



# ATHLETICS

ESURIO † FIDES † PRUDENTIA  
DESIRE † FAITH † WISDOM

## STUDENT-ATHLETE CONTRACT

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Grade: \_\_\_\_\_

### TEAM POLICIES:

- A. You must maintain a 2.0 GPA with no failing grades; cannot have one F or two D grades.
- B. You must adhere to all of the rules and regulations set forth by North Hills Christian School and its Athletic Department.
- C. You must adhere to the rules and regulations set forth by the Bay Area Christian Athletic League and the National Federation of State High School Associations.
- D. You must pay all team fees when due.

### CONDUCT OFF THE FIELD:

- A. You will be expected to conduct yourself in a first class manner on and off campus. Your citizenship should be above reproach.
- B. You will be expected to show up for each class ON TIME.
- C. You will be expected to complete all assignments and show up to each class with the required material.
- D. You will not use foul language at any time.
- E. You will be expected to respect your teachers.
- F. No horseplay during school hours.
- G. You will be expected to follow the dress code.
- H. You will not do anything that embarrasses the school or coach.
- I. You will not smoke, drink alcohol, or use drugs (including steroids). Any player found doing so will be immediately dismissed from the team.
- J. If any player is given a detention, they will not be allowed to play in the game scheduled on Thursday/Friday of that week.

### CONDUCT ON THE FIELD:

- A. You will be expected to show up to practices on time.
- B. You are expected to be at every practice, meeting, scrimmage, and game.
- C. You will be expected to conduct yourself in a first class manner.
- D. Do not leave the locker room unless you are properly dressed.
  - a. No bagging or sagging of uniform. Full length game shirts must be tucked in.
  - b. No headgear, hats, beanies, bandanas, etc.
- E. You must respect all players and coaches.
- F. You will be expected to listen.
- G. You will respect all referees and will not question any call.
- H. You will not use any foul language at any time.
- I. You will not wear any jewelry to games or practices including earrings and necklaces.
- J. You will not practice or play if you are not properly dressed.
- K. No cell phone calls.
- L. No chewing gum.

### TRAVEL GUIDELINES:

- A. You will be expected to travel with the team to and from games.
- B. You need to show up at least a half an hour before departure time.
- C. You must be dressed in travel outfit (no exceptions).
- D. No unauthorized hats or beanies may be worn. Absolutely no bandanas.
- E. All garbage must be picked up before leaving restaurant(s).
- F. You will be expected to check travel bag before leaving home.
- G. You must make sure the van is clean before leaving.
- H. No unauthorized music may be played on van or bus radio.



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## **LOCKER ROOM PROCEDURE**

- A. You will be expected to keep locker room clean.
- B. No horseplay in the locker room or in the changing area.
- C. You will be expected to arrive early if you need to be taped.
- D. Players WILL NOT leave locker room area until fully dressed.

## **PLAYING TIME:**

- A. Players who miss more than one practice during a week without a valid excuse will not play.
- B. Players who have a valid excuse for missing a practice will be allowed to play; however, the player must notify the coach to explain the reason for the absence and must also have no further absences during the week.
- C. Players who are sick are expected to go home and rest.
- D. Players who are injured are expected to show up and observe the practice.
- E. Players at the varsity level are expected to compete and earn starting position(s).
- F. Players will receive proper playing time if they come to practice, work hard, and display a commitment to the team.
- G. Players will not ask the head coach for playing time during the game.
- H. Players will not complain about being pulled out of a game for any reason.
- I. Players on the bench must be ready to play.
- J. If any player is given a detention, they will not be allowed to play in the game scheduled on Thursday/Friday of that week.

## **ACADEMIC PROGRAM:**

- A. You will report to mandatory study halls.
- B. You will be required to maintain the appropriate grade point average in order to participate.
- C. You will seek immediate counseling for any subject that you feel you are not prepared for.
- D. If on academic probation, you must provide the head coach with a weekly progress report that is signed off by all of your teachers.

## **INJURED PLAYERS:**

- A. If you seek medical attention for any injury, you will not be allowed back to practice without a release from your physician.
- B. You must report any injury to the head coach and to your parents immediately.
- C. You must follow the directions of the trainer and/or doctor.

## **EQUIPMENT:**

- A. You will be responsible to take care of all issued equipment.
- B. You will return all issued equipment when season has ended. You will be assessed a bill for any school equipment that you have not returned.
- C. You will wash your uniform before each game.
- D. You will clean your uniform before returning it at the end of the season.
- E. You will not be allowed to participate in any other sport at North Hills until all issued equipment is returned.

## **SEPARATION POLICY:**

- A. Any player who chooses to leave the team must notify the coach of his intentions.
- B. Any player who chooses to leave the team must turn in all issued equipment at the time of departure.
- C. A player may be granted a leave of absence from the team to take care of personal issues.
- D. A player must notify the coaches at least one week in advance if they are going to miss a game.

## **CONFLICT RESOLUTION POLICY:**

- A. All conflicts will be handled after practice and in private.
- B. A player or parent with a complaint or concern may contact the head coach by phone or by e-mail.
- C. Any player or parent with a complaint or concern can request a conference with the head coach and/or Athletic Director.
- D. Any complaint of serious misconduct or inappropriate behavior by a coach should be placed in writing and presented to the Athletic Director.

