

COLD SPRING HARBOR ATHLETIC DEPARTMENT

“A COMMITMENT TO EXCELLENCE”

Students who desire to participate and compete in athletics are expected to serve as a role model and positive example by:

- Making good decisions and choices in both school and social settings. Students are expected to use good judgment.
- To protect the health and safety of themselves and fellow students. Students who do not meet the basic expectations listed herein or the Cold Spring Harbor Student Code of Conduct will be subject to school discipline.
- These actions may include but not limited to removal from practice, game or dismissal from a team.

EXPECTATIONS FOR PARTICIPATION IN ATHLETICS

- Participation in athletics is an important part of the educational process academically, socially and builds high standards of character.
- Such participation is a privilege not a right and brings with it great responsibility.
- It is an expectation of athletes.

ATTENDANCE REQUIREMENTS:

- A student must attend class/school for a minimum of five (5) periods in order to participate in that day's event.

OTHER ELIGIBILITY REQUIREMENTS:

- * Dress in a neat and appropriate manner, one which reflects pride in themselves, their home, and their school
- * Understand and abide by the rules and regulations of the game/event/or competition. Respect the integrity and judgment of the officials, and exercise proper conduct; sportsmanship, citizenship, behavior, and self-control.
- * Use appropriate and acceptable language in dealing with other students, officials and spectators.
- * Attend scheduled practices and games, arrive on time, and compete in a cooperative and acceptable manner with respect to the coach/teacher/supervisor's expectations, training or other requirements.
- * Respect, properly care for and return all school property, lockers, equipment and uniforms issued by the school.
- * Behave in a manner that brings credit to the school, program, and/or team.
- * Set a positive example by living a healthy lifestyle that includes refraining from the use and/or possession of alcohol, tobacco products and all forms of illegal drugs.
- * Take steps to prevent and not participate in any type of hazing or related initiation ceremony.
- * Treat fellow teammates and others during the school day or at school-sponsored events whether on or off school grounds in a respectful and appropriate manner.

COLD SPRING HARBOR ATHLETICS

AN ORGANIZATION OF INTEGRITY, EXCELLENCE AND SUCCESS

COMPETITIVE GREATNESS

Perform at your best when your best is required. Your best is required each day.

COMMITMENT

Complete focus on what makes one great, 100% mentally and physically all of the time.

CONFIDENCE

It is a strong foundation and trust in an individual and team. It is earned, not given.

ATTITUDE

Leadership reflects one's character. Power and strength come from a mindset and believing in oneself.

DISCIPLINE

Self-Control on and off the athletic venue.

SPORTSMANSHIP

Always show your opponent respect. A real winner learns from a mistake.

TEAM

Family, all stakeholders function as one, to achieve a common goal.

PREPARATION

Attention to detail, organization to be one step ahead of your opponent.

ENTHUSIASM

Live each day to the fullest, play each second like it's the last.

ADVERSITY

See it as an asset, overcome obstacles and strength will develop.

"If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges. A champion needs a motivation above and beyond winning."

- Pat Riley