

• MKA STUDENT ATHLETIC COUNCIL • ATHLETE CODE OF CONDUCT

This document presents MKA's expectations of its coaches, student athletes, and parent body, all of whom have made commitments to certain sports. Taking ownership of this process benefits and strengthens our athletic programs. Please read the document carefully, acquire the proper signatures, and return the sheet to your coach only when you believe you are ready to meet these expectations.

Commitment

Your dedication to the team affects you, your team, and MKA athletics as a whole.

STUDENT ATHLETES WILL:

- Abide by the schedules set by the coaches.
- Be fully prepared and on time for practices and games, taking into account time for travel to practices and visits to the Athletic Trainers.
- Not make conflicting appointments during practice or game time, even during long vacations and preseason.
- Go over the practice and game schedules with their parents.
- Use free time in school responsibly (to see teachers and get ahead on homework).

CAPTAINS WILL:

- Be positive role models of behavior at all times, 24/7.
- Attend all school and athletic department sponsored leadership training programs.
- Help teammates manage academic workload and the demands of practice (model good study habits).
- Assist coaches in efforts to promote their sports and attract and retain athletes.
- Be approachable and welcoming.
- Take a hands-on role in administering the athletic code of conduct.

COACHES WILL:

- Communicate clearly with athletes and parents.
- Present all families with accurate game schedules.
- Create regular practice schedules.
- Customize the athletic code of conduct to fit the needs of their respective sports and explain the consequences of violating the code at the beginning of each season.
- Exercise good sportsmanship and refrain from any activity that could be considered as bullying, harassment, hazing, and/or intimidation.

Conduct

You owe it to yourself and to your team to present your best, healthiest self.

- Take care of your body – eat healthy meals, do not drink or abuse substances (illegal or legal), get proper rest, hydrate, warm up and cool down appropriately.
- Exercise proper sportsmanship. This includes refraining from the use of derogatory terms in relation to race, religion, sexual orientation, and/or gender expression.
- Refrain from any activity that could be considered as bullying, harassment, hazing, and/or intimidation.
- Be careful and respectful when using the Internet as a means of social networking.
 - There will be no tolerance for any harmful or disparaging actions on social media toward teammates, coaches, or opposing teams.

-This includes negative comments and/or posts on Facebook, Twitter, Instagram, Snapchat, Vine, or any other platform for online interaction.

- Travel safely and responsibly when driving or walking to a practice, especially one that is not located on the Upper School campus.
- Be civil and courteous guests at other campuses – theft, vandalism and rude behavior will not be tolerated.
- Keep yourself on the field/court – behave responsibly and stay out of trouble, both in and outside of school. As per the Upper School Student Parent Handbook, students who are not in school by 8:30 a.m. or miss class during the day are not allowed to attend or participate in school activities that day or evening.

Consequences

The choices you make can affect your playing time, playing eligibility, and discipline status. Captains, please also note that failure to meet the expectations laid out in this document may result in the negation of your captain designation.

Commitment violations

- At minimum, 2 unexcused tardy appearances or 1 unexcused missed practice will result in the athlete missing a start. Each subsequent unexcused tardy appearance or absence (game or practice) will result in the athlete missing a game. At any point after the 4th tardy appearance or 3rd unexcused absence, the athlete may be suspended from the team indefinitely. Please remember that these are the minimum guidelines that we ask our coaches to follow. An individual coach may have stricter guidelines that he/she will explain to you at the beginning of the season.

Conduct violations

- A coach will limit an athlete's playing or practice time when he/she believes the athlete's health is in jeopardy (i.e. abusing drugs/alcohol, physical illness, injury). Under these circumstances, the athlete will be referred to the appropriate school service (i.e. nurse, counselor, Athletic Trainer), and may not return to the playing field until given proper clearance.
- A coach will limit an athlete's playing or practice time if the athlete exhibits poor sportsmanship by way of language/attitude, or if the athlete exhibits any form of harassment, or if the athlete exhibits misconduct through means of social media. The administration will also be involved on a case-by-case basis to determine the athlete's consequences.
 - An athlete's captainship or comparable authority on a team may be taken away if he or she is found inciting negativity between teammates or toward opponents and coaches.
- Any proven alcohol or substance abuse, at any time during the athletic season whether in or out of school, will result in a 5-day suspension from the team. Any subsequent infraction of this type will result in dismissal from the team. All MKA athletes must abide by the MKA Honor Code and Code of Conduct that are found in the Upper School Student Parent Handbook.

Signing this document affirms each individual's commitment to the ideals presented herein.

Athlete's Signature: _____ **Print Name:** _____

Parent's Signature: _____

Coach's Signature: _____ **Sport:** _____