



















Apex High School



















RULES AND CODE OF ETHICS CONTRACT

“Every student/athlete has a right to an education but the opportunity to participate in Athletics is a privilege and it can be taken away at the discretion of Apex High School and its Administration.”

The Student-Athlete will...

-  ... be disciplined, dedicated, and have clear daily and long-term goals in mind. You owe it to yourself to get the most from your school experiences.
-  ... remember that you are a representative of your family, school, and team. We expect you to behave in a manner that will bring honor to these institutions. Failure to do so will result in immediate disciplinary action.
-  ... accept, with good grace and respect, the decisions of the game official, no matter how unjust they seem. Coaches will handle questions in reference to rules and their applications. You will be disciplined when disrespectful to a game official.
-  ... demonstrate a positive attitude and behavior on and off the field, characterized by good sportsmanship and the use of the WCPSS character traits. When you do not abide by these, there will be consequences.
-  ... by word and action, encourage and support teammates. You may not say or do anything that could be detrimental to teammates and/or coaches. Any player acting in a manner that is unbecoming to team unity will be admonished.
-  ... abide by WCPSS dress code.
-  ... know that fighting is unacceptable! Any loss of self-control, by excessive emotional or physical contact, is not permitted. If you fail to do so, you will be reprimanded and further action will be taken if necessary.
-  ... understand that there may be repercussions for behavior that occurs off campus. Serious offenses, such as arrests and criminal charges or convictions can result with dismissal from the team. Such actions could prohibit further participation in Apex High athletics.
-  ... behave as a positive role model at all times
-  ... know that using or possessing tobacco, alcohol, or illegal drugs on campus, at a school activity, or in the community will not be tolerated and can be cause for dismissal from the team.
-  Tobacco
 - 1st offense – one week suspension from the team (no games, no practice)
 - 2nd offense – suspension from the team for the remainder of the season (no games/practice)
-  Alcohol/Drugs
 - 1st offense – suspension from the team for the remainder of the season (no games/practice)
 - 2nd offense – no participation in AHS athletics for 365 days beginning the day after suspension.
- **The Cheerleading season includes both fall and winter sport seasons.**
-  The student-athlete does not have to be charged or arrested by the police for penalties to ensue.
-  ... understand that gang activity is a violation! There will not be any disciplinary referrals or arrests involving gang activity.
-  1st offense – automatic dismissal from the team
-  2nd offense – suspension from Apex athletics

-  ... be aware that theft is unacceptable. Any student-athlete who is caught stealing and/or in possession of stolen property is at fault.
 -  1st offense – dismissal from the team
 -  2nd offense – no participation in sports at AHS for 365 days
-  ... notify a coach if you leave school for any reason
-  ... recognize that any act of insubordination by a player will result in disciplinary action. Insubordination is defined as any act in direct contradiction to a coach's or teacher's Instruction.
-  ... be prepared for indoor/outdoor practice every day
-  ... have a ride home no later than the time designated by the coach. If arrangements cannot be made, the coaching staff will determine the appropriate action to take because there are time and safety concerns.
-  ... not wear jewelry, of any kind, during practices or games.
-  ... give athletics first priority over any club or recreational sports team.
-  ... be dressed, on time, and at practice everyday. Unexcused absences will be lead to reduction in playing time, suspension from the team, and/or dismissal.
-  ... know that the head coach decides what is/isn't an excused absence.
-  ... comprehend that they cannot train, tryout, or practice with another Apex team until their current season is completed. Regarding individual sports (cross country, tennis, swimming, diving, wrestling), the coach may release, in writing, the student-athlete from participation in the sport.
-  ... recognize that you are responsible for all school issued equipment. Failure to return or pay for it will result in equipment not being issued for any other sport. Student-athletes will not be allowed to participate in any off-season workouts until all school fines are cleared.
-  ... be committed to the team. If you quit or are dismissed, you will not be permitted to practice for the next season until your previous team's season has finished.
-  ... understand that this contract applies to all sports in which the student-athlete participates at AHS and is binding for one full year from the time it is signed.
-  ... know that parents/guardians have responsibilities associated with Apex athletics. These include, supporting all Apex Athletic Teams and athletes, showing proper sportsmanship not only for the opposing team and it's fans, but also for the officials, the coaches and the employees of Wake County Schools.

Thank you for supporting Apex High School Athletics.

Del Phillips Athletic Director
Apex High School
wphillips@wcpss.net

I _____ agree to abide by all of the above rules and
Print student-athlete name
procedures of the Apex High School athletic program.

Student-athlete signature _____ Date _____

Parent/guardian signature _____ Date _____