

STUDENT-ATHLETE GUIDELINES

We offer an active and rigorous athletics program that demands a high level of commitment. All team sports practice Monday through Friday and sometimes Saturdays, but practice schedules may vary depending on facilities, weather, and other contingencies. Game schedules are different for each sport, and there are a few Saturday events. Our program is a full-time co-curricular activity. Varsity level sports, during the season, do not fit in with other significant outside activities. Varsity athletes must complete a season before moving on to a new season of sport (for example, an athlete in a fall sport must complete the fall season before beginning a winter sport). If an athlete quits a sport during the season, that athlete may not try out for another sport in the next season of sport. We are prepared to make exceptions when necessary (e.g. academic reasons or injury). We have set these guidelines in order for us to continue to manage a high-quality and safe program. Being a member of a College Prep team is a privilege and an honor, not a right. You are a representative of the College Prep community, and you will be expected to abide by the standards set by the school/student handbook.

SPORTSMANSHIP

- Control your emotions and use appropriate language at all times
- No trash talking to opponents
- Be courteous to opponents, teammates, officials, coaches and parents
- Be a humble winner and a gracious loser
- Read the North Coast Section Ejection Notification form

ACADEMICS

- Maintain a least a 2.00 GPA to be eligible for practice and competition
- Academic issues take priority over athletics
- Inform teachers of possible missed class time on competition days

COMMITMENT

- Attendance at games and practice is mandatory
- Team members are expected to attend practice and be punctual
- Be prepared to dedicate yourself to improvement
- Inform the coach if you cannot attend practice for academic or personal reasons
- Inform the coach if you are absent from school because of illness
- Give notice for any missed practice
- Make every effort to reach the coach personally; if that is not possible, you may leave a message on the athletics office phone (510) 652 – 1533

COOPERATION

- Team members are expected to cooperate fully with their coach and teammates
- No players will coach/criticize other players
- Watch+learn+support team members when on the bench
- Treat with care any equipment or apparel issued by the program

ATTITUDE

- Athletes should strive to put forth their best effort in practice and competition
- Improvement comes with a positive attitude

HEALTH

- Try to maintain personal health and fitness
- Maintain reasonable nutritional and sleeping habits
- Be mentally sharp as well as physically sharp
- No steroids, drugs or alcohol are allowed

If you choose to participate on a College Prep athletics team, you will be expected to respect these guidelines. Failure to do so will have consequences. Unexcused missed practice will result in a game suspension. We are prepared to make exceptions when necessary (e.g. missing practice on a religious holiday will not result in a suspension). If there are any questions or concerns, feel free to contact Athletic Director, Linda Desimone at (510) 652 –0111 x243 or email linda_desimone@college-prep.org

I have read and understand the above guidelines.

Student/Athlete: _____

Date: _____

Parent/Guardian: _____

