

San Clemente High School

Cross Country

Code of Conduct

The goal of the San Clemente High School Cross Country program and its coaches is to promote responsibility, cooperation, leadership, and sportsmanship in our athletes as they train and compete. The attainment of these qualities requires hard work and personal commitment on the part of the athletes in the program. In addition, coaches expect courtesy, respect, attention, and responsibility from athletes.

This code of conduct details the rules and policies governing every team member. All members and their parents are expected to understand and adhere to these rules. Your signatures on the last page will confirm this obligation.

A program of this size demands clear organization and structure to maintain an appropriate environment for the achievement of our goals and team success.

The program will be successful if athletes have fun in a safe environment and compete and perform to the best of their abilities. Students (and parents) must communicate well with coaches regarding personal, academic, and physical problems that may prevent athletes from performing in practice and competition.

Please contact us with any questions, or comments, and we look forward to seeing you at parent night in September when we discuss our program.

We also look forward to sharing a fun and successful season.

Sincerely,

Dan Johnson, MA, CSCS
Head Cross Country Coach
San Clemente High School

In addition to the rules that govern all San Clemente High School students, participants in the cross country program will be governed by the following rules. As a participant of the San Clemente High School cross country team, I agree to the following code of conduct:

1. Academic Eligibility

The Capistrano Unified School District and CIF has adopted a “C” average (2.0) rule for eligibility. We require that all athletes maintain a high level of academic achievement and certainly expect that they will achieve well above the minimum “C” average required for competition in athletics. Students on academic probation will not be able to compete in school athletics should they receive less than a 2.0 for a second consecutive semester. Students who are academically ineligible will not be permitted to participate in track, as a class, or an athletic activity.

2. Citizenship

All student-athletes are expected to behave in a mature manner both on the field and in the classroom. Any athlete who receives more than one “U” in citizenship or work habits on a progress report jeopardizes their opportunity to letter and to participate in meets. If the athlete’s behavior does not improve, the athlete will face disciplinary action and possible dismissal from the team.

3. Attendance Policy on Meet Day

San Clemente High School recognizes the importance of the educational process and the need for students to pursue education as their first priority. Regular and punctual attendance is closely correlated to higher academic achievement in school. We also recognize the value of participation in athletics. Co-Curricular activities make a positive contribution to students’ lives, helping to instill important values and positive self-esteem. However, we consider these co-curricular activities to be of secondary importance to the need for a sound academic education. Therefore, we shall institute the following attendance and co-curricular participation policy for the school year.

Students must attend regular classes the day of any school related event in order to be able to participate in, or attend, any school related activity after school. If any student fails to attend at least a minimum day of class hours, he / she will not be allowed to attend any school related events that day. A minimum day is defined as at least four classes on a traditional period 1-6 day, or two block periods on a block schedule day.

Exceptions to this policy will be allowed for absences due to the conditions beyond the student’s control. Legitimate, verified family emergencies, court dates, and funerals are examples. Only absences classified by the following attendance codes will be allowed as exceptions:

F- Funeral

L- Court appearance, religious event

O- Office visit

V- School activity, such as field trip, counseling appointment, testing

I- Medical/Dental appointment. This will require a note from the Doctor/Dentist/Orthodontist verifying the time and date the student was at the office. The “I” code is also used for excused illness—illness is not an acceptable reason to be excused from this policy. If a student is too ill to attend school, he/she is certainly too ill to participate in co-curricular activities.

Violation of this rule will result in the following disciplinary action:

1st Offense: The student is suspended from participating in competition for that week. Coach will counsel the student-athlete. The coach may implement other sanctions.

2nd Offense: The student is suspended from participating in competition that week. Parent is notified. A meeting with coach and/or administrator may be arranged. The coach may implement other sanctions.

3rd Offense: The student will be removed from the co-curricular activity.

4. Practice and Team Meeting Attendance

Athletes must attend mandatory workouts or meetings, and be on time. Athletes should be prepared and organize all other commitments (**This includes: work schedules; medical appointments; family vacations**) around the following schedule during the season: *Exceptions may be made for seniors making college visits, if approved by the Coach prior to the absence.

Monday	Tuesday	Wednesday	Thursday	Friday
2:05 pm – 4:00 pm	2:05 pm – 4:00 pm	3:05 pm – 5:00 pm	1:15 pm – 3:15 pm (6:30 pm on meet days)	2:05 pm – 4:00 pm

Note: all times are approximate and may vary at the discretion of the head coach.

A tardy athlete will be disciplined by:

1st Offense: The individual will run 4 hill repeats after practice.

2nd Offense: Suspension from one meet

Repeat offenders: Dismissal from team.

Practice is very important! It is mandatory. Therefore, unless an athlete has been out ill for THE ENTIRE SCHOOL DAY they must attend practice. No exceptions.

If an athlete has missed the whole day of school, this can become an excused absence if either of the two procedures below are followed:

- The parent **e-mails by noon** and informs us that their athlete will miss practice due to an all day illness or absence. E-mails should be directed to Coach Johnson
 - **Coach Johnson at drjohnson@capousd.org**
- If e-mail is unavailable, the parent **phones and leaves a voicemail by noon.**
 - **Coach Johnson (492-4165 extension 2940)**

ALL OTHER ABSENCES ARE UNEXCUSED.

An unexcused absence will result in:

1st Offense: Extra workout assigned, possible suspension for one meet

2nd Offense: Suspension for one meet

3rd Offense: Dismissal from the team

THE SERVING OF DETENTION, PLACEMENT IN CSI, THURSDAY/FRIDAY SCHOOL, OFF-CAMPUS SUSPENSION, FAMILY VACATIONS ARE CONSIDERED UNEXCUSED ABSENCES.

Athletes are only allowed to miss 6 practices total for the season. These can be excused or unexcused absences or any combination thereof. Any more than 6 absences from practice will result in dismissal from the team. The only exceptions are a prolonged illness verified by a doctor, or prolonged family emergency.

5. Practice, Training, and Team Meeting Discipline.

In order to maintain an atmosphere conducive to successful training and team success, the following practice session discipline plan will be enforced. "Horseplay," failure to follow coaching instructions, walking during warm-ups, non-stretching, or any other behavior during practice time deemed inappropriate by the coaching staff will be met with the following consequences.

During an individual practice session:

First offense:	Verbal warning
Second Offense:	Removal to stands for remainder of practice session. Counseled by head coach at end of practice.

During Season:

First removal to stands:	Counseling by coach
Second removal to stands:	Counseling by coach, and phone call to parent.
Third removal to stands:	Dismissal from team

6. Meet Behavior

Athletes are expected to adhere to the following rules during all meets. Infractions of these rules will result in an immediate suspension or dismissal from the program.

Athletes are expected to be respectful to all school employees, officials, parents, teachers, and other athletes.

Athletes are expected to maintain composure during meets. They will not argue with or demean officials, opposing coaches or athletes.

Athletes are expected not to curse or swear.

Athletes are expected to refrain from horseplay or rough housing. All athletes are expected to be warming up, mentally preparing, or supporting team mates during their races.

Athletes are expected to not litter in the locker room or on campus. This means all athletes are responsible for cleaning up the area of the field we have occupied before leaving.

Athletes are expected to be honest. Athletes who cheat, lie, or steal will be disciplined and/or dismissed.

Athletes are expected to treat school and other athlete's property with respect.

7. Care and Use of Equipment and Uniforms

Athletes will dress properly for meets. No athlete will modify or alter issued equipment, or wear any equipment not issued by the school without the coach's permission.

Dress Code

Practice

- Practice clothing must be brought to school and worn for practice every day.
- A pair of running shoes must be brought to practice every day.
- Shoes must be worn at all times.

Meet Days at School

- Athletes must wear team apparel during the school day. Ex: T-shirt or Sweatshirt

Meets

- Uniforms and warm-ups will be purchased as a part of the team package. Athletes are expected to dress in these uniforms and warm-ups **only**. No alterations to the uniform are allowed.

- CIF rules allow distance runners to wear a wrist watch. All other jewelry must be removed. Students who do not dress for practice will not practice and therefore not compete that week. Improper uniforms worn at meets will result in the following discipline:

First Offense: Verbal warning – If the athlete does not correct the uniform before a race you will be pulled from competition.

Second Offense: Athlete will be pulled from the entire meet.

Third Offense: Dismissal from team

8. Injuries

If the injury occurs during practice, athletes will first report to the coach. Athletes will report to the trainer at the coach's direction for treatment immediately upon being injured. Athletes will first report to practice if they need to see the trainer at the beginning of practice. Athletes who report to the trainer without first notifying the coach themselves will be marked truant. THERE WILL BE NO LOITERING OR HORSEPLAY IN THE TRAINING ROOM! RESPECT THE TRAINER!

- Athletes will be expected to workout unless injured or directed otherwise by a doctor, or other certified medical personnel (EX: DO, PT, NPT, DC)
- Injured athletes will not be permitted to practice until a doctor permits their return in writing.
- Injured athletes must come to practices and engage in as much of the practice as possible
 - Core Workouts
 - Stretching
- Athletes who do not train will not participate in track meets.
- Athletes should not participate in activities outside of Track that could cause injury during the season, such as bodysurfing, snowboarding, skateboarding, club sports etc. Injuries resulting from these activities that prevent athletes from practicing for more than two weeks could cause them to be removed from the team.
- ****The decision to keep an injured athlete (more than two weeks or indefinitely) on the team is at the sole discretion of the Head Coach.***

9. Travel

Meets: All athletes are expected to remain in attendance and participate in the support of teammates until the end of our cluster meets and league finals meet. Athletes will be allowed to leave Saturday Invitational meets with parents after they have competed. **NO EXCEPTIONS!** District rules prohibit athletes from riding to or from a competition with anyone other than their own parent or guardian, unless a parent has completed and filed the transportation request forms with the school.

A **Mandatory District Bus Fee** is required for all athletes. Checks may be made out to SCHS for \$40. Students on the free lunch program must fill out a waiver of this fee. A hardship waiver can also be filled out upon request.

10. Illegal Substances

Alcohol, drugs and tobacco are not conducive to athletic achievement. They are also illegal for our team members. Use of performance-enhancing drugs is also forbidden

Any athlete found to be using alcohol, drugs, tobacco or performance-enhancing drugs at any time during the season will be dismissed from the team.

11. Lettering

An athlete must meet all of the following criteria in order to earn a varsity letter:

- A. Compete on the varsity team in at least one of the league cluster meets or league finals, **OR**, be an active 4 year member of the team at the end of your senior season.
- B. Maintain a minimum of at least a 2.0 grade point average during the season.

- C. No mark of "U" in Citizenship or Work Habits during the grading period of the season
- D. Athletes may receive no more than a one (1) meet suspension from the team for any reason (including tardies, attendance, or discipline) during the season.

12. Grades

Grades will be determined on effort, attendance, and participation. Every athlete starts off with an "A" grade.

During the competition season, for each unexcused absence (or its equivalent), 1/2 letter grade will be dropped for the reporting period. For each tardy, 1/4 letter grade will be dropped. EX: 1st unexcused absence, grade goes from A to A-.

During the postseason, one-third of the final semester grade will be determined based on attendance, dressing out, and running during the 6th period cross country class.

13. Fundraising

Each athlete will be expected to fundraise **at least \$ 75.00**. This amount is over and above the cost of the team gear package. This can be a flat donation from the family or through fundraising.

SAN CLEMENTE TRACK & FIELD CODE OF CONDUCT

1. I ACKNOWLEDGE THAT I HAVE READ THIS CODE OF CONDUCT AND AGREE TO COMPLY WITH ALL THE RULES AND REQUIREMENTS FOR PARTICIPATION IN THE CROSS COUNTRY PROGRAM.
2. THE HEAD COACH HAS REVIEWED THE RULES AND REQUIREMENTS ORALLY AND I FULLY UNDERSTAND MY RESPONSIBILITY TO MYSELF AND THE PROGRAM.

Athlete Signature

Parent/ Guardian Signature

Print Athlete's Name

Dan Johnson
Head Cross Country Coach

*****Athletes must return this form signed by Friday, September 10th*****