



NAHS ATHLETIC CODE

1. You are a member of an interscholastic competitive Cross Country and / or Track & Field team. You must be dedicated to North Atlanta High School (NAHS), to the NAHS Athletic program, to your coaching staff, and all your teammates.
2. Your greatest goal should be personal improvement and helping your teammates, both girls and boys, to improve.
3. Cooperation with everyone involved in the NAHS Cross Country / Track & Field program is the only way we can reach our potential.
4. Team loyalty keeps the team running in the right direction toward success. Criticism of any teammate will stop us cold in our tracks and is never acceptable.
5. Team pride comes from watching each and every athlete improve as a competitive runner.
6. Our Team Captains are your communicators. Please discuss any plans or problems, involving your team, with them.
7. If we work together as a team, we improve both as teammates and individuals. Dedication to do your best will come through hard work with everyone around you. What we ask of you is what we ask of ourselves, to give to your team 100% effort in everything you do. When it's a hard workout do it hard, if it's a resting day, rest. We practice to be competitive. Each and every day is clearly designed to make you most competitive when we need you most competitive. We can only reach our best by working together.

The nature of athletics dictates that a closeness and esprit de corps exist in order for a team to function successfully. No team can be effective unless morale and spirit are high. Individual spirit and aggressiveness are encouraged, but there are certain minimum standards of conduct and appearance that must be maintained in order for the proper team attitude to be sustained and enhanced. With this in mind NAHS, through the Athletic Department, takes a vital interest with its teams in promoting firm, yet fair discipline as well as responsible standards for behavior, dress, and grooming. The athlete and the athletic team are representatives of the school to others and as such should display exemplary traits.

We further recognize that these uniform rules and regulations are necessary to maintain team morale, team and individual discipline, and the most favorable and effective learning situations.

PHYSICAL CONDITIONING - The athlete, parent, doctor and coach should share the responsibility for the physical well-being and preparation of the athlete so he/she can safely meet the demands of competitive athletics.

It is a fact that alcohol, nicotine, and non-prescribed drugs are injurious to the human body. No true athlete will dispute the fact that in athletics, smoking, drinking, and drugs do not mix for the betterment of the team or the individual, either in or out of the sport season. If any athlete wishes to use these things, he/she should remove himself/herself from the team, before he/she jeopardizes his/her safety and morale of the team. Athletes who violate this trust may be dropped from the team immediately; forfeit his/her letter or any other forthcoming award; lose the privilege of wearing his/her letterman's jacket during his/her suspension and lose the privilege of participating athletics at NAHS in the future. Violating this trust includes but is not restricted to attending school functions under the influence of a mind altering substance, possessing mind altering substances at school functions, and/or be a participant with those who partake in these types of activities.

Athletes violating this trust in or out of the sport season will have their names kept on file by the athletic directors. They



will not be allowed to participate on an athletic team until they have the approval of the athletic director, acting for the administration of the school. The Athletic Directors decision will be based upon conferences with the athlete, parents, coaching staff, and the administration.

ELIGIBILITY

Academic - All athletes must maintain a good academic standing to participate in interscholastic sports. To be on an NAHS athletic team, a student-athlete must meet all A.P.S. and G.H.S.A criteria. In addition, the athletic program and its coaches reserves the right to redirect any student-athlete to tutorial services if they feel that student-athlete appears to be falling in their athletic performance.

CITIZENSHIP - An outstanding athlete has respect for the school and community laws, respect for individuals and property, respect for scholarship and academic achievement, respect for himself / herself and adults, and is willing to make personal sacrifices to maintain such attitudes.

Any athlete the coaches, teachers and administrators feel is a detriment to his/her school or team because of negative behavior and conduct may be suspended from athletic competition.

If an athlete is suspended from school by the administration for disciplinary reasons, he/she will be ineligible to work out or compete with his/her team until the period of suspension is over.

MEET CONDUCT - During competition an athlete is expected not to use profanity or illegal tactics. Participants should understand that losing is part of the game and should be gracious in defeat and humble in victory. It is courteous to congratulate the opponent at the completion of a contest, whether in defeat or victory, however, if you have nothing good to say to your opponent, say nothing at all. Officials are present during a contest to try and insure that each team receives equity in decisions made. It is an athletic tradition and a written rule that only the captain and/or coach may talk to officials. Any discussion with an official must be controlled and respectful at all times. Any behavior contrary to any of the above statements is a direct reflection on the school and team and could mean suspension or expulsion from the team. A behavior contrary to the above code may result in removal from the team. Fighting will not be tolerated for any reason. There will be an automatic one meet suspension for the following meet, and may result in suspension or remove from the team.

TRAINING / WEIGHT ROOM - Athletes should abide by the rules of the athletic trainer. Any equipment in the training room should be used only under the direction the trainer or his/her designate. Failure to follow the guidelines establish by the trainer may result in disciplinary action from your coach or athletic director. Athletes must be supervised when in training rooms.

TRIPS - Behavior on the bus is extremely important to the morale and discipline of our teams. A team cannot be thinking about the task at hand if they are involved with horseplay. If an athlete engages in horseplay or behavior that is not becoming to NAHS, they will be immediately removed from competition and their parents will be called to pick them up at the venue.

Eating on the bus is prohibited unless you are given special permission by the bus driver. Students must remain seated when the bus is in motion. Shoes with spikes must be removed before boarding a bus. Students will leave the buses clean following each trip.



All athletes must return to school by the bus unless personally excused by the coach, athletic director and/or assistant principal to go home with their parents. Prior arrangement must be made if athlete will not ride the bus from event and a transportation release form must be signed. Failure to follow our transportation guidelines may result in disciplinary action from your coach or athletic director.

DROPPING FROM A SPORT - After an athletic team has been selected, the athlete must receive the coach's approval before dropping the sport. If the student does not receive this approval and quits or is dropped from the team for disciplinary reasons, the student will forfeit his/her award and/or credit and will not be allowed to participate on another team until the completion of the sport season and until the student has the approval of the athletic director.

EQUIPMENT - We will strive to furnish you with the best possible equipment. You are responsible for all equipment checked out to you and should return this equipment in the original condition, except for normal wear. A charge will be made to you for lost or damaged equipment. Failure to pay this charge will result in your diploma being held at graduation.

EMERGENCY CARDS -It is your responsibility to give your coach an Emergency Card for his/her file. This card will insure proper medical treatment whether your parent is immediately available or not. Until your coach receives the emergency card students are not eligible to participate in any athletic practice or contest. It is extremely important that the information on the Emergency Cards be as accurate as possible.

INSURANCE – You cannot participate in athletics until your insurance card is on file at NAHS.

MEDICAL EXAMINATIONS - Every student participating on an athletic team must have a physical examination annually. Be sure you receive one of our physical examination forms if you are going to your own family doctor. Physicals are good for 365 days.

REPORT OF INJURY - All injuries should be reported to a coach immediately. The coach will fill out an accident form and take the necessary steps to see that you receive proper care.