

RRJR FOOTBALL PLAYER CODE OF CONDUCT

Be the best Person by the manner in which we act. Sportsmanship, work ethic and how we treat others is paramount in setting the right example for our young people in our community. Taking responsibility and representing our teams, school and community is very important in establishing the type of standards that we must constantly be striving for at River Ridge. We must realize how destructive complaining, making excuses and blaming others can be in becoming successful teams and individuals. It is far more important to work at having a positive attitude, team loyalty, dedication, and placing the team ahead of individual accomplishments. These are the characteristics that will stand the test of time and result in having an athletic program with a solid foundation.

Be the best Student by stressing solid study habits and commitment. We are in school to learn first and participating in athletics is a privilege. If you choose not to maintain solid study habits, you will be jeopardizing this privilege. To reach your potential as a student, your study habits must be emphasized and made a priority at all times. Academic achievement must be a goal you are willing to set with high standards that demonstrate good organization of time and solid efforts. All athletes must be willing to make sacrifices and pay the price of hard work in the classroom if they are real team players. Don't let your team down when it comes to this critical matter.

Be the best Athlete by taking care of being a solid person and student first. You don't have a chance at becoming a true student-athlete without the proper attitude as a person and student.

- You must remember that your actions are being watched by FUTURE River Ridge Football players, and the community. You represent your team, school, district, family, etc. You are expected to display role model behavior at all times. Remember the name on the front AND back of your jersey.
- Attitude is the most important aspect in the success of any sports program. Coaches, players, parents and community members must strive to create an environment that promotes a positive, hard-working atmosphere. Negativity simply cannot be tolerated.
- You will treat each one of your fellow teammates and the Coaching Staff with respect. Any display of unacceptable attitude may result in loss of privileges such as playing time, suiting up for game(s), or even dismissal from the team.
- Set yourself realistic individual goals along with TEAM goals.
- Be positive and encouraging to yourself and those around you throughout the year both on AND off the field.

RRJR SOCIAL MEDIA/NETWORKING CODE OF CONDUCT

Student-athletes are high-profile representatives of Mill Creek Middle School and River Ridge High School and their behavior is subject to scrutiny by their peers, the campus, community, and in some cases, the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on your team and coaches, the Athletic Department and the entire school campus, and most importantly, your family. Therefore, student athletes are expected to represent themselves and MCMS & RRHS with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Text Messaging, GroupMe, Facebook, Twitter, YouTube, Instagram, Snapchat,

TikTok etc.) has grown tremendously during the last few years. While all of these avenues can serve as valuable communication tools when used appropriately, the use of social media, however, has the potential to cause problems for both you and the school environment. Almost anything student-athlete's post on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

First and foremost, your participation for RRTC/MCMS/RRHS is a privilege and not a right. As a condition of being a student athlete in MCMS/RRHS, you must abide by the following rules related to the use of the internet, text messaging, and social networking sites:

- a. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy is unacceptable.
- b. Student-athletes may not post online or text any pictures, information or other content that might cause embarrassment to themselves, fellow student athletes, teams, coaches, the RRHS Athletic Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
- c. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student athlete, coach or team at another school). We speak with our actions on the field not on social posts.
- d. No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- e. Student-athletes may not post any content online that would constitute a violation of the MCMS/RRHS Student Code of Conduct.

The failure to properly use various social media channels, as outlined above, will be considered a violation of the River Ridge Jr. Knights Student Athlete Code of Conduct and/or the MCMS/RRHS Student Code of Conduct. Violations of this policy will result in disciplinary action by the athletic department, coaches, and/or the school. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team.

Student Athlete Signature

Parent Signature