

The Northern Bedford County School District views its extra-curricular athletic and cheerleading programs as extensions of the classroom. While these programs are also recreational, we hope students will learn worthwhile lessons of teamwork, discipline, hard work, cooperation, and physical fitness. The coach is considered first as a teacher, teaching skills and reinforcing the other qualities that we hope to see in participants. He/she has authority similar to that of a teacher in the classroom. Likewise, students and their parents also have an obligation to conduct themselves appropriately.

Since participation in extra-curricular activities is a privilege provided by the District, there is no such thing as a “right” to participate in interscholastic athletics. As such, the school has the authority to establish the parameters for the expectations for all those involved in the activities. The school holds these expectations for the athletic programs in the interest of maximizing the programs’ benefits to students and for their smooth operation.

We expect coaches and advisors to:

- Be knowledgeable of their activity and be able to demonstrate and reinforce its skills.
- Always exemplify the very best courtesy, manners, and sportsmanship.
- Be able to effectively work with the students on their teams in promoting harmony and cooperation.
- Exhibit the highest possible level of fairness in dealing with all participants and parents.
- Communicate effectively with participants and parents in matters related to the activity.
- Take charge and make decisions as necessary to keep the activity running smoothly and efficiently.
- Assume responsibility for the direction of the program at every level.
- Support school policy with respect to attendance, academics, and operation of their program.

We expect participants to:

- Respect the position and the requests of the coach.
- Always exemplify the very best courtesy, manners, and sportsmanship.
- Adhere to and willingly follow the rules imposed by the coach.
- Be faithful in attending practice and contest or performances.
- Participation in a Sport at Northern Bedford will hold priority over any club, travel, AAU or other non Northern Bedford entity sports that may pose conflicts
- Cooperate fully with the coach and teammates in striving to achieve the team’s goals.
- Give the very best effort and performance possible, both in practice and in contests.
- Maintain acceptable behavior during both school and non-school hours.
- Support team fundraisers as asked.
- Follow the school’s attendance policy. In order to participate in any after-school extra curricular activity including practice or games, a student must be at school by 11:30AM of that day.

We expect parents to:

- Support the position and authority of the coach/advisor as the person in charge of the activity.
- Realize that the coach has authority with the team similar to that of the teacher in the classroom.
- Help their child fulfill the expectations stated above.
- Realize that participants may be disciplined or removed from the team for such acts as missing practices, unacceptable behavior, or failure to follow team or school rules.
- Arrange a private meeting with the coach/advisor apart from the time of practice and before/after contests to discuss matters which may be confrontational.
- Realize that participants may be expected to involve themselves in fund raising projects in support of the activity.
- Expect and encourage their daughter/son to always exemplify the best effort and performance possible.
- Respect the coach’s decisions regarding their son’s/daughter’s playing time and game time strategies.
- Conduct themselves in a courteous manner when dealing with a coach, opposing players, or fans.
- Realize that parents and others are not permitted in the locker rooms before, during, or following a contest or a practice except by invitation of the coach.

Guidelines for Student-Athletes: Social Media

As you begin participation in another athletic season, the Athletic Department of Northern Bedford High School wants to make sure you are aware of the social networking guidelines. Northern Bedford County School District and the Athletic Department recognize and support the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for Northern Bedford is a privilege. As a student-athlete, you represent the Northern Bedford County School District and as such you are expected to portray yourself, your team, and the School District in a positive manner at all times. The following guidelines are recommended for appropriate social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Northern Bedford County School District Athletic Department will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm my teammates or coaches; other Northern Bedford student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
 - Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

Complaint Policy

The Northern Bedford County School District has taken great steps to hire quality individuals to direct our extra-curricular programs of the district. The Board feels that these individuals are extremely competent and should perform their duties with limited distractions.

However, the Board recognizes that concerns do arise between parents and coaches/advisors. The Board, therefore, has created an organized, sequential complaint process to address these concerns. The Board feels that strict adherence to this policy will bring proper and immediate closure to any such concerns.

The procedure for processing complaints will be as follows:

1. Parent/s will request a face to face meeting with the coach/advisor.
2. In the event the parent/s are not satisfied with the results of Step 1, the parent/s may arrange a meeting with the athletic director (for athletic programs) or the principal (for other extra-curricular activities) and the coach/advisor.
3. In the event that the issue is not resolved in the above steps, the parent/s shall schedule a meeting with the principal, athletic director, and coach/advisor to discuss the concerns.
4. If the issues are still not resolved, the superintendent may meet with the parent/s to discuss these concerns.

Issues of game strategy, appointment of captain(s) and playing time will not be addressed by a parent to a coach or advisor; nor may they be addressed through the complaint procedures.

So that all persons might be aware of these expectations, participants and their parents must sign this document prior to the student participating in the first athletic activity of the year. The signatures of the participants and the parent(s) indicate acknowledgement of the terms of the Athletic Code of Conduct. Violators of the above are subject to discipline, including the possibility of being banned from attending home Northern Bedford County School District athletic events for a period of one calendar year or longer. As applicable, both parents are to sign below.

(Sign and Return Bottom Portion)

Participant

Date

Parent

Date

Parent

Date

Coach

Date