

THE PALMDALE AEROSPACE ACADEMY ATHLETICS STUDENT/PARENT HANDBOOK



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Introduction

Welcome from The Palmdale Aerospace Academy (TPAA) Athletics Department! We are excited to have you join a program that exemplifies a great tradition of excellence. This excellence involves areas that extend far beyond winning and losing. TPAA does not discriminate any student on the basis of race, color, ethnicity, national origin, religion, sex or sexual orientation and invites all students to be a part of the Athletic program. Athletic success is the direct result of the combination of effort, teamwork, commitment, and sportsmanship. These traits are the building blocks of the Aerospace Academy's own special brand of athletic success. We are pleased you have joined the coaches, athletes, and parents in continuing this tradition of excellence.

A Message to the Parents

As a parent/guardian of a student-athlete, you also have committed yourselves to certain responsibilities and obligations, which are outlined in this Student/Parent Handbook. Compliance with the Handbook is mandatory and essential to the success of the athletic program. Failure to comply with the Handbook may lead to discipline and possible expulsion from the team. In addition, student-athletes are also subject to discipline under The Palmdale Aerospace Academy Code of Conduct.

Good sportsmanship is encouraged and expected from our fans and spectators at all times during athletic events. Failure to exhibit good sportsmanship may result in removal from the event and/or future events. We believe athletics is an integral part of the high school educational experience, both as a competitor and spectator. We look forward to working with you and to supporting your son/daughter as they participate in their chosen sport.

A Message to the Athletes

Once you have become a member of a team, you have made a choice to uphold certain standards expected of athletes in this community:

1. The use of vulgar or profane language is unacceptable anywhere and at any time.
2. Clothing worn at competitions must be worn in a neat and mannerly fashion
 - i. (i.e., shirts tucked in and buttoned, etc.).
3. Exhibit appropriate behavior at all times.

Your participation in athletics is a privilege and should be treated as such. Any time you wear the orange and black, you are representing yourself, your family, your school and all those that have worn these colors before you. Your behavior should be above reproach in all areas. Students, staff, parents, and the community will closely observe your conduct.

The rules outlined in this handbook are designed and intended as a guide to successful participation. Failure to follow the rules is addressed in this handbook. As a student-athlete, you will be expected to understand and abide by these rules and your team's rules. It is your responsibility to follow them to their fullest.

1. **Responsibilities to Yourself:** The most important of these responsibilities is to develop strength of character and positive values and behaviors. You owe it to yourself to get the greatest possible benefit from your high school experiences. Your academic studies and your participation in other extracurricular activities, as well as in sports, help to prepare you for your life as an adult.
2. **Responsibilities to Your School:** Another responsibility you assume as a team member is to your school. You assume a leadership role when you are on an athletic team. The student body and citizens of the community know you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can make positive contribute to school spirit and community pride. In addition, you are a role model for younger student athletes. These students look up to you and dream of being as successful as we hope you to be. Be sure the example you set is a positive one. TPAA cannot maintain its reputation as an outstanding school unless you do your best in whatever activity you wish to engage.
3. **Responsibilities to Others:** As a team member you also bear a heavy responsibility to your family. When you know that you have lived up to all of your commitments that you have practiced with great enthusiasm and that you have played the game to the best of your ability, you can keep your self- respect and your family can be justly proud of you.

Mission and Vision Statements

Mission Statement: The Mission of The Palmdale Aerospace Academy Athletic program is to provide a program that help develop our student-athletes through education and competition, to stimulate a lasting attitude of discipline, sportsmanship, integrity, leadership, and social responsibility. We want to insure equal opportunity for all staff and student-athletes, and to make the program an enduring source of pride for all the students, our student-athletes, alumni, and community.

Vision Statement: In accordance with the vision for The Palmdale Aerospace Academy, the Griffin program will provide an attractive and enjoyable experience, while helping young student-athletes develop mentally, physically, and socially. The Aerospace Academy athletic program will make every effort to field athletic teams that will perform at competitive levels, and to inspire our student-athletes to give their highest effort in the classroom as well as their athletic competitions. The expected outcomes are physical and mental development, sportsmanship, teamwork, self-discipline, loyalty, character, and perseverance. We will prepare our student-athletes to make transitions to the next level of participation academically and athletically.

Sportsmanship

As an athlete and as parents, you can help us establish an outstanding reputation for good sportsmanship. We must all work hard in conducting ourselves in a commendable manner. A display

of unsportsmanlike conduct can result in sanctions against the offending athlete, parent, and/or school. Always observe the following guidelines for good sportsmanship:

1. The good name of our school is more important than any contest won by unfair play.
2. Be supportive of all athletes, coaches, and officials before, during, and after all contests.
3. Accept **final** decisions of officials without dispute. They are seldom responsible for your success or failure, so do not blame them for your circumstances.
4. Recognize and show appreciation for the fine play of your opponent.
5. Be proud of our school's reputation and work hard to protect it.
6. Cheer for your team, not against the opponent.
7. Don't allow others negative sportsmanship to become an excuse to do the same.

Parent/Coach Relations

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the others and provide greater benefit to the student. As parents, when your son or daughter becomes involved in our programs, you have a right to understand what expectations are placed on your student-athletes. This begins with clear communication from the coach of your student-athlete's program.

Communication You Should Expect from your Son/Daughter's Coach:

1. Expectations the coach has for your son/daughter and the team.
2. Locations and times of all practices and contests.
3. Team opportunities, e.g. optional off-season conditioning, team/individual camps.
4. Medical procedures, should your student-athlete become injured during participation.
5. Team rules, guidelines, and requirements for earning awards.

Communication Coaches Expect from Student-Athletes:

1. Notification of any schedule conflicts in advance.
2. Special concerns in regards to a coach's philosophy and/or expectations.
3. Injury or circumstances that may endanger the athlete when participating.

As your son/daughter becomes involved in the athletic programs at The Palmdale Aerospace Academy, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your student-athlete wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches:

1. The treatment of your student-athlete, mentally and physically.
2. Ways to help your son/daughter to improve.
3. Concerns about your student-athlete's behavior.

It is very difficult to accept your son/daughter's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your student-athlete's coach. Other things, such as the following, must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern, you may want to discuss the issue with your son/daughter first. You may find through this communication an answer, resolution, or understanding of the situation before contacting others.

If You Have A Concern To Discuss With A Coach, the Procedure You Should Follow:

1. Call or email the coach to set up an appointment.
2. If the coach cannot be reached, call or email the Athletic Director, and the meeting will be set up for you.
3. Please give yourself time to understand your concern before approaching a coach. Attempting to confront a coach before or after a contest or practice is not an ideal time. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

What Can A Parent Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution?

1. If the concern is not satisfactorily resolved after meeting with the coach, the athlete and/or parent(s) should discuss the situation with the Athletic Director informally in an attempt to resolve the situation.
2. If the athlete and/or parent(s) wish to make a formal complaint to the Athletic Director about the coach, it should be put in writing, with a copy provided to the coach.
3. The Athletic Director will investigate the complaint, and discuss the concern with the coach and the Head Varsity Coach. The investigation may include observation of practice sessions by the Athletic Director, if necessary. The Athletic Director will document the results of the investigation and subsequent action(s) to be taken to resolve the complaint in writing.

4. If the formal complaint is not satisfactorily resolved by the Athletic Director, the athlete and/or parent(s) may appeal in writing to the Headmaster. The Headmaster will meet with the parties involved in a further attempt to resolve the situation.
5. If the complaint is not satisfactorily resolved at this level, the athlete and/or parent(s) may appeal to the Headmaster or his/her designee, in writing.

*A conference that is set up with a coach and a parent shall not result in negative consequences against the student-athlete because of this meeting.

Section One: General Information

Sports Calendar

Varsity Sports at The Palmdale Aerospace Academy

Fall:

Boys Cross
Country
Girls Cross Country
Girls Volleyball

Winter:

Boys Basketball
Girls Basketball
Boys Soccer
Girls Soccer

Spring:

Boys Track and Field
Girls Track and Field
Boys Volleyball

A. Joining/ Leaving a Team

- a. Current TPAA students must join the respective team at the beginning of the practice/tryouts season. Conflicts with sports finishing a previous season must be communicated to the coach of the new sport PRIOR to the beginning of the season.
- b. Leaving a Team
 - i. An athlete desiring to drop from a team within the first two weeks of practice shall notify the coach immediately to obtain a release without consequence. The coach is required to notify the athletic office of said release within three working days.
 - ii. An athlete desiring to drop from the team after the first two weeks of practice, or after team selection has been made, may be subject to a consequence at the discretion of the Athletic Department Administration. A meeting between the athlete, head coach and Athletics Director will be held to decide the validity of a release or consequence, which could include exclusion from athletics for the next sport or season. The decision of the Administration is final.
 - iii. Note: Coaches have the right to recommend to the Athletic Department Administration the dismissal of participants from the team roster for conduct considered detrimental to the team. Release can be done with or without consequence. The decision of the Administration is final.

B. Dropping a Sport

- a. After a team has been selected (team roster: day of first contest), an athlete must receive coach's approval before he/she drops the sport. If the athlete does not get approval he/she may not start another sport until that sport season is concluded.

C. Same Season/Two Sport Policy

Athletes at The Palmdale Aerospace Academy are allowed to participate in more than one Sport during a particular season. If a student decides to participate in more than one sport at a time, a coach shall in no way discourage this decision. Rather, the coaches involved should work together to make this situation as smooth as possible. Realizing that there is potential for conflicts arising when an athlete is participating in two sports at the same time, the following guidelines will be adhered to:

- a. The athlete will declare a primary sport and a secondary sport.
- b. A contest will always take precedence over practice in the other sport.
- c. A league contest will always take precedence over a non-league contest.
- d. A league meet will take precedence over any contest.
- e. If league contests are scheduled on the same day, the athlete will participate in his/her primary sport.
- f. If non-league contests are scheduled on the same day, the athlete will participate in his/her primary sport.
- g. In the event that it would be possible for an athlete to participate in both sports on the same day, he/she will not be allowed to drive to the second contest. Only an athlete's parent or guardian will be allowed to transport the athlete.
- h. Coaches are not to discipline an athlete for a missed practice on a day that the athlete is competing in his/her other sport.
- i. On days that an athlete is not in competition, he/she should make an effort to practice both sports. If only one sport can be practiced, it should be the primary sport.
- j. All eligibility rules will remain the same.
- k. An athlete must begin practicing in each of the two sports at the beginning of each sport's season.

D. Registration

Point of Contact: Athletics Coordinator, Ariana Pujol (apujol@tpaa.org or ex. 616)

- a. At TPAA, we use an online registration form called **Family ID** for our athletics teams. **FamilyID** is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through **FamilyID**, the system keeps track of your information in your **FamilyID** profile.
- b. Student athletes will not be cleared until all of the forms on **FamilyID** have been completed.
- c. If you have any questions regarding **FamilyID** registration, please contact the Athletics Coordinator or **Family ID** Support (1-888-800-5583 or support@familyid.com)

E. Injuries and Insurance or Waiver

The below waivers are all found on Family ID during on the Registration Form.

a. Assumptions of Risk

My son/daughter, named above, and I, the above named parent or guardian, have been warned about the dangers involved with sport participation and are aware that participating in athletic activities can result in severe injury or even death from a variety of circumstances.

i. Parent's or Guardian's Consent

I hereby give my consent for the above named student to compete in The Palmdale Aerospace Academy's approved activity, and travel with the school representative on necessary school trips. I realize that there is a risk of serious injury from participating in school sports and related activities. It is understood that the school district, the student body, and/or any of the employees are not financially responsible in case of accident or injury.

b. Authorization to Treat Minor

- i. I do hereby state that I have legal custody of the aforementioned Minor. I grant my authorization and consent for the Certified Athletic Trainer, coach, or team physician ("Designated Adult") to administer general first aid treatment and medical care for any minor injuries or illnesses experienced by the Minor. If the injury or illness is life threatening or in need of emergency treatment, I authorize the Designated Adult to summon any and all professional emergency personnel to attend, transport, and treat the minor and to issue consent for any X-ray, anesthetic, blood transfusion, medication, or other medical diagnosis, treatment, or hospital care deemed advisable by, and to be rendered under the general supervision of, any licensed physician, surgeon, dentist, hospital, or other medical professional or institution duly licensed to practice in the state in which such treatment is to occur. I agree to assume financial responsibility for all expenses of such care.
- ii. It is understood that this authorization is given in advance of any such medical treatment, diagnosis, or hospital care, but is given to provide authority and power on the part of the Designated Adult in the exercise of his or her best judgment upon the advice of any such medical or emergency personnel.

c. Consent for Emergency Treatment

- i. In the event of an accident or emergency, I give permission for the school authorities to take my child to any available doctor or hospital, or request their services.

d. Palmdale Aerospace Academy Transportation Form

- i. If any other adult will be granted permission to pick up your child from an event, an additional form needs to be filled out 24 hrs prior to the athletic event and submitted to the coach, and signed by an administrator.

- ii. Please see **Section F. “Transportation Policy and Waiver”** for more information.

e. Classroom Dismissal Consent

- i. I understand that my student may miss class during the sport season, due to an athletic event that requires an early dismissal, typically for away game travel.

f. Insurance Protection

- i. Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. This insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses. Some pupils may qualify to enroll in no-cost or low-cost local, state or federally insured program. Information about these programs which include other comparable no-cost or low-cost local, state or federally sponsored health insurance programs, may be obtained by calling 1-800-234-1317 or the Healthy Families and Medical Programs Information Line at 1-800-880-5305.
- ii. Parents/Guardians must provide proof of insurance and complete and sign the athletic waiver of insurance found on FamilyID as evidence of other insurance coverage, or purchase Student Accident Insurance made available by the Aerospace Academy before the student is eligible to participate in athletic events. From the above selected insurance coverage:
 - 1. I hereby declare that my student has medical insurance in the amount of at least \$1,500, which will provide coverage for medical and hospital expenses resulting from accidental bodily injury while practicing for or participating in athletic events. Therefore, I do not want my student to subscribe to membership in the insurance program made available through the school district for accidental bodily injury and hereby release the Governing Board and school officials of The Palmdale Aerospace Academy from any and all responsibility to provide the insurance required under California Education Code Section 32220-32224.
 - 2. I wish to participate in the Student Accident Plan made available by The Palmdale Aerospace Academy. An insurance enrollment form should accompany this form, or you can obtain one online at the Student Insurance provider website.
 - 1. Log on to www.peinsurance.com. Under “Products”, click on “Students”, then click the appropriate link for a Brochure in English or Spanish. You may also sign up online and print proof of your coverage (attach to this document) OR
 - 2. Print Brochure, complete and bring to your coach or teacher to forward to the insurance company with your payment.

F. Transportation Policy and Waiver

- a. The Head Coach, in collaboration with the Athletics Director, may allow students to transport themselves to and from specific athletics contests or activities based on an analysis of the following factors related to the student-athlete:
 - i. Mandatory Factors
 1. Student-athlete must be Age 18+
 2. Student-athlete must possess a valid driver's license
 - ii. Discretionary Factors
 1. Academic history
 2. Discipline history
 3. Conduct at athletics events and activities
- b. At no time is the student-athlete driver allowed to transport other TPAA students to or from athletics contests or activities. Student-athletes who are permitted to drive themselves to athletics contests or activities and their parent/guardian must sign a waiver/release of liability. The waiver must be submitted to the Athletics Director at least 24 hours prior to the student transporting him or herself to the athletics contest or activity. Student-athlete's permission to transport him/herself to athletics contests or activities may be revoked at any time by the Head Coach or Athletics Director.
- c. Release/ Waiver of Liability
 - i. The student's use of motor vehicles to travel to and from an athletics activity or contest is a privilege and involves an assumption of liability on the part of the student and his/her parents/guardians, and a responsibility in the care of property, in the observation of safety rules, and in the display of courtesy and consideration toward others. The Palmdale Aerospace Academy, its employees, Board of Directors, officers, employees, representatives and agents shall not be responsible for motor vehicles which are lost, stolen or damaged, and/or for injury, death or loss to persons or property resulting from a student's operation of a motor vehicle on school property, while traveling to or from the athletics contest or activity, or while participating in the contest or activity. A student authorized to drive his/her private vehicle off school property for an athletics contest or activity shall be solely liable for any injury, death or loss to person or property related to or caused by his/her driving and his/her insurance shall be the primary insurance in any accident. If my child has been given permission to drive his/her private vehicle for a school-sponsored activity, I represent that my child has a valid driver's license and is covered by motor vehicle insurance.

Name of Parent/Guardian _____

Signature of Parent/Guardian _____

TPAA Staff Witness Name _____

TPAA Staff Witness Signature _____

Date _____

G. Restrictions on Team Membership

- a. After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the same season.

H. College Recruitment Policy

- a. In the event you should be contacted personally by a college recruiter, you have an obligation to work through your coach and the athletic department. Inform your coach of such a contact as soon as possible.

I. NCAA Clearinghouse

- a. The requirements for the NCAA Clearinghouse are not the same as the graduation requirements from The Palmdale Aerospace Academy. TPAA is not responsible for ensuring an athlete's compliance with NCAA rules. For information, please refer to the NCAA Clearinghouse pamphlet or the NCAA website at www.NCAA.com. If you have any questions, please ask someone in the Counseling Department for directions on how to contact the NCAA.

J. School Equipment

- a. Students are responsible for all school equipment issued to them. Athletic uniforms, both practice (if applicable) and game, are supplied for the sole purpose of athletic participation. This equipment is not to be used for any other purpose. When the season is completed all school equipment is to be returned to the school. There are no exceptions to this policy. Students are responsible for the loss uniforms and equipment, and will be billed through accounts payable. Any theft of school equipment is larceny and California law regards larceny as a crime. Students who violate this policy are subject to school rules, the Athletic Code, and may be referred to law enforcement.
- b. Students must clear fees on all accounts in order to participate in extracurricular activities and may be excluded from participation in school wide events if these fees are not cleared.
- c. Remember, any time you wear the orange, black, and gray you are representing yourself, your family, your school and all those that have worn these colors before you.

K. Locker Room Privacy Policy

- a. Using devices of any kind to capture or transmit images is strictly prohibited in locker rooms, dressing areas, training rooms, weigh-in rooms, showers, restrooms, or other areas where there is an expectation of privacy.

Section Two: Code of Conduct

A. Purpose and Authority

- a. The Palmdale Aerospace Academy Athletic Code is established under the authority of the California Interscholastic Federation. The purpose of the Athletic Code is to establish standards for the athlete in the area of academic performance and personal

behavior for those individuals who voluntarily become involved in the interscholastic athletic program.

- b. A student who voluntarily participates in a sport sponsored by The Palmdale Aerospace Academy agrees to abide by the TPAA Athletic Code of Conduct throughout the year in which the student participates in the sport. The year is a calendar year of 365 days. Compliance with the Athletic Code is not limited to school sponsored sports activities or school premises.
- c. The Code is not a complete list of undesirable conduct by athletes. Aerospace athletes are considered to be examples and role models and expected to act accordingly during their high school career. Any student-athlete whose conduct is found to be a discredit or to cause unfavorable notoriety to the athlete, the team, or TPAA during their high school career, shall be subject to disciplinary action as determined by the coach, Athletic Director, Assistant Headmaster, or Headmaster, whether or not the conduct is specifically described in the Athletic Code of Conduct.

B. "Athlete" Defined

- a. An athlete is defined as any TPAA student who is a member of an interscholastic team sponsored by TPAA. This includes team members, managers, student trainers, dance teams, cheerleaders, statisticians, etc.

C. Eligibility Requirements and Academic Standards

- a. 2.0 grade point average, bridge or TA not included.
- b. Students' final grade mark of the previous semester, or quarter grades will be used to determine eligibility for the sport they wish to participate in (i.e. 9th grade second semester grades determine eligibility for 10th grade fall/winter sports. 10th grade 1st semester grades determine eligibility for 10th grade spring sports)
- c. Freshman Fall Athletes start with a clean slate.
- d. Grade, Discipline and Attendance checks will occur regularly throughout the school year to determine eligibility.
 - i. The Athletics Director will meet with each student to notify them of their ineligibility.
 - ii. A letter will be sent home to notify parents of their student's ineligibility.

D. Equity and Nondiscrimination

The Governing Board desires to provide a safe school environment that allows all students equal access and opportunities in the school's academic and other educational support programs, services, and activities. The Board prohibits, at any school or school activity, unlawful discrimination, harassment, intimidation, and bullying of any student based on the student's actual race, color, ancestry, national origin, immigration status, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics. This policy shall apply to all acts related to school activity or to school attendance occurring within the school. In addition, The Palmdale Aerospace Academy provides equal access to the Boy Scouts and other designated youth groups.

Prohibited discrimination, harassment, intimidation, or bullying includes physical, verbal, nonverbal, or written conduct based on one of the categories listed above that is so severe or pervasive that it affects a student's ability to participate in or benefit from an educational program or activity; creates an intimidating, threatening, hostile, or offensive educational environment; has the effect of substantially or unreasonably interfering with a student's academic performance; or otherwise adversely affects a student's educational opportunities. The Board also prohibits any form of retaliation against any student who files a complaint or report regarding an incident of discrimination, harassment, intimidation, or bullying.

The Head of School or designee shall facilitate students' access to the educational program by publicizing the school's nondiscrimination policy and related complaint procedures to students, parents/guardians, and employees. He/she shall provide training and information on the scope and use of the policy and complaint procedures and take other measures designed to increase the school community's understanding of the requirements of law related to discrimination. The Head of School or designee shall regularly review the implementation of the school's nondiscrimination policies and practices and, as necessary, shall take action to remove any identified barrier to student access to or participation in the educational program. He/she shall report his/her findings and recommendations to the Board after each review.

Students who engage in discrimination, harassment, intimidation, bullying, or retaliation in violation of law, Board policy, or administrative regulation shall be subject to appropriate consequence or discipline. Any employee who permits or engages in prohibited discrimination, harassment, intimidation, bullying, or retaliation shall be subject to disciplinary action, up to and including dismissal.

The following position is designated Coordinator for Nondiscrimination to handle complaints regarding discrimination, harassment, intimidation, or bullying and to answer inquiries regarding the school's nondiscrimination policies

Chief Academic Officer
The Palmdale Aerospace Academy
3300 East Palmdale Blvd.
Palmdale, CA 93550

Excerpted from [Student Policy SP 030](#).

E. Specific Athletic Code Standards and Consequences

The following rules are not an exhaustive list of conduct that subjects an athlete to discipline. At all times, student-athletes are expected to follow the TPAA Student Handbook and to behave in a manner consistent with the special privilege of being an TPAA athlete. The consequences described below outline the range of possible discipline that may be imposed for the listed violations. Please note violations of the Athletic Code may be required to be disclosed and may reflect negatively on applications to universities, colleges, and military academies. TPAA reserves the right to disclose violations in its sole discretion.

Violations will be cumulative during a student's high school athletic career. Cumulation will begin the first day an athlete begins trying out for any team and will continue throughout his/her entire high school career. The first violation of any of the following codes will be considered the first offense when determining the consequence. When a second violation of any of the following codes occurs, then the second offense consequence will be imposed. Upon a third offense of any of the following codes, then the third offense consequence will be applied.

a. Alcohol, Drugs & Tobacco

- i. Alcohol, drugs and tobacco are strictly prohibited. The possession, use, consumption, distribution, purchase, sale or manufacture of, or any other improper or unlawful involvement of any kind or description with illegal drugs, controlled substances, alcohol or alcoholic beverages, anabolic or androgenic steroids, tobacco, tobacco products, E-Cigarettes, Vapor Pens, or facsimiles, "look- alike" drugs, drug paraphernalia, or substances or products that mask or tamper with any of these, is strictly prohibited. Also prohibited is the distribution, abuse or misuse of over the counter medications or prescription drugs, or other chemicals or substances.
- ii. Consequences for Possession or Use of Prohibited Substances:
 1. First Offense: Athlete will attend Healthy Choices Workshop held by our Counseling Department.
 2. Second Offense: Parent and Administrator Conference. Behavior contract and placement ramifications discussed; After School Work (1 Hour).
 3. Third Offense: Parent and Administrator conference. Behavior contract and placement ramifications reviewed; Saturday Work. In addition, at the discretion of the Head Coach, the student-athlete may be asked to sit out a designated number of practices and/or games or be suspended from the team.
 4. Fourth Offense: 1-3 days out of school suspension, parent conference and behavior contract.
 5. Fifth Offense: 1-3 days out of school suspension, parent conference and behavior contract; Referral to Community Resource
- iii. Consequences for Intoxication:
 1. First Offense: Parent and Administrator Conference. Behavior contract and placement ramifications discussed; Referral to Community Resource
 2. Second Offense: 1-3 days out of school suspension, parent conference and behavior contract.
 3. Third Offense: Maximum suspension from school; recommend alternative program or expulsion. In addition, at the discretion of the Head Coach, the student-athlete may be asked to sit out a designated number of practices and/or games or be suspended from the team.
- iv. Consequences for Sale of Prohibited Substances:

1. First Offense: Maximum suspension from school; recommend alternative program or expulsion.

b. Hazing

- i. Hazing is strictly prohibited. Because hazing is unsafe, and can discourage participation as well as negatively affect a student's enjoyment in athletic participation, all forms of hazing are strictly prohibited.
- ii. Hazing includes, but is not limited to:
 1. Any gesture or written, verbal or physical act that a reasonable person under the circumstances should know will have the effect of harming a student or placing a student in reasonable fear of harm to his or her person, or damage to his or her property;
 2. Any type of physical force, harm or injury inflicted by athletes on their team members such as whipping, beating, striking, branding, electronic shocking, or placing an unwanted substance on the student's body;
 3. Any type of coerced or involuntary sexual or physical activity, such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics, or other coerced or unwelcome confinement, restriction or other forced activity by athletes on their fellow team members;
 4. Any coerced or involuntary activity by athletes on their team members that subject the athletes to an unreasonable risk of harm or that adversely affects their mental or physical health, safety, or welfare; or
 5. Any coerced or involuntary activity inflicted, encouraged or mandated by athletes on their team members, such as the consumption of alcoholic beverages, illegal, unauthorized, or foreign substances of any type whatsoever, tobacco or tobacco products, over the counter medication or prescription drugs, or any other unreasonable risk of harm or activity that adversely affects an athlete's mental or physical health, safety, welfare or interest in the sport.
- iii. For purposes of this rule, a team member's voluntary participation in hazing is not necessarily a defense to a claimed violation of this rule. Athletes who organize or initiate hazing activities, but do not directly participate in them, are equally subject to possible discipline as students who directly participate in acts of hazing.
- iv. In addition, student-athletes are expected and required to report suspected violations of this rule. Athletes may be disciplined for failure to report known hazing violations or for falsely denying knowledge of known hazing activities.
- v. Consequences for Hazing:
 1. First Offense: Parent and Administrator Conference. Behavior contract and placement ramifications discussed; Power of Choice Workshop through the Counseling Office; Report to police or appropriate authorities
 2. Second Offense: 1-3 days out of school suspension; parent conference and behavior contract; Report to police or appropriate authorities

c. Stealing, Property Destruction

- i. To steal or be an accomplice to the act of stealing community property, school property, or the property of athletes, team managers or coaches; to destroy or deface school property or the property of others.
- ii. Consequences of Stealing:
 - 1. First Offense: Parent and Administrator Conference. Behavior contract and placement ramifications discussed; Power of Choice Workshop held by the Counseling Office.
 - 2. Second Offense: 1-3 days out of school suspension; parent conference and behavior contract.
 - 3. Third Offense: Maximum suspension from school, recommend alternative program or expulsion.

d. Gross Misconduct

- i. Gross misconduct is defined as cheating, fighting, or unfavorable notoriety, violation of a civil or criminal law, or any socially unacceptable behavior that brings discredit to the athlete, parents, school or team. This includes any behavior on social media.
- ii. Consequences of Gross Misconduct will be dependent upon the severity of the offense. Coaches and Administrators will refer to the Discipline Matrix when issuing a consequence. The Matrix is considered a guiding document. Administrator's may, depending on the totality of the circumstances, deviate from the Matrix, as appropriate. See Appendix.

e. Travel Regulations

- i. All forms and waivers must be signed by a parent/guardian, using the online **FamilyID** registration process. If Student Athlete is to be found outside of rules stated in his/her contract, they will face possible ineligibility.

f. Social Media Policy

- i. The TPAA Athletics Department recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks; however, students must understand that freedom of speech is not unlimited. The online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters). Students need a coach's approval to wear a uniform for pictures. Any such pictures are to be taken in good taste and with pride. Remember, any time you wear the orange, gray, and black, you are representing yourself, your family, your school and all those who have worn these colors before you.
- ii. Social Media Guidelines

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy are unacceptable.
2. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus.
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the TPAA Student Handbook or the Student/Parent Athletics Handbook.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletics Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
6. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

Student-athletes at TPAA are required to abide by rules set forth in these guidelines. The failure to do so will be considered a violation of the student-athlete code of conduct and/or the TPAA student code of conduct. The violation may result in disciplinary action by the athletics department and the campus.

iii. Consequences of Inappropriate Social Media Usage

1. 1st Offense - Warning and parent meeting with the head coach. The Head Coach will determine the consequences based on the severity of the infraction and may include suspension or dismissal from the team or athletics activities.
2. 2nd Offense – Parent meeting with the head coach and the Athletics Director. The Athletics Director, in consult with the Head Coach, will determine the consequences based on the severity of the infraction and may include suspension or dismissal from the team or athletics activities.
3. 3rd Offense – Parent meeting with the head coach, Athletics Director and an administrator. The Administrator will determine the consequences

based on the severity of the infraction and may include suspension or dismissal from the team or athletics activities.