

For all Freedom students participating in any sport, club, organization, or formal activity. This form is valid for the entire school year.



Student Name: _____

Teacher: _____

Freedom Elementary "Commit Yourself to Excellence!"

Co-Curricular Code of Excellence

The Freedom Co-curricular Program is an integral element of our total school program. Our programs afford students an opportunity to acquire the skills, knowledge, and attitudes that lead to the maximum development within their individual capabilities. They also afford the child an opportunity to develop social skills in order to be a well-adjusted person. When students elect to participate in any co-curricular program they must recognize that they have assumed certain responsibilities and obligations to the teacher, coach, member of the team, and certainly to themselves.

TEAM RULES:

Scholarship:

1. The student must maintain a 2.0 Grade Point Average (GPA), or "C" average and have no academic areas with an "F," in order to participate in any Freedom Co-curricular program. Eligibility will be based on the last posted grades, namely the progress report and the quarterly report cards.
2. Students who do not meet the standard set above can potentially be placed on academic probation to be determined by school administration. A Co-curricular Eligibility Board Meeting will be held to determine continued eligibility

Attendance:

1. The student must attend school by 10:00 a.m. on the day of the game, meet, or activity in order to participate.
2. The student cannot have more than three (3) unexcused absences from practice during a season. More than 3 will result in dismissal from the team for the remainder of the season.
 - a. Excused absences are approved school absences and sicknesses only
 - b. Student athletes who have a PE excuse will not be allowed to practice or compete in games or meets.
3. Weekly attendance policies for participation in Friday games (league games) as outlined in the CUSD Athletic Policy Handbook on pg. 8.
 - a. For all sports (excluding football & wrestling), students who have two excused or unexcused absences from practice during the week will not be allowed to participate in the game or meet that Friday.
 - b. Football and wrestling players who have one excused or unexcused absences during a week will not be able to participate in the game or match that Friday.

Citizenship

1. A co-curricular student's citizenship must be satisfactory as judged by the school wide rules and monitored by the classroom teacher, the principal, the GIS, or the coach. Students who receive 3 or more NUBS (referrals) to the office are considered to be in violation of the citizenship clause.
2. All classroom, school, and district rules must be followed to participate in any activity.

3. Co-curricular students are responsible for all uniforms and equipment. Students must turn in all checked-out uniforms before being allowed to participate in any further Freedom activities. Students must also replace lost or damaged uniforms before being allowed to participate in any further Freedom activities.
4. A Co-Curricular Eligibility Board (Code of Ethics Meeting) meeting will be automatically scheduled for any student who is suspended from school.

Appearance

1. Co-curricular students must abide by the district dress code in order to maintain eligibility. Students will not be able to take team/club pictures or participate in events without 100% compliance to the dress and grooming standard. There are no warnings, grace periods, or exceptions.

Participation

1. Co-curricular students must abide by all articles of the Code of Excellence for as long as they participate in any activity.
2. Before any student quits a team, club or activity they must hold a meeting with the coach/advisor, their classroom teacher and the athletic director.
3. Any student who quits a sport, club or activity after the fifth practice or after two weeks will not be allowed to participate in another sport/activity for that season. All Block F points for that sport/activity will be forfeited when a student quits the team.

Quitting/Switching Sports Policy

A student athlete is expected to start a sport with the intention of practicing and continuing throughout the season. However, the Freedom coaching staff understands that sometimes quitting a sport may be best for a student.

The coaching staff has agreed that during the first 2 weeks of a season a student athlete may switch to another sport provided both coaches and the parents agree to the switch. A student may only switch once per season. After the first 2 weeks of a season a student will not be allowed to switch.

If at any time during the season a student wished to quit a sport they may do so only after they have a meeting with the coach, teacher, parent and athletic director and complete the "Quitting/Switching Sports Form" at the meeting. Quitting a sport without meeting with and notifying a coach will make a student not eligible to participate co-curricular activities during the next season. Students will not be allowed to earn any Block F points for sports that they quit during a season.

Discipline for Violation of the Code of Excellence

The Code of Excellence is 24/7 policy. It can be applied to any behavior inside or outside of the school day or school times. Participation in co-curricular activities is a privilege and, as a representative of Freedom, you are held to a higher standard of excellence. Any co-curricular student who violates any provision of the code will be subject to the actions below. These consequences are in addition to any consequences impounded by the school for a violation that may occur during school or a school-related activity.

1. First Offense-Ten (10) school days of non-privilege or Academic Probation

- a. A Co-curricular Eligibility Board hearing will be conducted during the non-privilege period. The Board will determine if the student will be allowed to return to his/her sport/activity, and, if allowed to return, under what conditions. The board will be made up of Athletic Director, the coach/advisor, the classroom teacher, and the GIS. All decisions of the Board are final and cannot be appealed. Depending on the severity of the offense, the Board has the right to:
 - i. Extend the length of the non-privilege period or Academic Probation.
 - ii. Accept the student back after the non-privilege period.
 - iii. Suspend the student from the team or from competition for the remainder of the season.
2. Second Offense-Suspension of the season or from sports/activities for the remainder of the year.
 - a. This decision is made by the Eligibility Board.
3. The Board has the right to reduce the amount of non-privilege time by offering service opportunities to the student. One hour of service time equals one hour of practice/activity time. Time can be reduced no more than 50%.

Some General Information and Expectations:

*FOR SPORTS: Practices are held after school on Monday, Tuesday and Thursday.

*FOR SPORTS: There is no guarantee of placement on an "A" team and the coaches have final say on roster selections. Their decisions cannot be appealed.

* Transportation to all games/activities will be provided by CUSD busing. Parents or guardians who wish to pick up their child from away events must sign out their child with a designated coach/advisor. Students will not be released to non-custodial parents without a release form submitted to the coach/advisor prior to the release.

Parents should complete a release form at the beginning of each season.

* Spectator Code of Conduct:

- Spectators shall respect officials, coaches and participants, and extend all the courtesies to them as guests in the community.
- Enthusiastic and wholesome cheering is encouraged. However, booing, disrespectful remarks and/or cheer which "put down" the other team or officials are unacceptable.
- Profanity of any type will not be tolerated.



*By signing below I acknowledge I have read and understood the **Freedom Elementary Co-Curricular Code of Excellence policies and No Quit Policy**. I also agree to abide by the rules set forth in the policies and for the conduct outlined.*

SPORT(s): _____

Student's name: _____

Student's signature: _____ Date: _____

Grade: _____

Classroom: _____

Parent's name: _____

Parent's signature: _____ Date: _____

Please sign and return this sheet to coach prior to the first day of practice.



Quitting/Switching Sports Meeting Form

*Meeting must be held with coach and athletic director.
Please mark which meeting is being held.*

Switching Sports Meeting

I have read the above policies on switching sports. By signing below, my parents and I agree that I should switch to another sport. I also understand that both coaches must agree to the switch in order for it to take place. All equipment/uniforms from the first sport must be turned in before you will be allowed to switch.

Date Meeting Held: _____

Students Name (print): _____ Signature: _____

Sport Switching from: _____ Coaches Signature: _____

Sport Switching to: _____ Coaches Signature: _____

Parent Name (Print): _____ Parent Signature: _____

Quitting a Sport Meeting

I have read the policy above. I have spoken with my coach and parents and together we have concluded that it is in my best interest to leave sports this season. I understand that I will NOT receive Block F points for this season. I will turn in all equipment/uniforms with this form or I will not be able to participate in future co-curricular activities.

Students Name (Print): _____ Signature: _____

Coaches' Signature: _____

Parent Name: _____ Signature: _____