

Del Norte Athletic Expectations

Mission Statement

Del Norte Athletics: Built upon four pillars - to teach, to serve, to compete and to excel.... Del Norte Athletics strives to combine high athletic achievement with academic rigors and to do so with integrity, passion, respect, teamwork, innovation, diversity and professionalism. The department is charged to not only be a campus and community leader, but also to be a place where individuals can grow to their utmost potential.

We are committed to creating a positive culture in which coaches, parents, teachers/staff, fans, officials and athletes work together to achieve our mission. As a member of Del Norte Athletics you represent more than just yourself. Your actions on and off the field can reflect both positively and negatively upon many people. As a Nighthawk Athlete you represent yourself, your family, your coaches, your school, your community, and all the Nighthawk players who came before you.

Being a Nighthawk Athlete is both a privilege and a responsibility. The following is a Code of Conduct you will be expected to follow. It will be strictly adhered to by the Del Norte Athletic Department.

Student Participation and Conduct Penalty

Student participation in athletic contests is an honor. Del Norte student-athletes are expected to conduct themselves in an exemplary manner at all times. During participation in all CIF competition, a student who is ejected or disqualified from participating in the remainder of a contest will be ineligible for at least the team's next contest. Any student-athlete's conduct that violates state and federal law or PUSD rules listed in the student handbook, may face a ban from interscholastic athletics for the remainder of the academic school year or longer based on the offense. The student-athlete must appeal for reinstatement the following school year to the Athletic Director.

Work Ethic

Winning is not our primary goal. Each player will be dedicated and give 100% effort in practice and in competitions. If you can accomplish this, wins will follow. We expect all student-athletes to participate in strength and conditioning opportunities our programs and teams engage in throughout the year. We also strongly encourage all student-athletes to participate in sport specific ENS classes (ie. Advance Football, Advanced Basketball, Advance Baseball/Softball, Advance Weights and Conditioning, etc). This is a great opportunity to utilize our facilities in the most efficient manner and helps our kids and teams perform at their peak on and off the field of play.

Be Accountable

Do not come to Coaches with excuses. You are old enough to take responsibility for your actions. If you're having any kind of problem, we can work to fix it together. We do not point fingers and pass blame; that has no place on our TEAM (Del Norte Athletics). **EARNED NEVER GIVEN...**

Behavior and Academics

Your behavior on and off campus can and will affect your status on this team. Be smart. Think before you act and speak. Your conduct is as important as your athletic skills. This includes the classroom. Be on time, NEVER cut, participate in the class and show your teachers that you care about your academic success just as much as your athletic success. Academics are the number one priority for high school student-athletes. A student-athlete must maintain at least a 2.0 GPA and are passing more than 50% of their classes. During the season, students should plan to do projects, homework, and studying outside of practice. Key lessons learned through participating in high school athletics are planning, prioritizing, and understanding one's time limitations. If there is an unavoidable conflict involving athletics and academics, **academics always take priority**. Consequences for missing practices, tournaments, or games may still result. Many times travel to an athletic competition means missing class. Students need to recognize demands that athletics can place on academic attendance and make appropriate choices.

Athletic Tutoring

Being distinctly Del Norte; every student-athlete earning below a 2.5 GPA will have mandatory tutoring 3 hours per week. The Athletic Department pays credentials teachers to be in our library Monday nights from 6:15-8:15, Tuesday mornings from 7:25-8:55, and Thursday nights from 6:15-8:15. Any student-athlete can access the help but it's mandatory for student-athletes earning below a 2.5. This program is an unfunded program, we rely solely on donations. 100% of all donations we receive for Athletic Tutoring go back into the program. This program has been very successful for our student-athletes.

Attendance Requirement

Athletes who are absent from school all day will not be allowed to practice after school. An athlete must attend at least 4 hours of class on the day of a contest. An exception may be granted if the principal or the athletic director is informed prior to the absence. Prior notice is required for exceptions.

Off -Season

A student-athlete's off season behavior and attendance can affect his/her status on their team. You are expected to be respectful, hard working, punctual and participate whether you are in season or not. The Del Norte Code of Conduct applies to student-athletes year round.

Athletic Exemption

Students who participate in a CIF sanctioned sport may request an athletic exemption through Del Norte Athletics Department. This exemption allows students to waive 5 physical education (PE) credits. Waiving PE credits does not reduce the total of 230 credits required for graduation. It allows students to take an elective course instead of a PE course. Students are required to request an Athletic Exemption form within the first two weeks of their sports season and turn it back into the athletic office upon the completion of their season. Only upon successful completion of the season and completion of the Athletic Exemption Form by the deadline, will 5 PE credits be waived from the PE subject requirement and added to the elective requirement. Students enrolled in any PE class are not concurrently eligible for a PE waiver (Fall Sport- Trimester 1, Winter Sport- Trimester 2, and Spring Sport- Trimester 3). Freshmen are not eligible for a PE waiver. Seniors are not eligible for a PE waiver trimester 3 of senior year. Please refer to the Athletic Exemption form for further details about specific rules that must be followed to earn this opportunity. The Athletic Department expects that each student-athlete will sign up for at least one sport specific class before we grant an exemption.

Quitting the team/ Removal from team

Any player who quits a team after the first scheduled contest will not be able to compete in any other sport that season. Any player that is removed from a team will be treated as if he quit after the first contest regardless of when the player was removed, disciplinary action may occur depending on the infraction. Any athlete who loses his/her eligibility because of grades forfeits all rights to varsity letters and individual team awards, league/post season awards, that he/she may have otherwise been entitled to receive for that sport. This is at the digression of the Head Coach of the Varsity program. The Athletic Director will also be involved in the decision making process. On occasion, an in-season athlete may find it necessary to drop out of a sport. If this is the case, the following procedure is suggested.

1. Talk with your coach.
2. Report the situation to the Athletic Director.
3. Return all equipment and uniforms issued to you.

Athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit athletic exemptions rights and any/all awards they would have received.

Athletic Awards & Letters

Letter awards are earned by participating on a varsity team. In order for a player to letter, minimum standards and requirements must be met. Because of the differences in many sports, each coach will set his/her own award requirements. Athletes who quit their teams, are suspended or are removed from the team by the coach at any time during the season will forfeit any team/individual awards, league/post season awards or Varsity letter they would have received.

Team Locker Room Procedures

This is your locker room. For an athlete to have a locker in the Del Norte team room is a privilege. The team room is only to be used by athletes who are currently in-season. When your seasons over, you'll required to leave the team room. Take care of it and keep it clean! No cleats should ever be worn in the locker room. There should be NO horseplay. Students may not be in the locker room without a certified coach supervising. Any theft or vandalizing will be prosecuted to the full extent. Please remember to use a school lock, if you don't have one and need one, please come to the Athletic Department for assistance. Lock up your valuables on a daily basis, Del Norte is not responsible for lost items. No sharing a locker with someone else, your locker is for your equipment only.

Fundraising

Every athletic team at Del Norte needs to fundraise. We expect all student-athletes to participate and make an effort to fundraise with their team. We can't sustain the high level of participation without the support of these fundraising activities. While the athletic department is able to help each sport with some items, we are able to only provide a small percentage of the amount needed to fully equip our athletic teams with every item. This is why the coaches of the various athletic teams as well as the Del Norte Athletic Foundation (the non-profit organization that supports DNHS athletics) are fundraising, to support your son/daughter with the best equipment that we can. We hope that you support the teams, coaches and the foundation in these endeavors. Please be aware that when an athlete checks out fundraising materials (candy bars, calendars, Nighthawks cards, etc) he/she will be held responsible for those items. If at the end of the fundraiser, the athlete does not return the checked out items, they will be held accountable to pay for them.

Coach's Code of Conduct

Our coaches main goal/ objective is to help foster the characteristics in our players that will teach them to be successful, not only on the field, court, mat or pool deck but also give them lifelong tools to become respectful, hard working and successful young men/women.

ON FIELD/COURT/MAT/Pool Deck - Coaches will be held to the same standards expected of the players in all aspects of the program on the field and in the locker room. They will be on time for practice, properly prepared for the instructions of the day practice plans, and will provide the players with affirmative, constructive directions for techniques and the philosophy required in order for the program to be successful. Players are to be specifically directed as to what is expected of them each and every week. Constructive criticism will be used at all times. Coaches will make themselves readily available to clarify any questions that a player might have pertaining to his/her position or responsibility.

OFF FIELD/COURT/MAT/Pool Deck - Coaches will be held to standards that exceed that of players as they are important mentors for the players. At all times coaches will be a positive reflection of our players, program, and school. In our associations off the field, whether media, parents, boosters, alumni, or friends, we will speak with the highest regard for those involved in our program. This program belongs to ALL of us.

Coaches' Responsibilities

- Understand that academics are #1 priority.
- Be alert to your student-athlete's academic performances.
- Provide schedules for practices, tournaments, and games.
- Communicate changes in season schedule in a timely manner.
- Be on time.
- Come prepared for all practices and games.
- Encourage all student-athletes to do their best.
- Apply all school and team rules to all athletes equally.
- Be professional in all actions and words.
- Create a positive environment for our team.
- Communicate your expectations of your athlete and team.
- Communicate with individual athletes as to their role on the team.
- Clearly communicate all NFHS, CIF, PUSD, and team rules to athletes and parents.
- Return parent phone calls/emails in a timely manner.
- Explain vacation/absence policy at the beginning of the season.
- Allow students time away from practice to make-up tests due to athletic competition or to attend tutoring.

Parents/ Guardians

Thank you for supporting your son's/ daughter's commitment to their team. It is our hope that we can all work together and avoid any undermining of one another; and focus rather on positive experiences for our athletes.

Del Norte High School Athletic programs and parents will:

“**Honor the Game**”. We cheer and support our Nighthawks; win or lose! We do NOT “boo” or disrespect our opponents, their fans or the officials. Nighthawk fans know that winning should not be achieved at the cost of integrity. Please refer to the Spectator Code of Conduct for more details.

Parent Responsibilities:

- Understand that academics are #1 priority.
- Help your student-athlete to understand that the team comes before the individual.
- All sporting events are to be alcohol and substance free.
- Schedule appointments, vacations, and college visits outside of school, tournaments, practice, or game time. The Head Coach of a team will issue consequences for missed time without prior permission from coach. Consequences will be given based on each situation.
- Encourage your student-athlete to know and understand game rules as well as team rules.
- Help your student-athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared. This includes strength and condition, proper nutrition, sleep, and care of injuries. Encourage your student-athletes to take sport specific/Advanced ENS classes that are being offered, this includes Advanced Weights and Conditioning during the athlete's season of sport and off season/out of season.
- Encourage your student-athlete to communicate appropriately and respectfully with the coaches, all Del Norte staff members and all other people that work hard to support their athletic endeavors.
- Pay admission fees when appropriate.
- Any events hosted by parents where student-athletes are present need to be alcohol and substance free.

Communication that coaches can expect from parents:

- Non-confrontational situations and positive conduct at all athletic events.
- Appropriate concerns can be expressed directly to the coaches outside of practice, games, or the playing field.
- Specific questions about philosophy or expectations of their child.
- Notification of any absences prior to practices or games.
- A phone call to set up an appointment to discuss a concern. Never confront a player, coach, or official after a contest. You must follow the "chain of command" to resolve all conflicts at its lowest level.

Appropriate to discuss:

- Treatment of your child (mentally or physically).
- Ways to help your child improve.
- Concerns about your child's behavior/academic problems.

Inappropriate to discuss:

- Playing time.
- Coaching.
- Team strategy.
- Play calling or substitutions.
- Another athlete.

Steps for Resolution and "Chain of Command":

1. Student-athletes should always discuss any issues first with their coach.
2. Upon student-athletes discussing with their coaches, parents may wish to contact the coach to set up a meeting.
3. Schedule appointment with the Athletic Director.
4. Schedule appointment with the Assistant Principal in charge of Athletics.

"I have read and understand the Del Norte High School Student-Athlete's Expectations/"Code of Conduct."

Player's name: (print): _____

Player's signature: _____

Parent/Guardian signature: _____

Date: _____

Please make a copy of these Expectations to keep for your family and leave the original signed copy with your "Ticket to Play".