



Etna PAL Clay Birds Team Standards

Be Respectful: Shooters are expected to treat all their teammates, coaches, and opposing teams with the same respect and dignity they would expect to be treated with. Additionally, shooters are expected to treat all team equipment, and other teammate's property with the respect they would give their own property.

Be Coachable: Being coachable is a key to performance breakthrough for individual shooters and the team as a whole. The one essential requirement is the willingness to listen and utilize external input and influences. Hustle, work hard, maintain a positive attitude, and dedicate yourself to improve.

Etna PAL Clay Birds Athlete Policies

Academics, School Attendance & Classroom Behavior Expectations

1. **Academics:** We, as coaches, urge you to maintain high grades. Poor grades may affect eligibility and your status as a member of the team. Shooters must maintain a 2.00 GPA
2. **Referrals:** Respect all teachers, administrators, and staff of EHS / SVJH at all times. Your classroom behavior reflects the type of student-athlete we keep in this program. Shooters who receive disciplinary action from EHS / SVJH may receive an indefinite suspension of team membership for the league season.
3. **School Attendance:** Shooters must be attending school regularly in order to practice or participate in shooting completions.
4. **Tardy:** All Shooters will attend class regularly and be punctual to those classes. Students with 10 or more tardy referrals during a quarter will be considered a student not in good standing and will be ineligible to practice and compete.

Practice Expectation

1. All Shooters should make every effort to attend all practices and be on time. Practice will be every Sunday at 8:00am, unless told otherwise.
2. All Shooters unable to attend practice must directly contact one of the coaches and schedule a make-up practice session.
3. All Shooters are expected to come to practice and competition with appropriate clothing for the weather and the necessary equipment to participate and have it ready to use prior to the start of practice or competition.
4. Cell Phones are not to be used at any time during practice without prior coach approval.

Practice and Competition Expectations

1. **Competition Day Attire:** Shooters are expected to wear the Clay Bird Jersey to at all competitions.
2. **Practice and Competition Behavior:** Shooters are expected to be mentally involved in practice and competition, while on the Trap Field or off.



3. **Dignity and Respect:** Shooters are expected to treat all their teammates, coaches, opposing teams with the same respect and dignity they would expect to be treated with. No Bullying or Sexual Abusive comments or behavior will be tolerated toward teammates or members of other teams. Shooters who participate in such behavior will be removed for the Clay Birds Trap Team.

Injuries

1. Athletes need to report any injuries to a coach immediately so the coach can help determine the severity of the injury. If an athlete needs to be taken to the hospital, a PAL official will accompany the student if possible. Please follow instructions or advice from any medical professional regarding injuries.

Alcohol, Drugs, and Tobacco

1. Etna PAL Clay Birds Shooters will not partake in any substances that will hurt themselves and others. The Etna PAL Clay Bird program will abide by school policy as listed in the EHS/SVJH Athletic Code for conduct and consequences for any substance abuse issues concerning alcohol, drugs, and tobacco.

Etna PAL Clay Birds Parent Policies

Behavior Expectation

1. Parents are expected to support and encourage their shooters and the program.
2. Display good sportsmanship. Please represent Etna PAL /Etna High School / Scott Valley Junior High at each practice and competition in a positive manner by showing good sportsmanship toward all program partisans.

Communication with Coaches

1. As coaches we strive to have an open line of communication with shooters and parents at all times. If the matter is able to be handled by a Shooter—Coach interaction, please encourage your Shooter to discuss the matter with the coach. Please feel free to come to the coaching staff with any comments or concerns at the appropriate time.
2. If your concerns are not resolved *after first* speaking with the coaching staff, you may reach out to Alicia Pindell, Etna PAL's Director, at etnapdpal@gmail.com or (530) 598-9833.

Signature of Athlete

Signature of Parent

Name of Athlete

Name of Parent

Date

Date