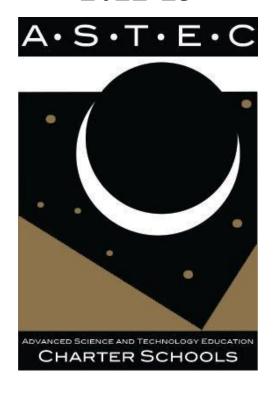
ASTEC Charter School

Athlete's Handbook 2022-23



Student-Athlete and Parent,

Welcome to the ASTEC Charter Schools Athletic Program. We are grateful that you are willing to invest your time, energy, and talents into the athletic program at ASTEC. It is athletes like you that help us carry on the great tradition of success that our schools have enjoyed through the years. Always remember that participating in extracurricular activities is a privilege and that you have been given the honor of representing your team, school, and community. It is your duty now to respect those that have come before you by giving your best efforts in school, practice, and games so that we may build upon the tradition of success that has been established at your school.

Good sportsmanship is required of every athlete, parent, and coach. All of our athletes will treat opponents and officials with respect, play hard, win without boasting, lose with no excuses, and never quit!

Our coaches, parents, and student-athletes must work together to build a foundation for success. We encourage parents to support their student athlete and help them understand the importance of hard work, good attitude, and working with teammates and coaches toward a common goal. Communication is an integral part of this foundation and parents are strongly encouraged to discuss concerns with coaches at the appropriate time and place. The communication process is outlined in the ASTEC Athletic Communication Guide that is included in this handbook.

Finally, remember that you attend school for an education and that you have chosen to make athletics an integral part of your education. You will find success if you keep your education first, maintain a positive attitude, and put your team before yourself!

Good Luck This Season,

John Drake ASTEC Athletic Director

Philosophy of Athletics

Athletics are an integral part of ASTEC Charter Schools and are viewed as a part of the total educational program. The combination of academics and athletics can be a tremendous experience in a young person's life. Athletic programs help serve the community by providing a common ground of interest and drawing our patrons together to support the various sporting activities at our schools. The life lessons that can be developed as a part of the athletic program are invaluable and their potential contribution to the athlete include but are not limited to the following: personal integrity, self-discipline, determination, self-confidence, proper mental attitude, selflessness, individual and group responsibilities, and the desire to set high goals.

While it is the goal of our athletic program to offer the opportunity for participation, no student is obligated to take part in athletics nor is it required for graduation. Participation in athletics is a "privilege" and not a right and as such the coach and the administration have the authority to revoke this privilege when the rules are not complied with. This privilege carries with it the responsibility for the athlete to represent themselves, the student body, team, school, and community in a positive manner at all times.

What To Expect From A Coach

- Genuine and current knowledge of the sport.
- > A fair and unprejudiced relationship with all players.
- Firm disciplinary action if an athlete displays unsportsmanlike conduct or breaks the team rules.
- > 100% effort to help you reach your maximum potential.
- ➤ Genuine concern with all areas of the athlete's growth (academics, athletics and citizenship.)
- Conduct that will bring credit to the students and the school. A coach should display an appreciation and respect for the individual needs of the students both on the athletic field and in the classroom.

Sportsmanship

- 1. Always keep a good relationship with opposing players and coaches.
- 2. Athletes are expected to treat game officials with the respect due them. Players showing disrespect to officials may be dismissed from the program.
- 3. The use of profanity is inconsistent with the philosophy of athletics and will not be tolerated.
- 4. Athletic Ideas and Courtesies from the OSSAA:

- Sportsmanship is simply being honorable and courteous while striving to win. Being certain that opponents have an equal and fair opportunity and knowing when to forego an advantage.
- The rules of the game are to regard as mutual agreements, the spirit and letter of which will be observed by all honorable persons.
- > Respect the decisions of the officials. They are vested with final authority by the rules of the game.
- Consider opponents as having honest intentions although you may not agree with their points of view or approve of their actions.
 Pursue a course of individual conduct and team action, which will seem honorable if known to ones' opponents or the public.
- ➤ Whether you are a visitor or host, "Do unto the other fellow the way you would like him to do unto you and do it first".
- The spectator represents his/her school and community and should give suitable recognition to the skill and sportsmanship of players regardless of their team affiliation.

General Conduct

- 1. The conduct of an athlete is closely observed in many areas of everyday life. It is important that actions at all times be above reproach. Thus, all athletes in our program must follow some guidelines.
 - **Conduct in Competition:** The athlete must be gracious in defeat, modest in victory, and maintain complete control at all times.
 - Conduct at School: The scholar/athlete should set examples for all students by following rules set forth by the administration and individual teachers.
 - ➤ Conduct on Trips: The athlete represents not only him/herself, but also the community, school, coaches, and parents. Thus, it is expected that the athlete will dress and behave in an acceptable manner.
- 2. The following acts are considered severe enough that they may cause an athlete to be dismissed from the athletic program. Each coach will hand out team rules indicating the severity of punishment for these acts:
 - Harassment, profanity, or obscenity
 - > Stealing or cheating
 - Consistent violation of Handbook or team rules
 - > Possession, threat or use of a dangerous weapon
 - > Assault and battery

- > Destruction of school property
- > Possession or use of any illegal narcotic drug, alcohol, vape, or tobacco
- Conduct which jeopardizes the safety of others
- > Disrespect to a Coach, an official, an opponent, or any person of authority
- > Habitual tardiness or absence

Participation

- 1. Students in our schools have a right to try out for our athletic teams. Our coaches should not tell any eligible student that he/she cannot try out.
- 2. Try-outs will be before or after school.
- 3. Students in the 9th grade are eligible to participate in either Junior Varsity or Varsity according to OSSAA rules.

Specialization / Recruiting

- 1. All athletes are encouraged to participate in all sports in which they have an interest.
- 2. Athletes will not be restricted to any one sport by a coach.
- 3. Athletes will not be recruited from one sport to another by a coach.

Practice Sessions

- 1. There will be no mandatory practices or contests held on Sunday or legal holidays.
- 2. Poor attendance and tardiness will not be tolerated.

Equipment

- 1. Students are responsible for all school equipment (uniforms) checked out to them.
- 2. Parents and students are expected to take care in washing and cleaning of athletic clothing.
- 3. Parents or students will be expected to pay for lost or damaged equipment, including uniforms.

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Health and Safety

- 1. No student shall be eligible to participate in ASTEC Charter Schools athletics until there is on file with the athletic office a physical examination and parent consent certificate approved by the OSSAA.
- 2. In the event of a serious injury to a player, a coach will report to the parent and will check on the player as long as he/she is injured.
- 3. Athletes are to report all injuries to their coaches, no matter how minor.
- 4. Coaches will plan water breaks during practice appropriate for the heat and humidity.
- 5. Coaches will not give permission for athletes to use the facilities without supervision.

Hazing Prohibited

No student organization or any person associated with any organization sanctioned or authorized by the ASTEC Charter School Board of Directors shall engage or participate in hazing. Hazing means an activity, which recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission in or affiliation with any organization operating under the permission of the Board of Directors or administration. "Endanger the physical health" shall include but not be limited to any brutality of a physical nature, such as whipping, beating, forced calisthenics, exposure to the elements, forced consumption of any food, or other substance, or any other forced physical activity which could adversely affect the physical health or safety of the individual; and "Endanger the mental health" shall include any activity, except those activities authorized by law, which would subject the individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contract, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual.

Grooming Standards

- 1. ASTEC Charter Schools dress code standards will be followed at all times.
- 2. Athletes are expected to be as neat and clean as possible at all times.
- 3. Coaches should instill pride in appearance as well as performance.
- 4. Professional dress will be required by all athletes on game days.

Team Travel

Team members will travel to and from contests on school provided transportation. Athletes may return with their parents if the parents make arrangements with the coach prior to leaving the school site.

- a. There will be no gambling, tobacco, drugs or alcohol allowed on any trip.
- b. Teams must travel as neatly dressed as possible.
- c. The coaches will see that teams return to the school as soon as possible after a contest, especially on school nights. Parents will be told when to expect the team home.
- d. Athletes should help keep the bus as clean as possible. Coaches will expect them to pick up around their seat before leaving the bus.
- e. Food and drinks are not allowed on the bus unless approved by the coach.
- f. Athletes not at the bus by the designated time will be left behind.
- g. Athletes not picked up within 30 minutes of the return from a competition will not play in the following athletic event.
- h. To insure good relations with our opponents, athletes should pick up around dressing rooms, showers, bleachers, etc. before leaving the opponents' facility.

Attendance

- 1. A player cannot miss classes on the day of a contest except for a personal emergency or school related business that has been approved in advance by the coach, and documented with the Dean of Students.
- 2. It is an OSSAA requirement that a 90% attendance rate at school be maintained at all times for eligibility.
- 3. An unexcused absence or habitual absences from practice or games may result in dismissal from the athletic program.

Changing or Quitting Sports

A student cannot quit or be dismissed from a team and join another team until the first teams' season is over. Exceptions to this rule may be made under the following conditions:

- ➤ If the athlete has a doctor's statement recommending that he/she drop the first sport for medical reasons but permits participation in the second sport.
- ➤ If both coaches involved and the Athletic Director agree that a mid-season change would be beneficial to the athlete without being unfair to the individuals of either team.

- ➤ Before an athlete is cleared to go to another sport, he/she must turn in all equipment and pay for lost or damaged equipment.
- ➤ An athlete must not change classes or stop reporting to a sport until notified that the change has officially been made through the counselor.

Quitting a Team

When a player decides to quit a team, every effort should be made by the coach to prevent any harassment by players or coaches. Coaches should take the following steps:

- ➤ Discuss reasons for quitting with the student. Explain that the student may receive an "F" for that class.
- > Collect all equipment
- ➤ Inform the counselor that a change needs to be made.
- > Keep the student on roll and check attendance until the change is official.
- Athletes who quit a team will not be allowed to go to another team until the first teams' season is completed. The student may receive an "F" for that sport.

Dismissal from a Team

Coaches have the responsibility of providing an atmosphere that is conducive to teaching and learning. Therefore, athletes who may become disruptive to the program should be dealt with in a firm, fair and consistent manner. The coach should try to resolve any problem before dismissing the athlete. If the athlete is dismissed, they have the right to appeal the decision.

Following dismissal, any athlete has the right of appeal by making a written request to the Dean of Students within 3 days of the dismissal. The Athletic Director, Dean of Students and Headmaster will confer and uphold or reverse the original decision.

Lettering in Athletics

A student must qualify under these specific regulations in order to receive a letter or certificate of participation in the individual sport.

❖ Varsity Basketball (Boys and Girls)

- 1. Participate in sixteen quarters of varsity games.
- 2. Any senior who has played basketball in high school during his/her sophomore, junior, and senior years, and has contributed to the team will be awarded a letter.
- 3. Must finish the season unless injured.

Cross Country (Boys and Girls)

- 1. Attend all organized practices called by the coach, before or after school.
- 2. Score at least 20 team points at invitational meets. The number of runners on the relay team will divide relay points.
- 3. Participates in at least 80% of the invitational meets the team participates in.

❖ Soccer (Boys and Girls)

1. Students must dress out for every varsity game or play in 15 halves of varsity competition.

Certificate of Participation

Solution Bowling

- 1. Attend all organized practices called by the coach either before or after school.
- 2. Participate in at least 2/3 of the competitions.

❖ First Tee Golf

1. Students must attend at least 2/3 of the trips for the season and make him/herself available to the coach for all matches unless he/she is sick or has another valid excuse.

Rowing

- 1. Attend all organized practices called by the coach, before or after school.
- 2. Students must compete in both the Spring and Fall Regatta.

***** First Serve Tennis

1. Attend all organized practices called by the coach, before or after school.

Letter Jackets

Any student meeting the above listed requirements for lettering is eligible to purchase an athletic letter jacket. The jackets are ordered from a local vendor at regularly scheduled fitting/ordering sessions. Please contact your coach for additional information.

Supplemental Policies

Coaches have the authority to supplement the rules in this handbook with additional team rules. However, any additional rules must be approved by the Athletic Director and given to the team members in advance.

Oklahoma Secondary Schools Activities Association

ASTEC Charter Schools is a member of the Oklahoma Secondary School Activities Association (OSSAA). Our athletic policies, rules and regulations are established by the OSSAA and are strictly adhered to by all ASTEC Athletic participants. The policies in this handbook are a supplement to the OSSAA rules. The *ASTEC Charter Schools* may, in some cases, require students to perform academically beyond the limits set forth by the OSSAA policies.

OSSAA RULES GOVERNING INTERSCHOLASTIC ACTIVITIES IN SENIOR HIGH SCHOOLS

RULE 1 - AGE, PHYSICIAN AND PARENTS' CERTIFICATE

Section 1.

Any student, who reaches his/her nineteenth birthday before September 1, will not be eligible for athletic competition. Any student who reaches his/her sixteenth birthday before September 1 will not be eligible if enrolled in the ninth grade or below. Any student who reaches his/her fifteenth birthday before September 1 will not be eligible for the eighth grade or below. Any student who reaches his/her fourteenth birthday before September 1 will not be eligible for the seventh grade or below. **Non-athletics:** Any student who reaches his/her twenty-first birthday before September 1 will not be eligible.

Section 2.

No student shall be eligible to represent his/her school in athletics until there is on file with the principal a physical examination and parental consent certificate. The form used shall contain the information on the standard OSSAA form. The physician, physician's assistant, may utilize other forms, or the advanced practice nurse, if the information contained is compliant with the information on the OSSAA form. Any other information, depicting the athlete's previous history, can be added to this form for the purpose of clearance for athletic participation. A qualified physician, physician's assistant, or an advanced practice nurse covered by professional liability insurance shall give the

physical examinations. If you have questions concerning the qualifications or the insurance coverage of a health care practitioner offering to give examinations, it is suggested that you check with your school district attorney for an opinion. Physical examinations are required for students each year. All physicals given for OSSAA participation must be given no earlier than May 1 of the preceding year in which the students are to participate and before the first day of practice in that student's particular sport. The physical will be valid from the date of the physical given until the next required physical. Parent(s) or guardian(s) must sign the parental consent form each year before the student participates in any organized athletic practice session including contest participation.

Section 3.

Each non-athletic activity organization, which assists in the sponsorship of interscholastic activities, may operate under a constitution, or set of rules, which complies with the Constitution and Rules of the Oklahoma Secondary School Activities Association. The Board of Directors of the Oklahoma Secondary School Activities Association should approve this constitution or set of rules.

RULE 2 – ATTENDANCE

Daily attendance for each class period during the school day as well as the cumulative record of attendance for a semester shall be in accordance with local school district policy. ASTEC's attendance policy for eligibility is 80% of the in person instruction day. The Dean of Students may make exceptions due to illness, injury, death in the immediate family, valid reasons for late enrollment, or late with the beginning of attendance. In order for the Dean of Students or Director of Athletics to make an exception, documentation must be on file. Documentation includes, but is not limited to: doctor's notes, death certificates, obituary notices, or documented communication between the parent and the Dean of Students in the PowerSchool system.

RULE 3 - SCHOLASTIC ELIGIBILITY

OSSAA scholastic eligibility standards are required of all students engaging in co-curricular activity programs.

Section 1.

Semester Grades

a. A student must have received a passing grade in any five subjects to be counted for graduation that he/she was enrolled in during the last semester he/she attended fifteen or more days. (This requirement would also be five school subjects for the 7th and 8th grade students.)

- **b**. If a student does not meet the minimum scholastic standard he/she will not be eligible to participate during the first six weeks of the next 18-week grading period they attend.
- **c**. A student who does not meet the above minimum scholastic standard may regain his/her eligibility by achieving passing grades in all subjects he/she is enrolled in at the end of a six-week period.
- **d**. Pupils enrolled for the first time must comply with the same requirements of scholastic eligibility. The passing grades required for the preceding 18- week grading period should be obtained from the records in the school last attended.

Section 2.

Student Eligibility During a Semester

- **a.** Scholastic eligibility for students will be checked after three weeks (during the fourth week) of a semester and each succeeding week thereafter. Schools may choose to run eligibility checks on any day of the week. The period of probation and ineligibility will always begin the Monday following the day eligibility is checked. Methods should be devised to check weekly grades of Career-Tech students and all concurrently enrolled students. For block scheduling, scholastic eligibility will be checked after two weeks (during third week) of the first and third blocks and each succeeding week thereafter and at the end of the first week of the second and fourth blocks and each succeeding week thereafter. Schools may choose to run eligibility checks on any day of the week. The period of probation and ineligibility will always begin the Monday following the day eligibility is checked.
- **b**. A student must be passing in all subjects he/she is enrolled in during a semester. If a student is not passing all subjects enrolled in on the day of the grade check, he/she will be placed on probation for the next one-week period. If a student is still failing one or more classes during the next week on the grade check day, he/she will be ineligible to participate during the next one-week period. The ineligibility periods will begin on Monday and end on Sunday.
- **c**. A student who has lost eligibility under this provision must be passing all subjects in order to regain eligibility. A student regains eligibility under Rule 3 with the first class of the new one-week period (Monday through Sunday).
- **d.** "Passing grade" means work of such character that credit would be entered on the records were the semester to close at that time.

Section 3.

Special Provisions

- **a**. A senior student maintains eligibility by passing the classes required for graduation. The number of classes, which a student is enrolled, can be no less than four. (For block and trimester exceptions contact the OSSAA office.) A junior or senior student who is concurrently enrolled in high school and college may use the college courses to meet the minimum number of subjects needed to maintain eligibility. These may be a combination of high school and college subjects equivalent to four high school units, which are accepted by the Oklahoma State Department of Education.
- **b.** An ineligible student who changes schools during a semester will not be eligible at the new school for a minimum period of three weeks. A student may regain his/her eligibility by achieving the scholastic standard in Rule 3, Section 2-b at the end of a three-week period. (Any part of a week is considered a full week.)
- **c.** Incomplete grades will be considered to be the same as failing grades in determining scholastic eligibility. School administrators are authorized to make an exception to this provision if the incomplete grade was caused by an unavoidable hardship. (Examples of such hardships would be illness, injury, death in family and natural disaster.) A maximum of two weeks is allowed for make-up work.
- **d.** One summer school credit (1/2 unit or one subject) earned in an Oklahoma State Department of Education accredited program may be used to meet the requirements of Rule 3, Section 1-a, for the end of spring semester.

Section 4.

Special Education Students

Special students, who are enrolled in special education classes, have an Individual Educational Program (IEP) and have been certified by the Dean of Students as doing a quality of work may be accepted as eligible under this rule.

Transfer Students

Students attending a school on a transfer are not automatically eligible to participate in athletics. A student who has established athletic eligibility at one school and transfers to another must attend school at the receiving school for one year before eligibility is

considered. To be considered for eligibility before the end of one year, a hardship eligibility request must be completed through your Athletic Director. Appeals for hardship eligibility must be made in writing through the Athletic Director.

Suspended Players

- 1. Students who are suspended from school or in-house suspension cannot participate in practices or contests until reinstated by the principal.
- Further or continued suspension from athletics may occur if the severity of the offense warrants. The Dean of Students, Athletic Director, and coach will determine this.
- 3. Players who are suspended from a team will not be reinstated until after a parent/coach conference.

COMMUNICATION GUIDE: Parent – Athlete – Coach

Parent & Coach Relationship: Children are best served in their athletic experiences by understanding and respecting the position of both coaches and parents. Clear communication between athletes, coaches and parents is an important element in any athletic program.

COMMUNICATION ATHLETES AND PARENTS SHOULD EXPECT FROM THE COACH:

- > Expectations that the coach has for the team and your child for the season
- > Philosophy of the Coach
- > Team Selection Process
- > Team Rules and guidelines and consequences for infractions
- > Times and locations of practices and games
- Injury procedures and Concussion Protocols
- > Lettering and awards policies for athletics.

COMMUNICATION THAT COACHES EXPECT FROM PARENTS:

- Concerns expressed directly to the coach.
- > Notification of any injury or illness in a timely manner
- > Notification of any scheduling conflicts well in advance

As a student athlete at ASTEC Charter Schools your child may experience some of the most rewarding moments of his/her life. It is also important to understand that things may not always go as your child expects. At these times discussion with the coach by the student athlete is encouraged. This is an important first step to a mutual understanding.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH:

- 1. The coach's interaction with your child
- 2. Any concerns about your child's interaction with others
- 3. Ways to help your child improve athletically

The primary role of every ASTEC Charter Schools coach is that of an educator. As a parent, it is sometimes difficult to accept that your child is not playing as much as you wish. Coaches make decisions on what is in the best interest of all student-athletes in their programs. The point of any athletic contest is to win the game, and coaches are expected to compete and make decisions in a way that gives our students the best chance they have for success during the contest. Other areas, such as these listed below, must be left to the discretion of the coach.

- Team strategy
- > Playing time
- > Play calling
- > Other student-athletes

Conferences are generally best resolved at the lowest level between the player and the coach. Such conferences are encouraged. When a parent-coach conference is necessary, please follow the procedure outlined below.

WHEN YOU HAVE A CONCERN TO DISCUSS WITH A COACH – PLEASE USE THE FOLLOWING PROCEDURE:

- 1. If the coach-athlete conference does not resolve the situation, please call the main number at the school and ask for the coach's extension. You may also access their email through the district web site or get it from the front office. Please only use email to set up the conference and not in place of the conference.
- 2. Request a time to meet with the coach.
- 3. If the coach cannot be reached, call the Athletic Director and request that a meeting be arranged between the parent and coach.
- 4. 24 HOUR RULE: Please do not attempt to conference a coach immediately before or after a contest or practice.

These can be emotional times for the parent, athlete, and the coach. Meetings of this nature usually do not promote positive relations. Please allow for 24 hours before attempting to schedule a conference with your coach.

THE NEXT STEP:

What can a parent do if the meeting with the coach does not provide a satisfactory resolution?

- 1. Call the Athletic Director to discuss the situation.
- 2. Call the Dean of Students and schedule a meeting to discuss the situation.
- 3. Final step would be a meeting with the Headmaster.

PARENT CODE OF CONDUCT:

- Be realistic about your child's athletic ability.
- > Help your child set realistic goals.
- ➤ Be an encouragement at home and in the stands by emphasizing "improved performance" over winning.
- Don't relive your own athletic past through your child.
- Control your emotions at games and events.
- Respect your child's coaches and communicate with them in a positive way while encouraging others to do the same.
- ➤ Be a positive role model.
- ➤ Be responsible, sensible, and keep your priorities in order. Much more is at stake than a win or loss.

Athlete Code of Conduct

It is important that every athlete and parent understand that athletes fall under the umbrella of the ASTEC Charter Schools and the rules of the Oklahoma Secondary Schools Activities Association. School rules that are in the student handbook will apply to athletics as well. In that participation in athletics is a "privilege" and not a right and is not required for graduation, coaches and/or the athletic director, and principal may find it necessary to remove students from the athletic program if the athletic programs if there are disciplinary sanctions include:

- > Appropriate disciplinary action from the head coach of the sport
- > Temporary suspension from sport
- Contract for improvement with student athlete and parent(s)
- > Suspension from the sport for remainder of season
- Suspension from athletics for the year

ASTEC Charter Schools athletes will be held to a high standard of conduct and need to represent themselves and ASTEC Charter Schools at such level in the classroom, in the athletic arena, and in the community. Our athletes will be reminded to "do the right thing" and should understand that they will have to accept responsibility for the choices they make. In preparation for signing the athletic contract, it is necessary to adhere to the

responsibility of abstaining from drugs, tobacco and alcohol. Signing the athletic contract requires you to make that commitment to yourself, your team, and your school. The following guidelines from the National Federation of High Schools will serve as the example expectations for ASTEC Charter Schools Athletes:

1. RESPECT

- > Be respectful of other people
- > Be respectful of the game and to its rules and regulations
- > Be respectful of your opponents
- > Be respectful of the officials
- ➤ Be respectful of victory and defeat
- ➤ Be respectful of others' property
- > Be respectful of your environment
- > Be respectful of yourself

2. CARING

- > Follow the Golden Rule and treat others as you would want to be treated yourself.
- > Be fair to all players including those who are of different abilities and experience.
- Give other players an opportunity
- > Play to win within the rules

3. FAIRNESS

- ➤ Help your teammates by encouraging them to stay active and involved.
- > Support teammates in trouble
- ➤ Be generous with praise; criticism should only be from the coach Avoid taking advantage of others

4. MORAL VALUE

5. RESPONSIBILITY

6. HONESTY

7. GOOD CITIZENSHIP

ACTIONS IN LIFE

- > Fulfill your obligations
- ➤ Be dependable
- ➤ Be in control of yourself
- ➤ Be persistent
- > Be truthful and forthright

- > Act with integrity
- ➤ Be trustworthy
- Be courageous to do the right thing

ACTIONS IN SPORTS

- ➤ Prepare yourself to do your best
- Be punctual for practices and games
- ➤ Be self-disciplined
- Be cooperative with your teammates
- > Be loyal to the team
- Play drug, alcohol, & tobacco free
- ➤ Admit to your own mistakes

- > Obey the laws and rules
- > Be educated and stay informed
- > Contribute to the community
- > Protect others
- ➤ Be a good role model
- > Strive for excellence
- > Give back to the sport
- Encourage teammates to be good citizens

ASTEC Charter Schools Athlete's Handbook

SIGNATURE PAGE

I have read and understand the requirements of The Athlete's Handbook and the Athlete Code of Conduct. I understand that I'm expected to perform according to the rules of the ASTEC Charter Schools, Student & Athlete's Handbooks, and Athlete Code of Conduct. I further understand that there may be sanctions or penalties if I do not.

Printed Name of Athlete	
Athlete's Signature	Date
Parent's Signature	Date
Parent's Signature	Date