

## UPCHS Athletic Policy

Participation in athletics is a privilege maintained through excellence in academics, behavior, and character. Student athletes at UPCHS are committed to general standards of conduct and performance including but not limited to:

- Appropriate behavior in and out of school
- Academic effort
- Adherence to all school and team rules
- Respect for opponents and officials
- Commitment to training rules and personal wellness
- Loyalty/commitment to team and teammates
- Dedication to principles of good sportsmanship and fair play
- Maintaining a healthy lifestyle and refraining from the use of drugs, alcohol, tobacco, and other mood altering substances

To be eligible, prospective athletes must:

1. Have earned at least 11 credits in the last academic year (unless they are freshmen)
2. Pass 5 of 7 classes at the beginning of the sport season, and continue to do so throughout the season. Students cannot be failing more than one core content area class (Math, English, Social Studies, Science).

**Students who become ineligible may not attend practice/games. Students may become eligible again when passing 5 of 7.**

3. Have zero suspensions during the school year
4. Maintain 95% attendance before and during the quarters of the season of the sport
5. Arrive to school on-time, and in proper dress code, to participate in the athletic practices or competitions
6. Attend an athletic info session at the beginning of the school year
7. Pass physical education throughout the school year
8. All athletes must attend Office Hours during the season
9. Refrain from the use of drugs, alcohol, tobacco and other mood altering substances

During the season\* or the academic quarter immediately preceding the season, a student will become ineligible for at least one game or practice if the student:

1. Gets removed from a classroom
2. Accumulates three days of lateness
3. Accumulates three days of violating the dress code
4. Does not attend Office Hours from Monday-Thursday and fails to provide a completed sign-in sheet on Friday
5. Fails three or more classes.
6. Accumulates three or more unexcused absences in a quarter.

If you are absent on the day of a game, you will not play in that game. **(Some exceptions may apply)**

**All consequences for infractions will be determined by the team coach, athletic director, and/or administration**

**Suspended students may not attend regular athletic meetings, tryouts, practices, and home & away games during the quarters of the season of the sport.**

**\* The season commences with the 1<sup>st</sup> team practice.**