be affected and he/she will forfeit the opportunity to win any award, letter, or consideration for all league or any other recognition that they may be in line to receive. Removal of captain status may be appropriate.

Subsequent Offenses: If an additional violation occurs within an academic year, the student/athlete shall lose eligibility for the next consecutive contests totaling 50% of all contests in that sport. A suspension for a multiple time offender will carry over to his/her next athletic season if it is not complete. The athletics department will likely encourage repeat offenders to seek counseling or some other form of help.

The above consequences are minimum penalties, and additional actions may be taken for particularly egregious violations, even if they occur while a student/athlete is not currently in an athletic season.