

Athletic Commitment and Participation Policy



Purpose

The purpose of this policy is to promote accountability, commitment, and teamwork among all student-athletes. Participation in athletics is both a privilege and a responsibility. Our goal is to encourage every student-athlete to fully commit to their team, represent our school with pride, and complete each sport season they begin.

Commitment to the Team

Once a student-athlete commits to a sport, we expect them to see the season through — to support their teammates, represent the school with pride, and give their best effort from start to finish. Every athlete plays an important role in their team's success, and completing the season is part of that responsibility.

Tryout and Exploration Period

We also understand that students may be unsure about which sports they want to pursue. To encourage exploration and participation:

- Each sport will have a **tryout and evaluation period** that begins on the **first official day of practice** and continues **until one week after the first competition** (scrimmage or game).
- During this period, students can decide whether the sport is the right fit for them.
- If they choose not to continue, they may step away **before the end of the tryout period** without penalty or consequence.

After this period, remaining on the roster means the student-athlete is making a **season-long commitment** to their team.

Accountability and Consequences

We believe in accountability — to oneself, to the team, and to the school community. If a student-athlete **quits** or is **dismissed from a team** for disciplinary or behavioral reasons after the tryout period has ended, they will be **ineligible to participate in any school athletics for one full calendar year (365 days)** from that date.

This rule isn't meant as punishment, but as a reminder that **commitment matters** — to teammates, coaches, and the lessons that sports are designed to teach.

Exceptions may be made in rare, extenuating circumstances and must be reviewed by the **Athletic Director**.

Encouraging Multi-Sport Participation

We want our athletes to explore and grow by trying new things. Students are encouraged to participate in **as many sports as they wish** throughout the school year. Our coaches work together to support multi-sport athletes and to make scheduling as flexible as possible.

Athletics should be a place where students discover their passions, challenge themselves, and enjoy being part of something bigger than themselves.

Our Intent

This policy is about **growth through commitment**. We want our athletes to:

- Learn the value of finishing what they start.
- Understand that their teammates depend on them.
- Develop discipline, teamwork, and resilience.
- Take pride in representing our school and community.

When we commit, we grow — as athletes, teammates, and individuals.