



Aquinas Academy ✨ *Saint Philomena*

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Aquinas Academy Athlete's Code of Conduct Contract

Interscholastic athletics supplement and support the academic mission of the school system and assist students in their growth and development. Athletics assist in promoting the importance of teamwork, effort, goals, and commitment. Interscholastic athletics is highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the game. All athletes do not perform at the same level, but all can demonstrate effort, dedication and fair play.

As an athlete, it is important that you:

Respect your coaches. Many of our coaches have no connections to Aquinas Academy, but are happy to share their skill and experiences with you. It is important that we value and appreciate the time they are spending with you. If you want to learn from your coach, listening is important; that means you can't talk when the coach is speaking. The best form of appreciation is hard work and dedication.

Respect the game, your teammates, and opponents. This means ensuring that you attend and come prepared for all practices and games and treat both teammates and opponents with dignity and respect. Good sportsmanship means playing fairly and safely, controlling negative emotions, and keeping the spirit of competition a healthy endeavor. Any athlete who misses a practice or game without any valid reason will be benched at the next game and may not dress for that game. Any player who misses more than five practices without a valid reason, i.e. medical reason, will be subject to removal from the team. Athletes must be at practice 15 minutes prior to the scheduled time and 30 minutes prior to game time. All sports at Aquinas Academy are team sports, remember there is NO "I" in team; as a result, one player cannot win the game. Since we know that all athletes do not perform at the same level, it should always be your focus to help your teammates and learn from your teammates. There is always something to learn.

Respect the officials. Remember, officials (a.k.a. referees) are an important part of your sport and add to your overall experience. It is important that you distinguish between bad calls (human error) and wrong calls (when an official doesn't know the rule). In either case, it is important that you respect all officials and develop tolerance skills for when bad calls are made (which will happen – officials are human and, like all of us, will occasionally make a mistake).

Refrain from coarse and threatening language, as well as all forms of physical aggression.

Vulgarity, threats, intimidation, or use of physical aggression is never allowed on any court, especially when you are wearing the Aquinas Academy uniform. As a member of any Aquinas Academy Athletic Team, you are representing the ideals of Aquinas Academy and, as such, there is a NO tolerance for such behavior.

Watch for the safety of all players at all times, including physical and emotional dangers.

Be sure to pay attention to injuries, especially concussions, and let your coach know immediately if you have an injury. Trying to finish a game with an injury hurts you and the team in the long term. As Aquinas Academy athletes, we also look out for the safety of other players. Girl volleyball players are required to enter and leave any gym with pants over play tights. All basketball players are required to be properly clothed for winter when entering and leaving the gym.

Cheer our fellow teammates, show sportsmanship, and help with the connections between teammates.

A “pat on the back” of a teammate after a good play or a missed opportunity displays positive spirit and shows your fellow athlete that a family connection is present.

Realize that being an athlete is a privilege gained through good grades and good behavior.

A student-athlete with failing grades in any subject will not have the privilege of playing a sport. Athletic eligibility will be determined by the principal in consultation with the Athletic Director. Your main goal at Aquinas Academy is to gain an education and should be your main focus. Any player on school suspension is also suspended from practices and games and can only return the day after returning from school suspension. A player who is absent from school cannot attend a practice or game on the day of absence.

Print name of athlete— Please print legibly

NAME _____ / _____ DATE _____

SIGNATURE(S) _____ / _____

Thank you for your positive participation in Aquinas Athletics. Please be aware that not adhering to these rules can result in ultimate consequence.