Welcome to the High School of Fashion Industries Athletic Program!  A sports team earns success because its players are skilled and dedicated and because its coaching staff is knowledgeable and dedicated to their players.  A common strand which connects the players and the coaching staff to the team’s success is dedication.

Dedication to a sport requires commitment on the part of all involved.  Commitment, by definition, is “to pledge oneself to a particular course”.  Therefore, we require all student athletes who participate in HSFI Athletics to commit themselves to the program.  As your coaches, we expect that you will be appropriate wherever you are, all the time.   You are to remember that you are representing your family, your school, your coaches as well as yourself at all times.

You must keep the above principles in mind as you seek entry into the HSFI Athletic Program.  It is our expectation that each student athlete will adhere to the following rules and regulations:

1. Your first priority is school.  Good grades and hard work in the classroom are important to your future. Planning your time wisely will assist you both as a student athlete and player.   Grades will be checked periodically and are expected to stay average or above.

2. An athlete interested in becoming part of the HSFI Athletic program, agrees to make all practices and games, on time.  Extenuating circumstances may arise to briefly alter that pledge; however, the coaches will determine if that circumstance is valid for either missing a practice or game.  **Vacations are NOT** **valid excuses**.  Repeated violation of this requirement will result in suspension or dismissal from the team.

3. The general “rule of thumb” is – if you miss a practice, you miss a game. Although it is the player that commits to the program, it is often the parent that makes arrangement for their child to be elsewhere during practices and games, we ask for the parents/guardians assistance in this area.

4. Illegal drug, alcohol and/or tobacco use are inconsistent with the term athlete.  Illegal drugs and alcohol, under the age of 21, are against the law and therefore unacceptable both on and off school property.  Suspension or expulsion from the team will result for use of these substances.

5. Student athletes are bound by the school policy regarding discipline and participation in extracurricular activities.  The athlete should advise the coaching staff of any issues regarding disciplinary action that may have occurred with school administration or teachers. **Student athletes are to follow the NYC DOE policy pertaining to social media. There is to be NO bullying, posting illegal activities, posting negative comments about your teachers and teammates.**

6. Athletes must be in school by 10:00 AM in order to participate in any event, contest, or game.  A medical note or emergency situation is the only valid exemptions.

7. Players are responsible for the return of all equipment and uniforms issued.  Lost or damaged items will be paid for by the student athlete.  Failure to return all items will be reported to and dealt with by the Director of Wellness and Athletics.

8. Practice times may vary throughout the season.  A published schedule of games and tentative practice times has been given to each prospective player so that family schedules can be arranged accordingly.  A normal weekday practice begins at 3:45.  Players must be dressed and ready to go at this time.  Players must understand that practices/games will be scheduled on Saturdays and during spring, mid-winter, and Christmas break.  Players are expected to be at these practices and games.  Any player missing them must understand that this absence will cause a reduction in playing time and possible suspension from the team.

9. For both indoor and outdoor practices, players must have running shoes and sweatpants in their equipment bag at all times. Shorts and tank tops are not acceptable for outdoor practice unless you are told otherwise by a coach.

10. Any player absent from school and not able to attend practice MUST notify their coach **by 10:00am**. This communication should be from player to coach directly (Via e-mail or phone).   Sending the notification through another player is not acceptable.

11. Players will not play in a game on any day they are absent from school.  They may not participate in a game following an unexcused absence from practice.  If a player misses school and/or practice because of an illness, she/ he will not play in the next game unless the coach feels she/ he is physically well enough to participate.

12. Players should have all the necessary items for every practice.

13. Players may be required to participate in activities that would benefit the HSFI Athletic Program.   This may include, but is not limited to, working concessions, setting up concessions, fundraising, clinics or participating in community service.

14. Players are to take responsibility for their physical health and performance.   This includes, but is not limited to: Eating foods that are healthy and can maximize performance and getting enough sleep to put yourself in the best position to be successful.

15. There is absolutely NO FOOD or CELL PHONE USE permitted during games and practices. If parents or guardians need to reach the athlete they can call the school.

16. The player should be the primary contact person when communicating with the coaching staff.   All players will be given multiple ways to contact and communicate with their respective coaches.

17. We encourage the parents of our players to attend games and to be supportive of not only their own child-athlete but of all the athletes and the program in general.

18. If a candidate is unsure about a specific requirement, rule or procedure she/ he should ask for clarification.

19. Each prospective player coming out for the HSFI Athletic Program will be given two copies of this document.   One copy should be signed and returned to the coach.   The other copy is for the student-athlete to keep for their records.

20. To the student-athlete: Your signature indicates that you have read the requirements/policies outlined in this document and agree to adhere to all other rules and procedures of the High School of Fashion Industries Athletic Program.

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Student-Athlete Signature

21. To the parent or guardian:  Your signature indicates that you have read the requirements/policies outlined in this document and accept the responsibility of assisting your student athlete when and if necessary.

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Parent or Guardian Signature

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_