

Student Athlete

Team Rules and Guidelines Contract

General Athletics Expectation:

1. Character is the most important for each UCA Lions Student-Athlete. How you act on and off the court says a lot about who you are and what you believe. The UCA Athletics department values ones character over all other lessons learned on the playing surface.
2. Athletics Moto: "Win with Grace, Lose with Dignity, but above all, Glorify God."
3. Academics. You are a "student" athlete. It is a privilege to play for the Black and Gold. It is important to focus on your school work and make that a priority.
4. Teamwork. You have committed to playing sports at UCA, and with that comes a great deal of responsibility. You must be on time, you must learn to work with your teammates and coaches, communicate with your coaches and teachers, support your team and be the best teammate you can be at all times.
5. God. Remember God in all you do. Ask your self these questions; What will this action tell people about God, myself, my school, my coach, my team and my family.
6. Be positive! Character is shown through tough times, and chaos. It's easy to be positive when things are going well.
7. Accept your role on the team. Any discussions or concerns should be talked with Coach in private.
8. Playing time. Not everyone will get equal playing time. When given your opportunity to play, make the most of it and play your hardest.
9. Social media. Be careful what you post, maintain a positive presence on all social media. No comments should be made toward other teams, players, or coaches from other schools.
10. Grades. A failing grade or 2 D's will make a player ineligible for one week. Grades are check Monday morning. Practice is still required, unless you have communicated with your coach and have a plan in place.
11. If a student athlete is on Academic Suspension for 2 weeks, the coach may ask you to drop the team. After 3 weeks of Academic Suspension the Athletic Director will ask you to withdrawal from the team. You will removed indefinitely and no team fees will be refunded.
12. Practices. Being tardy or absent to practice will result in loss of playing time.
13. Being tardy or late to class the following Morning, after a game, will result in a 1 game suspension.
14. The first 2 weeks of practices is key! If you will be absent or not able to make practice, communicate with your coach. You my be dropped from the team if you have multiple issues.
15. COMMUNICATE, COMMUNICATE, COMMUNICATE! Communicate with your coach, teachers, and parents.
16. Commitment to the team. If you are part of the team, than you are part of the team for the Full Season and Post-Season. Know the schedule: www.ucaa.org/athletics and on the UCA App.
17. Home leaves and breaks. At times we will have playoffs over home leaves. When that happens housing will be found for all the players. Generally, the coaches will work with the families to find a teammate to stay with locally.
18. Respect others. Giver others their space and figure out their boundaries.
19. Be honest. Follow team and school rules.
20. Be responsible. Show up on time, plan ahead with classes and sports equipment, and have both your sets of uniform. Come ready to learn and participate.
21. Cell phones and ear pods. The use of cell phones or ear pods are not to during practice or games. This may result in disciplinary actions.
22. **Conflict** on the team; 1) Talk with your team captains first, to address it with Coaching staff, 2) Talk with a coach, outside of practice time, make sure you are not alone, 3) Request a formal meeting with Athletic Director, and/or Coach with parents if needed, 4) Written letter to Principal (Administration), and Athletic Director, voicing concerns, 5) Written letter to Board and Conference Heads. If something is beyond your control and is not being dealt with write a formal letter to Athletic Director and Principal (Administration). After any conversation you want to be remembered, email that person detailing what the conversation was you had and the agreements made.
23. **Abuse**. No verbal, no physical, nor any other abuse is allowed. No player should feel afraid, or threatened at anytime. Report any abuse right away; either to Mrs. Stephanie Gladding, Coach Ryan Irwin, Mr. PJ Deming or another staff member. Again, make sure you document any conversation you have.
24. You must abide by WIAA rules and regulations, and what is in the UCA Athletics Handbook. Any clarification will be answered through Athletic Director. Organization structure: Principal -> Athletic Director (Athletic Committee) -> Head Coach -> Captains.
25. Remember you are an ambassador of Upper Columbia Academy. Make friends, uplift our team and opponents and the officials. Be part of making the game better and always side on kindness rather than winning. Work hard and leave all on the floor, never let yourself feel you could have done better or have done more. At the end, you want to be able to hold your head high, and be proud of the game you just played.

I have read and understand, and accept the Athletic Rules and Guidelines.

Name: _____ Signature: _____ Date: _____