

# ANC Athletics

## Training Rules Contract

In the Academy of the New Church Secondary Schools, athletes are to be models of propriety, commitment and leadership. As role models they live by certain standards. An ANC athlete abstains from drinking any alcohol, using any tobacco products, or using any illegal drugs. Nor do our athletes supply anybody, athlete or non-athlete with any of the above. Additionally, they do not remain in the presence of anyone who is illegally consuming these substances. Our athletes recognize that they and their teammates are dedicated to the team and each other, and that breaking this code is a breach of trust. If an athlete breaks this code the following will result:

### **1st Secondary School Offense**

The athlete will miss 50% of the total season contests. In consultation with the Athletic Director and Head Coach, the athlete will continue to practice, attend games, and support the team, but the athlete will not be in uniform or playing during the contests for which they have been suspended. The athlete will be a positive participant on the team. The Coach and Athletic Director may take action if they are not. The athlete's transcript may be affected and he or she will forfeit their chance to win any award, letter, or consideration for all league or any other recognition that they may have received.

### **2nd Secondary School Offense**

If it happens again in any sport at any time during the athlete's high school career they will be suspended for the remainder of that sport's season. The athlete will lose transcript credit for the sport and all other recognition that they may have received.

Athletes who are transitioning from one sport directly into another sport (i.e. fall sport to a winter sport or winter sport into a spring sport) will continue to be under these training rules during the transition and will be held to the above policy. This holds true for the transition from sports camp to the season in the fall. Athletes also recognize that these training rules are in effect for all weekends and vacations that occur during the season.

I promise to abide by these rules during the entire season and the transition between seasons. I acknowledge that schoolwork comes before athletics and will notify my coaches of any significant problems that I may have with school. I agree to do my homework and I understand that if I don't, I will be subject to the study hall policies of the school. I fully understand the training rules regarding athletics in the ANC Secondary Schools.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_