

**Aliso Niguel High School  
“Wolverines”**

**Girls’ Basketball  
Athletic Code of Conduct**

**2007-08 Season**

## Aliso Niguel Student Athletic Code

The CIF Blue Book Rules and Regulations, the Capistrano Unified School District -Board Policies, and the Aliso Niguel High School – Athletic Code shall govern athletics at Aliso Niguel High School. Athletes shall be directly responsible to the head coach and his/her assistants. **Student participation on any Aliso Niguel High School athletic team is entirely voluntary and considered a privilege.** It is therefore assumed that the student wishes to do whatever is necessary to make the team more successful. The following are general responsibilities of the athlete.

### **I. Applicability**

- A. Athletes shall follow all team rules set forth by the coach and the Athletic Code.
- B. Prior to participation, an athlete shall:
  - 1. Complete proper athletic clearance procedures which include:
    - a. Folder – Registration, Insurance Certification, Informed Consent Form, Athletic Code acknowledgement, Student Health History, Physical Exam and Athletic Emergency Card;
    - b. Purchase of an ASB card.

### **II. Conduct and Behavior**

As athletes at Aliso Niguel High School, you are representing yourself, parents, school, and community and are expected to conduct yourself properly at all times. Because of this, misconduct by the athlete shall not be condoned. (For example, conduct which is criminal or socially unacceptable and for which criminal penalties might result is cause for action under this Code.)

The Athletic Code is in effect from the first CIF sanctioned practice (August) through the last contest of the school year. Athletes are responsible for compliance whether they play during one or all seasons of sport: Fall, winter, and /or spring.

- A. **Training Rules.** It is generally accepted that good training includes adequate rest, diet, health habits, and self-discipline.
- B. **Alcohol, Drugs, and Tobacco.** One of the most rigid training rules is the “Zero Tolerance” rule. Mere possession, consumption, or other use of alcohol, illegal drugs, or tobacco in any form constitutes a violation of this Code. Illegal drugs are defined as behavior modifying chemicals not duly prescribed by a physician in the course of treating the student.
- C. **Criminal Acts.** Athletes who conspire to become involved in acts defined as criminal by statute are subject to discipline under this Code.
- D. **Violation of School Discipline Policy.** Athletes are expected to display behavior, in the classroom and on campus, which is exemplary for all students to follow. Therefore, serious violations of school discipline (fighting for example) may be considered a violation.
- E. **Penalty Phase for Above Violations (A, B, C, D, of II).** Athletics affords a unique opportunity to modify behavior and lend a helping hand to students in need of such attention. Rule infractions shall be dealt with in the following manner by the Athletic Department.

**First Violation:** A conference involving the athlete, parent, head coach, and the Athletic Director shall be held as soon as practical. Penalty or discipline will be determined based upon the severity of the violation. The range of penalties includes, but is not limited to, extra workouts, temporary suspension from participating, or possible removal from the team.

**Second Violation:** A conference as stipulated in the first violation will be held. The athlete will be removed from the team and forfeit all privileges of team membership including, but not limited to awards, honors, or team functions.

### III. Miscellaneous

#### A. Attendance

1. **An athlete must be in attendance in all his/her regularly scheduled classes on the day of a contest to be eligible for participation.** Any exception to this rule must be by administrative approval.
2. **If the student is in school, he/she will be expected to be at practice unless excused by the coach.** (Do not send word by way of another student or player that you cannot make practice. Personally see your coach and get permission to be absent or late.)

B. **Appearance.** As a member of our teams we want to be proud of your appearance. Athletes are expected to dress neatly and keep well groomed. The coach may determine dress on the day of a contest.

C. **Awards.** Team awards voted on by the players themselves will be given out for Offensive Player of the Year, Defensive Player of the Year, Most Improved Player and Most Inspirational Player. Coaches will choose a Captain Award for leadership and Freshman-of-the-Year award. In addition, each coach can make a Coach's award citing special commendations.

D. **Dedication.** An athlete must be willing to dedicate himself/herself to the team. The athlete should be aware that nothing worthwhile is accomplished without hard work and sincere desire to succeed. The athlete must also realize that he/she must work "out of season" as well as during the time he/she competes. He/she must also be willing to sacrifice his/her own personal desires for the good of the team.

E. **Insurance.** Every athlete must be covered by insurance, which will pay for injuries sustained in his/her sport. Aliso Niguel High School does not pay for any medical care of injured athletes. Aliso Niguel High School does provide the opportunity for athletes to purchase insurance if they do not carry family insurance. Parents or guardians should be aware that this insurance is "excess" or secondary coverage and will pay only that amount which other insurance companies will not pay.

F. **Language.** Anyone associated with Aliso Niguel High School athletics shall use language that is socially acceptable. Profanity or vulgar language will not be tolerated on or off the playing field at any time.

G. **Letter Requirements.** Because of the differences in many sports, each coach sets his/her own letter requirements and these are on file in the Athletic Office. To receive a Varsity letter, a player must be on the Varsity team for the entire year or participate in one quarter of a basketball contest for every game scheduled during the regular season. (i.e., If the team is scheduled for 23 games during the regular season, then an athlete must be registered as participating (checking in) for 23 total quarters over the course of the season.) The Athletic Department imposes three requirements that an athlete must meet to qualify for a letter as well:

1. The athlete must finish the season in good academic standing. This would include playoff contests.
2. The athlete must have turned in or accounted for all equipment checked out to him/her.
3. The athlete must have purchased an ASB card.

H. **Quitting a Sport.** The head coach may or may not allow a player that has quit the team to return. An athlete who quit a team loses all rights of a team member including, but not limited to, awards or post-season honors. **These athletes may not go for another sport until the season of sport in which they quit is completed.**

**I. Residence Eligibility.** Any student who is planning to move, or has recently moved, or whose parents or guardians have moved, should notify the Athletic Director's Office for CIF information on his/her status of eligibility.

**J. Respect.** The athlete is to show respect for all teachers, coaches, officials, spectators, their parents, school facilities, and equipment at home and, especially, when playing away.

**K. Responsibility for Equipment.** Athletes shall assume responsibility for athletic equipment issued to them and will be expected to pay for equipment not returned. An athlete who has equipment stolen through no fault of his own, must report this to his/her coach and to the Athletic Director as soon as possible following discover of the theft. He/she must complete a theft report within two days of the theft and return it to the Athletic Director. If the above procedure is met and the theft report is filled out, the athlete may be relieved of financial responsibility.

**L. Scholastic Eligibility.** An athlete must earn a Grade Point Average (GPA) of 2.0 or better, passing a minimum of 4 classes. Only one PE class and/or one student aide class may be included. If an athlete has failed to achieve the required GPA, the athlete will become scholastically ineligible. Student/athletes will be allowed one semester of probation during their high school career. During the period of probation, student will be allowed to participate, while working toward regaining the required minimum 2.0 GPA.

**M. Seasonal Participation.** An athlete may, except in special situation, participate in only one sport per season. Athletes cannot change from one sport to another except with the approval of both coaches and the Athletic Director. When an athlete quits or is dropped for disciplinary reasons, he/she may not go out for another sport until the previous sport season is ended.

**N. Transportation.** Athletes shall ride to and from all contests on school-provided transportation. In special instances athletes may return home with their parents or guardians only. The coach and administrator-in-charge must be notified by the appropriate parent/guardian in writing 24-hours prior to the contest.

#### IV. Student-Athlete Standards

If an athlete violates the letter or intent of this Code he/she shall be held accountable under this code as it affects him/her athletically. The Athletic Director shall inform the Administration in writing all actions taken under this Code. If an athlete violates school rules or exhibits behavior or conduct which is criminal or socially unacceptable while in the student environment, the administration shall notify the Athletic Director for possible action under this Code.

#### V. Acknowledgement

Students who wish to participate in athletics at Aliso Niguel High School must sign a document and have his/her parent or guardian sign the document as well, indicating they have read and understand this Code. If further explanation is desired, please contact the Athletic Director. The student and his/her parents or guardian thereby acknowledge responsibility for actions under this Code. It is understood that the athlete agrees to uphold this Code for one calendar year from the date of signing. Acknowledgement for this is determined by signing the Athletic Clearance folder in the appropriate place.

#### **Student Eligibility Requirements at a Glance**

(These are only a few of the requirements. Ask your Athletic Director if you require more information)

A student-athlete **must**:

1. **not** have reached his/her 19<sup>th</sup> birthday on or before June 1;
2. be an amateur;

3. have attended high school not more than eight semesters after completing the eighth grade;
4. be passing in no less than four (4) classes;
5. have maintained a 2.0, or better, GPA the previous semester
6. have met the residence requirements;
7. **not** compete on any outside team in the same sport during the school season of that sport;
8. have **not** been expelled from any high school during the past year;
9. complete the Athletic Clearance Information;
10. have turned in or paid for any athletic equipment previously issued by Aliso Niguel High School;
11. be a member of the Associated Student Body as demonstrated by the presence of an ASB sticker on their school identification or "ASB Card". (The ASB pays all student and school dues and fees to the C.I.F. and league. Waivers of the ASB card may be granted due to financial hardships.)

### **Transportation.**

Transportation to all athletic activities must be regularly scheduled district approved vehicles. This transportation may be by school bus or charter bus. Prior to the season, the coach will receive a list of scheduled days, dates and departure times. It is expected that all students ride to and from all contests with the team. A parent may take their son/daughter home from a contest, if a not requesting is presented to the Athletic Director, or Principal 24 hours in advance. A student may **only leave with his or her own parent**; they **CANNOT** be release to a friend, neighbor or relative.

1. School Bus- Supplied by the school district. The coach must ride the bus and be in charge of the control and discipline of his/her athletes. The driver of the bus has ultimate responsibility over the safety of all bus riders. Coaches must not allow situations to arise on the bus those forces the driver to take disciplinary measure toward the athletes or coaches.
2. Charter Bus- The CUSD Transportation Department may elect to have a charter bus transport our students when district buses or drivers are not available, when the distance is great enough to warrant it, or when the coach finds it desirable.

### **Student Dismissal From Classes**

1. In cases where students must miss class because they are traveling to athletic contests, the Athletic Director will establish those times. In establishing departure times, consideration of travel and warm-be considered. The purpose will be, however, to keep students **IN CLASS** as long as possible.
2. Students are **NEVER** to be excused from the athletic class for lunch or canceled practice.

## **Basketball Athletic Code of Conduct**

The players and their parents understand and support raising the conduct standards and consequences for ignoring them. Therefore, effective immediately, the following code of conduct will be enforced:

### **Attendance and Behavior**

**Form of Address** The athlete is to show respect for all teachers, coaches, officials, spectators, their parents, school facilities, and equipment at home and, especially, when playing away. When addressing a coach, athletes will do so by using the titles of either Coach or Mr./Ms. and the coach's last name. Use of first names of coaches will not be accepted.

**Practice Gear** Dressing appropriately for practice, following practice schedules, and building positive attitudes are very important. All players must be in their practice gear of shorts and jersey before they are allowed to participate in practice. The first offense will result in the athlete sitting on the sidelines until a parent can bring the practice gear that day. Following infractions will result in the parent being called to pick up their student/athlete and they will not be allowed to stay in practice that day. Both will result in marked missed practice times and may additionally have playing time reduced.

**Game Gear** Dressing appropriately for game is very important. **All players must be in their warm-ups and game shoes when they enter the gym, or for away games when they enter the bus, in order to play in that game. We will look and play as a team.**

**Attendance** In order for the athlete to develop skills, insure the learning of safe playing habits and fairness to both teammates and coaches, players need to be in attendance on a daily basis. Even if a player has to have limited or modified practice, she can still learn from observing and listening, so it is very important to be at all practices. Players on all levels must call in at least one hour before the start of a practice or a game to notify coaches of an excused absence. The failure of either the player or the parent to notify coaches before the start of a practice or a game will be counted as unexcused regardless of the reason. A player may have 3 tardies before any discipline will be enforced. Please read the following chart to understand the attendance policies and the resulting discipline.

Excused/unexcused absences:

1. Suspension from next game.
2. Exception: Long-term illness/injury with doctor's note not allowing to attend.

Unexcused absences:

1. 1<sup>st</sup>- coach/player discussion regarding policy, call to parents
2. 2<sup>nd</sup>- call home to parent, suspension from next 2 games.
3. 3<sup>rd</sup>- dismissal from team.

Tardiest (excused and/or unexcused)

1. 1<sup>st</sup>-3<sup>rd</sup> – extra conditioning
2. 4<sup>th</sup> - coach/player discussion regarding policy.
3. 5<sup>th</sup> - call home to parent, suspension from next game.
4. 6<sup>th</sup> - suspension from a second game.
5. 7<sup>th</sup> - dismissal from team.

### **Player Conduct:**

***No fighting.*** If a player is ejected for initiating fighting or flagrant physical abuse, her playing season is terminated. This is a true ZERO TOLERANCE issue with no further consideration by the basketball program. The offending player also will be subject to a disciplinary hearing, possibly leading to being banned from playing girls ANHS basketball again.

***Respect the calls made by the referees.*** Abusive behavior is not permitted. The first verbal abuse will result in the player sitting out the next game and a one-week suspension from basketball practice. Any second abuse/offense will result in ejection from the team. Physical abuse will be

treated as per "fighting".

***Respect your opponent.*** Over the course of the season, if a player receives three (3) technical fouls for verbally abusing or showing up either his opponent or officials, a disciplinary hearing will be held to determine if her playing season will be terminated (and perhaps her future involvement in girls ANHS basketball.) That player will be ineligible for play until the results of the hearing have been determined.

**Conduct detrimental to the team.** As with any team sport, the team goals must supersede the individual. We must, therefore, show self-sacrifice for the good of the team. Any player demonstrating attitudes of selfishness or subversive action will be dealt with immediately and discipline will range from immediate suspension of practice and games to dismissal from the team, depending on severity.

**Character and Integrity** All athletes are expected to follow the CIF's program of "Victory with Honor". This includes the "six pillars of character" which are as follows:

1. **Trustworthiness:** Be honest • don't deceive, cheat or steal • be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation • be loyal — stand by your family, friends and country.
2. **Respect:** Treat others with respect; follow the Golden Rule • Be tolerant of differences • Use good manners, not bad language • Be considerate of the feelings of others • Don't threaten, hit or hurt anyone • Deal peacefully with anger, insults and disagreements.
3. **Responsibility:** Do what you are supposed to do • Persevere: keep on trying! • Always do your best • Use self-control • be self-disciplined • Think before you act — consider the carelessly.
4. **Caring:** Be kind • be compassionate and show you care • Express gratitude • Forgive others • Help people in need.
5. **Citizenship:** Do your share to make your school and community better • Cooperate • Get involved in community affairs • Stay informed; vote • Be a good neighbor • Obey laws and rules • Respect authority • Protect the environment. Consequences • be accountable for your choices.
6. **Fairness:** Play by the rules • Take turns and share • Be open-minded; listen to others • Don't take advantage of others • Don't blame others

#### **Additional Information**

**Parent/Spectator Behavior** All parents and spectators will be required to abide by the Capistrano Unified School District policies on fan behavior. In addition the following consequence will be met:

#### **Parents / Spectators:**

1. ***Support, or at a minimum be silent, regarding the calls of the coaching staff or play of the players.*** Parents and family members can "fuel the fires" from the stands and spectator behavior encouraging poor sportsmanship or individual play over team play, will result in a meeting with the coach and the administration and may result in the suspension of his or her daughter from the team. Based on a second flagrant violation, the player will be terminated from the team.
2. ***Do not abuse any player, official, coach, assistant coach, opposing team's coach, players, or parents.*** If any parent or spectator does make such a "challenge" anytime or anywhere during the game or afterwards (example: in a parking lot), then they will not be allowed to attend future games either at home or on the road. Second abuse results in that family team member terminated from the team.

**First Aid Kit** The first aid kit is for both preventive injury maintenance and emergency injury treatment. Athletes shall not go into the kit to retrieve anything unless instructed to do so by the coach.

**Fund Raisers.** Not all expenses are paid for by the Capistrano Unified School District. To provide equipment, uniforms and other necessities and luxuries, players and their families will be asked to participate in fundraising activities.

It is the goal of this basketball program to raise all necessary funds through the community without asking individual families to pay for out-of-pocket expenses.

**Leadership** Diligence, enthusiasm, honesty and love for the game are all part of a professional pride that should be exhibited by all members of our basketball program. Personal appearance, dress, physical condition- all should exemplary.

**Picking Up Your Child** Please be on time when picking up your child after a practice or game. No coach will ever leave your child behind after school when the campus is unsupervised or dark. Since we also have families to go home too, and we will not leave until every child is accounted for, we stress that you please be courteous and on time in picking up your child. If problems do exist, your child may not be allowed continued participation when arrangement cannot be made.

**Practice Times** Practice times is set for all 3 levels. Due to parameters dealing with coaches' availabilities and 8 teams between the boys' and girls' programs as well as other sports and campus activities needs for gym time, these schedules are fairly inflexible. Your child must be to practice on time and is expected to be at practice for the entire time. If an athlete misses or is late to practice, they will not be allowed to start the next contest. If they are not a regular starter, they will have their playing time reduced in the next contest. If attendance problems persist, additional playing time will be restricted.

**Risk Instruction** All parents and players must be aware that risk to health does exist in the game of basketball. Basketball is a sport that requires prime physical conditioning, strenuous physical activity and physical contact. This physical activity and contact can result in injuries that can cause permanent damage or in rare extremes, death.

**Safety** Safety is the utmost concern of all coaches and athletic trainers on staff. Horseplay and behavior that could injure a teammate or opponent will not be tolerated.

### **Sportsmanship**

Sportsmanship is something that everyone talks about, but few today in the professional ranks show our youngsters what it means. As educators and coaches, we have a tough challenge in front of us, one that we cannot back down from. Sportsmanship is everyone's responsibility, from the coach to the parents to the athletes. Unsportsmanlike behavior including showmanship, taunting and cheating will not be tolerated as part of this program.

**Steroid Prevention and Alcohol** As mentioned before, there is a zero-tolerance program in effect in this district for alcohol and controlled substance use. In addition, it should be noted that performance-enhancing supplements such as steroid and growth hormones may cause permanent damage to the body and should never be taken without doctor's supervision. Also, beware of the stimulant ephedrine. Ephedrine can cause rapid heart beat during exercise with may lead to heart attack.

### **Substance Abuse and Tobacco**

The Capistrano Unified School District will not tolerate the possession or use of alcohol or illegal drugs, or unlawful use of prescription drugs by its students or employees in any job related context and is committed to a drug free environment.

The California Department of Education and School Board policy both prohibit the use of Tobacco product on any school campus or at a school event. This includes the use of "chew" type products.

**Summer Programs** Summer programs are not part of the Capistrano Unified School District. However, to remain as a competitive basketball program, Aliso Niguel, like other schools, competes in a summer program. It is expected that all athletes maintain skill development during the off-season. From mid-May until the end of July, we hold spring practices and participate in summer leagues and tournaments. Athletes are expected to participate if and when in town during

this time. Although not always possible, it is encourage for families to schedule vacations around this time. In addition, participatory costs will be the responsibility of each family. We will though, try to eliminate these costs through active fundraising efforts throughout the school year.

**Summer Transportation** The district will not provide transportation over the summer time. All transportation will be the responsibility of the individual.

**Sundays and Christmas**

Coaches may not practice/meet with students or parents on Sundays. This includes, but is not limited to, pre-season meetings, booster meetings, banquets, etc.

**Trainer** Aliso Niguel provides for a part-time trainer who is available before most practices and most home games. All athletes must abide by the rules put forth by the trainer. If the trainer prohibits the athlete from participating in any contest or practice for medical safety reasons, a doctor's permission must be given for that athlete to return.

**Trash Talk** We often hear the phrase "trash talking" in reference to players talking down, degrading, and attempting to humiliate other players. We often see this type of action after a player makes a great play, or when one makes a mistake that is costly.

1. "Trash talk" is not acceptable and will not be tolerated
2. There will be immediate removal of any and all players from a contest for "trash talking"
3. HAVE "CLASS" IN ALL YOU DO

**These actions are for everyone's benefit. Basketball is a game and we should respect it and enjoy it. If anyone has questions regarding these "standards", please feel free to contact your team coach, head coach, athletic director or principal. If you choose not to abide by these principles of good sportsmanship, girls' basketball is not the right fit for you. We look forward to making the basketball games a pleasure to watch. Thank you for your support and compliance to these matters.**

**Parent(s) and athlete:** Your signature below indicates that you have read and discussed the athletic code for Aliso Niguel Girls' Basketball. In doing so, both the parent(s) and the athlete understand the expectations put forth by the coaches in this program and that both the parent(s) and athlete will make all possible efforts to live up to these expectation. Also, your signature indicates your awareness and acceptance of all risks involved and that each athlete's parent(s) must maintain proper insurance coverage throughout the calendar year.

\_\_\_\_\_

Parent's signature

\_\_\_\_\_

Date

\_\_\_\_\_

Athlete's Signature

\_\_\_\_\_

Date