

DISCIPLINE CONSEQUENCE FOR LADY HAWK ATHLETICS

CHARACTER BUILDER: Drills that are designed to instill and build self-confidence and self-discipline in a student-athlete. This drill starts at one end of the basketball court and includes sprints, bear crawls, and 2 footed hops. Four times up and down of each activity equals one character builder.

THEFT VIOLATION:

- **1st violation:** 3 character builders for 5 consecutive days
- **2nd violation:** removal from athletics

ATHLETIC AND DRESS CODE VIOLATION:

***DRESS CODE: Black athletic shorts and a Lady Hawk athletic shirt and no jewelry or gum

- **Each violation:** 1 character builder, 5 points deducted from grade
- **Continued disregard for not following the dress code can result in dismissal from the athletic program.**

DETENTIONS:

- **1st violation:** 1 character builder
- **2nd violation:** 2 character builders, parent contact
- **3rd violation and any time after:** 3 character builders, parent contact, 1 game suspension, (if in season) and possible removal from athletics.

RAC ASSIGNMENT:

- **1st violation:** 2 character builders for each day served
- **2nd violation:** 3 character builders for each day served, 1 game suspension
- **3rd violation:** removal from athletics
- **Continued placement in RAC could result in dismissal from the athletic program.**

SUSPENSION FROM SCHOOL:

- **1st violation:** 4 character builders each day out from school and a parent contact
- **2nd violation:** removal from athletics

NON-PARTICIPATION VIOLATION:

- Not attending a game with a coach notification and approval: 1 character builder, 10 points deducted from the six weeks grade average.
- Not attending a game without a coach notification or approval: 3 character builders, 15 points deducted from the six weeks average grade.

FAILURE OF ONE CLASS:

- 3 character builders
- 2 classes failed results in removal from athletics

QUITTING A TEAM DURING THE SEASON

- 3 character builders per day, for 5 days.
- 15 points taken off the final 6 week grade.
- If the athlete is a 7th grader, her decision to quit the team might have an impact on the next years' team selection.
- If the athlete is an 8th grader, the high school coaches will be notified of her decision to quit.
- When a commitment to a team is made, this is not taken lightly. You are expected to stay dedicated to the sport, the team, and yourself throughout the entire length of the season.

HUDSON LADY HAWK ATHLETIC CODE AND DISCIPLINE
AGREEMENT

Parents/Guardians,

Please sign, date, and return this sheet to verify that you have read and understand the Hudson Lady Hawk Athletic Code and Discipline Agreement.

Parent/Guardian Signature

Date

Student-Athletes,

Please read, discuss, and sign the Hudson Lady Hawk Athletic Code and Discipline Agreement. I understand the rules and will follow them.

Student-Athlete Signature

Date