

NORTHSIDE AQUATIC CAMPUS ATHLETIC CODE

*Northside Aquatics provides an athletic program for the benefit of the students in the Northside Independent School District and surrounding community. We believe that participation in a competitive athletic program can provide athletes an opportunity to learn responsibility, dedication, leadership, hard work, respect for rules, respect for authority, as well as other positive qualities. Regulations are established to promote these qualities and to help build and maintain a strong athletic program. **It is recognized that some of the expectations for student/athletes exceed the expectations for the general student body/guest population.** Athletes are expected to follow the district board policies; all athletic policies set by the district athletic department and the Aquatic rules and policies. These expectations are 24/7 and 365 days a year. Violations of any of these rules will result in corrective and/or disciplinary action. The facts and circumstances will be taken into consideration when determining what actions will be taken.*

1. Athletes are expected to maintain a favorable attitude and proper conduct. If the attitude and conduct of an athlete become a detriment to the program, the athlete can be dismissed from the program.
2. If an athlete is to miss a practice, meeting, or contest, he or she must notify their coach in advance.
3. Always be on time to meetings, practice, competitions, etc. Tardies will not be tolerated. First offense will result in disciplinary action.
4. Dress for athletes will conform to the standards set by the School Board, District policy, Athletic policy, and the grooming code that is recommended by the Texas High School Coaches Association:
 - a. Hair must be neat and clean. Unconventional and multi-colored hair styles are not permitted.
 - b. SUITS: Athletes are not allowed to wear two-piece suits at NISD facilities. For competition, athletes must follow uniform rules set forth by NFHS: Swimming/Diving and USA Swimming.
 - c. OFF DECK: Athletes must wear a top and bottom. Any clothes that are suggestive, indecent, or which cause distraction are not acceptable. Specifically, oversized clothing, muscle shirts, halter tops, spaghetti straps, exposed backs or midriffs, and see-through garments are not permitted.
 - d. WEIGHT ROOM: Athletes must be in "off deck" attire and must wear closed-toe shoes.
5. Athletes are responsible for returning all issued equipment and taking care of all the athletic facilities.
6. Profanity will not be tolerated. First offense will result in disciplinary action.
7. All decisions concerning an athletic team will be based first on what is best for the team and then what is best for the individual.
8. If at any time an athlete quits, or is dismissed from, the team, in or out of a season, he/she gives up all rights to any honors he/she has earned but not yet received. If an athlete quits, he/she must complete the following procedure:
 - a. Meet with the coach.
 - b. Convey to his/her parents so that they fully understand he/she is quitting the program and the circumstances associated with quitting the program. A letter must be submitted by the parents.
9. Athletes are expected to act beyond the standards of the general population; as they are leaders of our district and community. An athlete, who is disciplined by their school, or our community law enforcement, can be subject to further disciplinary action by the coach of his or her sport. (Action is up to the discretion of the Athletic Department).
10. UIL Athletes must take District transportation, with their team, to UIL events/competitions. Athletes may not be dismissed from a meet during the school day, unless permission from an Aquatic Coordinator has been obtained to do otherwise. Outside of the school day, athletes may be dismissed, to their parents, with Coach permission.
11. It is recognized that high school takes precedence over all club sport, during season. Athletes should be aware that if club sports ever conflict with high school sports, the athlete must participate in high school sports first.
12. Coaches have the authority to enforce additional rules and regulations at their discretion.
13. Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms. You are responsible for all Social Media posts in your name. Any inappropriate posts will be dealt with according to the District's Extra Curricular Code of Conduct.
14. Tobacco/Alcohol/Drugs/Theft/Arrests will not be tolerated. If found guilty on any of these offenses, the District's Extra Curricular Code of Conduct will be enforced.

15. Prior to the start of the short course season, all parents and athletes must complete the Medical History form and, if needed, the Asthma Action Plan.
16. Practice Guidelines for athletes who are both UIL and USAS
- a. WATER POLO SEASON (Start of school - WP Tournament) - UIL Swimmers/Divers must attend all practices held by a UIL athletic coach. If the athlete is not participating in the practice, then they are not competing.
 - b. IN SEASON (WP Tournament - State) - UIL Swimmers/Divers enrolled in an athletic period must participate in practices held by a UIL athletic coach. Athletes must be enrolled in an athletic period in order to compete with their UIL team.
 - c. OFF SEASON (After last championship meet): UIL Coaches can release athletes to USAS. An IAP (Individual Athletic Plan) needs to be agreed upon by both UIL and USAS coaches and a copy given to parents. Athletes will be able to abide by IAP without penalty from either program. If an UIL athlete practices with USAS they must also make sure to be with their UIL coach for the full duration of their assigned athletic period. See next page for IAP.

I have read and understand the Aquatic Campus Athletic Code of Conduct

Athlete Name (Print): _____ Athlete's signature: _____

Parent/Guardian (Print): _____ Parent/Guardian signature: _____

Date: _____



NISD Aquatic Department Individual Athletic Plan

Student Athlete Details

Last Name, First Name		
Birthday / Age	Male <input type="checkbox"/>	Female <input type="checkbox"/>
High School Attending		
San Antonio Area USA Club	Group Level-	

Professionals involved in supporting this plan

	Name	Contact	At meeting
Student Athlete			Yes <input type="checkbox"/> No <input type="checkbox"/>
Guardian			Yes <input type="checkbox"/> No <input type="checkbox"/>
UIL Coach			Yes <input type="checkbox"/> No <input type="checkbox"/>
USA Coach			Yes <input type="checkbox"/> No <input type="checkbox"/>
Aquatic Coordinator			Yes <input type="checkbox"/> No <input type="checkbox"/>

Action Plan

UIL goals:		
USA goals:		
Dates and Times of Practice	UIL PRACTICE	USA PRACTICE
	Monday - _____	Monday - _____
	Tuesday - _____	Tuesday - _____
	Wednesday - _____	Wednesday - _____
	Thursday - _____	Thursday - _____
	Friday - _____	Friday - _____
Athletes comments on how this plan will allow them to meet all of their goals:		
		Date Plan Starts:

Athlete Signature _____	Date _____
Carer/Guardian Signature _____	Date _____
UIL Coach Signature _____	Date _____
USA Coach Signature: _____	Date _____