

## **EXPECTATIONS OF OUR ATHLETES :**

- Make and keep commitments, and follow rules of the school, athletic code, and team during your high school career.
- Be coachable. Have a positive attitude.
- Be tobacco, alcohol & drug free.
- Set realistic and challenging goals.
- Respect coaches, teammates, officials, parents, and STC East faculty and equipment.
- Demonstrate good sportsmanship at all times, in and out of season.
- Learn from your mistakes.
- Have a good work ethic.
- Be a leader and a positive role model.

## **HAZING**

**Hazing includes any humiliating or dangerous activity expected of a student in order to join a group regardless of that student's willingness to participate. Hazing is a violation of district 303 policy and cannot be dismissed as simple initiations, traditions, or rites of passage.**

## **SPORTS OFFERED @ STCE**

**Fall**— Cross Country, Cheerleading, Football, Golf, Drill, Boys Soccer, Girls Swimming, Girls Tennis, & Girls Volleyball

**Winter**— Boys Basketball, Cheerleading, Drill, Girls Basketball, Girls Bowling, Boys Bowling, Boys Swimming, & Wrestling

**Spring**— Badminton, Baseball, Girls Soccer, Softball, Boys Tennis, Track, & Boys Volleyball, Boys & Girls Water Polo

**“Coming together  
is a Beginning;  
Keeping together  
is Progress;  
Working together  
is Success.”**



**“Our Athletics Future and  
Success will be a reflection  
of Our Teamwork”**

**St Charles East  
High School**

**Athletic Program  
Expectations**



***Character Counts***

Both parenting and coaching are extremely difficult vocations. Both are similar and it is important to establish understandings and clear lines of communication. When your children become part of the STCE Athletic Program it is important that the established expectations and lines of communication are clearly understood by all.

We are working with your most prized possession and look forward to working with you and your sons and daughters helping to keep the STCE Athletic Tradition alive and well.

## **EXPECTATIONS OF OUR COACHING STAFF ARE :**

- Each coach will establish a pre-season meeting for the purpose of understanding and communication. Some of the topics that will be discussed at these meetings are:
  - > Program philosophy
  - > Practice and contest expectations
  - > Procedures for injured athletes
  - > Stress to parents & athletes the information & importance of the Athletic Code of Conduct.
- STCE Coaches will teach and promote good sportsmanship.
- STCE Coaches are good role models.
- STCE Coaches are enthusiastic & are motivators.
- STCE Coaches stress team unity in developing winning attitudes.
- STCE Coaches develop & enforce the school & athletic code as well as team rules.
- STCE Coaches demonstrate a cooperative spirit with other coaches.
- STCE Coaches are teachers & help athletes set realistic goals for performance improvement.

## **EXPECTATIONS OF OUR PARENTS ARE :**

- Notify coaches of ANY injury or illness that our staff may not be aware of.
- Be Positive—Being on one of our high school teams is an accomplishment.
- Be Supportive—Nothing can erode teamwork faster than athletes doubting the capabilities of their coaches. It can be a cancer that effects performance, confidence, and the needed edge to compete in an athletic contest.
- Communicate fairly and openly with our coaching staff.
- Be a good role model—Demonstrate positive behavior and good sportsmanship as a fan.
- Read, understand, discuss, and MOST OF ALL monitor the Athletic Code of Conduct.
- Attend pre-season meetings.
- Learn the rules of your particular sport.
- Encourage commitment and positive values.

It is important to understand that athletics provide some of the most rewarding moments in one's life. It is equally important to understand that there may be times when things do not go the way you or your son/daughter would like them to go. Coaches are professionals. They will make judgments and decisions based on what they see, know, and believe to be in the best interest for all the athletes & the team itself.

## **ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES :**

- Other athletes
- Philosophy — Play Calling
- Team or individual strategy
- Do not attempt to confront a coach before or after a practice or contest. These surprise meetings rarely accomplish anything and do not promote resolutions. Call or ask the coach for a time to meet.

## **ISSUES THAT ARE APPROPRIATE TO DISCUSS WITH COACHES :**

- Concerns about academic eligibility.
- Concerns about behavior.
- Various ways to help son/daughter improve.
- The treatment of your son/daughter.

## **PROCEDURES & LINES OF COMMUNICATION TO FOLLOW :**

1. Communication between player and coach to resolve problems or conflicts.
2. Communication between parent and coach to resolve problems or conflicts.
3. Communication between athletic director, parents, and coach to resolve conflicts.
4. Communication between principal, athletic director, and parents to resolve conflicts.

Call the athletic director 331-228-5725 to set up a meeting.