

**South Effingham High School
Expectations for Student-Athletes
2011-2012**

The South Effingham Athletic Department has adopted the following expectations in an attempt to support its student-athletes. Whereas the ultimate goal of athletics is to build strength of character, develop self-confidence, and teach life skills that will benefit student-athletes beyond the school walls, the expectations below establish a standard to which all Mustang athletes must adhere in order to represent South Effingham High School in athletic contests. Each student-athlete and his or her parent must sign this form as a condition of eligibility. These expectations will be enforced throughout the school year, and Head Coaches should review the expectations with students and parents during Pre-Season Meetings.

1. The student-athlete shall abide by the South Effingham Student Handbook.
2. The student-athlete shall demonstrate a positive attitude.
3. The student-athlete shall abide by the following program rules:
 - a. No use of tobacco products, alcohol, or illegal drugs.
 - b. Maintain healthy sleep and social hours.
 - c. Represent your school and team in a positive manner at all times.
 - d. Practice good sportsmanship at all times.
 - e. Participate in both in-season and out-of-season strength and conditioning program, when possible.
 - f. Avoid any situation that might lead to an undesirable outcome.
4. TRUST is essential in the building of team unity. Stealing or damaging other students' property or possessions will be dealt with severely. (Probation, Suspension, or Released from the team are all possibilities)
5. The South Effingham High School student-athlete must be in school for at least a half-day in order to participate in practices or games on that day.
6. The student-athlete shall support the concept that the TEAM comes before the individual.
7. The student-athlete shall attend all practices, except in rare cases when illness, bereavement, or emergency prevents it. (Students should communicate with the Head Coach prior to practice when forced to miss.)
8. The student-athlete shall abide by all Team Rules set forth by each Head Coach.
9. The student-athlete shall complete their commitment to one team/season before participating with a new team/season, unless mutually agreed upon by both head varsity coaches and the athletic director.
10. Student-athletes that quit one sport may not participate in another sport that is in the same season as the one quit.
11. The Georgia High School Association requires a student to pass 3 of 4 classes per semester, grade C or higher to be eligible for athletics.
12. The Effingham County Board of Education also requires a student to have no more than 4 absences and no more than 4 disciplinary referrals per 9-weeks to maintain eligibility. **Local Policy takes precedent over GHSA policy.**
13. The Athletic Banquet at the end of the season is considered part of the season and must be attended by the athlete in order to meet the athletic participation requirements. (Communicate with Head Coach and Athletic Director when athlete will miss banquet)
14. Players must turn in all equipment and uniforms immediately after the season. Uniforms and equipment are property of the Effingham County Board of Education.
15. Student-athletes and parents shall display good sportsmanship, including showing respect for South Effingham coaches as well as opponents, not only during athletic contests and practices, but at all times.

All South Effingham High School Athletic programs require a five or six day commitment per week, depending on the program. Saturday Practices and games will occur at times.

Violations of the above expectations may result in disciplinary action, to be determined by the Head Coach and Athletic Director. Such action may include suspension or dismissal from the team. Signing below indicates that you have read and understand the commitment necessary to be a member of a South Effingham High School athletic team and will strive to meet the above expectations:

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Congratulations to all Mustang coaches, players, and parents:
winners of the *Sportsmanship Award for Region 2-AAAA, 2010-11.*