



COSUMNES OAKS HIGH SCHOOL ATHLETIC DEPARTMENT

PLAYERS' CODE OF CONDUCT

The purpose of our Athletic program, at Cosumnes Oaks High School, is to help our Student/Athletes become men and women of empathy and integrity who will lead, be responsible and change the world for the good.

- I accept responsibility for my behavior on and off the field. I understand that what I do and say affects my teammates, my school and other people either positively or negatively.
- I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.
- I act with respect toward myself and the other people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents and the spectators.
- I do not put people in boxes according to their race, sex, religion, neighborhood, sexual orientation or abilities. I judge people by the content of their character.
- I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, "How can I help you?"
- I serve as a role model at all times by talking politely and acting courteously towards coaches, teammates, opponents, officials and spectators. I understand that it is a privilege to represent my family, school and community as a student/athlete.
- I give 100 percent effort to practices, games and events. I understand that effort demonstrates my commitment to the team and my respect for my coaches and teammates.
- I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and "trash-talking" to members of the other team. I accept defeat graciously by congratulating my opponents on a game well played.

Because I represent my family, school and team, I abide by the policies, rules and guidelines of the school team and coaches.

Signature

Date