

San Marcos Academy – Athletic Code

San Marcos Academy believes that participation in a competitive athletic program can provide students an opportunity to learn commitment, responsibility, dedication, leadership, work ethic, respect for rules and respect for authority, along with many other positive qualities. Regulations are established to promote these qualities and to help build and maintain a strong athletic program. It is recognized that some of the expectations for athletes exceed the expectations for the general student body. Violations of the rules will result in corrective and/or disciplinary action including dismissal from the athletic program. The facts and circumstances will be taken into consideration when determining what actions will be taken.

Participation on an athletic team constitutes agreement to abide by the following expectations:

1. Athletes are expected to maintain a favorable attitude and proper conduct. If the attitude and/or conduct of an athlete becomes a detriment to the program, the athlete may be dismissed from the program.
2. Athletes are expected to act above and beyond the standards of other students, as they are leaders of our school and community.
3. Use of alcoholic beverages, tobacco (including vaping, e-cigs, etc.), or narcotics will not be tolerated. First offense may result in dismissal from the squad. Second offense will result in automatic dismissal.
4. Athletes will be expected to strictly follow the school dress and grooming code.
5. An athlete who is disciplined by the school's administration for a disciplinary problem may be subject to further disciplinary action by the coach of his/her sport (at the discretion of the Athletic Department).
6. Attendance at all practices and contests are a must. If an athlete is to miss a practice, meeting, or contest, he/she must notify the coach in advance. Injured athletes are expected to be at practice in order to observe and work on rehab. All athletes are required to dress in the uniform of the day, including proper athletic shoes. Failure to do so will result in disciplinary action (discretion of the Athletic Department).
7. Hazing, initiation, or any "rites of passage" will not be tolerated in any way, shape, or form. Any athlete involved in such actions will be disciplined by both the administration and the Athletic Department.
8. School sports programs have priority over non-school programs. Student-athletes are expected to give the in-season sport in which they are participating first priority, and are not expected to train for another school sport during that time period. Any organized training for another sport during the season in which an athlete is participating (such as club or league play) should be cleared with the current in-season head coach. Regardless of in-season versus out-of-season status, an emphasis will be placed on strength and speed training throughout the school year.
9. We cannot have successful athletic programs without a strong commitment to strength and speed training. High school student-athletes are expected to enroll in the strength and conditioning class whether they are in or out of season unless there is an unavoidable conflict approved by the Academic Dean and the Athletic Director. Head Coaches will, in accordance with league rules, provide both voluntary and/or mandatory opportunities for student-athletes to train in the weight room, gym, and on the fields throughout the year.
10. Athletes are encouraged to participate in multiple sports however, they must complete one sport before engaging in practices or contests of the next sport.
11. If an athlete begins a sport and quits that sport, he/she will not be allowed to begin a second sport (practice or games) until the original sport season has concluded. If an athlete quits 2 sports they may lose the opportunity for any future participation. Any exception to this must be cleared by the Athletic Department.
12. Coaches of particular sports have the authority to enforce additional rules and regulations at their discretion.