

Cougar Student-Athlete Contract 2022-23

At Champlain Lennoxville, we take pride in the excellence, dedication and success of our student-athletes. ***As a Cougar athlete, you are an ambassador for the College and a role model for both current and future students.*** Our reputation is important and we expect all athletes to behave such that we can be proud of you whether on or off the playing field. The following contract lays out the rules and expectations for all Champlain Cougar Athletes.

RESPECT & PERSONAL CONDUCT

- Respect for coaches, support staff (eg. Equipment managers, bus drivers, athletic therapists, etc) and teammates is mandatory. All are part of the team and shall be treated as such. Respect is also expected for all College personnel. Disrespect for and towards any of these may result in permanent suspension from the team.
- In the context of the Covid-19 Pandemic, respect of and adherence to mitigation measures are required of all student-athletes. In addition to wearing procedural masks properly (ie. Positioned above the nose and below the chin) as required by the College and as may required at other athletic venues, all student-athletes must have proof of being double-vaccinated with vaccines authorized in Canada. Failure to follow these measures will constitute disrespect for teammates, athletic staff, college personnel and the campus community and will be sanctioned accordingly.
- Respect for referees, judges, and fans (both ours and our opponents') is also mandatory, regardless of their behaviour. You chose how to react.
- Social media is public. Nothing you post on social media is private. Be very aware of what you are posting, sharing, liking, tweeting, etc. and that it will be permanently associated to you. There is no tolerance for any student-athletes who post, participate in, or contribute to social media in any way that constitutes bullying, sexism, racism, homophobia or other form of discrimination. Swearing and foul language reflects poorly on you, your team, and the College; do not use it.
- Respect and take care of the uniform and equipment (eg. No tape on jerseys). Game uniforms shall NOT be worn anywhere else unless under specific instruction by your coach.
- Athletes are expected to be on time to practices, games and for departures, in accordance with your coaches' instructions.
- Property belonging to the College (eg. Uniforms) must be returned to the College at the end of the season or upon leaving the team.
- Being on the game and practice surfaces is a privileged. All such surfaces are to be treated with respect and care: absolutely no chewing gum, spitting sunflower seeds, etc.
- Residence is part of the school. Misbehaviour and damage to residence property (or any other College property) can result in your suspension from the team.
- Fines, if any, (eg. For damage to college property) are to be paid promptly at the Business Office.

- There is zero tolerance for illegal drug use. Athletes may be subjected to drug testing by the College and / or league.
- There is absolutely no consumption of alcohol or going out to bars for 24 hours (1 full day) before a game or competition (regular and pre-season). For example, a Friday game means no drinking or going out on Wednesday or Thursday night.
- It is strictly prohibited to go out to bars or to parties wearing Cougar team apparel. While you may not behave poorly, it may create a negative perception within the community and, similarly, it may set you up to be a target to the detriment of the reputation of the team and the College.
- Participation on a Cougar team is a privilege and one that is expensive for the College to maintain. All athletes are expected to pay user fees which help cover some of these costs. Fees should be paid to the Records office by the date set by your coaches.
- Coaches are responsible for their team and the application of the rules. Coaches may apply rules and expectations beyond what is contained in this contract.

TEAM CONDUCT

- There will be absolutely no involvement in initiation or hazing-type activities.
- Facilities used by the team must be kept reasonably tidy and organized (eg. On the bus, in locker rooms, etc.). When finished, pick up all garbage and dispose of it properly. Likewise, respect for all college property, including residence buildings, is expected.

ON THE ROAD

- You are expected to have a considerate and collaborative attitude – take initiative and help out where needed whether it be for the coaches, physiotherapist, bus driver or fellow teammates. For example, do not sit waiting on the bus if there is still equipment to be put away.
- Dress code: abide by the team dress code as set by your coach when travelling (eg. Shirt and tie). You represent the school and a cohesive, professional image is expected.
- When at hotels, in restaurants, in gymnasiums, etc, you are in the public eye. Clean up after yourself and behave respectfully at all times.
- Consuming alcohol while on the bus is strictly forbidden.
- Buses will leave on schedule – plan accordingly.

ACADEMICS

- Your studies are important - you are a student first and an athlete second. All athletes must remain in good academic standing (ie. you must pass a minimum of 4 courses per semester and 8 courses per year in order to be eligible to play). The athletic director and coaches may review marks and attendance during and at the end of each semester.

- Players who are not in good academic standing at any point may be suspended or removed from the team until marks improve.
- Our goal is for you to be successful in the classroom and as an athlete: be aware that there is a link between the academic and athletic departments. If you are missing classes or not completing assignments, there may be consequences to your participation on the team.

CONSEQUENCES & APPEALS

- Failure to follow these rules and expectations may result in negative consequences for the entire team, and your temporary or permanent suspension from the team.
- Consistent refusal to abide by these rules may result in your permanent suspension from Champlain athletics and related-facilities.
- In the case of disagreement with the application of a rule by a coach, an athlete may appeal to the Athletic Director. If it is not resolved satisfactorily, the athlete may appeal to the Dean of Student Services. In a final appeal, the student may present his / her case to the Director of Champlain Lennoxville.

RECOGNITION

- Champlain College honours the dedication and commitment shown by our student-athletes. Several awards in recognition of the accomplishment of Cougar athletes are presented at the end of the year including Student-Athlete of the Year. Awards for Rookie of the year, MVP, Team Participation and Academic Excellence are presented for each team.
- Participation in sports activities may also be recognized on your permanent transcript. Coaches will be asked to complete a recommendation at the end of the season for each deserving athlete. Combined with a positive recommendation, a minimum of 60 hours is required to earn such a designation.

Physiotherapy Services

The therapy room is a place for prevention, care and treatment of player injuries. It is essential to establish guidelines and rules as below:

1. Be on time!
2. Communication – inform therapy staff of any injury or health issues and concerns.
3. Respect for team staff and facility.

4. No loitering, sleeping or horseplay in the therapy or tub rooms.
5. Use only respectful language with a proper tone at all times.
6. Showers must be taken before going into an ice bath.
7. Shirts and shorts must be worn to attend all treatments.
8. Please keep the treatment room tidy, clean and sanitary.
9. Players must attend all scheduled medical appointments and diagnostic testing.
 - a. If you cannot attend an appointment, you must contact the Therapist a minimum of 3 hours ahead of the appointment's scheduled time.
 - b. Missing your first appointment without letting the Therapist know ahead of time will result in a consequence. (set by team Head-Coach)
 - c. After the 2nd "no-show," you'll lose access to treatment services for the remainder of the semester.
10. If you need attention from Therapists, see them well before practice begins. **Don't doctor yourself.**
11. The therapy rooms are not social clubs—stay out except for treatment or preparation.

I, _____, a member of the _____ Team understand and agree to abide by the contract above. Once signed, this contract will become a part of my permanent file with the College and applies for the duration of this academic year. I understand that successful participation on a Champlain Athletic Team may be noted on my transcript.

Player's signature

Date

Coach's signature

Date

Athletic Director's signature

Date

Original copy: Records Office - Student file

*Copies to: Student Athlete
Head Coach
Athletic Director*

Student Number: _____

