

Samueli Academy ATHLETE CODE OF CONDUCT

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to Samueli Academy's core principles: **TRUST**, **RESPECT**, and **RESPONSIBILITY**.

I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUST

- Trustworthiness — Be worthy of trust in all I do.
- Integrity — Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it is unpopular or personally costly.
- Honesty — Live and compete honorably; do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- Reliability — Fulfill commitments; do what I say I will do; be on time to practices and games.
- Loyalty — Be loyal to my school and team; put the team above personal glory.

RESPECT

- Respect — Treat all people with respect all the time and require the same of other student-athletes.
- Class — Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct — Avoid engaging in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect Officials — Treat contest officials with respect; do not complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

- Importance of Education — Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- Role-Modeling — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
- Self-Control — Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle — Safeguard my health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game — Protect the integrity of the game; don't gamble. Play the game according to the rules.