

Cary High School Athletic Department Student-Athlete Code of Conduct

The mission of the Cary High Athletic Program is to provide students with an opportunity to participate in interscholastic athletic competition while pursuing the goals of the educational mission of Cary High School.

OVERVIEW

Participation in any athletic activity is an important part of the educational experience in the Wake County Public School System (WCPSS). The WCPSS athletic program provides meaningful opportunities that promote learning and develop life skills, a healthy lifestyle, sportsmanship, and citizenship. As role models for their peers and younger students, student-athletes are held to additional standards that may not always apply to other students. In light of the public nature of the athletic programs sponsored by WCPSS and the responsibilities associated with the privilege to participate in interscholastic athletics, student-athletes are expected to conduct themselves in a manner that will reflect the highest standards and ideals of their school and community. The student-athlete becomes subject to this Code of Conduct upon the student's signature and date on his/her WCPSS High Schools Athletic Participation Form and continues until graduation from high school so long as the student-athlete is a member of at least one athletic team per school year. Student-athletes are subject to this code at all times during the calendar year, including summer months, whether on or off campus. For summer months and/or out of season violations, any discipline or punishment imposed would be implemented in the next regular season where the student athlete participates.

It is a privilege to be a member of a Cary High School athletic team. Student/Athletes are held to very high standards and are expected to represent Cary High School with honor and integrity. The Wake County Public School System Board of Education and the North Carolina High School Athletic Association regulate the athletic program. The purpose of the regulations are to insure that interscholastic sports promotes academic achievement, encourages regular attendance, proper citizenship, provides a healthy environment and competition is equitable.

The eligibility requirements for student/athletes are well documented. The list ranges from age, attendance, academic, enrollment, medical examination, and other pertinent requirements. The eligibility regulations and policies can be found on the Wake County Public School System High School Athletic Participation form and online at: www.wcpss.net. If there are ever any questions about your son/daughters eligibility, contact the coach or Athletic Director.

The purpose of the following rules are to discourage the experimentation, use, or association with alcohol, tobacco, or drugs, encourage regular school attendance, and remain committed to the team for the season. All student/athletes and their parents are required to read this document to participate in interscholastic sports at Cary High School. By registering on the goimps.com website you and your son/daughter have accepted the rules and regulations and the consequences for the actions described below. The Athletic Department is committed to enforcing these rules for the well-being of the student/athlete and quality of the Athletic Program.

Drugs and Alcohol

The possession, use, distribution and/or sale of illegal or counterfeit drugs/alcohol, including possession of paraphernalia for ingestion of such substances by participating students is prohibited. If school officials receive credible evidence, such as a police report or criminal charges related to a drug or alcohol offense, or have a reasonable suspicion that a violation under this section has occurred, the school officials will investigate. The investigation will include an opportunity for the accused student-athlete to respond to the allegations. If after investigation of the charges, school officials determine that the participating student committed the violation, he/she shall be subject to disciplinary action as outlined below.

Every effort will be made by the school and individual activity programs to make participating students aware of the detrimental effects of drugs and alcohol. Students who are suspended under this section, along with parents and guardians, will receive information regarding counseling (See Policy 6410 R & P). Any student-athlete found in violation of this offense at any time while on any school premises, including activity buses or other school-approved transportation, will be suspended from further participation according to the WCPSS Student Code of Conduct (Board Policy 6410). All offenses occurring on or off campus will be determined as specified below:

First Offense

The Athletic Director will suspend the student-athlete from all contests for a minimum of **45 school days during that sports season**. To be allowed to participate again, the student athlete must have completed an approved WCPSS counseling program (See Policy 6410 R & P).

Note: The suspension will carry over into the next sports season in which the student participates if at least 45 in season school days have not been served.

Second Offense

The Athletic Director will suspend the student-athlete from all athletic activities for a period of **365 calendar days from the first day of the offense**. To be allowed to participate again, the student athlete must have completed an approved WCPSS counseling program (See Policy 6410 R & P).

Third Offense

The Athletic Director will suspend the student-athlete from all athletic activities for the ***remainder of his/her high school career*** at Cary High School.

****NOTE:** At any time during each of the violations above, the student-athlete may appeal to the Principal or the Principal's designee to have his/her suspensions reduced or removed.

Tobacco, E-Cigarettes or Related Products

Student-athletes found to have used **Tobacco, E-Cigarettes or Related Products** while subject to this Code will be suspended from participation as outlined below:

First Offense

The Athletic Director will suspend the student-athlete from all contests for a minimum of **14 school days during that sport season** from all athletic contests.

Note: The suspension will carry over into the next sports season in which the student participates if at least 14 in season school days have not been served.

Second Offense

The Athletic Director will suspend the student-athlete from all athletic contests for a minimum of **45 school days during that sport season**.

Note: The suspension will carry over into the next sports season in which the student participates if at least 45 in season school days have not been served.

Third Offense

The Athletic Director will suspend the student-athlete from all athletic activities for a period of **365 calendar days** from the first day of the offense.

Fourth Offense

The Athletic Director will suspend the student-athlete from all athletic activities for the ***remainder of his/her high school career*** at Cary High School.

****NOTE:** At any time during each of the violations above, the student-athlete may appeal to the Principal or the Principal's designee to have his/her suspensions reduced or removed.

Unexcused Absences

Any student-athlete accumulating five unexcused absences in any class during the semester.

First Offense

Released from the team for the remainder of the season.

Completion of the Season

Student-athletes participating on a team may not begin to train, try-out, work out, or practice with another team sport from any season until their current sport season is complete. Student-athletes that voluntarily leave or have been released from a team may not participate likewise. An exception to this policy may occur in an “individual” team sport where the individual has been eliminated from the conference or state tournament. In this case, the coaches of the two sports will mutually approve for the student-athlete to proceed to the next season activity.

Guidelines for Off-Campus Running

The following guidelines are recommendations for all interscholastic teams who incorporate off-campus running as part of their conditioning. Coaches will provide the athletic director with the courses used for practices and/or meets. Prior to the start of the season, the coach and athletic director will approve the courses. Athletes and parents will be notified of these guidelines and are expected to comply with the following:

- Always run the school approved course as designated by the coach.
- Run on sidewalks or shoulders where available, not on the street.
- Run on the street only when another approved course is unavailable; then, run FACING oncoming traffic and in single file except when passing another runner.
- Wait and cross with the traffic light green at all intersections. If there is a caution light or no traffic light, cross only when it is clear to do so. DO NOT assume a driver has seen you. Every runner must stop and look; do not cross as a group.
- Make eye contact with the driver of any vehicle in your path. This is particularly important when a vehicle is turning right. In this situation, drivers frequently look only to their left. They may not see you approaching from their right.
- NEVER push, shove, pull, or “horseplay” with another runner.
- NEVER run with headphones.
- Acknowledge your presence with a command, such as “runner approaching” when you approach another runner or pedestrian.
- Watch for cyclists, skaters, motorcycles, scooters, etc; use the same precautions as you would with a vehicle.
- Avoid confrontations with others you encounter on the course. Never comment or gesture inappropriately. Report any incidents to your coach immediately.
- NEVER run alone.

Guidelines for Student-Athletes on Social Media

The Cary High School Athletic Department recognizes and supports the student-athletes’ rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student athlete must remember that playing and competing for Cary High School is a privilege. As a student-athlete, you represent Cary High School, Wake County School System and the Town of Cary. You are expected to portray yourself, your team, and Wake County in a positive manner at all times.

Below you will find the guidelines for social networking site usage:

1. Everything you post is public information-any text or photo placed online is completely out of your control the moment it is placed online-even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
2. What you post may affect your future. Many employers and college admissions officers and coaches review social networking sites as part of their overall evaluation of any applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
3. Similar to comments made in person, the Cary High School Athletic Department will not tolerate disrespectful comments and behavior online such as:
 - a. Derogatory language or remarks that may harm teammates or coaches; other student athlete, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect our opponents.
 - b. Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate or illegal behaviors.
 - c. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - d. Indicating knowledge of an unreported school or team violation, regardless if the violation was unintentional or intentional.

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedoms of speech is not unlimited. The on-line social network sites are NOT a post on social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud of for years to come. Violations of any of the above social media usage can result in loss of playing time, suspension, behavior contracts or removal from the team.

HIGH SCHOOL PARENT/COACH COMMUNICATION

PARENT-COACH RELATIONSHIP

Parenting and coaching are both extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child is involved in our program, you have the right to understand what expectations are placed on him/her. This begins with clear communication from the coach of the sport.

COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Philosophy of the coach.
2. Expectations and goals the coach has for your child as well as for the team/season.
3. Locations and times of all practices and contests.
4. Team requirements, special equipment, strength and conditioning programs.
5. Procedure if your child is injured during participation.
6. Team rules, guidelines and consequences for infractions.
7. Lettering criteria.
8. Team selection process.
9. Eligibility requirements including attendance.
10. Proper care and responsibility for equipment issued by the school.

COMMUNICATION COACHES EXPECT FROM ATHLETES & PARENTS

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

As your child becomes involved in his/her programs at Cary High School, he/she will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you and your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THE PROCEDURE YOU SHOULD FOLLOW IS:

1. Have the student-athlete approach the coach to discuss the concern. All coaches have an open-door policy for conferences with players. Players need to have confidence that their concerns will be heard and addressed with respect, confidentiality and in a timely manner.
2. If the issue has not been resolved, call or e-mail the coach to schedule an appointment with the player, parent and coach to further discuss the concern.
3. If the issue has not been resolved, call or e-mail the School Athletic Director. He/she will set a meeting with the player, parent, coach, athletic director and the principal, or designee, as needed.

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.

APPROPRIATE/INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES

The following topics are appropriate for discussion:

1. The treatment of your child.
2. Ways to help your child improve his/her skills.
3. Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you had hoped. Coaches make decisions based on what they believe to be best for all student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach.

Coaches are not expected to respond to questions involving, but not limited to, the following topics:

1. Amount of playing time, positioning, event entry.
2. Team strategies, game tactics, play calling, etc.
3. Any discussion about other student athletes.

Injury and Insurance

FILING A CLAIM FOR AN ATHLETIC INJURY

1. Student **MUST** see a doctor within 30 days of injury.
2. When an accident occurs, file with your primary health insurance company first, as this athletic insurance plan is secondary coverage.
3. If you have no primary health insurance, this athletic accident insurance plan is primary and you need to file with the school carrier.
4. Request a claim form from the head athletic trainer or the coach.

SCHOOL'S RESPONSIBILITY

5. The first section "To Be Completed by Organization/School" needs to be filled out by school personnel. At this time, policy numbers are not available so leave that line blank but be sure to write in by Organization/School Name—Wake County Public Schools & the School Name.
6. Under "Type of Benefits Claimed" section, the athletic trainer needs to complete this section as well. Check the "Accident-Medical" box, and complete the remainder of this section, sign, and date.

YOUR RESPONSIBILITY

7. The claim form then goes home to the parents. It is now their responsibility to complete the remainder of the claim form, sign, date, and forward it to the address on top of claim form along with any medical bills and their insurance provider's explanation of benefits (EOB) should be attached. **The claim form needs to be submitted within 60 days of the date of accident.**

Sportsmanship

STANDARDS OF ETHICS & SPORTSMANSHIP FOR EVERYONE

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character. Sportsmanship is achieved when participants are committed to pursuing victory according to the eight character traits adopted by the Wake County Public School System.

1. **Courage**—having the determination to do the right thing even when others don't.
2. **Good Judgment**—setting priorities in accordance with team, county, state, and national rules.
3. **Integrity**—having the inner strength to be fair and courteous during athletic events.
4. **Kindness**—being considerate, courteous, generous in spirit to the opposing team; treating others as you would like to be treated.
5. **Perseverance**—being persistent in pursuit of worthy objectives in spite of opposition.
6. **Respect**—showing high regard for coaches, officials, opponents, fans, administrators, self, team, and the school you are representing.
7. **Responsibility**—showing reliability and consistency in words and conduct, and being accountable for your actions.
8. **Self-discipline**—refraining from inappropriate behaviors and maintaining self-control at all times

"HIGH FIVES" TO SPORTSMANSHIP - EVERYONE'S "HIGH FIVE"

1. Show respect for the opponent at all times
2. Show respect for the officials
3. Know, understand, and appreciate the rules of the contest
4. Maintain self-control at all times
5. Recognize and appreciate skill in performance regardless of affiliation

SPORTSMANSHIP PLEDGES

Coach's Pledge

As a coach, I acknowledge that I am a role model. I know that the principles of good sportsmanship are integrity, fairness, and respect. While teaching the skills of the game, I must also teach student athletes how to win and lose graciously, and that sport is meant to be educational and fun. I know the behavior expectations of me by this school, conference, and the NCHSAA, and hereby accept my responsibility to be a model of ethical behavior, integrity, and good citizenship.

Student-Athlete's Pledge

As a student-athlete, I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my school, my conference, and the NCHSAA and hereby accept the responsibility and privilege of representing this school and community as a student-athlete.

Parent's Pledge

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference, and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student-athlete.

Thank you for taking the time to read our Athletic Department's Code of Conduct. We look forward to watching our student-athletes compete in the upcoming school year. Please do not hesitate to email me with any questions you may have about Cary High School Athletics.

Go Imps!

Michael Dunphy
Athletic Director
mdunphy@wcpss.net