

CONCORD ACADEMY ATHLETIC DEPARTMENT
PE/IM/TEAM SPORT
CODE OF CONDUCT

Mission Statement: Concord Academy athletics seeks to develop students' knowledge and skills in physical activities, and to educate students about the important role of team sports and physical fitness in healthy and balanced lifestyles. Through team/intramural sports and physical education classes, students learn critical life lessons — winning and losing with class, setting and achieving goals, and being good teammates. At the varsity level, there is an emphasis on skill development and competition. At the JV, PE, and IM levels, the emphasis is primarily on skill development and participation.

In order to successfully attain these goals, with the guidance and support of the Athletics Department staff, Concord student-athletes are expected to:

- **Attend and be on time for all athletic activities.** IM/PE students must follow pink slip protocol if needing to miss a class. An IM/PE student who accumulates more than four excused absences in a season will not earn an athletic credit. The following conflicts are exempt: the CCO senior college visit dates in the fall and one self-designated college visit date, observance of a religious holiday. Team sport athletes are also exempt for music Monday and need not submit a pink slip but should alert the coach ASAP if they need to miss a team event.
- **Treat the coach with respect.** Coaches are members of the CA faculty and deserve your respect and focused attention. “Train and trust” that their knowledge of the sport will serve as a guide for the season. Be sure to express your respect with common courtesy such as proper greetings, making eye contact, and communicating in a timely manner. Maintain proper player-coach boundaries by communicating via CA email or your schoolology team page outside of the class/practice slot.
- **Treat your classmates/teammates, opponents, and officials with respect.** Be supportive of their efforts to contribute to the athletic event.
- **Treat equipment and exercise area with respect.** All equipment must be returned to the appropriate storage area. Lost equipment/gear will result in work jobs and, if needed, replacement fees. Use the locker room or lower SHAC lobby benches for the storage of all personal items.
- **Wear proper attire/footwear.** The following attire/footwear is acceptable: shorts, sweatshirt/pants, t-shirts, tank tops or sleeveless shirts, sneakers/cleats (not to be worn in the building). Jewelry is not permitted. The equipment manager will not distribute gear to those who are unprepared for class/practice/games.
- **Be mindful of your speech.** The use of foul or discriminatory language is not permitted.
- **Hazing/bullying is prohibited, per school policy.** All participants in the athletic programs will be treated equally and with respect.
- **CA does not condone the use of supplements to enhance performance, build muscle mass, or lose weight.** Supplements are not FDA-approved and can pose serious health risks especially to adolescents. Students are encouraged to follow good nutrition, sleep habits and train with guidance from their coaches to achieve their athletic/fitness goals. Should a student choose to use supplements, CA strongly suggests that they be taken only under a pediatrician's supervision.
- **Wear mouthguards in contact sports.** The Athletics Department strongly encourages the use of mouthguards in contact sports, and protective masks in softball. You may obtain a mouthguard in the training room free of charge. Note that mouthguards are required for field hockey and lacrosse.
- **Follow the Injury Policy for IM/PE classes.** Students who miss more than four excused classes during a season due to an injury/illness should meet with Head Athletic Trainer Reid Young to consider reassignment options.
- **Submit required medical paperwork.** A note from the doctor/CA athletic trainer/school nurse is required to miss athletics due to injury/illness, and a doctor's note is required to return to action after an injury/illness results in a doctor's visit. Team athletes who are held out of action by a doctor must additionally have a follow-up visit and submit the resulting doctor's note to the athletic trainer. Once cleared by the doctor, players must practice at least once with the team before they will be cleared by the athletic trainer to play in games. The athletic trainer will determine a student's ability to return to action in the event of an injury while participating in a CA event.
- **Report symptoms to the athletic trainer/coach, especially in the case of head injuries.** It is critical that students report all symptoms of potential injuries or illnesses to the coach and athletic trainer. ImPACT testing is administered within the first month of classes for all new students. Juniors are retested during their second semester.
- **Know the emergency care procedures.** In the event of a medical emergency, as determined by the athletic trainer, the student's emergency contact will be called and the student will be transported by ambulance to the hospital, accompanied by a CA staff member. If the injury does not require urgent care but does need to be treated that day, the student's emergency contact will be called to provide transportation. If no emergency contact is available, an ambulance will be required for transport, with a CA staff member accompanying. In the event of an away contest with a single coach, the game will be postponed so the coach can accompany the injured student to the hospital. The team bus will follow unless a CA-affiliated adult can escort the bus back to campus.

****Violations of the code of conduct will be handled in accordance with school regulations and/or at the discretion of the coach, athletic director, and dean of students.

ADDITIONAL EXPECTATIONS/PROCEDURES: TEAM SPORT STUDENT-ATHLETES

As an interscholastic student-athlete, you represent yourself and the entire CA community at all times. This is an honor and a privilege to be earned every day by following the additional expectations and procedures listed below:

- **Submit a signed code of conduct each season.** An Athletics Department code of conduct must be signed by the athlete and submitted to the Athletics Director (AD) on time in order to be eligible to participate in practice/games. Day students also need a parent signature. Boarders' parents will receive the code via email from the AD.
- **Be in school/school sponsored activity on time/all day.** Students may miss no more than half of their academic commitments during the school day and still participate in a practice/game that afternoon/evening, unless excused by the dean of students.
- **Attend all practices/games.** Committing to a CA team requires attendance at all team-sponsored events. Team events are held Monday through Friday, during and after school, as well as some Saturdays. JV teams do not practice on Mondays. Due to the importance of meeting this commitment, and preparing to compete with your team, missing practice/games regardless of the reason likely will result in missed playing time in the next scheduled game or count as 1 of the 3 excused misses permitted in non playing time sports (exs. tennis, track).
- **Follow the early-dismissal policy.** It is a privilege to be excused from class to represent CA on the playing field. Students should alert teachers of an upcoming dismissal at least two days prior, are responsible for missed work, and must make up tests/assignments per the teacher's timeline.
- **Respect the coach's decisions regarding playing time.** In varsity contests, playing time is not guaranteed and at the discretion of the coaching staff. Due to the developmental nature of sub-varsity squads, all players earn at least some opportunity to compete in each game.
- **Respect the practice slot of other CA teams.** Only the players and athletic staff are permitted in the exercise area.
- **Represent yourself, your team, and the Athletics Department with pride.** Students are expected to follow school rules. Any violation of school rules resulting in disciplinary action by the dean of students or the Discipline Committee will result in an athletic consequence and possibly jeopardize the student's status on the team.
- **Use school transportation.** Transportation will be provided to the Moriarty Campus and all away games. You may depart an away game with a family member when released by the coach after the game. In order to depart with someone other than a family member, your parent/guardian must send a release message to the AD/coach prior to bus departure that day. Athletes are not permitted to drive to any CA athletic event for any reason.
- **Follow NEPSAC rules regarding multiple sport participation.** As per NEPSAC rules, students who have participated at the varsity level in a CA sport are not permitted to participate in a PE/IM offering in the same sport for a full calendar year.
- **Follow the injury policy.** If you are unable to participate due to an injury/illness, you are expected to fulfill your commitment to the team by attending all practices/games when you are medically able. See the director of athletics if you will be out of action for more than a month.
- **Follow the uniform policy.** The Athletics Department will provide a uniform to each player at the start of the season. Players must return distributed gear to the equipment manager at the allotted time to avoid work jobs and replacement fees.
- **Follow the captain selection policy.** The head coach will guide the selection of captains according to the following policy: Coaches will lead a discussion on the expectations for captains and the vote will take place soon after tryouts are completed. Students in grades 10 through 12 are eligible (ninth graders are eligible on sub-varsity teams) to be elected. Players will nominate one to three players on their anonymous ballot. The coaching staff will select one to three captains at their discretion from these nominations.
- **Follow the team gear purchase policy.** The equipment manager and head coach will oversee/approve the purchase of any team gear item beyond the issued gear. Before the conclusion of the season, captains should present a proposal that meets the following criteria: costs no more than \$50, is not required for game day use, and has an appropriate design. Student accounts will be charged accordingly.
- **Follow the out-of-season training policy.** CA coaches are not permitted to train CA students outside of the official season. Coaches are permitted to provide students with a written off-season training program at the conclusion of the regular season and a pre-season training program at a meeting scheduled by the AD prior to the season. Out-of-season leaders' practices are permitted with approval from the AD.

As a CA team sport athlete, I have read and committed to this code. I understand that violations will be reviewed by the head coach, director of athletics, and dean of students and may jeopardize my status on the team. As the athlete's parent/guardian, I support my child's commitment to this code.

Student Signature _____ Date _____
Parent/ Guardian Signature _____ Date _____
Print Student Name _____ Sport & Level (V/JV) _____