

Foothill Ranch Middle School

Athlete Code of Conduct

Twin Rivers Unified School District Athletics Mission

Our League believes that athletic participation is an integral part to the common mission of our schools and is viewed as an extension of our overall school programs. We hold the philosophy that participation in interscholastic athletics should be enjoyable with the purpose of benefiting students. Our sports league is developmental and competitive with goals of fostering the value of participation without overemphasizing winning. Additional goals of the league are to develop skills and an understanding of the chosen sport, develop an appreciation and respect for a team, as well as school, opponents, and officials.

Sports Eligibility

FRMS has high expectations for our student athletes. Joining a team is a commitment that you are making to your coaches, teammates and to yourself. Any violation of these rules will result in a suspension from games until the expectation is met OR dismissal from the team.

- You are expected to be responsible. You will attend every practice and come prepared in practice attire (practice days, times and locations will be set by the coach).
- You are expected to be respectful. You will come to practice ready and willing to work hard. You will treat your teammates, coaches and opposing team with consideration. You will be a team player at all times and leave negativity outside of practice and games.
- You are expected to be safe. You are to follow directions from your coach(es) at all times. You are to obey the rules of the game as outlined by the referees.
- You are expected to be successful. You will maintain grades of C-'s or better in ALL classes. You will attend all classes, on time. You will display a high standard of citizenship. You may not participate in athletics with a failing grade in any of your classes.
- Your grades will be checked weekly. If any of your grades fall below a C- in any class, you will be required to attend mandatory study tables from 1:30-3:15 pm on Wednesdays and you will not participate until your grade improves and reflects in grade check on Monday.

Students are required to make up any work they may miss due to games. It is the student's responsibility to collect all work they will be missing prior to leaving for a game; additionally, the student needs to turn in work due for the classes they will be missing before leaving for the game.

All athletes must have a sports physical and TRUSD sports form completed in order to tryout, practice, and play. No exceptions!

SCHOOL CITIZENSHIP

Student athletes should be leaders on campus. Therefore, they will be held to a higher standard of citizenship. If the student athlete receives any of the below infractions, the consequences are as follows:

- Suspension from School- Dismissal from the team.
- Fight in a game- Dismissal from the Team.
- Poor behavior - Student will not be able to participate in the following weeks games until their behavior is improved.

The administration has the right to make exceptions on a case-by-case situation.

GAME DAY PARTICIPATION

In order to participate in school-day practice or game, the athlete must be in attendance for a minimum of four periods. Field trips, Alternative Learning Experiences, concurrent enrollment, medical/dental appointments (with a note from the medical/dental office), and/or family situations may be excused by an administrator.

UNIFORMS

The student athlete will be loaned a uniform to be worn during the season and then returned. Your coach will have a Uniform Checkout Form to you. These uniforms are very expensive and team members and their parents/guardians are asked that they are treated with care. Athletes and their parents/guardians will be responsible to replace any uniform that is lost or damaged.

Signing below signifies that you and your parent/guardian have read and understand the Athletic Code of Conduct for participating in team sports at Foothill Ranch Middle School.

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Student Athlete Signature	Date
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Parent Signature	Date
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Wednesday Athlete Academic Training STUDY TABLES

1. ALL STUDENTS MUST be in their assigned seats and working.
2. HAVE ALL your books, notebooks, writing utensils available and ready.
3. ALL STUDENTS MUST bring work to Academic training study hall. If work is finished students must take out a book and quietly read, unless given permission by staff to do otherwise.
4. Follow the four Stampede Pillars: Respect, Responsibility, Reflection, Integrity
5. The Chrome Book Lab is for school work only; games are not allowed.
6. Music use it at the discretion of staff, students must have headphones, and not be distracting.
7. ONLY one male or one female will be given permission to leave at a time to the restroom or to get a drink of water, students must have a pass.
8. Students who have any grades of below a C- are required to attend.
9. Students with all A's or B's may choose to attend.

Failure to follow these rules can result in loss of being able to practice, suspensions from games, being released from the team, as well as other school consequences.

_____ Student Athlete Signature	_____ Date
_____ Parent Signature	_____ Date