

# NHS Volleyball Program Policies & Expectations

## Alcohol & Drugs

1) Consumption or possession of tobacco/nicotine (including electronic smoking devices), drugs, or alcohol in any form will not be tolerated regardless of quantity. Observance of all training rules involving the use or possession of tobacco/nicotine, drugs, or alcohol, is a responsibility of the participant.

2) Participants are expected to conduct themselves in a commendable manner at all times during interscholastic activities, and toward opponents, teammates, officials, and spectators, regardless of where the activities occur. Furthermore, the following behavior will not be tolerated: hazing, physical altercation, theft, verbal abuse, including use of lewd or obscene comments; ethnic or racial slurs; or derogatory statements; or any bullying, intimidation, harassment; or any other conduct prohibited by school, Superintendent, or Board of Education policy. The following represent minimum sanctions for violation of this rule. In cases of greater severity, the responsible administrator may increase the sanction up to and including suspension from all interscholastic participation.

- The first violation will result in an immediate one contest suspension for sports with eleven or fewer contests. For sports with more than eleven contests, the sanction will be a two consecutive contest suspension. If suspension results in an athlete missing a tournament or a qualifying contest required to advance in an individual sport, it shall count as two contests.
- A second violation occurring at any time during a student's attendance at Adams 12 Five Star Schools will result in an immediate suspension from twice as many contests as are provided for the first violation.
- A third violation and any subsequent violation occurring at any time during a student's attendance at Adams 12 Five Star Schools will result in an immediate suspension from all interscholastic athletics for one full year from the date of the infraction. Following the one-year suspension, participation will be at the sole discretion of the school principal. Athletes who violate this contract may be required to attend all practices if they have not also been suspended from school, but may NOT dress in team uniform or compete in any performances or interscholastic competitions while suspended from school. For athletic contract purposes, scrimmages are not considered contests. Prior to imposition of any suspension from athletics, the principal or designee (school administrator) shall have an informal conference with the athlete regarding a claim that one or more rule(s) have been violated, and allow the athlete to respond to such claim.
- Contests do not count during days of school suspension. Student athletes must reestablish their student status through reentry after school suspension before serving the con

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- Prior to imposition of any suspension from athletics, the principal or designee (school administrator) shall have an informal conference with the athlete regarding a claim that one or more rule(s) have been violated, and allow the athlete to respond to such claim.
- Contests do not count during days of school suspension. Student athletes must reestablish their student status through reentry after school suspension before serving the contest(s) suspension outlined in this code. School suspension is separate from an athletic suspension and will be treated as such.

An athlete, who has been determined to be in violation of this code, may be granted an appeal to a district-wide committee comprised of two high school athletic directors and two athletic coaches, one from the building of the complainant, and chaired by the district athletic director. Requests to appeal must be made within 2 weeks from the date of the infraction.

**Students who violate this participation contract outside of school, even if out of season (including summer months) are subject to disciplinary action at the beginning of the next competitive season in which they participate. This contract is in effect from the signing date until the student officially graduates or transfers to another school outside of this district.**

## Hazing - ZERO Tolerance

**1) Adams 12 Five Star Schools maintain a strict zero-tolerance policy regarding hazing and initiation of any kind. Building administrators will review and potentially investigate any situation that involves hazing or initiations within a student group. Adams 12 Five Star Schools Superintendent Policy 5110 and Athletic Code of Conduct prohibit bullying, hazing, intimidation or threats.**

*\*It is imperative that any hazing behavior is reported.\**

### Code Of Conduct:

A student athlete represents his or her team, high school, and community. It is important, therefore, that an Adams 12 high school athlete maintain high standards of conduct in all aspects of his or her life. Since participation in athletics is a privilege, not a right, maintenance of such high standards, as are reflected in District Policy and each school's policies and procedures, is a condition of team membership and participation. Failure to maintain such standards may result in an athlete's elimination from participation.

**NOTE:** All schools have developed a "Discipline Matrix" that is specific to their needs, thus the consequences listed in their matrix may be more severe than what is listed in this code/contract. Any serious breach of school standards may result in an athlete being suspended from athletic participation for a period of time to be determined by the principal or designee. It is understood that athletes are responsible for knowing district and school rules for proper behavior. Athletes are hereby notified of the following specific rules and penalties:

### Eligibility

- 1) Eligibility is sent out every Thursday. If an athlete is ineligible, she will be notified by her team coach at practice.
- 2) If an athlete has 2 Fs, she is out for one week of competition (Thursday to Thursday)
- 3) If an athlete has 1 F, she will sit out for one set of a match.
- 4) Being ineligible for 3 consecutive weeks will result in dismissal from the team.
- 5) Athletes who are ineligible will be required to go to study hall weekly.

### Practice

- 1) No athlete will be allowed to practice without registering in the main office.
- 2) Practice will be after school, Monday-Friday 3:45-5:45,
  - a) Attending all practices are mandatory. If an athlete needs to miss practice she must notify her coach **before** practice begins.
- 3) Athletes who are late will have additional warmups.
- 4) Practice the day before a game is mandatory.
- 5) Athletes are allotted 3 unexcused and 5 excused practices. After these are met, athlete will be dismissed from the team.
- 6) INJURED ATHLETES - Athletes who are injured must attend practice unless instructed not to by coach and or athletic trainer.

### Games

- 1) All team members are expected to be on time to home games.
- 2) All team members will be on time for scheduled bus departure or left behind.
- 3) Athletes are only allowed to ride home with parents and must be signed out by parent with coach.
- 4) Athletes are expected to respect all opponents, coaches, and officials.
- 5) All team members are expected to demonstrate appropriate behavior and language during games.
- 6) All athletes will be expected to support all levels of the program while they're playing.

### PowderPuff Football

- 1) Athletes are not allowed to participate.

### Lettering

- 1) Must be in good athletic and academic standing, complete the season and be eligible academically.
- 2) Injured players may receive a letter if in the opinion of the head coach he/she would have participated enough if they had not been injured, and also served the team in some capacity while injured.
- 3) Show marked improvement during the season and from the previous season.
- 4) Be of good character, a teammate, and a team player.
- 5) Attend all practices and games unless excused by the coach, parent, and or doctor.
- 6) Contribute to the team's success.
- 7) Regular member of the varsity team.
- 8) Must play in half of the scheduled varsity matches.

\*Northglenn volleyball members are **NOT** allowed to work with club coaches during the volleyball season. Athletes that are discovered doing so, will be dismissed from the team.

Athlete Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

Date \_\_\_\_\_