



Athletics Handbook
2019-2020

Table of Contents

Philosophy and Goals

Introduction	3
Purpose	3
General Philosophy	3
Goals	3-4
Objectives	4
Sportsmanship	4
Expectations	4-5

Athletic Organization and Administration

Structure of the Athletic Department	6
Current Sports	7
Duties of Athletic Directors	8
Duties of Athletic Trainers	9-10
Duties of Aquatic Director	10
Duties of Coaches	11-12
Sports and Fitness Offerings	13
Sports and Fitness Facilities	13-14

Eligibility Rules and Regulations

Eligibility	15
Attendance and Credit	15
Citizenship and Attitude	15

Miscellaneous Directives and Forms

Forms	16
Communication	16
Playing Time and Roster Selection	16
Practice Times and Weight Room Accessibility	17
Athletic Facility Rules	17-18

Awards

Team	19
Athletic Department	19

<i>Transportation</i>	20
------------------------------	----

<i>Athletic Contract</i>	21-22
---------------------------------	-------

Philosophy and Goals

Introduction

The Salem Academy Sabers are a proud member of the Piedmont Triad Athletic Conference as well as the North Carolina Independent School Athletic Association. Each year Salem Academy student-athletes compete for conference and state championships in at least eight varsity sports.

This handbook is intended for use by student-athletes, parents, coaches, and members of our school community who have a vested interest in the success of the athletic program. The guidelines on the following pages should be read by all participants of our program and will be helpful throughout the year.

The athletic staff is proud to serve all of you within the Salem Academy community, and we will dedicate ourselves to upholding the School's mission and a commitment to excellence. If you have any questions or concerns about the policies and procedures as explained in this handbook, please contact the athletic director. We look forward to a successful and exciting year.

Purpose

The purpose of the athletic program at the Salem Academy is to promote, direct and conduct inter-scholastic athletics in a manner that will reinforce the general mission and goals of our school, to promote friendly relations with other schools, and to provide students an opportunity to benefit from a successful and meaningful experience.

General Philosophy

The athletic program is committed to providing opportunities for personal growth and development. Much is to be learned on the playing field or court that includes self-confidence, development of skills and camaraderie with teammates. Team and individual sports provide a foundation for lifetime activities. The thrill of interscholastic competition is a point of focus for school spirit.

Statement of Goals

The primary goals of the athletic program at Salem Academy are as follows:

- To provide an athletic program that is responsive to the expressed needs, interests, and abilities of the students.
- To provide opportunities for all students to participate in sports and fitness activities.
- To promote physical fitness.
- To promote sportsmanship and school spirit.
- To provide student-athletes with qualified staff to coach and supervise the athletic program.
- To provide an athletic program which is an integral part of the whole educational program.

Objectives

- To develop an appreciation for the sport.
- To implement training and conditioning to meet the demands of the sport.
- To formulate desirable health habits.
- To learn basic sports skills.
- To develop individual skills.
- To attain knowledge of rules, and team strategies.
- To learn the values of sportsmanship, cooperation, loyalty, and self-discipline.
- To strive to attain the highest academic standards.
- To represent the Academy in a wholesome manner.
- To provide students and parents the opportunity to observe athletic contests.

Sportsmanship

According to the National Federation of State High School Associations (NFHS), the ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship will be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Good sportsmanship is viewed by the National Federation as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity.

Expectations

The NFHS has outlined the following expectations for students, coaches, and fans participating in an athletic event:

Expectations of Student Participants

- Treat opponents with respect; shake hands prior to and after contests.
- Respect judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.
- Cooperate with officials, coaches, and fellow participants to conduct a fair contest.
- Accept seriously the responsibility and privilege of representing school and community; display positive public action at all times.
- Live up to high standards of sportsmanship.

Expectations of Coaches

- Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
- Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship the number one priority.

- Respect judgment of officials, abide by rules of the event and display no behavior that could incite fans.
- Treat opposing coaches, participants and fans with respect. Shake hands with officials and opposing coaches.

Expectations of Parents and Other Fans

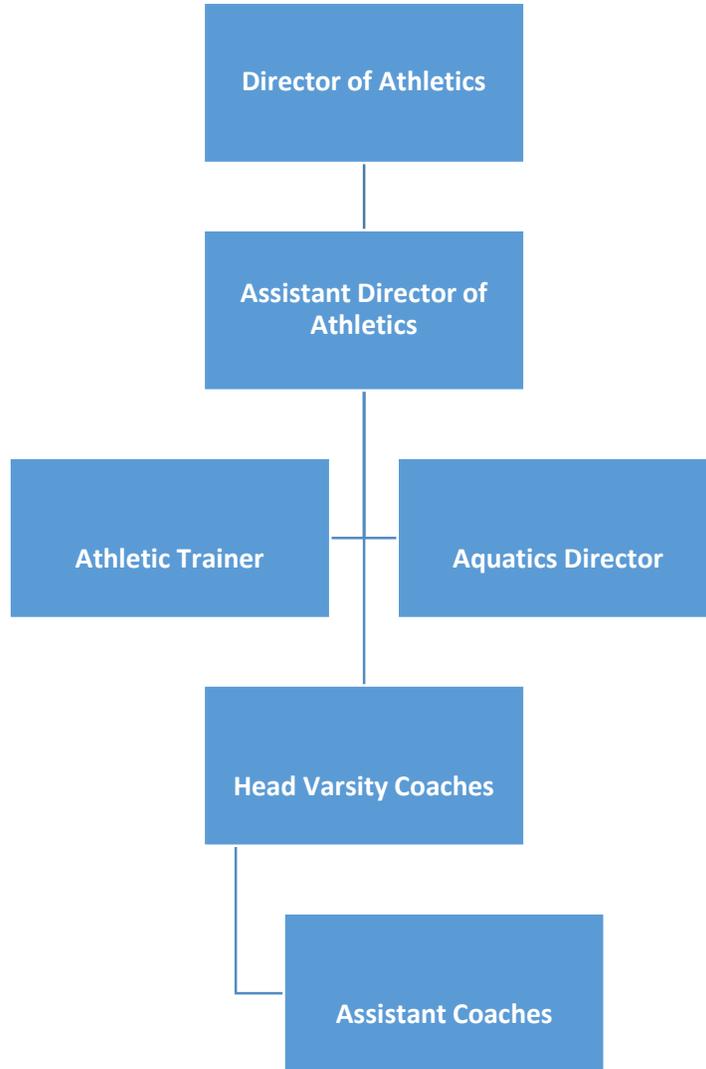
- It is a privilege to observe a contest and support high school athletics, not a license to verbally assault others or be generally obnoxious.
- Respect decisions made by contest officials (and coaches).
- Be an exemplary role model by positively supporting teams in every manner possible, including the content of cheers and signs.
- Respect fans, coaches and participants.

Unacceptable Behavior and Poor Sportsmanship

- Disrespectful or derogatory language, chants, songs or gestures.
- Booming or heckling an official's decision.
- Language that antagonizes opponents.
- Use of profanity or displays of anger that draw attention away from the game.
- Fighting or arguing with game officials or opposing players.
- Athletes who display poor sportsmanship may be suspended indefinitely. Fans who exhibit inappropriate behavior may be asked to leave the school grounds and may be prohibited from attending future school events.

***Salem Academy
Athletic Organization and Administration***

Structure of the Athletic Department



Current Sports

The varsity head coach for each sport is directly responsible for the total development of the program for their particular sport, under the direction of the athletic directors.

Salem Academy is a member of the Piedmont Triad Athletic Conference (PTAC) and the North Carolina Independent School Athletic Association (NCISAA). All coaches are expected to be knowledgeable about the by-laws in the league constitution which pertain to their sport. The following sports are currently offered to students at the Academy:

Fall Season

Field Hockey

Volleyball

Tennis

Cross Country

Winter Season

Swimming

Basketball

Fencing

Spring Season

Track

Lacrosse

Soccer

Duties and responsibilities of the Athletic Directors

The athletic directors are responsible for coordinating the entire athletic program, which includes: supervision of coaches, scheduling, transportation, facility supervision, special events/tournaments, inventory, and budget. The goal of the athletic directors is to provide for overall leadership and facilitate programs which provide students with worthwhile learning experiences.

Duties and Responsibilities

- Responsible for reporting athletic issues to the proper administration.
- Organization, coordination, and supervision of the total athletic program.
- Schedule all practices and games, and obtain officials for all home games.
- Coordinate transportation and early dismissal schedules.
- Prepare and supervise facilities for games and practices.
- Purchase all equipment and supplies, and oversee the Athletic Department budget.
- Represent Salem Academy at all PTAC conference meetings.
- Evaluate staff and programs.
- Hire new staff.
- Establish a schedule for maintenance of all equipment. Inventory and purchase uniforms.
- Keep coaches informed of all rules and changes.
- Orientate new coaches and assist coaches in their job.
- Serve as a liaison between coaches and school administration.
- Make recommendations for improvement of facilities.
- Resolve conflicts within the Athletic Department.
- Conduct staff meetings throughout the season.
- Assist the Athletic Trainer in case of emergencies.
- Attend athletic contests and/or arrange for proper supervision at all events.
- Serve as tournament manager for all conference and tournament events scheduled at Salem Academy
- Monitor eligibility for participation on athletic teams with the Dean of Students.
- Post reminders of upcoming events on the calendar.
- Develop and administer policies, rules, and regulations pertaining to the Athletic Program.
- Arrange all details of visiting teams and official's needs.
- Supervise awards programs and banquets.
- Make all necessary arrangements for non-school playing fields and facilities.

Duties and responsibilities of the Head Athletic Trainer

The position of the head athletic trainer is a three season position responsible for coordinating and administering a comprehensive health care program for all student-athletes. Along with establishing injury prevention practices, the athletic trainer is responsible for the immediate care of injured athletes and for carrying out rehabilitation under the direction of the team physician. Perhaps most importantly, the athletic trainer serves as a liaison coordinating the efforts of doctors, coaches, athletes, and parents. The athletic trainer ensures that players participate only when capable and that the physicians' instructions are understood and followed.

All athletic trainers must be certified by the National Athletic Trainers Association and maintain that associations standards.

Example of Duties

- In cooperation with the athletic directors, develop a plan for providing athletic trainer coverage at all recommended interscholastic athletic events.
- In cooperation with the athletic directors, establish daily hours of operation for the training room.
- Develop a plan for emergency health care involving student-athletes.
- Initiate and administer a student athletic trainer program. It will include instructions and supervision in first aid techniques, protective tapings, wraps and dressings, and use of therapeutic modalities.
- Initiate and process all injury reports.
- Supervise the training room, which includes the requisition and storage of supplies and equipment, keeping records, and maintaining a running inventory.
- Perform other duties assigned by the athletic directors.

Specific Duties

- Assist staff in the selection of equipment.
- Report in writing and/or correct physical hazards.
- Assist coaches in the design of year-round conditioning programs.
- Be an expert in applying protective taping, wraps, and dressings.
- Review physical examinations of all athletes.
- First aid for new injuries
- Be expert in first aid techniques.
- Provide a plan for emergency transportation
- Maintain first aid supplies/kits.
- Treatment of injuries
- Conduct treatment at scheduled times.
- Maintain contact with any referring physician.
- Maintain records of progress for athletes.
- Sound health information
- Encourage proper nutritional habits for athletes.

- Promote the concept of total fitness/wellness
- Counsel athletes and parents in seeking proper follow up care and assistance.
- Conduct in-service programs for the staff in the care and prevention of injuries and illness

Duties and responsibility of the Aquatics Director

The aquatics director is responsible for all aspects of the management and supervision of the swimming pool at Salem Academy, including facility management and supervision of all swimming and boating programs, classes and swim teams. The aquatics director will work in conjunction with the athletic director, facilities director, the athletic trainer and coaches. The aquatics director will need all appropriate certifications including but not limited to: WSI, CPR, 1st Aid, Pool Operator's license and lifeguard certifications.

Duties

- Supervise pool maintenance schedules in conjunction with the facilities director.
- Establish lifeguard schedules/supervision for hours of operation for the pool in conjunction with the athletic director.
- Teach water safety to all staff and students if needed.
- Teach swimming classes.
- Head coach of the swim team (if necessary).
- Maintain record keeping of students including swimming tests, injury reports, and grades when appropriate.
- Purchase supplies.
- Maintain inventory of pool equipment.
- Establish rules and regulations for pool
- Establish emergency care/treatment procedures with the athletic trainer.
- Supervise pool staff and coaches.
- Organize and administrate home swim meets and represent Salem Academy at away swim meets.
- Be knowledgeable of all swim meet rules and regulations.

Duties and responsibilities of Head Varsity Coaches

The conduct of the coach is the single most important factor in crowd control and how our school is represented. The coach must demonstrate emotional control under stress at all times and model appropriate behavior for younger players or fans. Other qualities expected from our coaches are as follows:

- Enthusiasm.
- Good grooming and hygiene.
- Professional appearance/adherence to school dress code.
- Willingness to learn and accept constructive criticism.
- Ability to motivate students.
- Leadership abilities.
- Knowledge and understanding of the sport, age level and maturity of the athletes.
- Good organizational skills.
- Fairness, friendliness, firmness.
- Ability to communicate clearly
- Flexibility, good judgment, respect for others of all ages.
- Maintain a sound working relationship with other coaches/staff.

Administrative Duties

- Coaches must know and understand athletic policies, rules, and by-laws.
- Review schedules, check for conflicts with the school calendar.
- Turn in rosters to the athletic director prior to the start of the season.
- Maintain accurate records and statistics and turn in at the completion of the season.
- Attend all conference meetings.
- Review athlete's eligibility, including grades, attendance, and health forms
- Confirm all transportation and accompany the team to all games and practices.
- Hand out schedules of practices and games.
- Coordinate schedule changes or cancellations with the athletic director.
- Be responsible for the preparation of the field or gymnasium.
- Clean up after contests. Return all equipment, check locker rooms, lock and secure all doors.
- Call or email the results of all scores to the conference coordinator and local newspapers.
- Check with parents, team trainer/ and physician if an athlete is returning from an illness or injury, to clear them for participation in practice or games. If school is missed due to illness or injury, a student may not participate in after-school events (see eligibility).
- Collect and turn in all uniforms and equipment for inventory immediately following the conclusion of the season.
- All coaches will be accountable to the athletic director for all administrative responsibilities.

Other Duties and Responsibilities

- Select team members in a fair and consistent manner.
- Utilize accepted teaching methods that are based on sound educational principles.
- Be a role model by exemplifying good sportsmanship both in winning and losing.
- Coaches are held responsible for the conduct of team members.
- Coaches should promote team morale and school spirit.
- A coach must be present at all practices.
- Coaches are to report promptly for all practices and games, dressed appropriately.
- All athletic activities are to be organized and supervised by the coaches to ensure student safety.
- A coach will not permit a student to practice or play against administrative approval.
- A coach will not permit an athlete to use non-school transportation to athletic events unless there is written consent from a parent.
- A coach will not permit an athlete to practice if they did not attend school.
- Varsity head coaches will have overall responsibility of all teams of that sport in respect to systems, equipment, and placement of players from one squad to another.
- The coach should thoroughly explain eligibility requirements to all team members.
- Harassment of game officials by coaches will not be tolerated and sets poor examples for players and fans. Coaches should submit in writing any complaints or evaluations of officials to the athletic director, conference president, and officials association.
- Coaches may permit only players, managers, trainers, and physicians to be on or in close proximity to the bench.
- Ethics, fair play, sportsmanship, and discipline are just as important as winning.
- Coaches should see to it that assistant coaches and managers know their duties and responsibilities.
- Cooperate with other coaches whenever facilities must be shared.
- Notify the staff through daily announcements, in advance, if their team will be leaving school early.
- Employ a conditioning program that will prepare the athlete for strenuous competition.
- Instruct team members on proper use and care of all equipment.
- Make sure equipment is working properly.
- All Head Coaches will assist the athletic directors in the placement of personnel, budgeting, scheduling, transportation, award selection process, care and preparation of athletic facilities for practices and games, and will be responsible for representing Salem Academy at appropriate conference meetings and functions.

Sports and Fitness Course Offerings

Interscholastic athletics is a voluntary program. Therefore, participation in Salem Academy athletics is a privilege. Student-athletes are expected to conform to the standards established for all teams. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

Salem Academy is committed to offering a variety of interscholastic athletics, residential life programs that include intramurals and clubs, as well as the following programs throughout the year:

INTERSCHOLASTIC SPORTS TEAMS	PHYSICAL EDUCATION
Basketball Cross Country Fencing Field Hockey Lacrosse Soccer Swimming Tennis Track and Field Volleyball	Archery Backyard Games Badminton Bicycling Floor Hockey Golf Lacrosse Pickle Ball Self Defense Tennis Ultimate Frisbee Volleyball Weight Training Yoga

Sports and Fitness Facilities

Gymnasium and Fitness Center

Salem Academy houses two gyms, a practice gym, and a competition gym, that may be divided into two practice courts. Our facility also includes two competition volleyball courts, badminton courts, and pickle ball courts. Proper shoes with non-marking soles and athletic attire are required for participation in the athletic facilities. Additionally, the building features conditioning equipment, including strength training and cardiovascular machines, and a separate dance studio. Any individual who wishes to use the conditioning equipment must first undergo an orientation that is administered by the Athletics Department.

Aquatics

Our aquatics program includes a regulation swimming pool for swim meets, recreational swim and Physical Education classes. Any individual who wishes to use the swimming pool must first pass a swimming test that is administered by the Athletics Department.

Locker Rooms

There are three locker rooms with showering facilities in the athletic center, two for girls and one for boys. For reasons of privacy, mobile phones may not be brought into either locker room, whether or not they have picture taking capabilities (see locker room rules).

Athletic Fields and Courts

The Academy offers 12 tennis courts, a high school regulation field hockey and a soccer field. These facilities are utilized throughout the year for interscholastic team competition, physical education classes, clubs, and for recreational and leisure activities on weekends.

Eligibility, Rules, and Regulations

Eligibility to Participate in Athletics

- Unexcused absences or chronic tardiness to games or team practice may result in suspension from the team. Practice is a privilege.
- In order to participate in a practice or game, athletes must attend all of their classes during the day, or be excused by a school administrator. An athlete who misses school because of illness **may not** participate in extracurricular activities.
- All students are permitted to try out for sports.
- As representatives of Salem Academy, student-athletes are also expected to display satisfactory citizenship and proper conduct in the classroom and in the community.
- Athletes who receive consequences for improper conduct may be suspended from a team at any time (by determination of the head coach and athletic director). Profanity, poor sportsmanship or being disrespectful to anyone will not be tolerated.
- Smoking, tobacco use, drinking alcoholic beverages, and the abuse of drugs of any kind are harmful to our health and well-being. The use of these substances is not permitted, and will result in immediate suspension from the team, and could result in expulsion from the Academy.
- Proper attire is required to away games (as established by the Athletic Department)

Attendance and Credit

Coaches have the primary responsibility of monitoring daily attendance of their athletes. Athletes must inform their coach whenever they are going to miss a practice or game.

Unexcused absences or chronic tardiness to team practice may result in suspension from the team and loss of credit. In order to participate in a practice or game, athletes must attend all of their classes during the day, or be excused by a school administrator for reasons *such as* prescheduled medical appointments, court appearances or unforeseen emergencies.

Players who miss class due to early dismissal for games are responsible for making up all missed assignments. Students must inform teachers in advance if they have an early dismissal scheduled.

Citizenship and Attitude

As representatives of Salem Academy, student-athletes are expected to display satisfactory citizenship and display good conduct on and off the field.

Athletes who receive detention or other consequences for improper conduct may miss practice and/or games. If there is a pattern of misconduct, the athlete may be suspended from competition by the coach and athletic director.

Team members must take pride in our locker rooms and facilities by keeping them neat and clean at all times. Lockers will be provided for athletes; however, student-athletes are responsible for their equipment and uniforms. Uniforms must be returned at the end of each season.

Miscellaneous Directives and Forms

Forms

All athletes must submit a medical release form signed by a parent or guardian, a physical exam form signed by a physician, and an athletic contract to be able to participate in Salem Academy interscholastic sports. These forms are available online at any time.

Communication

Students are responsible for checking daily email notices regarding game changes and/or cancellations. Coaches should notify the team as soon as possible regarding changes or cancellations. All parents and students are also welcome to call the Athletic Department at 336-721-2732 or check website postings for all up to date athletic information. **All changes and/or cancellations to schedules will be updated on the Salem Academy website.**

Students must also inform teachers of changes that may involve missed classwork and tests, before the day of the test or assignment. Students are responsible for missed work.

For inclement weather, cancellations may not occur until 2:00 p.m. during the school day. The Athletic Department will communicate with students as to the schedule for that day. Athletes must inform their parents regarding any changes as soon as possible. If there is an emergency, please notify your coach.

At the request of any parent, coaches must be accessible to discuss problems regarding an athlete. If these individual conferences do not satisfy the parent, then a conference involving the coach, parent, and athletic director will be scheduled. If the parent is still not satisfied, the next appeal will be to the Head of School.

Playing Time and Roster Selection

There has been a noted increase in musculoskeletal injuries and breathing-related problems which we feel are attributable to sub-standard levels of physical fitness. Athletics require a higher level of physical conditioning than physical education classes.

In order to compete at a high level, it is imperative that our athletes enter the season already in shape. The saying is, "you don't play sports to get in shape; you get in shape to play sports". Athletes must adhere to the training regimens as prescribed by their coaches and outlined by the Athletic Department. Athletics can be viewed as honors physical education. Not every student may desire to make the sacrifice and put forth the effort required of interscholastic athletics. Not all students will have the physical or emotional aptitude to compete at this level.

Varsity coaches will conduct tryouts at the beginning of each sports season and players and parents are reminded that certain team roster spots and/or playing time are not guaranteed at the varsity level. Being a member of a varsity sports team at Salem Academy is not a right, it is a privilege. Playing time at the varsity level is at the coaches' discretion and is not guaranteed.

Practice Times and Weight Room Accessibility

Practice times for all sports will generally be after school from 4:00pm until 5:45pm. However, each coach has the right to change practice times as long as they do not interfere with the academic school day. Coaches are responsible for providing athletes with a list of training times for the season.

Coaches may require players to enter the weight room at various times throughout the year and a schedule will be posted.

All students will have access to the weight room throughout the school year; however, **no student is permitted in the athletic center without an adult staff member present. There will be serious consequences for students using the athletic facilities unsupervised.** Hours of operation will be posted on the school calendar and will vary according to the type of program and the day of the week.

Athletic Facility Rules

Weight Room

- Athletic shoes and appropriate attire required
- No food or drinks (except water)
- Spotter needed when lifting free weights
- Return weights to the rack after use
- Wipe off machines after use with provided cleaning supplies
- Discard trash in appropriate receptacles
- 30-minute limit on cardio equipment when crowded
- No horseplay, fighting, or inappropriate language
- Must be at least 14 years of age to use fitness room
- No bags or computers are permitted in fitness room
- Only pencils are permitted in fitness room for recording workouts.
- Fitness room use is a privilege. Violation of any school rules could result in suspension of use

Gymnasium

- Proper shoes must be worn on gym floor (athletic shoes with non-marking soles)
- No food or drink (except water)
- All equipment must be returned to the equipment storage closet after use
- No bathing suits are allowed to be worn in the gym
- Shirts/Uniforms must be worn at all times
- No horseplay, fighting, poor conduct or inappropriate language
- No bags/clothing may be left on the gym floor
- Gym use is a privilege, violation of any school rules could result in suspension of use

Locker Room

- No running, fighting, horseplay or inappropriate language
- Do not bring any muddy shoes, cleats, or equipment into the locker areas
- Deposit trash in receptacles
- No dirty gym clothes or wet bathing suits should be left in the locker room.
- Assigned lockers will be cleaned out on a regular schedule.
- No video cameras, camera phones or cell phones of any kind may be used in the locker rooms
- Locker room usage is a privilege. Violation of any school rules could result in suspension of use.
- There will be strict standards of hygiene and cleanliness in the locker room

Swimming Pool

- No running or inappropriate behavior is permitted
- Lifeguards must be on duty for use of the pool
- Appropriate swim apparel is required at all times
- No wet bathing suits should be left in the locker room.
- All locker room rules apply
- For specific rules during classes or programs, please refer to the course guidelines and follow all of the specific safety guidelines as determined by the Aquatics Director

Awards

Award programs are typically held at the conclusion of each season but may vary from year to year. The Athletic Department awards are presented annually at the conclusion of the school year during the Recognition Program.

Team

The athletes, coaches and athletic directors will nominate and vote for the candidates for the following awards:

Most Valuable - Presented to the most outstanding athlete on the team, that demonstrated outstanding skills leadership abilities and good sportsmanship.

The Coaches Award- Presented to the most dedicated player who symbolized the true spirit of competition and the spirit of Salem Academy athletics

Most Improved Athlete- Presented to the athlete that has demonstrated a willingness to improve their skills and take their game to a higher level of performance and competition.

Coaches have the ability to add or change their team's awards based on that year's results and accomplishments.

Athletic Department

Zanne Meads Sportsmanship Award- A sportsmanship award voted on by her peers. She must have participated in at least two sports and was the epitome of sportsmanship both on and off the athletic fields.

Barbara Barnes Hauptfuhrer Scholar-Athlete Award- The student-athlete who has the highest GPA while participating in at least two or more sports.

Transportation Information

Salem will provide transportation to all away games. Day students may drive themselves to contests if their home is near and they have written permission from a parent or guardian. Players are **not permitted** to drive separately from the team unless they have written permission from a parent, dean of students or athletic director's consent. Only team members that are eligible to compete are permitted to travel on the bus to games unless permission is given by the athletic director. It is imperative that players communicate to parents when and where they should be picked up from a game or practice (see transportation schedule).

Coaches are required to accompany the team on the bus unless there is an emergency. Proper etiquette is expected from all students while traveling to and from events.

Updated directions and phone numbers to area schools may be obtained from the website, located in the athletics section, at www.salemacademy.com. Also, all updated game and transportation information can be accessed by calling the Salem Academy athletic office at 336-721-2732.

THE SALEM ACADEMY ATHLETIC CONTRACT

Sportsmanship

Each athlete at Salem Academy is expected to uphold the guidelines for good sportsmanship as outlined in the athletic handbook. All athletes should represent Salem Academy, the PTAC and the NCISAA with class and dignity at all times.

The National Federation of State High School Associations has outlined the following expectations for students, coaches, and fans participating in an athletic event:

- Treat opponents with respect; shake hands prior to and after contests.
- Respect judgment of contest officials, abide by the rules of the contest and display no behavior that could tarnish the reputation of the School.
- Cooperate with officials, coaches, and fellow participants to conduct a fair contest.
- Accept seriously the responsibility and privilege of representing school and community; display positive public action at all times.
- Coaches and players should always set a good example for other participants and fans to follow, exemplifying the highest moral and ethical behavior.

Citizenship and Attitude

- As representatives of Salem Academy, student-athletes are also expected to display satisfactory citizenship and proper conduct in the classroom and in the community.
- Athletes who receive consequences for improper conduct may be suspended from a team at any time. Profanity, poor sportsmanship or being disrespectful to anyone will not be tolerated.
- Smoking, tobacco use, drinking alcoholic beverages, and the abuse of drugs of any kind are harmful to our health and well-being. The use of these substances is not permitted, and will result in immediate suspension from participation in athletics, and could result in expulsion from the Academy.
- Punctuality is demanded by all. Tardiness to practice or team functions is unacceptable. Practice is a privilege, not a right.
- Proper attire is required to away games (as established by the head coach).

Eligibility

- Missing a game or practice without notifying the coach ahead of time is unexcused and could result in immediate suspension.
- Unexcused absences or chronic tardiness to class or team practice may result in suspension from the team.
- In order to participate in a practice or game, athletes must attend all of their classes during the day, or be excused by a school administrator. A student that misses school due to illness may not participate in after-school sports activities.

- All students are permitted to try-out for sports.
- Students must be in good academic standing to participate in sports.
- Students-athletes must have participated in 90% of practices and athletic events to receive credit.

I have read this contract and agree to abide by all of the rules set forth by Salem Academy and the coaching staff, as written:

Signature of Student-Athlete

Date