

2016 Deer Valley Cross Country Team Code of Conduct and Team Policies

The members of the Deer Valley Cross Country team are expected to adhere to the following guidelines and rules as members of this team.

I. **Team Goals:**

Varsity athletics at the high school level serve the primary purpose of developing the character and discipline in students necessary for a life of success in the classroom and the work environment. In order for this to occur, the values of hard work, consistency, reliability, unity, pride and discipline are stressed with all aspects of this program. With each activity, practice, and competition, we hope to communicate, model and build these qualities within each student athlete. Our hope is that each student will be a leader in their classroom, maintain a high GPA, act in a way that is worthy of being emulated, that is above reproach, and graduate with a Deer Valley High School diploma in preparation for college.

Secondary to the social development of student athletes is the desire to produce a championship caliber cross-country program. We want to win sectional championships and contend for state titles in the state of Arizona at the Division II level. In addition, cross-country serves as a critical training ground for distance events during the spring track season. It is also important that student athletes use cross country as a means to prepare to compete for and win team and individual championships in the state of Arizona at the Division II level.

Student

Parent

II. **Practice and attendance:**

- a. **Attendance at practice is MANDATORY.**
- b. Cross Country practices will occur at the discretion of the coaching staff.
- c. Students will be responsible for knowing the location and start times for each practice.
- d. Practice schedules will be regularly updated on the team web site and team meetings
- e. Any absence from a mandatory practice can be deemed by a coach to be unexcused
- f. The determination of whether an absence is considered excused or unexcused is left to the sole discretion of the cross-country coaching staff.
- g. If a student is unable to attend practice, they are to notify the head coach twenty-four hours via a written document or electronic media.
- h. Multiple tardies can result in an athlete missing a meet and be counted as an unexcused absence.
- i. ***It is team policy that athletes do not take vacations during the official season.*** This could result in the athlete not participating in team meets and up to removal from the team.
- j. **3 or more unexcused absences will result in discipline including loss of participation in a meet and up to and including removal from the team.**
- k. Runners need to be dismissed from practice by a member of the coaching staff before they can leave the practice site. There will be no exceptions to this rule at any time.

Student

Parent

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III. Competitive meets:

- a. Student-athletes will attend all meets. ***Missing a meet can result in suspension from multiple future meets and up to removal from the team.***
- b. All student-athletes are required to ride to and from the meet with the rest of the team aboard school transportation.
- c. Runners will arrive at the bus in the school issued uniforms and agreed upon warmups.
- d. Runners will conduct themselves with sportsmanship while at meets and follow all coaching instructions.
- e. **Team Camps** – are for student-athletes and coaches only.
- f. Parents will allow students to perform pre-race activities including warmup and stretching without distraction
- g. Athletes will report to the starting line as a team.
- h. Student-athletes will gather at a pre-designated spot after the race and then begin cool down and stretching per coaching instructions.
- i. Parents will wait until after all post-race activities to interact with students athletes.
- j. Student-athletes will ride home with the team after all events unless permission is otherwise given. Parents are required to sign out if permission is given. Students nor parents should expect to ride home with the team after all events.
- k. *Leaving the meet without permission or completing team activities will result in immediate discipline up to and including dismissal from the team.*

Student Parent

IV. Coach/Parent/Athlete Conduct

- a. As a general rule, the following relationship works best between coaches, athletes, and parents: coaches coach, parents parent, and athletes compete.
- b. Coaches will make training decisions for student-athletes
- c. Student-athletes will not conduct additional training outside of practice time without DVHS coaching staff supervision nor without prior coach's consent.
- d. Coaches will determine which athletes compete in which meets based on the following criteria
 - i. Athlete performances (i.e. faster time competes)
 - ii. Practice conduct and attendance
 - iii. Academic standing
- e. Under no circumstance will any coaching staff member engage with a parent or guardian regarding "playing time".

For a more extensive policy regarding coach/athlete/parent conduct, please review the Deer Valley Unified District Family and Coach agreement.

Student Parent

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V. Injury Prevention and Treatment

- a. Student-athlete injuries occur throughout a season and a consistent protocol will be followed to help improve student-athlete condition and return them to training and competition.
- b. Student-athletes can be evaluated by certified athletic training staff located at DVHS. Recommendations will be made regarding participation in practice/competitions and suggested physical therapy activities.
- c. Student-athletes can upon recommendation of the training staff at DVHS or coaching staff, be directed to Physiotherapy Associates (Peoria Office), for a free evaluation regarding potential injury concerns.
- d. Based on recommendation of staff at Physiotherapy Associates, athletes will receive recommendations regarding follow up including, physical therapy supervision at DVHS, physical therapy supervision at Physiotherapy Associates, and any restrictions regarding participation in practice/competition. They might also receive recommendations to visit additional medical professionals.
- e. Student-athletes, based on the recommendation of certified athletic training staff at DVHS, coaching staff at DVHS, or staff at Physiotherapy Associates, might be recommend evaluation by DVHS team doctor, Dr. Robert Luberto.
- f. Parents and students are strongly recommended to follow all recommendations of professional medical staff they encounter to ensure a quick and complete recovery from injury.
- g. Student-athletes will need medical clearance to continue to practice after receiving medical consultation. Athletes will be provided with a helpful checklist to best inform DVHS training staff and coaching staff as to what activities athletes can and cannot participate in.
- h. **A doctor's note will also be required after the visit before a student-athlete can return to practice. No note – no practice.**
- i. Physical therapy, if recommended, should be scheduled per recommendations of the medical professionals coordinating care. While practice time is very important, efforts to return to active training/competition, including physical therapy appointments are considered a part of an athlete's active training. Therefore missed practices for physical therapy purposes or medical consult **pertaining to** athletic injuries are permitted.
- j. **Under no circumstances should an athlete donate blood during the competitive season.** The recovery time for an endurance athlete is far too long and will adversely affect their ability to training and compete.
- k. *Please note: Athletic treatment (not done by DVHS staff) is done at the student-athlete's expense.*

Student Parent

VI. Participation in Extra-Curricular and Community Activities During Season:

- a. Student-athletes will make a strong commitment to cross country during the official season and should not have additional commitments supersede practices.
- b. Student-athletes will notify coaching staff of participation in any other extra-curricular activity during the season that meets the following criteria:
 - i. Provides significant physiological demands on the athlete, such as another sport whether school sponsored or through a club team
 - ii. Activities that could have meetings or be conducted during practice time
 - iii. Activities or required events that could be conducted during cross country

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competitions.

- c. When appropriate, coaching staff will work with student-athletes, parents, coaches/directors of other activities to avoid conflicts and ensure the physical, emotional and academic well-being of the student.
- d. DVHS Cross Country coaching staff will make the final determination if dual participation will work for the cross-country program, the coaching staff, and the student-athlete.
- e. *Failure to notify the head coach of participation in any extracurricular activity or community activity prior to the start of the competitive season will result in disciplinary action up to removal from the team.*

Student Parent

VII. General Conduct:

- a. All student athletes of Deer Valley High School are ambassadors for the high school.
- b. Student-athletes will represent both the cross country program and DVHS in a manner that is positive and worthy of respect and admiration.
- c. If a student participates in any activity that results in potential legal trouble, requires significant discipline for violating school behavior policies, participates in any activity that would reflect negatively on the community at Deer Valley High School, *or is present when any of the previously mentioned occur*, they will face disciplinary action up to and including dismissal from the team.

Student Parent

VIII. Drug Use and Illegal Activities:

- a. The use **ILLEGAL DRUGS (recreational and performance enhancing), ALCOHOL, or TOBACCO** will not be tolerated.
- b. *Using, possessing, or being in the presence of illegal substances will result in loss of participation in a minimum of 20% of meets, practice, and up to dismissal from the team.*
- c. Student-athletes will avoid social engagements, situations, and locations where illegal activity is taking place, including alcohol, drug, and tobacco use.
- d. Student-athletes will be expected to leave any environment or situation in which any illegal activity or socially compromising activity takes place. They will be expected to contact DVHS coaching staff to provide immediate notification.
- e. Failure to leave social environments and gathering in which illegal activity or socially compromising activity is occurring, as well as notifying coaching staff when such a situation occurs and can result in disciplinary actions up to and removal from the team.

Student Parent

IX. Academic progress:

- a. Student-athletes first priority is that of a student. The expectation is they will work toward excellence in the classroom as well in athletic competition.
- b. DVUSD No Pass, No Play policies will be strictly enforced.

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- i. Athletes with a failing grade in a class for two consecutive weeks will be ineligible for the next week's competition. Failure to improve grades in a timely manner can result in further disciplinary actions up to and including removal from the team.
- c. Coaching staff reserves the right to limit participation in practices and competition under any of the following academic situations:
 - i. Persistently low passing grades in one or more classes for an extended time period (example – one of more D's in classes without showing signs of improvement)
 - ii. Refusal to attend tutoring as recommended by teacher of record and/or coaching staff
 - iii. Any situation potentially involving academic fraud (cheating)
 - iv. All of these situations could result in escalating disciplinary actions up to and including removal from the team.

Student Parent

X. Media:

- a. All media requests of student-athletes should be directed through DVHS coaching staff and athletic administration.
- b. Student-athletes are expected to act with dignity, humility, and class when interacting with the media.
- c. Student-athletes are strongly recommended to carefully monitor their social media and only use it in positive situations.
- d. Social media posts done in poor taste, display illegal activity, appear to advocate for illegal activity, bully peers, lack modesty and humility, and in any way speak negatively of DVHS staff, faculty, administrators, coaches, peers or other athletes, as well as those from other schools will not be accepted.
- e. Failure to use social media can result in various disciplinary actions including loss of social media, and additional actions up to and including dismissal from the team.

Student Parent

XI. Equipment:

- a. Student-athletes will be provided with some athletic equipment by DVHS coaching staff throughout the season.
- b. Student-athletes will be expected to sign for athletic equipment, maintain it per instructions, and return it to coaching staff at the end of the season or time of use.
- c. Coaching staff reserves the right to place a debt on any student account for material not returned, or material damaged via improper use by student-athlete.
- d. Student-athletes should report any issued equipment that is not properly functioning to coaching staff as soon as possible. Coaching staff can then determine if equipment may be reissued to the student-athlete at that point.
- e. Inappropriate use of issued equipment or malicious destruction of equipment can result in disciplinary actions up to and including dismissal from the team.

Student Parent

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XII. Rules violation:

- a. All team members are expected to abide by the team policy and are subject to disciplinary actions as a result of rules violations.
- b. **If there is a rule violation:**
 - i. Athlete will be reminded of proper behavior from coach AND/OR
 - ii. Parents will be notified AND/OR
 - iii. School Administration will be notified AND/OR
 - iv. Athlete will be dismissed from the team

Student Parent

XIII. Team Awards:

- a. Team members will be eligible for team and individual awards if:
 - i. They are still a member of the athletic team at season's end
 - ii. Have turned in all team issued equipment
 - iii. Are in proper academic and athletic standing
- b. An athlete meets the minimum requirements for a varsity letter if they accomplish any of the following during the year:
 - i. Finish in the top seven in $\frac{3}{4}$ of the scheduled meets during the year
 - ii. Run faster than 17:00 for boys and 20:00 for girls
 - iii. Compete at both the sectional meet and state meet (as part of a qualified team or individual qualifier)
 - iv. Appropriate academic standing throughout the season and immediately thereafter.
- c. Awarding of a varsity letter is still subject to eligibility for post-season awards and also by coach discretion.

Student Parent

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**I have read and understand the Code of Conduct and Team Policies as
pertaining to the Deer Valley High School Cross Country Team.**

Athlete Printed Name _____

Signature _____ **Date** _____

Email _____

Phone _____

Parent/Guardian Printed Name _____

Signature _____ **Date** _____

Phone _____

Email _____

Parent/Guardian Printed Name _____

Signature _____ **Date** _____

Phone _____

Email _____

Desired way to be contacted about team information or individual athlete:

Please return signed to coach by Monday after the parents meeting