



NOLAN CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT CODE

MISSION STATEMENT

Nolan Catholic High School, a college preparatory institution of the Diocese of Fort Worth administered in the Marianist tradition, serves the Roman Catholic Church by educating youth. This is accomplished according to the Characteristics of Marianist education which are:

- * To educate for formation in faith
- * to provide an integral quality education:
- * to educate in the family spirit:
- * to educate for service, justice, and peace; and
- * to educate for adaptation and change.

Statement of Philosophy of the Nolan Catholic Athletic Program

NOLAN CATHOLIC HIGH SCHOOL understands that interscholastic athletics are a significant part of the Christian educational process. The combination of faith, academics and athletics creates the context for student-athletes to live their call to Christian witness, enhances the quality of their lives, and expands their options for learning and personal growth. Athletics provide an educational opportunity in which students can learn essential life lessons beyond those that can be learned in an academic classroom.

This reflects our belief that the essential requirement for teamwork, the mental and physical challenges of training and competition, and the experience of winning and losing graciously and respectfully are important life lessons in every student's developmental experience. These lessons will serve students well in their future beyond.

Developing good character habits requires time and effort. Coaches, parents and other stakeholders can help students develop such habits by continually discussing, modeling and reinforcing the desired attitudes and beliefs over time.

We also understand that participation on an athletic team or teams demands a commitment that involves both dedication and sacrifice. These are core virtues fundamental to Christian living. This is required of not only student athletes, but also the coaches and parents.

Statement of Purpose

First, it defines the positive expectations that we have for coaches, parents and athletes. The common values in our program need to reflect shared goals and a framework of principles agreed upon by the stakeholders need for active support from other stakeholders, such as the school board, school administration, other school staff and the community.

Second, as in a clearly laid out playing field, it defines how we as a school will establish and maintain a healthy environment in which student athletes can mature in, through athletics, while considering the responsibilities of all stakeholders:

Third, this Athletic Code is meant to be a useable, dynamic document to guide the educational process through our school's athletic program. It defines the mission, philosophy, goals and parameters of the program, and the following priority activities:

1) Pre-season – Coach and athletes discuss their expectations for the team; define ‘success’ and set goals for individuals and teams for the season ahead; communicate with parents. Create a climate of KNOWLEDGE UNDERSTANDING AND AGREEMENT WITH ALL STAKEHOLDERS

2) During the season – physical and character training; striving for excellence in performance and attitude; communicating with parents; encouraging parents and other stakeholders to support and model the character we are trying to instill in students (see “parent’s code” below) Help students athletes improve in skill and performance. Strive to succeed and win.

3) Post-season – encouraging student athletes to maintain a high level of personal commitment to both physical and character development during their off-season. They should maintain the athlete's lifestyle and exemplify character.

4) Boundaries – establishing the positive behavioral and achievement expectations, while defining the consequences for behavior that is ‘out of bounds.’ Make all stakeholders realize the necessity of such boundaries and also that consequences are binding.

Overall Athletic Program Goals

Research tells us that the most important reasons why students participate in athletics are for:

1. Enjoyment (FUN!)
2. Participation (in practice and contests)
3. Personal improvement (skills of the sport and in performance)

Therefore the primary goals of the Nolan Catholic High School Athletic Program are to:

- Inculcate Christian teachings and the practice of the virtues through the experience of athletic competition and team effort
- Promote programs of excellence which will accomplish the above and lead to success on and off the playing field.
- Promote personal improvement in skills, physical condition, performance and knowledge of the sport;
- Provide the greatest opportunity possible for athletes to participate in both practice and competitions
- Offer students an enjoyable experience;

Our teams shall also pursue excellence at all times.

We desire a Program of excellence and strive to win every contest in which our teams compete. Central to the goals of Nolan Catholic High School is the belief that interscholastic athletics can and should enhance the character of our youth. We put forth the following as the positive character expectations we hold for the primary stakeholders in our Athletic Program:

The 5 C’s for the Nolan Catholic Athletic Department include the Competence, Character, Civility, Citizenship and Christianity.

Competence – *The knowledge and skill I need to train and effectively compete*

- To develop the skills necessary to participate competently in the sport.
- To demonstrate knowledge of the rules and conventions of the sport.
- To demonstrate knowledge of the strategies of the sport.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.
- To demonstrate knowledge of healthy behaviors, including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.

Character – *My beliefs, attitudes and skills that support moral behavior and represent the positive virtues of the greater community and. Nolan Catholic High School*

- To be a positive role model
- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions and not blame others.
- To persevere, control anger and accept success and failure graciously by being an affector of adaptation and change in all situations.
- To be supportive of all programs in the Nolan Catholic athletic department.

Civility – *Behavior that shows respect and concern for others – treating them as I would want to be treated.*

- To practice good manners on and off the field.
- To refrain from trash talk and other put-downs of opponents and teammates
- To treat all persons respectfully regardless of individual differences to show respect for legitimate authority (Coaches, captains and officials).
- To listen to and try to understand others

Citizenship – *Understanding that being part of a team is about my responsibility to my teammates over myself by exemplifying family spirit.*

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to my team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of my personal gain.
- To accept responsibility to set a good example for teammates, younger athletes, fans and school community.

Christianity - - *Christ calls us to a union of love with Him and a life beyond this one. The first 4 C's contribute to and are an integral part of that call.*

- To be a person for others
- To exemplify in one's life the Christian ideals for which Nolan Catholic stands
- To practice the virtues of prudence, justice, temperance, and fortitude
- To live out the Gospel message, especially Christ's Beatitudes
- To continue Mary's Mission in bringing Christ to the world through both word and action

The first 4 C's were developed to help develop character through sport. The fifth C (Christianity) is more clearly specified in our identity as a Catholic, Marianist community. We know that less than 2% of high school athletes go on to play team sports at the college level. Therefore, we understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life.

Principles

1. The rules of the game are to be regarded as a mutual agreement between persons.
2. No unethical or unsportsmanlike advantages are to be sought over others.
3. Unsportsmanlike or unfair means are not to be used.
4. Visiting teams are to be honored guests of the home team, and should be treated as such.
5. No action is to be taken nor course of conduct pursued which would seem un-sportsmanlike or dishonorable.
6. Remember a student spectator represents his/her school the same, as does the player.
7. Any spectator who continually evidences poor sportsmanship will be requested not to attend future contests.
8. Decisions of officials are to be abided by, even when they seem unfair.
9. Officials and opponents are to be regarded and treated as honest in intentions. If this is proven to be an inaccurate assumption the athletic director will take the appropriate action to address this circumstance.
10. Good points in others should be appreciated and suitable recognition given.
11. The practice of "booing" is regarded as discourteous and un-sportsmanlike.

ABOUT OUR CODE

It is a goal of Nolan Catholic High School to educate all of our students in a learning environment that prepares them to meet life's challenges.

PARTICIPATION IN ATHLETIC PROGRAMS

It is understood that elections, tryouts, and auditions are necessary for an organization whose numbers of participants must be limited. It is also understood that criteria for selection must apply to all candidates. The coach is responsible for the creation and application of the criteria in consultation with the Athletic Director.

ATHLETIC POLICY

Nolan Catholic High School believes that a dynamic program of excellence in athletics is vital to the educational development of the student.

The Nolan Catholic Athletic Program will provide a variety of experiences to enhance the development of positive student habits and attitudes that will prepare them for adult life in our society. We live in one of the most competitive societies in the world and athletics can be a valuable classroom to learn lessons of value.

Athletics is an important part of the total school program which works in conjunction with the other educational experiences to provide students the environment and opportunity to develop as better citizens. This opportunity is a privilege that carries with it responsibilities to the school, to the sport, to other students, to the community and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education.

Nolan Catholic High School recognizes the value of a program of interscholastic athletics as an integral part of the total experience to all students of the school community. Therefore, Nolan Catholic High School shall provide as comprehensive an athletic program as is financially and practically possible.

ATHLETIC GOALS AND OBJECTIVES

Our Goal – The student-athlete shall become a more effective citizen.

Our specific Objectives – The student shall learn:

A. To work with others – In a democratic society a person must develop self discipline, respect for authority, and the spirit of hard work and sacrifice.

The team and its objectives must be placed higher than personal desires.

B. To be successful – Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.

C. To be a Christian witness – Christ calls us to witness to Him in all dimensions of our lives, especially those that involve participation in the social order, of which athletics is an important component of that order. After all, even St. Paul uses the analogy of the athlete who competes to win the crown.

ACADEMIC ELIGIBILITY

Remember that you are a Student first and an Athlete second. The student's education is the highest priority. In order to provide an integral, quality education Nolan Catholic High School must insure that academic status is maintained in a sufficient and successful level in order to compete as a member of any interscholastic athletic team.

- A. To be eligible for interscholastic sports, a full-time student must maintain sufficient academic status, as outlined in the Nolan Catholic High School handbook.
- B. Students may not be failing more than one subject. This will be based on the first quarter, third quarter and first semester grades.
- C. Eligibility may be regained by passing all courses at progress report time, or at the next quarter reporting period.

ATHLETIC CODES OF CONDUCT

CONDUCT OF OUR ATHLETES

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The health, safety and welfare of the student, is our major consideration and transcends any other consideration.

All athletes shall abide by a code of conduct, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, immorality or violations of law, tarnish the reputation of everyone associated with the program and will not be tolerated. In the event that a student athlete is arrested for a criminal offense, the athlete may be suspended from athletic participation both in practice or contests if it is determined that the nature of that offense places the other team members in jeopardy or may endanger their health, safety or welfare.

SUPREME COURT UPHOLDS CODES FOR ATHLETES

Sport specific Athletic Codes of Conduct have been upheld five times by the Supreme Court of the United States of America. That is referred to as a shutout! The basis for that support is due to the fact that in athletics we must insure the health and safety of those that partake in such activities.

TRAINING RULES AND REGULATIONS and THE LAW

First and foremost, the use of alcohol by anyone under the age of 21 years of age is against the law. Marijuana is an illegal drug, punishable by criminal arrest and prosecution.

TEXAS USE LAWS

A person under the age of 21 is guilty of a minor in possession, a misdemeanor, if that person attempts to purchase, purchases, or is found in possession of alcohol.

Our message to Student Athletes is loud and clear and should be understood by all Stakeholders "NO USE".

DRUG USE SPORT AND SOCIETY

Recreational drug use although present in society, is unacceptable in the lifestyle of any athlete.

The use, abuse and misuse of drugs, alcohol and tobacco are major problems for all segments of modern-day America. Student athletes are in fact more likely to use or abuse chemical substances than the general student population. The student athlete does occupy a special position in the school and community environment. Each student athlete must maintain a high degree of physical fitness and alertness to perform to his/her optimal capacity and with the greatest degree of safety in his/her chosen sport. He/she must, therefore, adhere to a self-imposed discipline and demonstrate the highest standards of ethical behavior in his/her chosen sport. The fact that athletes are held in such high regard in our society, whether this is right or wrong, places them in a position where they are viewed as role models for peers and others within the surrounding communities.

These and other demands placed upon you as a student athlete by the school and community make it essential that you exist in a drug-free environment. This environment does not end at the school property line. Remember that the intent of this program regarding substance abuse is not punitive; it is preventive. It is designed to ensure that you remain drug-free and, in so doing, continue as a student athlete in your chosen sport at Nolan Catholic High School, continuing to benefit in the mental, social and physical health associated with the participation in organized athletics. We, as coaches, educators and administrators, recognize all the positive aspects of participation in athletics. But these benefits can truly only be realized in a drug-free environment. The many benefits of athletic participation would soon be diminished if we accepted the inclusion of drugs, alcohol and tobacco into our athletic programs. For this reason, the use of these substances must not be allowed. We cannot permit the use of these substances by a small minority of athletes (even though athletics may be good for them) to lessen the values of our athletic programs for the majority of athletes who are remaining drug-free and enjoying the full benefits of their participation. We, as well as your parents and families, are most interested in your health and welfare and to that end have developed this program.

DRUG-FREE STATUS REQUIREMENT

All student athletes are required to maintain a drug-free status in order to insure their continued and uninterrupted participation in their chosen sports and to insure health, safety and welfare. In order to protect our student athletes, coaches are instructed to look for and recognize any signs or symptoms of violations of this required drug-free status. When a student athlete is suspected of violating his/her drug-free status the Code of Conduct for Nolan Catholic High School will be followed.

The community of Nolan Catholic High School is concerned with the health habits of student-athletes and is convinced that athletics and the use of these substances are not compatible. It is also a fact that when students have a strong interest to participate in athletics, their desire to use these substances is greatly reduced.

Students have to decide if they want to be athletes. If you do wish to be an athlete, you must make the commitment in order to be a competitor. These are conditions for involvement in our programs.

A big part of this commitment is following a simple set of training rules, which the athletic department believes to be fair.

INTRODUCTION

To the parent:

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit her/him to compete. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal development. It should be recognized that involvement in interscholastic athletics is a privilege.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and commitment. These are the reasons we place conditions on involvement, as the health and safety and welfare of athletes must be our first priority. Good training habits and lifestyle are necessary for us to insure this experience. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and commitment is tempered by our responsibility to recognize the rights of the individual within the objectives of the team and the interscholastic program. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. This decision is not ours alone but that of the Supreme Court of the United States, as there have been challenges to athletic codes on five occasions and the Supreme Court has ruled in favor of such codes on each occasion under the premise that athletes' safety and health must be insured. Challenges to the athletic code shall be considered, but no consideration shall be given to any party or stakeholder who will not agree to such provisions.

Alcohol and drugs damage the highest faculty that humans possess, which is reason. If one's reason is altered it impairs their ability to use proper judgment. Right judgment is necessary to make good decisions in life and the athletic area.

It is the role of the department of athletics to establish and maintain rules that govern the spirit of training and competition for the school district. These are the clear and consistent boundaries that insure the success of our young people. These rules need a broad basis of community support, which is achieved only through communication to the parent, the coaches, the student athletes and fans. It is our hope to accomplish this objective through this athletic publication for students and parents.

YEAR ROUND IN AND OUT OF SEASON ON AND OFF FIELDS OF COMPETITION

This status must be maintained year round in and out of season, on and off the fields of competition. We in no way concede that such rules end at the confines of our property or outside of our supervision or authority, nor shall we expect athletes to follow these standards during the competitive season and then give them any green light to partake in such behaviors out of season or during the summer. We are entrusted to educate and teach our youth and to maintain clear and consistent boundaries for them.

To the athlete:

Being a member of a Nolan Catholic athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of the Vikings, you have inherited a wonderful tradition, which you are challenged to uphold. Like anything of value, it comes with a price tag. That price tag is a commitment from you to follow established rules. By participating in athletics to the greatest extent of your ability, you are contributing to the reputation of your school. We base our success on two separate venues, #1. the process, (what you can learn through athletics that can be used throughout life) and #2 the product of the win/loss records of our teams. We field teams to compete and our goal is to achieve and to compete at our best possible level, in every contest. It is our deepest goal, that there is always a balance between these two areas.

Our tradition has been to win with honor, to develop young people of character, that our community has pride in, on and off the field. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned.

Again, you as a student athlete must understand that this substance abuse program is not designed to be a punishment but a deterrent to your becoming involved in the risky and dangerous behaviors that are associated with the use and abuse of the drugs, alcohol and tobacco. It is also to insure that you have the best possibilities to succeed in your sport and to learn the valuable lessons that athletics can teach. Because you're mental and physical well-being is essential to your success, both as a student and as an athlete, we want you to reach your full potential. This can only be fully realized if you remain drug-free. We are asking for your help and co-operation in achieving a totally drug-free athletic program. We are committed to providing such an atmosphere for our student athletes. Therefore, we are asking you to become an active part of the solution, not to become part of the problem. Your active participation in remaining drug-free throughout your athletic career at Nolan Catholic High School is greatly appreciated. The benefit will be in the experience you will have.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of Blue and White, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family and our community. Whether right or wrong, society holds athletes in esteem and your behavior at all times is under scrutiny.

RESPONSIBILITY

You are also expected to share in the responsibility for such an opportunity that is provided, that shall include:

Responsibilities to Yourself: The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. To live a healthy lifestyle and to respect your health both physically and mentally at all times.

Responsibility to your Academic Studies

Your academic studies, and your participation in other extracurricular activities as well as sports, prepare you for your life as an adult. Athletics, while very important to many young people, is only a small part of life. Realize also how few athletes make it to the collegiate level and beyond.

Responsibilities to Your School: Another responsibility you assume as a squad member is to your school. Nolan Catholic High School cannot maintain its position as having outstanding schools unless you do your best in the activity in which you engage.

Responsibility to your Community:

We must remember that we hold a clear and paramount responsibility to our community. You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are very visible with the spotlight on you. The student body, the community and other communities judge our schools by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Our desire is that our student athletes are a class act, not for the fact that we win rather that we are known as a program of character and excellence. Make Nolan Catholic proud of you and your community proud of your school, by your consistent demonstration of these ideals.

Responsibility to Others: As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to that ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday and that you have played the game “all out”, you can keep your self-respect and your family can be justly proud of you, win or lose.

Responsibility to Younger Athletes

The younger students in the elementary and junior high schools are watching you. They know who you are and what you do. The older upper-class athletes are role models for the young athletes that will come after you. Make them proud. Be an example. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

Athletic Code of Ethics

Substance Abuse

Alcohol, Tobacco, Steroid, Marijuana and other illicit drug-use is prohibited consistent with the Nolan Catholic High School Code of Conduct.

The consequences will range from a suspension from athletic participation to permanent removal from the athletic program, depending on the gravity of the offense.

Hazing

Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student for the purpose of initiation or membership in or affiliation with any athletic team. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

The athletic program does not condone any form of initiation or harassment, known as hazing, as part of any school sponsored activity. No student, coach, volunteer or district employee shall plan, direct, encourage, assist or engage in any hazing activity.

The consequences will range from a suspension from athletic participation to permanent removal from the athletic program, depending on the gravity of the offense.

Stealing

The consequences will range from a suspension from athletic participation to permanent removal from the athletic program, depending on the gravity of the offense.

Cheating

The consequences will range from a suspension from athletic participation to permanent removal from the athletic program, depending on the gravity of the offense. Decisions of the Nolan Catholic Honor council regarding any member of the athletic program will be considered by the Athletic Director.

Disrespect for authority

This includes all coaches, referees/officials, teachers, staff, school administrators and parents. The consequences will range from a suspension from athletic participation to permanent removal from the athletic program, depending on the gravity of the offense. All unsportsmanlike penalties, technical fouls, yellow or red cards or similar occasions of questionable behavior must be reported in writing to the athletic director by the head coach within 24 hours for review.

CONSEQUENCES

Any Code Violations will be reported to the Athletic Director immediately. The Head Coach and Athletic Director and/or member of the Athletic Council will meet with the student-athlete. The Athletic Director will determine the consequences, if any, that will be applied in each case. Parents will be notified of the findings and any consequences.

INDIVIDUAL COACHES RULES

Coaches may establish additional rules and regulations with the approval of the athletic director for their respective sports. These additional rules for a particular sport must be stipulated in writing to all team members and parents and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file on the athletic director's office.

School Communication

- 1) Decisions of the Nolan Catholic Honor Council regarding any member of the athletic program will be communicated to the Athletic Director.
- 2) Disciplinary incidents that include a member of the athletic program will be communicated to the Athletic director by the Dean of Students.

Parent-Coach Communication Process

Conferences

In our continuing effort to establish and maintain clear lines between the Athletic Department Staff and the parents/guardians of our student-athletes, the coaching staff will be available for conferences. Please do not attempt to confront a coach before or after a contest or practice. Those can be emotional times for both the parent and the coach. Meetings of that nature, and at those times, do not promote resolution. The following guidelines will help make any conference a productive and positive experience.

Parent Involvement Guidelines

- Each head coach will be available, upon request, for conferences.
- Parents can use this time to ask questions and obtain information.
- The coach will discuss what the student-athlete needs to work on or improve in order to compete for a role on the team.
- The coach will only talk to parents/guardians about his or her own child.
- If the guidelines are not adhered to, the discussion will be terminated.
- If satisfaction is not obtained, the parent/guardian should follow the instructions under Parent Complaints or Concerns.
- Parents who verbally abuse a coach may be liable for harassment/slander/defamation of character.
- It is the intent of the Athletic Department to provide an avenue for meaningful dialogue and communication between coaches and parents. Working together we can produce great benefits for the student and our community.

Parent Complaint or Concern

If you have a complaint or concern, it helps to bring it to the attention of the correct people. In general, a parent should follow the chain of command.

- a) Every effort should be made to resolve a concern with the coach involved.
- b) If the concern is not resolved with the coach, it should be submitted to the athletic director in writing.
- c) If the concern is not resolved with the athletic director, it should be submitted to the principal in writing.
- d) If the concern is not resolved with the principal, it should be submitted to the superintendent in writing.

Athletic Department Leadership

Coaching Staff Leadership

Athletic Council

This group is comprised of the athletic director, assistant athletic director, strength coach and at least one varsity head coach.

This group is will meet more frequently between athletic department meetings.

They are responsible for the following.

- Providing assistance and direction to members of the coaching staff
- Reviewing athletic code of ethics violations
- Approving nominations for team captains and Viking Council members
- Being moderators to the Viking Council

Student Leadership

NCHS Viking Council

The council will consist of up to two team leaders per sport.

Requirements

- Each candidate must receive a written recommendation from their head coach.
- Each candidate must be approved by the Athletic Council.
- The Athletic Council consists of the Athletic Director, Assistant Athletic Director and up to three Varsity Head Coaches.
- Council members will receive specific leadership training from the Athletic Council.
- Council members will sign an additional Code Contract before joining.
- The council will meet at least once a month to discuss issues relating to the entire athletic program.
- The council will be a resource for the athletic department staff for ideas and feedback regarding issues inside the department and school.

Team Captains

Each head coach may have student captains for their particular team.

- Each captain must receive a written recommendation from their head coach.
- Each candidate must be approved by the Athletic Council.
- Nominating a team captain(s) is not required and should only be done when a worthy candidate is identified.
- If no captain is identified the leadership functions required at games can be performed by a chosen student, but the title of “captain” will not be used.

COACHES CODE OF CONDUCT

We understand that the Athletic Director and Coaches are leaders, and are dedicated to more than the X's and O's of competition. As a professional educator, leader and role model for students, the high school Coach or Athletic Director will:

- Exemplify the highest moral character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Establish a realistic team goal or vision for each season and communicate that to the athletes and parents.
- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Create a set of training rules for athletes that reflect the positive values of abstaining from the use of alcohol, tobacco and other drugs (performance degrading substances).
- Strive to develop the qualities of competence, character, civility and citizenship in each team member.
- Provide a safe, challenging and encouraging environment for practice and competition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Respect the integrity and judgment of the game officials.
- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.
- Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests or any event associated with student athletes including post season banquets, celebrations etc.
- Be supportive of all programs in the athletic department and encourage multiple sport participation
- Support the proper chain of command.
- Implicitly support the mission of Nolan Catholic High School
- Read and support the NCHS Athletic Handbook and Coaches Handbook

PARENTS CODE OF CONDUCT

I understand that as a parent I play a vital role in the development of my child's athletic ability and character, and therefore in the success of the School's Athletic Program. Recognizing this role, I therefore commit to the following as a parent of a member of a Nolan Catholic athlete.

- Be a positive role model through your own words and actions.
- Be a "team" fan, not a "my kid" fan.
- Weigh what your children say; they will tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help your child learn that success is experienced in the development of their skills and that they can feel good about themselves, win or lose.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if you have a concern. Be sure to follow the designated chain of command.
- Please reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests or any event associated with student athletes including post season banquets, celebrations etc
- Abstain from hosting any event that includes substance-abuse or under-age alcohol consumption.
- Be supportive of all programs in the athletic department.
- Implicitly support the mission of Nolan Catholic High School
- Read the NCHS Athletic Handbook and abide by the policies and procedures.

ATHLETE CODE OF CONDUCT

I understand that participating in high school athletics gives me a special opportunity to develop not only my physical conditioning and athletic skill, but also character traits I need for success in life. I therefore commit to strive for the following during the upcoming season:

Competence – *The knowledge and skill I need to train and effectively compete*

- To develop the skills necessary to participate competently in the sport.
- To demonstrate knowledge of the rules and conventions of the sport.
- To demonstrate knowledge of the strategies of the sport.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.
- To demonstrate knowledge of healthy behaviors, including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.

Character – *My beliefs, attitudes and skills that support moral behavior and represent the positive values of Nolan Catholic High School and the greater community.*

- To be a positive role model
- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions and not blame others.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To control anger and frustration and refrain from displays of temper.
- To accept losing and winning graciously; to congratulate opponents, not sulk, or display other negative behaviors.
- To be supportive of all programs in the Nolan Catholic athletic department.

Civility – *Behavior that shows respect and concern for others – treating them as I would want to be treated.*

- To practice good manners on and off the field.
- To refrain from trash talk and other put-downs of opponents and teammates
- To treat all persons respectfully regardless of individual differences to show respect for legitimate authority (Coaches, captains and officials).
- To listen to and try to understand others

Citizenship – *Understanding that being part of a team is about my responsibility to my teammates, and not just about what's important to me:*

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to my team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of my personal gain.
- To accept responsibility to set a good example for teammates, younger athletes, fans and school community.

Christianity - - *Christ calls us to a union of love with Him and a life beyond this one. The first 4 C's contribute to and are an integral part of that call.*

- To be a person for others
- To exemplify in one's life the Christian ideals for which Nolan Catholic stands
- To practice the virtues of prudence, justice, temperance, and fortitude
- To live out the Gospel message, especially Christ's Beatitudes
- To be young men and women of strong Christian faith

Fans / Community Member's Commitment

We understand that as a part of our school-community, YOU have an interest and investment in the success of our Athletic Program. YOU play a key role in reinforcing the educational goals of our Program. Therefore we encourage you to commit to the following:

- Remember that a ticket to a school athletic event is a privilege to observe the contest.
- Be a positive role model through their behavior at athletic contests.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Recognize and show appreciation for an outstanding play by either team.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the sport.
- Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.