

SENIOR HIGH ATHLETIC PHILOSOPHY

The Michigan Center Public School District adheres to an athletic philosophy which provides wholesome opportunities for all student athletes which will allow them to fully develop favorable habits and attitudes of social and group living in a democratic society. In order to accomplish this, experiences must be provided which will aid in their physical, mental and emotional development. We should always emphasize the welfare of all students who are participating in our athletic program.

Winning will certainly be one of the important goals, but not the only one – and not at all costs. Society today requires all of us to be competitive, in a controlled manner; therefore, restraint must be learned through athletic participation.

Everyone working in the athletic department shall strive to instill values such as teamwork, good sportsmanship, fair play, leadership, unselfishness and loyalty. Measurement of these values should not be judged in terms of the won and lost record, but in the intangible personality directed through its contact with our program and the manner in which it later fits into our society.

At no time shall athletics be placed above the total educational program, but rather incorporated in as a necessary and integral part. The athletic program and the athletic administration must conform/be in line with the general policies and objectives of the school system.

JUNIOR HIGH ATHLETIC PHILOSOPHY

The philosophy of Michigan Center Junior High School shall follow the overall school's athletic philosophy. However, some clarification and emphasis is necessary.

Competitive team sports are part of the school's program. Therefore, limited team membership is required for some sports, such as basketball, volleyball and cheerleading.

The following are points of emphasis for student/athletes in our junior high program:

1. To experience and learn teamwork.
2. To learn fundamentals and sports techniques.
3. To learn the values of winning and losing.
4. To learn discipline.
5. To have fun.
6. To promote good health and physical fitness habits.
7. To promote good sportsmanship.

PARENT RESPONSIBILITIES

Parents and adults involved in school-sponsored events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect, and self-control. To this end, parents shall abide by:

- A. *A 24 hour rule where they do not criticize their athlete or question the coach concerning an athletic event or performance at an athletic event.*
- B. *Discussion of playing time with the coach is not negotiable. This discussion shall be between the coach and the athlete. Playing time is directly attributable to performance and attitude during practice.*
- C. *Encouragement of their athlete to exhibit positive behavior and to not engage in unsportsmanlike behavior toward any coach, other parent, opponent, official or any other attendee at events.*
- D. *Encourage positive relationships with the coach by reinforcing the principles of the coach's philosophy, discipline, and team goals.*
- E. *Parents who do not model good sportsmanship will not be allowed admittance to athletic contests involving Michigan Center Athletics.*

I. INTRODUCTION

The purpose of this handbook is to provide information regarding the Michigan Center athletic programs. With the overall size and complexity of today's high school athletic programs, there is the need to have policies and procedures written out. Consequently, everyone can better understand the duties and responsibilities of those working within the system.

The Michigan Center athletic program is to be regarded as an integral part of the total educational program. Keeping this in mind, we must make sure that

1. The athletic program is a supplement rather than a substitute for physical education.
2. The athletic program is subject to the same administrative control as the total education program.
3. All activities are conducted to ensure the physical welfare and safety of everyone participating.
4. All rules and regulations of the school, conference and the Michigan State High School Athletic Association (MHSAA) are closely followed.
5. We are in compliance with Title IX.
6. Equal opportunities are given to each student wishing to take part in interscholastic athletics.

At present, Michigan Center Schools provide the following sports for students:

JUNIOR HIGH:

FALL

7th & 8th grade Volleyball
7th & 8th grade Football
7th & 8th grade Cross Country

SPRING

7th & 8th grade Girls and Boys track

WINTER

7th & 8th grade Boys Basketball
7th & 8th grade Girls Basketball
7th & 8th grade Wrestling
7th & 8th grade Cheerleading

SENIOR HIGH:

FALL

J.V. & Varsity Football
J.V. & Varsity Girls Volleyball
Boys & Girls Cross Country
J.V. & Varsity Sideline Cheer
Girls Golf
Boys Soccer

SPRING

J.V. & Varsity Baseball
J.V. & Varsity Softball
Boys & Girls Track
Boys Golf
Girls Soccer

WINTER

J.V. & Varsity Boys Basketball
J.V. & Varsity Wrestling
J.V. & Varsity Girls Basketball
Varsity Boys & Girls Bowling
J.V. & Varsity Sideline/Competitive cheer

MICHIGAN CENTER SCHOOLS ATHLETIC TRAINING RULES AND REGULATIONS

Michigan Center School athletes are expected to follow and observe the rules which are listed below at all times, including the summer months when school is not in session.

ATHLETIC RULES

CATEGORY I - CONDUCT UNBECOMING AN ATHLETE (Minor Infractions)

Conduct in and out of school shall be such as to bring no discredit to the student-athlete, parents, school or team. Some examples of misconduct in this area are classroom misconduct, disrespect for authority, petty theft, abusing school property and profanity. This is not an all-inclusive list and the school administrator has the discretion to decide whether alleged infractions fall into this category.

CONSEQUENCES FOR CATEGORY I VIOLATIONS

- A. **First violation:** Probation and a verbal warning will be issued.
- B. **Second violation:** Suspension for 15% of all contest dates.
- C. **Third violation:** Suspension for 25% of all contest dates.
- D. **Fourth or more violation:** Suspension for 50% of all contest dates.

*** If a violation occurs when there are fewer contests than the listed percentage, the consequence will be carried over to the next season of participation.**

CATEGORY II - CONDUCT UNBECOMING AN ATHLETE (Major Infractions)

Conduct in and out of school shall be such as to bring no discredit to the student-athlete, parents, school or team. Any activity that is unlawful in nature other than substance abuse will fall into this category. Some examples in this category would be: theft, destruction of property, fighting, vandalism, and inappropriate use of the internet, hazing and harassment. This is not an all-inclusive list and the school administrator has the discretion to decide whether alleged infractions fall into this category.

Inappropriate Use of the Internet: Pictures found on sites that show the student-athlete behaving inappropriately, will be considered a violation of the student code. Such acts can be pictures of students holding alcoholic containers, tobacco products, illegal drugs or drug paraphernalia, or doing other inappropriate acts. Defenses such as the container was empty, etc. will not be a case of defense.

Hazing: Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student-athlete for the purpose of initiation or membership in or affiliation with any athletic team. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student-athlete willingly participates.

The athletic program does not condone any form of initiation or harassment, known as hazing, as part of any school sponsored activity. No student-athlete, coach, volunteer or district employee shall plan, direct, encourage, assist or engage in any hazing activity. Suspected acts of hazing should be reported to the coach, athletic administrator, principal or other school administrator.

Unlawful Harassment: Harassment in any form will not be tolerated. The term harassment includes but^[ASR4] is not limited to slurs, jokes, or other verbal, graphic or physical conduct relating to an individual's race, color, religion, ancestry, sex, national origin, age or handicap/disability. Repetitive disrespectful behavior of any type will not be tolerated.

CONSEQUENCES FOR CATEGORY II VIOLATIONS

- A. **First violation:** One contest date suspension.
- B. **Second violation:** Suspension of 20% of all contest dates.
- C. **Third violation:** Suspension of 50% of all contest dates.
- D. **Fourth Violation:** Student Athlete loses athletic privileges for the remainder of their high school career.

*** If a violation occurs when there are fewer contests than the listed percentage, the consequence will be carried over to the next season of participation.**

CATEGORY III – ALCOHOL, TOBACCO, ILLEGAL DRUGS & BANNED SUBSTANCES

1. **ALCOHOL** This rule means no drinking all year, not just during the season, and is in effect on and off of school property.

2. **TOBACCO** The use of tobacco and tobacco products by student-athletes is strictly prohibited (this would include, but is not limited to cigarettes, cigars, vaporizers, smokeless & chewing tobacco). The use or possession of these types of drugs is strictly prohibited for our student-athletes at all times. Although tobacco may be legally purchased and used by eighteen year olds, its purchase and use by Michigan Center Public School student-athletes is prohibited.

3. ILLEGAL DRUGS INCLUDING MARIJUANA AND OTHER BANNED SUBSTANCES

The use or possession of these types of drugs is strictly prohibited for our student-athletes at all times.

Possession is defined as:

The student-athlete becomes part of a situation where alcohol or drugs are illegally present or being used.

CONSEQUENCES FOR CATEGORY III VIOLATIONS

To provide for the safety and health of our student-athletes, the following procedures, remedies and CONSEQUENCES are applied to any violation of your drug-free status with regard to the use of any ALCOHOL and TOBACCO violation.

- A. **First violation:** Loss of 25% of all contest dates.
- B. **Second violation:** Loss of 50% of all contest dates.
- C. **Third violation:** Suspension of athletics for the remainder of the student's high school career.

*** If a violation occurs when there are fewer contests than the listed percentage, the consequence will be carried over to the next season of participation.**

NOTE: It is not a violation of the Athletic Code for a student-athlete to be present in a situation such as a wedding reception or graduation open house where alcohol may be present in a legal manner under the direct supervision of adults. However, it is always illegal and a violation of the athletic code for a student-athlete to use alcohol in any situation.

SELF REPORTING

We encourage students to self-report violations therefore taking responsibility for their actions. Student-athletes "self-reporting" guidelines are as follows:

- A. Self-reporting only applies on the first offense.
- B. If the student self-reports, the athletic days of suspension can be reduced.
- C. Self-reporting must be made to a coach, Athletic Director, or other high school administration.
- D. The act of self-reporting must occur before the investigation into an alleged rule violation(s) begins.

SOCIAL MEDIA

Participation in athletics groups or teams is a privilege at Michigan Center Schools. The use of social media by a student considered to be Inappropriate may result in discipline including suspension or removal from the team.

Some Examples of inappropriate social media usage, including but are not limited to:

- A) Hateful messages based on protected characteristics(race, ethnicity, sexual orientation, gender)
- B) Sexually explicit material including song lyrics as well as sexually suggestive photos and Internet Memes should not be posted.
- C) Cyberbullying
- D) Criticism of coaches/teammates/school personnel

VII. ATHLETIC ELIGIBILITY

- A. MHSAA new rules effective with the 2009-10 school year, the minimum academic standard for athletic eligibility changes to "66 percent of credit load for a full-time student." If an athlete doesn't meet this standard they will be ineligible for 60 scheduled school days. This rule applies to semester grades.**
- B. To remain eligible, all Michigan Center athletes must be have a D or above in all of their classes including Career Center which will be checked on a weekly basis. These grades cumulate until the end of the semester.**
- C. Should an athlete receive any grade of D- or less on the weekly eligibility, he/she will have one week to bring up their grade to a D in order to become eligible.**
- D. Any Student not meeting eligibility requirements from failing classes in the**

Winter/Spring Semester must complete the appropriate summer school classes and carry a “C” average through the first half of the season to be allowed to play in the second half of the season and if at any time the student again becomes ineligible he/she will be dismissed from the team.

- a. *For a student who is served by special education: IEPC may dictate deviations to above standards.*

XI. PHYSICALS

No student shall be eligible to participate in Michigan Center High School athletics without a statement for the current school year certifying that the student has passed a physical examination and is physically able to compete in athletic practices and contests.

- A. A statement for the current school year is interpreted as any physical examination given on or after April 15 of the previous school year.
- B. This statement must be on file in the athletic director’s office before the student will be able to participate in any practice or contest of a school sponsored team.

X. ATTENDANCE POLICY

Student athletes must be in school at the beginning of fourth hour to be eligible for after school practices and games/contests.

A. Exceptions can be made for doctor appointments, funerals, etc. All exceptions, should be approved with the Athletic Director in advance. All exceptions must show proof of an appointment or doctor slip upon entering the building and signing in for the scheduled school day. In situations where competition is scheduled on a Saturday, excuses must be turned in before the end of the business day on Friday, or individuals will not be eligible for Saturday competition.

- 1. During the athlete's season, unexcused absences will cause them to miss the next scheduled game/contest.
- 2. Cutting a class or leaving school during lunch is unexcused.

B. Should any athlete be unexcused two (2) times during the same sport season, such actions will be construed as “conduct unbecoming an athlete.”

- 1. This would be a “Rule Violation” and treated as such.

XI. CUTS, SQUAD SIZES, TEAM TRANSFERS, OUT OF SCHOOL COMPETITION

- A. Cuts may be made only in the following sports: basketball, volleyball, baseball, softball, cheerleading and bowling.
- B. The head coaches, in the sports where cuts can be made, will determine the team sizes for varsity, junior varsity and junior high teams up to the number of game uniforms provided.
- C. Athletes will not be permitted to transfer from one sport to another sport during the same season, unless approved by both coaches and the Athletic Director.
 - a) If an athlete is cut from one sport, he/she may then go out for another sport during that season.

- D. Athletes may participate in more than one sport per season (dual sport) if they have met the following:
- a) There is written approval from both coaches, parents and the athlete **at least three school days prior to the start of tryouts for the upcoming sport/season.**
(summer season 3 days prior to tryouts)
 - b) The marking period before a dual sport request is submitted, the athlete must have achieved at least a C letter grade or better in each class.
 - c) During the time period of playing two sports, the athlete must maintain a C letter grade or better in each class.
 - d) The athlete cannot be listed on the weekly academic eligibility report during the time period that they are playing two sports.
 - e) If any of these expectations are not met the athlete must drop the secondary sport and continue to meet eligibility requirements for the primary sport.

***A STUDENT WHO QUILTS A SPORT MAY NOT PRACTICE FOR ANY OTHER SPORT WITHOUT PERMISSION FROM BOTH COACHES AND THE ATHLETIC DIRECTOR.**

F. LETTERS AND AWARDS

- A. An athlete must finish the season in good standing and meet all the requirements set up by the coach and/or school in order to receive any letters for athletic accomplishments.
- B. Good standing means attending practices (excluding time off because of injuries) or not being removed for academic, disciplinary, or training rule violations, etc.
- C. Athletic letters, pins or certificates are awarded on the recommendation of the coach for the successful completion of the athletic season.
- a) No awards are ever to be given unless that athlete has completed the entire season in good standing.
 - b) An athlete's first letter in any sport is the chenille letter.
 - c) First letters earned in a second or third sport receive medals.
 - d) Second and third awards in any sport receive certificates.
 - e) All four-year award winners receive a plaque.
 - f) A JV player called up to Varsity must compete in at least 20% of the remaining season in order to qualify for earning a Varsity letter.

G. STUDENT ATHLETE SIGNINGS / ANNOUNCEMENTS

- Division I and II signings will be handled on an individual basis in coordination with the athlete and representatives from the college/university.
- Division III and all other announcements will be handled in a group signing by season. College/university representatives will be informed of the date/time and are welcome to attend and bring any college/university promotional items.
- **ALL** signings / announcements will be held in the library, cafeteria or gymnasium.