



ATHLETIC AND EXTRA-CURRICULAR DRUG AND ALCOHOL POLICY

Part of the vision of TEAM COSTA is focused upon the development, health, and well-being of our students. The goal of this policy is to reduce the number of students using, buying, and selling alcohol and drugs by making it harder to do so; by directing students and their families toward education, help and recovery; by creating a campus culture which advocates and supports healthy lifestyle choices; and by involving the community in our ongoing efforts. TEAM COSTA recognizes that participation in Mira Costa athletics, music, and other extracurricular activities is a privilege and responsibility that requires those students who represent Mira Costa to be exemplars in conduct, behavior, and health and to uphold this goal.

Congruent with the reputation and esteem of Mira Costa High School, TEAM COSTA has developed a pledge affirming our commitment to be healthy and drug and alcohol free. Each student who wishes to represent Mira Costa High School as a member of a team, musical group, and/or extra-curricular group shall sign this pledge and submit the pledge with all necessary signatures to the coach or sponsor. Because a student's health is affected by the use or misuse of controlled substances regardless of where the use occurs, Mira Costa High School, the team, the musical group, and/or extra-curricular group may give a consequence to a student even if an offense occurs away from school, outside of school hours, or at an event that is not school sponsored.

Please visit www.MCHSFamiliesConnected.org for substance abuse prevention and teen wellness information.

Members of teams, musical groups, and/or extra-curricular groups representing Mira Costa High School are to refrain from possession, use, and distribution of any drugs, alcohol, and/or controlled substances, both on and off school grounds. If it is verified that a member of one of these groups has possessed, used, or distributed any of these substances; group members understand that the following consequences will apply.

First Offense:

- 1. Athletic Administrator, parent, and student conference.**
- 2. Student is suspended from next scheduled game, performance, and/or extracurricular activity.**
- 3. Student is enrolled in the 8 week IMPACT**

Program. Second Offense:

- 1. Athletic Administrator, parent, and student conference.**
- 2. Student is suspended from all team and/or extracurricular activities for the rest of the school year.**
- 3. Student and parent are recommended to First Step Program at Thelma McMillen Center.**

*****Be aware that a coach, director, sponsor, or group leader does have the discretion to issue consequences above and beyond those stated above.**

Student Signature

Parent Signature

Date