



MILLIKAN HIGH SCHOOL  
Office of the Athletic Administrator

## ATHLETIC CODE

**PREAMBLE:** Athletic participation can be one of the most significant formative experiences in a young person's life. It provides a great deal of pleasure and builds friendships that can last for years. Athletics is an integral part of the education program at our school. It teaches fair play, sportsmanship, teamwork, perseverance, appreciation for improvement, desire to succeed and excel, self-discipline, responsibility, leadership, and quick thinking.

Participation in interscholastic athletics is voluntary. **It is a privilege – not a right** – and carries with it the responsibilities of courtesy and sportsmanship on the playing field, on the campus, and in the community. Adhering to this *Athletic Code* will aid you in building team morale, discipline, and spirit; essential ingredients for victories and championships. Not every student can make the team. Therefore, upon doing so, you should take it upon yourself to become the very best athlete and team member possible, for you alone have the power to achieve or fail in these goals.

It is recommended that all coaches apply the standards of the Athletic Code to each athlete participating in an athletic program of the Long Beach Unified School District.

- I. CONDUCT: The conduct of an athlete is closely observed in many areas of life. It is important that one's behavior be above reproach in the following areas:
  - A. On the field a Millikan High School athlete
    1. uses legal tactics.
    2. refrains from using profanity.
    3. is courteous and hospitable to visiting teams
    4. respects the integrity and judgment of officials and accepts their decisions.
    5. is gracious in defeat and modest in victory.
    6. controls one's temper and maintains one's poise
  - B. In the classroom a Millikan High School athlete
    1. maintains prompt and regular attendance
    2. maintains one's grades in accordance with CIF and LBUSD rules.
    3. strives to become a good student and citizen.
    4. shows proper respect for faculty members and other students at all times.

- C. Off campus a Millikan High School athlete demonstrates a high standard of conduct, as it reflects not only on oneself, but on one's team, coach, and school.
  - D. On trips a Millikan High School athlete
    1. demonstrates a high standard of conduct as a representative of the school, community, family, and coach.
    2. respects the property of others.
    3. travels to and from athletic contests as a group.
- II. **DRESS AND GROOMING:** Dress and grooming standards shall conform with LBUSD regulations. Coaches may require that hair be restrained in an appropriate head covering, protective clothing to be worn, and other grooming and dress standards that are more restrictive in order to insure compliance with necessary safety precautions.
- III. **PHYSICAL CONDITIONING AND TRAINING RULES:** A true athlete believes that smoking, drinking, or using drugs will not contribute to the betterment of the team or individual performance; therefore, these practices shall not be tolerated. Proper diet and adequate sleep are equally important to the physical conditioning of an athlete. Athletes should protect themselves and their team by adhering to reasonable standards of diet and sleep.
- IV. **ENFORCEMENT**
- A. Nonadherence to the foregoing regulations may result in disciplinary action by the coaches, athletic directors, and administrators of the school.
  - B. Violations of the spirit of the Athletic Code may result in one or more of the following penalties when recommended by the coach and approved by the principal.
    1. Placement on probation.
    2. Removal from a contest.
    3. Removal from the next scheduled contest
    4. Removal from the team.
    5. Forfeiture of letter, letterman's jacket privileges, or like awards.
- V. **AWARDS**
- A. All recommendations for the awards originate with the team's coach and are approved by the Faculty Athletic Committee and the Student Council of Millikan High School. The school's Faculty Athletic Committee consists of the coach of sport, athletic directors, activities specialist, department head, and administrator.
  - B. In order to qualify for an athletic award, an athlete must meet all requirements set forth in Article X of the Moore League Bylaws.

**Note to Athlete and Parent: Please sign *Parent/Student Acknowledgement/Signature Sheet* that you have read, understand, and agree to the information presented in this *Athletic Code*.**