

## **Clarendon Athletic Policy**

Participation in athletics is a choice and a privilege, not a right. If a student chooses to participate in athletics, below are the guidelines and standards we expect our athletes to follow. Our athletes will be held to a higher standard if he/she chooses to be in athletics.

### **Appearance**

1. Hair must be cut above the ears, off of the collar, and out of the eyes.
2. No longer than 2 in. on top
3. Must be a natural color
4. No designs, lines, #s, etc.
5. No facial hair
6. No earrings or facial piercings
7. Tattoos must be covered
8. No sagging pants; must be worn on waist
9. No holes in jeans on game travel days
10. Must be school appropriate

Consequences: 4 day limit to get hair cut if told by a coach, after that push sled on field or towel pushes in gym, or run with weight. Or any other appropriate activity at the coach's discretion.

## **Drug , Alcohol, Tobacco, ( includes Vaping and E-cigs)or Criminal Convicted Charges**

Three strike rule in effect.

1<sup>st</sup> offense- run 10 miles in 5 days and miss the next athletic event

2<sup>nd</sup> offense- run 25 miles in 14 days and miss the next two athletic events

3<sup>rd</sup> offense- removal from athletics for rest of high school career.

## **Quitting a Sport**

There will be a two week window for trying any sport. If you quit before those two weeks there is no punishment. After those two weeks you will run 25 miles before you play the next sport. We also will meet with athlete and parent at this time.

## **Missing Practices or Games**

1. Unexcused- run 2 miles after practice
2. Excused- run 1 mile after practice to make up conditioning that you missed. This is not a punishment.

## **Personal Fouls or Technicals**

A personal conduct foul or technical will be punished. This will be the discretion of the head

coach for that sport. After two offenses there will be a one game suspension.

**Athletic Tutorials**

Any athlete with an average of 75 or below after the first three weeks of school will be required to attend at 7:30 am everyday until grade is above 75. There will be punishment for missing this. It would be just like missing a practice or game.

**Student**

**Signature:** \_\_\_\_\_

**Parent**

**Signature:** \_\_\_\_\_