



# Valley Torah Athletics Code of Ethics

1. To live a Torah life and be committed to fulfilling the code of Jewish Law as it relates to everyday life.
2. To be a Mensch both on and off the court and always display high character representing your family, school, team and most importantly your Jewish faith in the best manor.
  - A. Refrain from use of all and any narcotics, tobacco, alcohol or Performance enhancing dietary supplements in and out of season.
  - B. There is a 0 tolerance for any student athlete who posses, sells or furnishes firearm, knife, explosive, or other dangerous objects.
  - C. There is a 0 tolerance for any student athlete who attempts to steal or cause damage to school property and/or private property.
3. To be a student athlete who strives to excel and earn an A in every class. All student athletes must maintain a 3.0 grade point average.
  - A. Attend every class, be prepared and be on time. Class attendance is checked weekly by the Athletic Director and players/team members are disciplined for any unexcused tardies. Attendance on game days is mandatory for a minimum of 4 periods. If a student athlete is not in attendance he is ineligible to play unless the absence is excused by the Principal.
  - B. Complete EVERY assignment on time.
  - C. Sit in the front of the class.
  - D. Be proactive and communicate with your professors.
4. Commitment to Valley Torah Athletics requires athletes to make the team a priority in your life and be committed to competing and training at the championship level.
  - A. Attend all practices, games and events on time. Make sure to contact coaches ahead of time if you cannot make it.
  - B. Maintain a healthy Kosher diet. Reach your daily calorie intake and reach your goals for Protein/Carbs/Fats. Drink plenty of water daily.
  - C. Get your rest. Sleep is critical to academic and athletic performance.
  - D. Wear practice uniform to every practice.
  - E. Dress with shirt and tie when traveling on game days.
5. Parent behavior at games should be positive and enthusiastic but in no way reflect negatively towards Valley Torah High School.

I, \_\_\_\_\_, hereby certify that I have read and understand the Valley Torah Athletics Code Of Ethics. I understand that if I do not uphold the standards set forth, I will jeopardize my chances of being a student athlete at Valley Torah High School

Signature of Athlete \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_