



## **Student-Athlete Parent Expectations, Sportsmanship Policy and Athletics Media Use Policy**

### ***How I Can Help My Child's Athletic Experience?***

1. Allow your child to perform and progress at a level consistent with their ability. Athletes mature at different ages and some are more gifted than others.
2. Teach your child to enjoy the thrill of competition and that improving skills and attitude are important.
3. Don't relive your athletic life through your child! This creates added pressure that your child does not need. This is your child's experience; let them enjoy it.
4. Don't compete with the coach. Keep in mind that they are balancing the development of your child with the growth and progress of an entire athletic team. Often coaches have many considerations that are not obvious to parents.
5. Remember, young athletes tend to exaggerate when being praised and/or criticized. Temper your reaction until you investigate.
6. An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged. Encourage the athlete to do their best regardless of family or friends who may have been outstanding players.
7. Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance academic performance.

*The job of an athlete's parent is tough and takes a lot of effort to do it well. However, it is worth the effort when you hear your child say, "My parents really helped. I am lucky in this respect."*

### ***I Am Ready for the Game***

1. Cheer for our team and players. Opponents and referees deserve respect. Realize that players and officials will make mistakes. Your support is needed when things aren't going well.
2. Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
3. Attempting to communicate with coaches, players or officials during a game only creates tension and is completely unacceptable. Be a respectful spectator.
4. Conduct that draws unwanted attention to oneself usually leads to embarrassment for your child. Please keep their well-being in mind at all times. Don't jeopardize losing the opportunity to watch your child participate.

### ***How Do I Communicate the Right Way?***

Coaches have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. It is a privilege, not a right, to be a member of an athletic team.

Appropriate concerns to discuss with the coaches:

1. Situations involving your child
2. Ways to help your child improve
3. Your child's attitude, work ethic and eligibility
4. Concerns about your child's behavior

Issues that are not appropriate to discuss with coaches or Athletic Director:

1. Playing time of any student athlete
2. Team strategy, practice organization or play calling
3. Other student athletes

Procedures to follow if there is a concern to discuss with a coach:

1. Your child should speak to the coach about an issue, before you intervene. This will help our student-athletes grow into young adult.
2. Contact the coach to set up an appointment. Give the coach a brief summary of what you want to discuss. This enables the coach to prepare to give you the best possible answers to your question(s). If the coach cannot be reached, contact the Athletic Director. The Athletic Director will assist you in arranging a meeting. Coaches will not talk to you unless you have arranged an appointment.
3. If a meeting with the coach did not provide a satisfactory resolution, call to schedule an appointment with the Athletic Director to discuss the situation.

The 24-hour rule will be utilized for any in-season communication with the coaching staff. Contact with the coaching staff will not be allowed until 24 hours after an athletic event. The only exception to this rule is reporting an injury, illness or emergency situation.

## **SPORTSMANSHIP POLICY**

The Liberty Union High School District recognizes the importance of emphasizing good sportsmanship in all aspects of school-related activities. With this in mind, the following are fundamentals of good sportsmanship in all activities that the district urges fans, spectators, participants, staff members and parents to follow:

1. Gain an understanding and appreciation for the rules of the game.
2. Exercise positive behavior at all times.
3. Recognize and appreciate skilled performances regardless of affiliation.
4. Exhibit respect for the opponents and officials at all times.
5. Openly display pride in your actions at every opportunity.

Unacceptable behavior shall include, but not be limited to, the following types of conduct. Such conduct will result in removal from the activity.

1. Insubordination to referees, coaches or other school personnel supervising the activity.
2. Fighting, intimidation of, or attempt to intimidate, or taunting of referees, coaches, players, participants or spectators.
3. Throwing debris or littering the playing field or facility.
4. Verbal abuse or use of profane or obscene words or gestures during a game or activity.
5. Disruptive behavior or conduct.

Liberty Union High School District will not tolerate any violations of the above. Good sportsmanship is expected from everyone before, during, or after any interscholastic contest or other school related activity in our schools or any other place our students are competing/participating. Any concerns regarding any part of an athletic or activity program must follow the complaint procedures of that particular school. During or immediately after an event is not the proper time to raise questions or concerns about a program.

Violations of any of the above “Fundamentals of Good Sportsmanship” guidelines will result in the following consequences:

1. Immediate removal from the contest or activity.
2. Upon investigation by the administration of the schools involved, violator(s) may be suspended from activities for a period up to one year depending upon the severity of the infraction.
3. Any suspension will be honored at all Mt. Diablo School District activities. This is, an individual suspended from one school will not be allowed to attend activities at any other school during suspension period.

## **Athletics Media Use Policy**

### ***SOCIAL MEDIA AND NETWORKING***

*Athletes and parents are expected to use social networking sites in a positive, sportsmanlike manner reflecting the values of their team, their school and the LUHSD. Assume nothing posted on social media will be private. Inappropriate posts relating to athletics – including, but not limited to, trash-talking/taunting, profanity, hazing, harassment or bullying – may be subject team and/or school discipline. It is against CIF rules to use social media to engage and/or influence any student not at your school to enroll at your school for athletic purposes. Only appropriate pictures should be posted, always with the permission of the subjects of the photographs. Pictures/videos should never be taken in the locker room. Social media is not a place to solve team problems.*