

Grayson High School
Athletic Code of Ethics

“First Comes Learning”

The Grayson High School Athletic Department provides a variety of experiences to aid in the development of favorable habits and attitudes in students to prepare them for adult life. All activities should promote service to Grayson High School, assist in developing good will and fellowship while encouraging good citizenship.

A student who elects to participate in the Grayson Athletic Program is voluntarily making a choice of self-discipline and self-denial. We are continually striving for excellence and want our athletic program to reflect this commitment. Athletes are recognized for their achievements as representatives of their school and its ideals.

It is a privilege to participate in athletics and this privilege is extended to all, provided that students are willing to assume certain responsibilities. A student must be a credit to oneself, the school and the community. It is expected that all athletes will meet better than minimum standards of conduct.

Requirements for Participation:

- All students must meet the eligibility requirements as established by the Georgia High School Association;
- Place the highest ideals of competition and education above winning and losing;
- Abstain from the use of tobacco, alcohol, and illegal or performance enhancing drugs;
- Promote and support the entire interscholastic program of the school;
- Present an attitude of sportsmanship and good will in all circumstances;
- Be well groomed and appropriately dressed at all times;
- Avoid the use of profanity at all times;
- Be respectful to all adults and competitors at all times.

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TRAINING RULES

The primary concern of the athletic department in encouraging athletes to refrain from the use of certain substances is the health and physical/psychological well-being of the athlete. A secondary objective is to ensure that the athlete properly represents himself/herself, his/her family, and the school. Additionally, the ability of the athlete to physically perform to the best of his or her ability should be maintained.

Student-athletes' conduct in and out of school shall be such as (1) not to reflect discredit upon their school or community, and (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

Medical research clearly substantiates the fact that the use of tobacco, alcohol, and any other type of mood-altering substances produces harmful effects on the human body. Students make a conscious choice to be athletes. Being a participant in our athletic program is a privilege, not a guaranteed right, therefore, certain rules and regulations are necessary to protect the integrity of our athletic program. We will not compromise the integrity of our program by condoning the use of tobacco, alcohol, and other drugs. A student who wishes to experiment with such practices should not enter our program and/or should remove himself/herself from the program before he/she jeopardizes team morale, team reputation, team success, and does physical harm to himself/herself. In our opinion, there is no way to justify the use of tobacco, alcohol, or other drugs in the Grayson High School athletic program. It is our belief that a student-athlete ALWAYS represents not only himself/herself, but the school, the coaching staff, and the community as well. *Therefore, these rules apply in and out of season, on and off school grounds, and are in effect for one calendar year from the date of the signed contract. If the length of suspension from a season exceeds the number of games left, that suspension will be completed in the next program or season the athlete participates in.*

<p><u>Note:</u> The start of the school year is determined by the date fall practices can begin as established by the GHSA and will run through the summer.</p>
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It is our intent to enforce rules that reasonably pertain to the health and safety of the individual and to the integrity of our athletic program. We are not policemen and do not intend to go out looking for violators. We have a great deal of faith and trust in the students in our program. Their welfare is our *Number One* concern. What happens to them is of primary importance to us.

When disciplinary action is to be taken, the coach will inform the student-athlete and their parents of the reason for such action and will allow the student-athlete opportunity to discuss any disciplinary action which is taken with the coach, athletic director, and the principal in that order. *If a student-athlete self-reports a violation to his/her coach, this may have an impact on the degree of consequences he/she will receive.*

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TRAINING RULES (Continued)

TOBACCO

Athletes shall not possess, use, transmit, buy, or solicit tobacco products including cigarettes, snuff, and chewing tobacco

FIRST OFFENSE

Parental notification, warning and Probation for the rest of the school year,

AND

Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc. Student may be suspended from a contest if the coach deems necessary. This suspension should be less than 10% of the games/contests of that sport.

SECOND OFFENSE

Parental notification, **the student will be suspended from 10% of the games** of the sport in which he/she is presently participating. If the offense occurs in the “off season,” he/she will be suspended 10% of the games in the next sport or season he/she plays. The student will be allowed to practice and will not lose membership from the team,

AND

Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc.

THIRD OFFENSE

Parental notification, the student will be suspended from 20% of the games of the sport in which he/she is presently participating. If the offense occurs in the “off season,” he/she will be suspended 20% of the games in the next sport or season he/she plays. The student will be allowed to practice and will not lose membership from the team,

AND

Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc.

NOTE: If a student-athlete is found in violation of any of the rules published in the “Athletic Code of Ethics” the consequences will go into effect for the next scheduled game(s). If the violation occurs in the “off-season,” the consequences will go into effect at the beginning of the season.

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ATHLETIC INFORMATION

Grayson High School follows standards and rules established by both the Gwinnett County School System and the Georgia High School Association. Any student wishing to represent Grayson High School must meet eligibility requirements as defined by these organizations and GHS.

The following regulations apply to all GHS students in grades 9-12 who participate in extracurricular activities.

1. To participate in extracurricular activities a student **must pass 5 out of 6 courses** the preceding semester. Summer school is considered an extension of spring semester. A student is ineligible on the first day of the semester if he or she has not passed 5 subjects the preceding semester except for the beginning of Fall semester when eligibility shall be declared at the time the student has passed 5 or 6 courses including courses taken during summer school.
2. A student must be present in school at least half of the school day (3 periods) to be eligible to participate in an activity/sport for that day. This includes being present at least 3 periods on Friday preceding a Saturday event.
3. Students who are suspended ISS or OSS may not participate in any school activity, including practice, until the day after the suspension ends.
4. All students must be “On Track” for graduation at the beginning of each school year to remain eligible: **2nd year – 4 Carnegie units; 3rd year – 10 Carnegie units; 4th year – 16 Carnegie units.**
5. All students must have an up-to-date completed physical form on file **BEFORE** they can practice or tryout for a team. All physicals are good for one year from the date the physical was conducted.
6. Student athletes must show proof of insurance **BEFORE** they can practice or tryout for a team.
7. All eligibility requirements established by the GHSA (Georgia High School Association) must be met and maintained.
8. In order to earn an award, a student must remain on the squad (in the activity he/she is participating) until the entire schedule has been completed and/or until he/she has been released by the coach.
9. All students must obey training rules at all times, especially the general rules of the non-use of alcohol, tobacco, and unauthorized drugs, as well as all local, state, and federal laws.

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ATHLETIC INFORMATION (continued)

10. All students must return all equipment issued or pay for the replacement of any item not returned.
11. All out of season practices are prohibited by the GHSA and Gwinnett County Public Schools. Starting dates for all extra curricular activities have been established by the GHSA and shall be followed.
12. Any student who quits a sport cannot tryout for another sport until that sport has completed its season.
13. Non-school teams (i.e., AAU, Club teams) do not take precedence over a GHS team that is in season, including games and practices. Grayson's coaches will work with the player as much as possible but there is no guarantee. Grayson's teams **MUST** take priority.
14. All student-athletes are encouraged to participate in one, two, or three seasons as they choose. Student-athletes, who are finishing one season while tryouts are in progress for another season, will have an opportunity for a delayed tryout.
15. Student-athletes are expected at all times to represent Grayson High School with dignity, sportsmanship, and class. Severe exhibits of unsportsmanship will result in a period of suspension as determined by the Head Coach and/or the Athletic Director.
16. Student-athletes are expected to treat our facilities, including equipment, with care and respect. Student-athletes will be expected to pay for any damage to our facilities and/or equipment.
17. Grayson High School has a "zero-tolerance" for all hazing activities. Hazing will not be tolerated in any program regardless of the person's willingness to participate.

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HAZING

Hazing refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate. In years past, hazing practices were typically considered harmless pranks or comical antics associated with young men in college fraternities. Today we know that hazing extends far beyond college fraternities and is experienced by boys and girls in school groups and athletic teams. Grayson High School is committed to not allowing any form of hazing to take place in the athletic program and/or school.

Hazing is a complex social problem that is shaped by power dynamics operating in a group and/or organization and within a particular cultural context. There are many examples of hazing that are vulgar, abusive and/or sexually violating that you may be aware of. However, other examples of typical hazing practices include; personal servitude, sleep deprivation and restrictions of personal hygiene; ***being forced to wear embarrassing or humiliating attire in public.*** Hazing activities can be divided into 3 categories: subtle, harassment and violent.

Hazing at any age can be exceedingly harmful. Hazing at the high school level is particularly troubling because the developmental stages of adolescence create a situation in which many students are more vulnerable to peer pressure due to the tremendous need for belonging, making friends and finding approval in one's peer group. In the past, these practices occurred without the consent or knowledge of the coaches. As a student-athlete in Grayson's Athletic program, you need to know that hazing is illegal in Georgia and a violation of the Gwinnett County Board of Education.

Our intent is to let you know that we care about our student-athletes and want them to enjoy an athletic program that is free from any demeaning or harmful activities. All programs are encouraged to participate in positive team-building activities.

FIRST OFFENSE

Parental notification,

AND

Notification to our School Resource Officer

AND

Possible suspension from the athletic program for a length of time to be determined by the Principal and Athletic Director.

For more information concerning HAZING, please go to stophazing.org

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TRAINING RULES (Continued)

ALCOHOL

Athletes shall not possess, use, transmit, transport, buy or solicit alcoholic beverages or products.

FIRST OFFENSE

Parental notification, **the student will be suspended from 20% of the games** of the sport in which he/she is presently participating. If the offense occurs in the “off season,” he/she will be suspended 20% of the games in the next sport or season he/she plays. The student will be allowed to practice and will not lose membership from the team,

AND

Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc.

SECOND OFFENSE

Parental notification and the student will be suspended from participation in all athletic programs for one calendar year from the date of the violation.

THIRD OFFENSE

Parental notification and the student will be suspended from participation in all athletic programs for the remainder of the student’s high school career.

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TRAINING RULES (Continued)

DRUGS

Athletes shall not possess, use, transmit, buy, solicit, or provide illegal drugs, drugs not prescribed to them, or devices used for storage, processing, or consumption of drugs. Students will not abuse over-the-counter drugs. Substances containing marijuana, steroids, hallucinogens, narcotics, amphetamines, or barbiturates will not be used. Student-athletes shall not use depressants, stimulants, or inhalants without a proper prescription from a registered doctor. Student-athletes are not to be involved in any drug-related activities or situation where drug activity is present.

FIRST OFFENSE

Parental notification, **the student will be suspended from 20% of the games** of the sport in which he/she is presently participating. If the offense occurs in the “off season,” he/she will be suspended 20% of the games in the next sport or season he/she plays. The student will be allowed to practice and will not lose membership from the team,

AND

Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc.

SECOND OFFENSE

Parental notification and the student will be suspended from participation in all athletic programs for one calendar year from the date of the violation.

THIRD OFFENSE

Parental notification and the student will be suspended from participation in all athletic programs for the remainder of the student’s high school career.

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CONDUCT, CHARACTER, DISCIPLINE

The Head Coach, Athletic Director, and/or the Principal may suspend a student for a period of time for other incidents, including “**community misconduct**” that have a detrimental effect upon the athletic program at Grayson High School.

1. The arrest and/or conviction of a felony, or any misdemeanor which is derogatory to the proper conduct of an athlete will result in suspension from that activity until a complete investigation has been conducted. The investigation will be conducted by the head coach, athletic director, and/or school resource officer.

2. A player arrested, under investigation, on probation, etc. can be suspended from competition until cleared by the administration. This will be based on charges and/or conviction (excluding minor traffic violations)

USE OF PERFORMANCE ENHANCING SUPPLEMENTS BY ATHLETES

The use of performance enhancing supplements and ergogenic aids to enhance athletic performance is becoming more prevalent in athletics; however, there exist considerable safety concerns and myths surrounding their use. It is imperative that athletes and parents be educated as to the current state of knowledge regarding these products, which are currently not regulated by the Food and Drug Administration (FDA).

The National Federation of High Schools and the Georgia High School Association has taken a strong stance against the use of any performance-enhancing supplements. Their position on food supplements (including creatine and Androstenedione) states that:

- ◆ All student-athletes and their parents/guardians should consult with their physicians before taking any supplement product. In addition, coaches and school staff should not recommend or supply any supplement product to student-athletes.
- ◆ The use of any drug, medication or food supplement in a way not prescribed by the manufacturer should not occur. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

FIRST OFFENSE

Parental notification, conference with student, Head Coach and Athletic Director.
Suspension from 50% of the season.

SECOND OFFENSE

Parental notification and the student will be suspended from participation in all athletic programs for the remainder of the student’s high school career.

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APPLICATION OF THE ATHLETIC CODE OF CONDUCT

The following rules apply:

- In season and out of season.
- On the school grounds at any time.
- Off the school grounds.
- In effect for one calendar year from the date of the offense.
- During the time of suspension, the student-athlete is not allowed to dress out but can be with the team.
- During the time of suspension, the student-athlete is allowed to continue to practice with the team.
- In cases of severe violations, the student-athlete may be dismissed from the team and the athletic program. This decision will be made by the Athletic Director and Head Coach.
- There has to be proof and/or admittance of a violation. “Hear-say” information is not enough evidence to find a student-athlete guilty of violating the Code of Ethics.

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Participation in athletics is both an **Honor** and a **Responsibility**. Student-athletes are recognized for their achievements as representatives of their school and its ideals. Good physical conditioning and sound attitudes are integral to participation in Grayson's athletic program.

Since participation in athletics is a privilege, certain requirements must be met of all student-athletes who want to maintain this privilege. *Since no one is forced to participate in athletics, no one is forced to sign this agreement.*

By signing this agreement, the student-athlete and parent understands these rules are in effect for one calendar year and will be enforced as long as the student-athlete is involved in the Grayson Athletic Program.

STUDENT PARTICIPANT CONTRACT

This contract must be signed by the student and parent and on file with Grayson Athletic Department before they can participate in the athletic program at Grayson High School.

I commit myself to continuously working toward the goal of top physical fitness. To do anything which would harm my body would not be in my best interest or the best interest of my team and Grayson High School.

I have read and understand the "Athletic Code of Ethics" and the consequences for violations of these policies.

I pledge to keep all rules and policies and to help all of my teammates abide by the same athletic rules and policies.

Student signature

Date

As the parent/guardian, I understand and support this contract and pledge my child has signed. Optimum health and responsibility are the goals of our athletic program, and I support Grayson High School in its efforts to attain these goals.

Parent/guardian signature

Date

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THE STUDENT-ATHLETE AND COLLEGE RECRUITING

Many high school athletes dream of becoming a professional athlete. It is a notable dream, but somewhat unrealistic for most high school athletes. Many parents dream of their child getting a full-ride athletic scholarship. That, too, is not a reality for most students and parents.

However, GHS wants every athlete who is deserving of a scholarship to get one. It takes a lot of hard work academically and athletically to receive a scholarship. The following guidelines are here to help you prepare for colleges and recruiting. **The #1 requirement in order to be prepared for college is to take a rigorous academic course of study.** Many Technical Classes are not a part of the required core classes and are not accepted by the NCAA. See your counselor as early as possible to make sure you are taking courses that are approved by the NCAA. For additional information visit the NCAA's website at www.NCAA.org or www.ncaaclearinghouse.net

ACADEMIC-ELEGIBILITY REQUIREMENTS

Division I (16 Core-Course Rule)

Starting August 1, 2008, 16 core courses will be required for NCAA Division I only.

- ✓ Graduate from high school
- ✓ **Complete 16 core courses** including 4 years of English, 3 years of Math (algebra 1 or higher), 2 years of Science, and 1 extra year of English, Math, or Science, 2 years of Social Science & **4 years of extra core courses.**
- ✓ Earn a minimum required grade-point average in your core courses
- ✓ Earn a combined SAT or ACT sum score that matches your core-course grade-point average.

Division II (14 Core-Course Rule)

- ✓ Graduate from high school
- ✓ Complete 14 core courses which include 3 years of English, 2 years of Math (algebra 1 or higher), 2 years of Science, 2 extra years of English, math, or science, 2 years of social science, 3 years of extra core courses
- ✓ Earn a 2.000 grade-point average or better in your core courses
- ✓ Earn a combined SAT score of 820 or an ACT sum score of 68.