



# MIRA COSTA ATHLETICS

*Home of the Mustangs*

## Code of Conduct and Expectations for Student-Athletes

It is important that every student-athlete be an exemplary role model and maintain the highest standard of conduct at all times. Student-athletes represent their community, school and team. Many people observe their conduct closely. The student-athlete must recognize that the purpose of cocurricular activities is to promote physical, mental, moral, social and emotional well-being of participants.

### Expectations

As a student-athlete at Mira Costa High School, I will:

- Place academic achievement as the highest priority.
- Treat students, officials, and others with dignity and respect.
- Respect the integrity and judgment of game officials.
- Understand that coaches are expected to be consistent in requiring student-athletes to follow rules and standards of the school and the activity.
- Not tolerate or participate in hazing of any kind.
- Not tolerate or purposefully cause any damage to facilities or equipment.
- Model behaviors of fair play, sportsmanship, and appropriate conduct on and off the field.
- Maintain a high level of safety awareness.
- Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
- Refrain from the use of profanity, vulgarity and other offensive language and gestures.

### Communications

As a student-athlete at Mira Costa High School, I will:

- Maintain open and ongoing communication with administration, advisors, coaches, student-athletes, and parents regarding my academic and athletic performance, needs, and difficulties.

### Participation

As a student-athlete at Mira Costa High School, I will:

- Uphold my responsibility to my team mates, coaches, and school by maintaining satisfactory academic progress throughout the school year.
- Uphold my responsibility to my team mates, coaches, and school by holding myself accountable for attendance at all practices, workouts, and athletic contests.
- Support my team mates by encouraging them to succeed in the classroom and on the field of play.
- Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
- Win with character, lose with dignity.

Student Name: \_\_\_\_\_ Sport: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_