

GARFIELD HEIGHTS CITY SCHOOLS

BULLDOG PRIDE

ATHLETIC AND STUDENT ACTIVITIES
CODE OF CONDUCT

BULLDOG PRIDE HANDBOOK

The Garfield Heights High School coaching Staff believes this handbook is the foundation of our Athletic and Student Activities Program. The following pages contain information, rules, and guidelines with which you must be knowledgeable in every detail.

BULLDOG PRIDE

Our aim is to develop PRIDE in ourselves, our Athletic and Student Activities Program, and Garfield Heights High School. We must have PRIDE in what we are trying to achieve in order to be successful. We must all work for the same common goal: "To Reach Our Full Potential as an Athlete." When you are proud of what you are trying to achieve, then the discipline and sacrifices are easy to accept.

ACADEMICS

You are here as a student first then as an athlete. Good work habits coincide on the field as well as off the field. We want to be known for getting our athletes into some type of educational setting after high school. A file will be kept on each student-athlete from grades 9 -12. You must maintain your eligibility, according to the Ohio High School Athletic Association rules.

SCHOOL ATTENDANCE

In order to participate in practices and games you must be in attendance at school the same day. In case of a Saturday game, you must be in attendance at school on Friday. Any exceptions to this rule must be cleared through the Director of Athletics.

CLASS CUTTING/TARDINESS

No student-athlete will miss any classes or other classroom-related activities without a parental excuse. Willfully cutting classes by a player will jeopardize their position on their Athletic Team or Activity. In addition, excessive tardiness to class will result in disciplinary action.

PHYSICAL EXAMINATION

Once the teams are chosen, all student-athletes must have a physical examination before they will be allowed to practice.

INSURANCE

All student-athletes must purchase school insurance OR have their parents sign an insurance waiver which states that you are covered by their insurance plan.

FORMS/FEEES/DUES

All forms/fees/dues MUST be taken care of prior to a specified date for each season. If not, equipment will be held and the athlete will not be permitted to practice until all obligations are cleared.

LOCKER ROOM GUIDELINES

1. KEEP IT CLEAN – Throw all tape, etc. in receptacles.
2. Take proper care of your locker. It is to be kept clean. ONLY COMBINATION LOCKS are to be on lockers. Lockers will be inspected periodically.
3. NO horseplay in the locker room. You subject yourself and teammates to injury.
4. LOBBY AREA – No one is permitted in the lobby without permission of a Coach or Athletic Director.
5. ICE MACHINE – Ice is used for injuries and by permission only.
6. VALUABLES – Each athlete is responsible for his valuables.
7. LOCKER ROOM CLOSED DURING SCHOOL – During a regular school day, the locker room will be closed and locked. This is for the security of our equipment. For this reason, DO NOT leave gym clothes, books, etc. in your locker. The locker room will be open the morning following a game until 7:55AM.

EQUIPMENT

1. YOU are responsible for all equipment issued to you.
2. YOU will be fined for any equipment not returned in at the end of the season.
3. All repairs of equipment must be taken care of directly after practice. DO NOT WAIT.
4. All equipment must be turned in to the Coaching Staff in order to receive any awards.

PLAYBOOK

All player handbooks, playbooks, program handouts, scouting reports, etc. are the property of the Garfield Heights Athletic Program.

PRACTICE CONDUCT

1. Address all Coaches properly. Always include "Coach" or "Mr." or "Ms./Mrs." with the last name.
2. Players shall not be insubordinate. Insubordination is defined as failure to accept and follow the directions, requests, or orders of the Coach or authorized school personnel.
3. Do not use profanity or any foul language. Failure to abide by this rule will result in disciplinary action.
4. Do not display poor sportsmanship. We expect our players to exhibit POISE AT ALL TIMES.
5. During practice, always HUSTLE!!
6. Pay attention during practice. Those people not directly involved in a specific drill should pay closed attention to their position.
7. Players shall dress properly for practice.

GAME CONDUCT

1. Only the captains will speak to the officials. If you have a problem with an opponent, tell a captain. He/she will in turn tell an official or Coach.
2. Always address an official as "SIR" or "MISS".

3. Any "Unsportsmanlike Conduct Penalty" will result in disciplinary action. Be a class player belonging to a class organization.

4. During the game, you are not to acknowledge boos, insults, etc.

5. All players keep jerseys tucked in at all times, unless uniform is designed to wear the jersey outside of the pants.

6. All players will wear the same exact uniform. No cutting or redesigning uniforms – NO TAPE.

7. Always shake hands with opponents after the game.

GAME DAY/TRAVEL

1. All players will wear dress shirts, skirts, ties, good jeans, and tennis shoes. Team sweats are optional, if available.

2. On the buses, there should be very little talking on the way to a game. Remember: **A quiet, thinking team on the way is a loud, happy team on the way home!**

3. No hats are to be worn on the bus.

4. On all days, report ahead of scheduled time. By arriving late, you are telling the team and Coaches that you are not mentally ready.

5. On away games, always double check to see that you have packed all items.

6. You ALWAYS return with the team unless an arrangement has been made with your coach prior to leaving and/or returning. If we think enough of you to take you on a trip, we expect you to be courteous enough to return with us.

PERSONAL APPEARANCE

Players should dress neatly to school. Players are to present a positive image of our program. Anything less will result in a conference with the Head Coach and/or Coaching Staff.

TEAM RULES AND GUIDELINES

It is the feeling of the Athletic Department that personal and team conduct is best controlled by attitudes and pride. However, it is difficult to have everyone with the same attitudes and pride. Therefore, rules and guidelines are essential for a winning program.

PRACTICE: ATTENDANCE

1. ATTEND ALL PRACTICES – If you are injured and can not practice, you are expected to attend practice. If you can not practice, you must personally see your Head Coach prior to practice. Do not have another player leave a message.

2. EARLY DISMISSAL – If you sign out of school due to illness, you are to see your Head Coach before leaving. Failure to follow the above procedure will cause your absence to be considered unexcused.

3. DOCTOR APPOINTMENTS – Schedule doctor appointments, orthodontist, and dental appointments so they do not interfere with your practice time.

4. ABSENCE FROM PRACTICE:

EXCUSED – In cases where the absence was excused, the athlete will not receive a penalty for missing practice, but must make-up the missed conditioning at the next practice.

UNEXCUSED – In cases dealing with unexcused absences, the athlete is first required to tell the Coaching Staff the reason he/she missed practice. Disciplinary action, if any is required, is discussed in the Activity Rules section of the Code.

5. Excessive absence, even if excused, may cut into your playing time.

6. All extra-curricular athletic activities are mandatory (example: Parent's Night). Absence from these functions must be Coach approved.

PRACTICE: TARDINESS

1. YOU are to be ready for practice on time.

2. If you need to be taped, allow time so you will not be late for practice. A definite time for taping will be posted. Tape is for injuries only.

3. Practice schedules will be posted daily. READ THEM! A definite time for you to be ready will be posted. You will be given time to leave your last period class, report to the

locker room, get dressed, and taped (if necessary) and get to the practice area. You can not afford to linger along the way.

4. EARLY RELEASE – If you have an early release and are returning to school for practice, you are to find a “logical” place to stay. Do not go back into the gym, school halls, etc. without permission. You will run the risk of losing your early dismissal.

PLAYER CURFEW

1. During the school week and Sunday, all players must be in by 11:00PM.
2. The night before a game, all players must be in by 10:00PM.
3. REMEMBER: NIGHT LIFE AND ATHLETICS DO NOT MIX – GIVE UP ONE.

NOTE: In season, no player should participate in “backyard athletic events” or other unorganized athletic activities.

ACTIVITY RULES

The student shall abide by the general policies for the Garfield Heights City Schools Board of Education, the school, and the activity rules and regulations. Such policies, rules, and regulations are part of the school’s Athletic & Student Activities Code of Conduct. Violations of any of these policies, rules and regulations are subject to denial of the opportunity to participate for a period of one day to dismissal from the activity. Any student that breaks a rule of the Garfield Heights High School Code of Conduct while participating in an activity is subject to both regular school discipline (Alternative school, suspension, Expulsion, etc.) and consequences as determined by the Athletic & Student Activities Council (suspension from season, games, practice, etc.). These include:

1. Any school suspension.
2. Drinking alcohol beverages.
3. Using tobacco in any form.
4. Using drugs not prescribed by a physician.
5. Being arrested for behavior that is willfully, knowingly or recklessly in disregard of the laws of society.
6. Being charged and/or convicted of a felony will result in immediate suspension until arraignment and or trial. At that point this suspension will be reassessed.

PERSONAL CONDUCT

1. In decisions involving disciplinary action, an Athletic & Student Activities Council will be set up consisting of the Head Coach, Activity Director/ Advisor, Designated Assistant, and teacher/s from the High School.

2. Upon completion of any disciplinary action, a written record of all decisions of the Athletic & Student Activities Council will be forwarded to the Director of Athletics, Principal and Superintendent.
3. Upon returning to school after disciplinary action has been taken, the student will sign a student activity Probationary Letter of Intent to Return and Formally apologize to the Coaching Staff(s) and team(s). Failure to apologize and abide by the letter will result in immediate non-participation in the activity.
4. Penalties could range from:
 - a. Extra conditioning/duties related to the activity.
 - b. Loss of practice/playing/participation time in the activity.
 - c. Suspension from the activity.
 - d. Expulsion from the activity.
5. The following is a partial list of problems where action could be taken:

SCHOOL RELATED

- a. Tardy to school or class
- b. Office or teacher detention.
- c. School absence (unexcused).
- d. In school suspension.
- e. Out of school suspension.

ACTIVITY RELATED

- a. Practice tardiness.
- b. Practice attendance.
- c. Student insubordination.
- d. Violation of activity rules.

**STUDENT ACTIVITY PROBATIONARY LETTER OF
INTENT TO RETURN**

I, _____, will abide by the Athletic and Student Activities Code of Conduct of the Garfield Heights City School District. I understand that by not following the Code of Conduct will result in immediate non-participation in the activity or activities in which I am participating.

Student

Superintendent

Principal

Director of Athletics and Student Activities

INJURIES

Prevention

1. All players must strictly follow the instruction of their Coaches in the proper and safe techniques used in their sport.
2. All players are responsible for wearing the proper equipment at every practice, scrimmage, or game.
3. All players must use their equipment properly as instructed by their coaches.
4. All players are responsible for checking their equipment daily to insure proper performance.

NOTE: If anything is worn it should be replaced immediately!

5. All players must have proper conditioning prior to the first day of practice.
6. All players must strive to make themselves as strong as possible through strength training.
 - A. The stronger athlete (in proper balance) is less likely to receive an injury and at the same time will recover quicker if he does get injured.
 - B. Increased flexibility and a decrease in injuries occur due to strength training.
 - C. In season – Lift weight to maintain and improve strength gained during the off-season.
 - D. Off Season – If you are not out for another sport, we expect you at strength training workouts. Athletes are made during the off-season: they perform during the season.

TREATMENT

1. All players must have every injury (even bruises) checked by their Head Coach before leaving practice, scrimmage, or game.
2. If an injury occurs which was not evident at the time, their Head Coach should be called that day or night.
3. All players must follow the first aid instructions of their Head Coach and see a doctor if an injury persists.
4. A doctor's permission to practice is needed for any injury other than minor bumps, bruises, soreness, etc.
5. The player is responsible for strictly following the prescribed treatment.

6. In an emergency, go to Marymount Hospital Emergency Room (216-581-0500) or call Marymount Rehab Services in Garfield Heights (216-518-3600) located on the corner of Transportation Blvd. and Antenucci Blvd. in Garfield Heights.

REHABILITATION

1. All players injured will attend practice as part of the learning process unless they are told otherwise by a Coach.
2. The player will not be allowed to practice until able to do so, and in the case of a major injury only with a doctor's written permission.

NOTE: The player must be 100% two days prior to game day or he will be sidelined for that game (applies to injury not illness). Example: an injured athlete must be able to practice on Wednesday in order to play in Friday's game.

BULLDOG PRIDE

Garfield Heights City Schools

ATHLETIC AND STUDENT ACTIVITIES CODE OF CONDUCT

I, _____, will abide by the Athletic and Student
Activities Code of Conduct of the Garfield Heights City School District.

Student

Sport/Activity

Parent/Guardian

Director of Athletics & Student Activities