

SACRED HEART SCHOOL STUDENT ATHLETE CODE OF CONDUCT

As a student athlete at Sacred Heart School, I understand that I am representing my parish, school and family. I will agree to live out the standards set forth. I will represent my school with PRIDE putting the Lord first in all that I do.

- Pursue victory with honor.
- Respect teammates, coaches, officials and opponents at all times.
- Invest in your future - your education comes first!
- Demonstrate pride in your effort; accept defeat with dignity.
- Excel on and off the field of play.

Code of Conduct for Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character").

TRUSTWORTHINESS

- Integrity - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
- Honesty - live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- Reliability - fulfill commitments; do what I say I will do; be on time to practices and games.
- Loyalty - be loyal to my school and team and put the team above personal glory.

RESPECT

- Respect - treat all people with respect all the time and require the same of other student-athletes.
- Class - live and play with class, be a good sport, be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre and post game rituals.
- Disrespectful Conduct - don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect Officials - treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

- Importance of Education - be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- Role-Modeling - remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct myself as a positive role model.

- Self-Control - exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle - safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game - protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

- Be Fair - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

- Concern for Others - demonstrate concern for others never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
- Teammates - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

- Play by the Rules - maintain a thorough knowledge of and abide by all applicable game and competition rules.
- Spirit of Rules - honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Student Athletes Signature _____ Date _____

Consequences for failure to abide by these guidelines or for a violation during a game will be as follows:

Violation 1-Meeting with the coach and the AD the day following the incident.

Violation 2- Meeting with the student athlete, parents, priest and school administration.

Violation 3- Appearance before the school council for consideration of future participation.

*All violations will come with a consequence to be determined, individually.