

**CASSOPOLIS JUNIOR/SENIOR HIGH SCHOOL**  
**STUDENT ATHLETE–PARENT HANDBOOK**

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# ROSS BEATTY HIGH SCHOOL

## CONTACT INFORMATION

CASSOPOLIS HIGH SCHOOL

HOME OF THE RANGERS

COLORS – ROYAL BLUE & WHITE

ATHLETIC OFFICE: (269) 445-0543

Athletic Director/Dean of Students: Matt Brawley

Athletic Secretary: Michelle Anderson

High School Office: (269) 445-0540

Principal: Dave VanLue

School Resource Office: Tiffany Graves

The Cassopolis Public Schools system is a member of the **BCS Conference**.

All Varsity Sports Boys & Girls \$5.00 at the gate for all spectators.

**Student** Pre-sale *tickets* are available for \$2.00 for all regular season home varsity events and for all regular season away conference varsity events. Tickets will be sold the day of the events at all three schools in the district.

**Season Passes** are available through the Athletic Department.

## **Board of Education – 2014-15 School Year**

Scott Ward	President
Jason Pompey	Vice President
Susan Horstmann	Secretary
George Calvert	Treasurer
John Bright	Trustee
Jeremy Carlisle	Trustee
Lisa Cutting	Trustee
<b>Superintendent</b>	<b>Tracy D. Hertsel</b>

## **Mission Statement**

The staff of Cassopolis' Ross Beatty Schools believes that the school exists to produce responsible citizens who can successfully function in an ever-changing society. We are committed to upholding positive academic and behavior standards within a safe learning environment, which will encourage our students to develop self-respect and reach for their highest potential.

## **Student-Athlete Parent Handbook**

This handbook is a supplement to the Student Handbook, which provides guidelines for all 7<sup>th</sup> through 12<sup>th</sup> grade students of Cassopolis' Ross Beatty Schools. All sections of the student handbook also apply to student-athletes. Be sure to also review sections of the student handbook which specifically address *Title IX; Discrimination; Sexual Harassment; Student Rights of Expression, Student Concerns, Suggestions and Grievances; and Parental Involvement.*

## **Postponements/Cancellations**

When games or events are postponed and/or cancelled, it is the responsibility of the athletic office to inform the media. The announcement of postponement or cancellation will be made at the school as soon as possible.

**“RANGERS FIGHT SONG”**

**FIGHT, FIGHT, FIGHT FOR CHS  
RANGERS RIDE ON HIGH  
GO, GO, GO FOR VICTORY  
AND CHEER THE VARSITY**

**RAH, RAH, RAH**

**FIGHT, FIGHT, FIGHT FOR CHS  
RANGERS RIDE ON HIGH  
GO, GO, GO FOR VICTORY,  
AND CHAMPIONS WE WILL BE.**

## **MESSAGE TO PARENTS**

Your student has indicated a desire to participate in the high school interscholastic athletic program. Parents of student athletes also commit themselves to certain responsibilities and obligations, which are outlined on the Extra/Co-Curricular Programs Code of Conduct, along with the signature of your student-athlete, indicate that you understand and accept those responsibilities and obligations, and agree to cooperate with school personnel in enforcing the Extra/Co-Curricular Programs Code of Conduct.

**Informational team meetings will be offered at the beginning of each season. Athletes will not be allowed to participate in interscholastic competition until a signed athletic contract is on file in the athletic department. Upon request, individual meetings will be scheduled for parents who are unable to attend the informational meeting.**

Parents are encouraged and expected to model good sportsmanship at all times during athletic events. Input is encouraged when done properly (see parent-coach communications). Acceptable standards must be adhered to by adults. Failure to lead by example may result in removal from the event and/or future events. All parents are invited to join Cassopolis High School Booster Clubs and help promote and support the tradition of excellence associated with Cassopolis athletics.

## **MESSAGE TO ATHLETES**

Cassopolis High School has a long history and tradition of athletic excellence.

Your participation in athletics is a privilege and should be treated as such. Any time you wear the blue and white, you are representing yourself, your family, your school, and all those that have worn these colors before you. Your behavior should be above reproach in all areas. Your conduct will be closely observed by other students, staff, parents, and the community.

Failure to follow the rules established by the team and the Code of Conduct will result in disciplinary actions up to and including suspension from school, suspension from athletics, expulsion from school and/or denial of future participation in athletics.

## **PHILOSOPHY OF ATHLETICS**

The Cassopolis Public School District believes that interscholastic sports:

- Are an integral part of the total educational process for all students.
- Provide opportunities and experiences, which assist students in their personal adjustment and development.
- Help meet the students' needs.

- Provide good training habits necessary to learn sportsmanship, self-discipline, leadership and teamwork.
- Should strive for excellence.
- Provide the spirit of competition and sportsmanship for athletic teams.

A quality athletic program is the shared responsibility of the students, staff, parents, and community. It requires a supportive environment that allows for participation among students, staff, and parents. It is our expectation that our staff, coaches, and parents, also, represent themselves and the school in a very positive way when they attend any athletic event home or away. As with any successful team, we must all work together to ensure that Cassopolis Public athletics continue a tradition of excellence.

### **SPORTSMANSHIP EXPECTATIONS**

In keeping with Board policy and the guidelines of the High School Athletic Association, the following behaviors are expected of each group as that group fulfills its role in providing for an athletic program that is based on exemplary sportsmanship.

### **SCHOOL ADMINISTRATORS are expected to:**

- Develop a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school, the league/ conference, and the High School Athletic Association. This program should stress that disrespectful behavior, especially taunting, trash talking, and intimidation, will not be tolerated.
- Provide appropriate supervisory personnel for each interscholastic event.
- Support participants, coaches, and fans that teach and display good sportsmanship.
- Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches, and fans.
- Attend events whenever possible and function as a role model of good sportsmanship. This includes communication with spectators during an event what is acceptable and unacceptable behavior.

### **EACH COACH is expected to:**

- Exemplify the highest moral character, behavior, and leadership, adhering to strong ethical and integrity standards. Participating good citizenship is practicing good sportsmanship!
- Respect the integrity and personality of the individual athlete.
- Abide by and teach the rules of the game in letter and in spirit.
- Describe and define respectful and disrespectful behavior. Stress that disrespectful behavior, especially taunting, trash talking, and intimidation, will not be tolerated.
- Set a good example for players and spectators to follow.
- Refrain from arguments in front of players and spectators.
- Not use gestures which indicate an official or opposing coach does not know what s/he is doing or talking about.
- Not throw objects in disgust.
- Shake hands with the officials and the opposing coaches before and after the contest in full view of the public and demand the same of his/her players.
- Respect the integrity and judgment of game officials.

*The officials are doing their best to help promote athletics and the student athlete. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of all people at the event.*

- Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media.
- Confine his/her remarks to game statistics and to the performance of his/her team.
- Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
- Be no party to the use of profanity or obscene language, or improper actions.

**EACH STUDENT-ATHLETE is expected to:**

- Accept and understand the seriousness of his/her responsibility, and the privilege of representing the school, District, and community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist the student and others to achieve a better understanding and appreciation of the game.
- Treat opponents the way the student would like to be treated, as a guest or friend. Who better than the participating athlete can understand all the hard work and team effort that is required of the sport?
- Refrain from taunting, trash talking, and making any kind of derogatory remarks to opponents during the game, especially comments of ethnic, racial, or sexual nature.
- Refrain from intimidating behavior.
- Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat.
- Respect the integrity and judgment of game officials.

*The officials are doing their best to help promote athletics and the student athlete. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of all people at the event.*

- Win with humility; lose with grace. Do both with dignity. Avoid excessive celebrating after a play or end of a game.
- Establish standards of desirable behavior for the squad and attempt

**MEMBERS OF OTHER STUDENT GROUPS (PEP CLUB, BAND) are expected to:**

- Establish themselves as leaders in conduct before, during and after contest and events. Always provide positive support for the school's team, rather than intimidating or ridiculing the other team.
- Assist cheerleaders with yells, chants, etc., and be a working part of pep assemblies, with preparation, organization, and involvement.
- Treat opposing players, coaches, spectators, and support groups with respect and enthusiasm.

- Refrain from taunting or making any kind of derogatory remarks to opponents during the game, especially comments of ethnic, racial, or sexual nature.
- Conduct themselves in an exemplary manner, remembering they represent the school both at home and away.
- Respect the integrity and judgment of game officials.

*The officials are doing their best to help promote athletics and the student athlete. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of all people at the event.*

- Be exemplary role models by positively supporting teams in every manner possible, including content of cheers and signs.

**EACH SPECTATOR is expected to:**

- Remember that s/he is at a contest to support and yell for the team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student athletes if mistakes are sometimes made. Praise student athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in the classroom.
- Remember that a ticket to a school athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game, so that s/he may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups. Treat them as one would treat a guest in his/her own home.
- Refrain from taunting or making any kind of derogatory remarks to the opponents during the game, especially comments of ethnic, racial, or sexual nature.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.

- Refrain from the use of any controlled substances (alcohol, drugs etc.) before and during games, and afterwards near the event (i.e. tailgating).
- Use only those cheers that support and uplift the teams involved.
- Recognize and compliment the efforts of school and league administrators in emphasizing the benefits of educational athletics and the role of good sportsmanship to that end.
- Be a positive behavior role model through his/her own actions and by censuring those close by whose behavior is unbecoming.

**THE PUBLIC ADDRESS ANNOUNCER is expected to:**

- Be impartial. Announce the contest with no show of favoritism.
- Use proper language at all times.
- Be enthusiastic but calm.
- Not “talk over the crowd.”
- Not anticipate or second-guess calls by the officials or criticize official’s decisions, directly or indirectly.
- Be aware of the entire venue so that calm directions can be given in an emergency.

*Serious situations can be avoided if the announcer will caution the crowd against coming onto the playing surface, throwing things, and the like.*

- Permit no one to use the microphone (especially coaches during the game), except those in charge of the event and/or by design of those in charge of the event.
- Be responsible for whatever is said over the p.a. system.
- Announce convenient routes for spectators to leave the venue and caution the crowd to drive safely on its way home.
- Be aware that good sportsmanship is a very important part of interscholastic activities; reading a sportsmanship statement prior to the beginning of an event, and at key times during breaks in the action contributes to a positive, educational atmosphere.

## **PLAYING TIME FOR ATHLETES**

The athletic policy of the Board of Education states that interscholastic athletics should provide for the development of life-long attitudes and values toward doing one's best, strong teamwork, fair play, and good sportsmanship.

The District's purpose and, therefore, each coach's purpose for students participating in athletics is to stress the importance of physical fitness throughout life, to help students develop the attitudes and values indicated above, and to practice a mind-set and behaviors related to respect for opponents, coaches, officials, teammates, and spectators. Although winning is a desirable goal and something to strive for, it should not overshadow the educational purposes of athletics and the positive impact athletic activity can have on developing ethical, productive, and well-rounded citizens.

Since learning comes from doing, it is essential that coaches place participation by the maximum number of students as the top priority for their athletic teams. To that end, the following guidelines will apply.

### **Junior High School**

Equal practice and playing time for all participants, regardless of the potential impact on the outcome of the game. Playing time implies the opportunity for students to participate in all positions or skill areas of the sport.

### **Ninth Grade**

Equal practice time for all participants and each will play for at least a few minutes in every game, regardless of the potential impact on the outcome of the game. Playing time will be limited to those who attend practices sessions regularly and obey the rules of conduct.

### **Junior Varsity**

Equal practice time and the expectation of earned playing time determined for each game. Some playing time for all participants during the season for those who have earned it, regardless of the potential impact on the outcome of the game.

### **Varsity**

Equal practice time and only the expectation of earned playing time determined for each game. Except in a season in which a championship or tournament berth is likely, some playing time should be arranged for as many participants as possible, consistent with criteria listed above for earned playing time.

*Earned playing time is determined each week by the coach(es) based on the student's efforts to develop skill, maintain proper condition, demonstrate positive attitudes toward the game, practice, teamwork, fair play, and winning, and abide by the rules of conduct.*

Each coach will be responsible for administering High School Athletic Association, League, District, and team rules in a fair, consistent, and equitable manner keeping in mind the above-stated purposes of athletics.

The District will arrange for students, staff, and parents to participate in training activities related to good sportsmanship, ethics, and fair play in all athletic activities.

As an athlete and as parents, you can help us establish an outstanding reputation for good sportsmanship. We must all realize, displaying unsportsmanlike conduct can result in sanctions against the offending athlete, parent, and/or school. Always observe the following guidelines for good sportsmanship:

The good name of our school is more important than any contest won by unfair play.

- Accept decisions of officials without dispute. They are seldom responsible for your success, so do not blame them for your circumstances.
- Recognize and show appreciation for the fine play of your opponent.
- Be proud of our school's reputation and work hard to protect it.
- Cheer for your team, not against the opponent.
- Don't allow others' negative sportsmanship to become an excuse to do the same.

**PARENT/COACH RELATIONS** Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of others and provide greater benefit to the student. As parents, when your son or daughter becomes involved in our programs, you have a right to understand what expectations are placed on your student-athlete. This begins with clear communication from the coach of your student-athlete's program.

Communication you should expect from your son/daughter's coach:

Expectations the coach has for your daughter/son and the team:

1. Locations and times of all practices and contests.
2. Team requirements (i.e., fees special equipment, off-season conditioning, team/individual camps).
3. Procedure, should your student athlete become injured during participation.
4. Team rules, guidelines, and requirements for earning awards.

Communication coaches expect from student athletes:

1. Notification of any schedule conflicts in advance.

2. Special concerns in regards to a coach's philosophy and/or expectations.
3. Injury or circumstances that may endanger the athlete when participating.

As your son/daughter becomes involved in the athletic programs at Ross Beatty High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also be times when things do not go the way you or your student athlete wishes. At these times discussions with the coach are encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your student athlete, mentally and physically.
2. Ways to help your son/daughter to improve.
3. Concerns about your student athlete's behavior.

It is very difficult to accept your son/daughter's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your student athlete's coach. Other things, such as the following, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

**There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.**

**If you have a concern to discuss with a coach, the procedure you should follow:**

**Call the coach at the main office to set up an appointment.**

1. **If the coach cannot be reached, call the athletic director, and the meeting will be set up for you.**
2. **Please give yourself time to understand your concern before approaching a coach. Attempting to confront a coach before or after a contest or practice is not an ideal time. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

*What can a parent do if the meeting with the coach did not provide a satisfactory resolution?*

1. If the concern is not satisfactorily resolved after meeting with the coach, the athlete and/or parent(s) should discuss the situation with the athletic director informally in an attempt to resolve the situation.
2. If the athlete and/or parent(s) wish to make a formal complaint to the athletic director about the coach, it should be put in writing, with a copy provided to the coach.
3. The athletic director will investigate the complaint; and discuss the concerns with the coach and the head varsity coach. The investigation may include observation of practice sessions by the athletic director, if necessary. The results of the investigation and subsequent action(s) to be taken to resolve the complaint will be documented in writing by the athletic director.
4. If the formal complaint is not satisfactorily resolved by the athletic director, the athlete and/or parent(s) may appeal, in writing, to the principal. The principal will meet with the parties involved in a further attempt to resolve the situation.
5. If the complaint is not satisfactorily resolved at this level, the athlete and/or parent(s) may appeal to the Superintendent, or his/her designee, in writing.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

## **ATHLETIC OFFERINGS**

### **High School**

#### **Girls Sports-Fall**

Volleyball

Cross Country

Cheerleading

#### **Boys Sports-Fall**

Football

Soccer

Cross Country

### **Girls Sports-Winter**

Cheerleading

Basketball

### **Boys Sports-Winter**

Basketball

Wrestling

### **Girls Sports-Spring**

Soccer

Softball

Track and Field

### **Boys Sports-Spring**

Baseball

Golf

Track and Field

## **Junior High School**

### **Girl Sports-Fall**

Volleyball

Cheer

### **Boys Sports-Fall**

Football

### **Boys Sports-Winter I**

Basketball

Cheer

## **Girls Sports-Winter II**

Basketball

## **Boys Sports-Winter II**

Wrestling

## **Girls Sport-Spring**

Track and Field

## **Boys Sports-Spring**

Track and Field

## **TEAM MEMBERSHIP**

Cassopolis High School offers several athletic programs to accommodate the interests and skills of interested students. While some teams have limited numbers of players, students must try out for a position on the team. Other programs can accommodate unlimited numbers of team members.

## **Participation**

Participation in interscholastic athletics is voluntary. Each student must accept the responsibility of self-discipline as it relates to studies, conditioning, sportsmanship, and personal conduct. Also, each participant must agree to abide by sport, program, school training, and Michigan High School Athletic Association rules.

## **Athletes must agree to abide by:**

- a) Code of Conduct (signed by athlete and parents)
- b) Team rules
- c) Rules and regulations of Ross Beatty High School

## **Try-Outs**

Students wishing to participate on athletic teams must:

- a) Meet the residency requirements set forth by the Cassopolis.
- b) Meet the academic requirements

- c) Show proof of a physical exam and have on file in athletic office
- d) Sign the Extra/Co-Curricular Programs Code of Conduct

Students who join a team after the first official practice (date set by coach, which cannot be earlier than the Cassopolis beginning date) will practice with the team for an extended training period before being allowed to participate in an athletic contest. Students who participate in a fall or winter sport with an extended season (districts, regionals, etc.) will be able to participate in winter or spring seasons as soon as the previous season ends.

### **Cuts**

The district cannot provide a team for every student who wants to play interscholastic sports. Therefore, in some situations students will not make the team. The coach will provide information as to what criteria will be used to select team members. Participation in off-season or pre-season camps or meetings is not a determining factor. Factors that may determine team members include:

- Manageable number of participants
- Skills of individuals
- Team requirements by position

The athletes not making the team will be notified by the coach. This can be a very emotional and difficult time, please be as supportive of your athlete as possible.

### **Team Advancement**

The intent of advancing an athlete to a level beyond that at which he/she would normally play (9<sup>th</sup> grade athletes on the freshmen level, 10<sup>th</sup> grade athletes on the junior varsity level and 11<sup>th</sup> and 12<sup>th</sup> grade athletes on the varsity level) is to provide an exceptionally talented athlete an opportunity to enhance his/her experience and skill development, as well as contribute to the team, by participating at a higher level.

The head varsity coach is responsible for making the initial recommendation regarding who should be considered for team advancement in the program. The proposed team advancement must be discussed and approved by the athletic department, the head varsity coach, and the parent(s) prior to any discussion of the opportunity with the athlete. Academic progress, emotional maturity, and peer relationships, as well as athletic ability, will be considered as part of these discussions. If the athlete is advanced, he/she must be assured of an opportunity to improve his/her skills through playing time similar to what he/she would have had at the lower level. The team advancement decision must be assessed regularly by the coach, the athletic department, the athlete, and the parent(s). The placement decision may change during the season.

## **Equipment**

Athletes will be issued equipment with the provision that it will be returned at the end of the season. Athletes will accept the responsibility for the cost of lost equipment. Game uniforms will be issued prior to the first contest and are not to be worn at any time other than an athletic contest.

If lockers are required, they will be assigned prior to the start of the season. Athletes are to remove equipment and cleanout lockers immediately after the season ends. All lockers need to be available for cleaning and the start of the next season.

## **Transportation**

When school owned vehicles are provided for athletic contests, athletes are encouraged to ride the team bus to and from their athletic contest. If the student-athlete must use alternate transportation, the alternate must be by a parent/guardian. A transportation form must be approved by the Athletic Department 24 hours in advance for any exceptions. **Transportation is not normally provided for Saturday contests.**

## **Dropping Out of A Sport**

- Quitting a team is a serious matter. No athlete should quit a team without first discussing his/her intention to do so with the coach.
- An athlete will not be permitted to participate in another sport until the season of the sport/he she drops has been completed, unless mutually agreed to by both coaches.

## **M.H.S.A.A. Regulations**

The Michigan High School Athletic Association (MHSAA) has been the governing body of high school athletics in our state since 1924, and Cassopolis High School is part of the 768 public, parochial and private schools that have agreed to follow the rules and regulations MHSAA helps enact. The following is a summary of the MHSAA Ten-Point Checklist for Student Eligibility:

**Age...**A high school student is ineligible if they have reached their nineteenth birthday before September 1 of a current school year.

A seventh or eighth grade student who competes must be under fourteen (14) or fifteen (15) years of age respectively, except that a student who reaches that birthday on or after September 1 of the current school year is eligible for athletic contests for the balance of that year.

**Undergraduate Standing...**Students involved with high school sports cannot be a high school graduate.

**Physical Examination...**Students must have on file, in the athletic office, a physician's statement for the current school year (after April 15) certifying that he/she is physically able to compete in athletic practices and contests.

**Enrollment...**Students must be enrolled in school prior to the fourth Wednesday after Labor Day (1<sup>st</sup> semester) or the fourth Wednesday or February (2<sup>nd</sup> semester). A student must be enrolled in a minimum of four courses (20 credits) in the school of which he or she competes.

**Semesters of Enrollment...**Students cannot be eligible in high school for more than eight semesters and the seventh and eighth semesters must be consecutive. Students are allowed four first semesters and four-second semesters of competition and cannot compete if they have graduated from high school. When two seasons leading to a state championship of the same sport are offered in a school year, an athlete may participate in only one.

**Transfer Students...**A student in grades 9 through 12 who transfers to another school is not eligible to participate in interscholastic contest for one full semester unless the student qualified for immediate eligibility under one or more of fifteen published exceptions. Transfer rules DO NOT apply to the 7<sup>th</sup> and 8<sup>th</sup> graders.

**Undue Influence...**the use of undue influence by any person, directly or indirectly, associated with a school to secure or encourage the attendance of a student for athletic purposes shall cause the student to become ineligible for a minimum of one semester.

**Limited Team Membership...**After practicing or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the same season. Students in individual sports may participate in a maximum of two non-school individual meets or contests during the school season while not representing their school. Any participation in non-school individual meets during the high school season must be represented to the athletic department prior to participation.

**All Star Competition...**Students shall not compete at any time, in any sport, under MHSAA jurisdiction in All-Star Contests or national championships, regardless of the method of selection. Participation in such a contest shall cause that student to become ineligible for a maximum period of one year of high school enrollment.

**Awards and Amateurism...**Students cannot receive money or other valuable considerations for participating in MHSAA-sponsored sports or officiating in interscholastic athletic contests, except as allowed by the HANDBOOK. Students may accept, for participation in MHSAA-sponsored sports, a symbolic or merchandise award, which does not have a value over \$15.00. Banquets, luncheons, dinners, trips, and admission to camps or events, are permitted if accepted "in kind". Awards in the form of cash merchandise, certificates, or any other negotiable document are not allowed.

## **ATHLETIC ACADEMIC ELIGIBILITY**

### **Junior/Senior High**

#### **Previous Semester Record**

No student shall compete in any athletic contest during the current semester that does not have to his or her credit in the official records of the school represented, at least 20 credit hours of work for the last semester during which he or she shall have been enrolled in grades 9 to 12, inclusive. A student entering the 9<sup>th</sup> grade for the first time may compete without reference to his/her record in the 8<sup>th</sup> grade (except those who had eligibility advanced under Regulation III, Section 2 (C)).

Beginning with the 2013-14 school year, the district has a Zero "F" Policy. Week 1, probation; Week 2, sit a week; Week 3, off the team. If an athlete ends the semester with an F, they cannot participate until the "F" is made up. All eligibility will be checked on Monday starting with the third week of school.

Other factors:

A student entering 7<sup>th</sup> or 9<sup>th</sup> grade for the first time may compete without reference to his or her record in 6<sup>th</sup> or 8<sup>th</sup> grade.

Co-op work experience, shared time, or any other student attending partial days must have passing grades in 20 credit hours.

Courses or classes taken in another school or program will be counted towards eligibility and grades will be checked as stated above if they are to be included for credits toward graduation.

In extenuating circumstances, a student may obtain credits through summer school, night school, or by correspondence courses, to become eligible to participate during the following semester. All courses for credit outside the regular classes conducted at Cassopolis Public Schools

**MUST HAVE PRIOR APPROVAL** from the high school Principal or designee. Eligibility may be reinstated during the next semester when the school accepts the credit. This form of reinstatement will only be accepted once during an athlete's high school enrollment.

A transfer student to the district may not compete until an official transcript is received from the last school attended.

A student receiving all passing grades in a complete schedule of classes is eligible, regardless of his or her GPA.

### **ATTENDANCE REQUIREMENTS**

- Attendance at all practices and contests is expected.
- Attendance in all classes of each school day is required for students to be eligible to participate in practices and contests that day/night. In the event of a Saturday contest, the athlete must be in attendance the entire school day on Friday, and on any day before a vacation if an event should occur during vacation time. A student who has an exempt absence because of a funeral, medical appointment, field trip or some other school approved activity is considered to be in school for that day. Exceptions will be dealt with on an individual basis through the athletic department.
- Athletes who are absent or tardy the day after a contest can expect an unexcused absence for classes missed or tardy. It is not acceptable to miss classes because of getting back late from an athletic event.
  - Absences from a contest and/or practice session are excused only at the discretion of the coach and/or athletic department. It is hoped that such a practice be discouraged.

### **PHYSICAL EXAMINATION**

Athletes must obtain a physical exam, signed by an M.D., D.O., Physician's Assistant, or Nurse Practitioner who administered the physical exam, stating that the student is physically able to compete in athletic practices and contests. Forms are available at the high school athletic office. The physical must be dated after April 15, 2014 for the 2014-2015 school year. Athletes must have a copy of their physical on file in the school athletic office before they may participate in any practice or game.

Physicals may be obtained from your family doctor or at the Lakeland Family Clinic which provides the service for student-athletes in our district by appointment.

## UNDERSTANDING CONCUSSION Educational Material for Parents and Students (Content Meets MDCH

Requirements) Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

# UNDERSTANDING CONCUSSION

## Some Common Symptoms

Headache	Balance Problems	Sensitive to Noise	Poor Concentration	Not "Feeling Right"
Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	"Feeling Down"	Sleep Problems
		Grogginess		

### WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

### IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

### SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can't recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

### CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Repeated vomiting or nausea
- Becomes increasingly confused, restless or agitated
- Is drowsy or cannot be awakened
- Slurred speech
- Has unusual behavior
- A headache that gets worse
- Convulsions or seizures
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)
- Weakness, numbness, or decreased coordination
- Cannot recognize people/places

### HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to [www.cdc.gov/concussion](http://www.cdc.gov/concussion).

# **CONCUSSION AWARENESS**

## **EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM**

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by \_\_\_\_\_

\_\_\_\_\_ Sponsoring Organization

\_\_\_\_\_  
Participant Name Printed

\_\_\_\_\_  
Parent or Guardian Name Printed

\_\_\_\_\_  
Participant Name Signature

\_\_\_\_\_  
Parent or Guardian Name Printed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

Return this signed form to the sponsoring organization that must keep on file for the duration of participation or age 18.

Participants and parents please review and keep the educational materials available for future reference.

## **MODEL POLICY FOR MANAGING HEAT & HUMIDITY**

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in the files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.
2. Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.
3. **If the Heat Index is below 95 degrees:**
  - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - Optional water breaks every 30 minutes for 10 minutes in duration.
  - Ice-down towels for cooling.
  - Water/monitor athletes carefully for necessary action.

### **If the Heat Index is 95 degrees to 99 degrees:**

- All Sports
  - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - Optional water breaks every 30 minutes for 10 minutes in duration.
  - Ice-down towels for cooling.
  - Watch/monitor athletes carefully for necessary action.
- Contact sports and activities with additional equipment:
  - Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

**If the heat Index is above 99 degrees to 104 degrees:**

- All Sports
  - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - Mandatory water breaks every 30 minutes for 10 minutes in duration.
  - Ice-down towels for cooling.
  - Water/monitor athletes carefully for necessary action.
  - Alter uniform by removing items if possible.
  - Allow for changes to dry t-shirts and shorts.
  - Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
  - Postpone practice to later in the day.

**If the Heat Index is above 104 degrees:**

- All Sports
  - Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

**NOTE: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.**

# HEAT INDEX CALCULATION AND CHART

Temperature (Fahrenheit)

		79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
Relative Humidity at Site	100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188	196
	99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186	193
	98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184	191
	97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182	189
	96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180	187
	95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179	185
	94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177	183
	93	83	86	89	92	96	99	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175	181
	92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173	179
	91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171	178
	90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170	176
	89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168	174
	88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166	172
	87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164	170
	86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	151	156	162	168
	85	83	85	87	90	93	96	99	102	106	110	113	117	122	126	130	135	140	145	150	155	161	167
	84	83	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159	165
	83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158	163
	82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	136	141	146	151	156	162
	81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	153	160
	80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153	158
	79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151	157
	78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150	155
	77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148	153
	76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147	152
75	82	84	85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145	150	
74	82	83	85	87	90	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144	149	
73	82	83	85	87	89	91	94	96	99	102	105	108	111	115	118	122	126	130	134	138	143	147	
72	82	83	85	87	89	91	93	96	99	101	104	107	111	114	117	121	125	129	133	137	141	146	
71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140	144	
70	81	83	85	86	88	90	93	95	98	100	103	106	109	112	116	119	123	126	130	134	138	143	
69	81	83	84	86	88	90	92	95	97	100	102	105	108	111	115	118	122	125	129	133	137	141	
68	81	83	84	86	88	90	92	94	97	99	102	105	108	111	114	117	121	124	128	132	136	140	
67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135	139	
66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133	137	
65	81	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118	121	125	128	132	136	
64	81	82	84	85	87	89	91	93	95	97	99	102	105	108	110	114	117	120	123	127	131	135	
63	81	82	84	85	87	88	90	92	94	97	99	101	104	107	110	113	116	119	122	126	130	133	
62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128	132	
61	81	82	83	85	86	88	90	91	93	96	98	100	103	105	108	111	114	117	120	124	127	131	
60	81	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119	123	126	129	
59	81	82	83	84	86	87	89	91	93	95	97	99	102	104	107	109	112	115	118	122	125	128	
58	81	82	83	84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124	127	
57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123	126	
56	80	81	83	84	85	86	88	90	92	93	95	98	100	102	105	107	110	113	115	118	122	125	
55	80	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117	120	124	
54	80	81	82	83	85	86	87	89	91	93	94	96	99	101	103	106	108	111	114	116	119	123	
53	80	81	82	83	84	86	87	89	90	92	94	96	98	100	103	105	107	110	113	116	118	121	
52	80	81	82	83	84	86	87	88	90	92	94	96	98	100	102	104	107	109	112	115	117	120	
51	80	81	82	83	84	85	87	88	90	91	93	95	97	99	101	104	106	108	111	114	116	119	
50	80	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115	118	
49	80	81	82	83	84	85	86	88	89	91	92	94	96	98	100	102	105	107	109	112	115	117	
48	80	81	81	82	84	85	86	87	89	90	92	94	96	97	100	102	104	106	108	111	114	116	
47	80	81	81	82	83	85	86	87	88	90	92	93	95	97	99	101	103	105	108	110	113	115	
46	80	80	81	82	83	84	85	86	87	88	90	91	93	95	96	98	100	103	105	107	109	112	
45	80	80	81	82	83	84	85	86	87	88	89	91	92	94	96	98	100	102	104	106	109	111	
44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	97	99	101	103	106	108	110	113	
43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109	112	
42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	96	98	100	102	104	106	109	111	
41	79	80	81	82	83	85	86	87	88	90	91	93	94	96	98	100	101	104	106	108	110	112	
40	79	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107	109	
39	79	80	81	81	82	83	84	85	86	88	89	90	92	93	95	97	98	100	102	104	106	108	
38	79	80	80	81	82	83	84	85	86	87	89	90	91	93	95	96	98	100	102	104	106	108	
37	79	80	80	81	82	83	84	85	86	87	88	90	91	93	94	96	97	99	101	103	105	107	
36	79	80	80	81	82	83	84	85	86	87	88	89	91	92	94	95	97	99	100	102	104	106	
35	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	95	96	98	100	102	104	106	
34	79	79	80	81	82	82	83	84	85	86	88	89	90	92	93	94	96	98	99	101	103	105	
33	79	79	80	81	82	82	83	84	85	86	87	89	90	91	93	94	96	97					

## **DUAL PARTICIPATION**

A dual sport athletic form is available from the athletic department. This form will establish priorities, conditions, and criteria for competition in activities which occur in the same season. Please complete this form with all necessary signatures to the athletic department prior to the start of competition. **Both coaches must agree in order for athlete to participate in both sports.**

## **EXTRA/CO-CURRICULAR PROGRAMS CODE OF CONDUCT**

### **Introduction**

Cassopolis High School has high expectations for all students involved in public performances. Students' behaviors will always be linked with the reputation of our school and community. As ambassadors of our school and community, participating students carry a responsibility to represent Cassopolis High in a position manner. Consequently, the following Code of Conduct was developed to promote positive educational opportunities for students.

The Cassopolis High School Code of Conduct for Extra/Co-Curricular Programs applies to all students who participate in school performances (i.e., athletic contests, drama, band and choir performances, etc.). The Code of Conduct is applicable throughout the entire calendar year (365 days, on or off school property).

If there is an alleged violation of the Code of Conduct, an investigation will be students currently participating in extra/co-curricular activities will start their high school career on the last day of 8<sup>th</sup> grade.

## **CASSOPOLIS HIGH SCHOOL EXTRA-CURRICULAR PARTICIPATION POLICY**

Students who choose to participate in extracurricular activities (including athletics) should realize that is a privilege, which must be earned by continuously adhering to certain rules, and guidelines, which govern their behavior. Any participation of an extracurricular activity who engages in behavior that is deemed by the coach, advisor or administration to be in violation of appropriate citizenship, or basic training rules may be subject to disciplinary action up to, and including, dismissal from the activity.

Such regulations are in effect 365 days a year, both on and off school grounds.

## **GENERAL RULES – LOCAL**

- 1) Injuries – All injuries, whether they occur during practice or competition, shall be reported to the coach immediately. If a student is under medical care for an injury, a medical release will be required before the student will be allowed to return to practice or competition.

- 2) Signed Forms - Students must return signed athletic policies, medical history, risk form, and any other forms to the head coach or Athletic Director, as directed.
- 3) Theft - Any theft of items belonging to teammates or the Athletic Department or thefts which occur during the athlete's attendance at practice or a game, whether home or away, will result in the athlete being suspended from athletic participation for at least two sport seasons.
- 4) Equipment – All equipment issued will be the responsibility of the athlete. The athlete will be assessed the replacement cost for all lost, stolen, or abused equipment. Fees must be paid before further equipment is issued. No athletic awards will be given to students until fees are paid. If equipment is still not returned students' grades will be held until it is returned or paid in full.
- 5) Suspension – If a student is suspended from attending two or more regular classes, he or she is NOT permitted to practice, participate, or attend any athletic event during the period of suspension. This includes in-school or out-of-school suspensions. The suspension period for athletes will be those days on which the students serve the suspension. If the suspension spans a weekend (Saturday and Sunday), the athlete may NOT participate in practice or competition until he/she returns to regular classes. If the suspension spans three or more days, such as vacation periods, the student may practice, but not compete or attend contests non-school days. A student whose suspension period has been fully served by the end of the day preceding a holiday or a Friday, may participate on Saturday, or the Holiday, but not on the final day of the suspension, unless he or she has returned to class (example – owes ½ day suspension).
- 6) Awards Presentation – Athletes must be present to receive an award, unless arrangements are made in advance with the Athletic Director or athletic office.
- 7) Transportation – Athletes are expected to ride to and from all contests with the team, unless prior written arrangements have been made with the building Principal or the Athletic Director. A coach may give a student permission to ride home with a parent from a game, provided the parent personally speaks to the coach and signs a release with the coach, and is driving his/her own vehicle.
- 8) Coaches Rules – Athletes are expected to follow all rules established by the coach. Coaches establish rules for practice, participation, and corresponding penalties. All athletes are expected to cooperate with administrators, teachers, students, and to show good sportsmanship towards fans, and athletes from home and visiting schools.
- 9) Attendance – A student must attend all classes on the day of a contest. If the student has a legitimate reason for a part of the day of the contest, the PARENT must speak directly with the Athletic Director or Principal for a decision. If the

absence was non-illness related, it must be verified. For example, if a student has a dental appointment, he or she would come to school, be signed in our out by a parent, and provide an appointment card with date and time listed.

If an absence occurs on the day prior to a weekend or a vacation period, the athlete is presumed ineligible during vacation or weekend period and will NOT be permitted to participate. To become eligible to participate, the parent or legal guardian of the athlete must contact the Athletic Director or head coach by phone or in person prior to the contest for permission to compete.

Student athletes are expected to attend all classes, including first hour, the day following competition. For all absences relating to the days of a contest, it is necessary for the parent or guardian to contact the Athletic Director by 10:00 a.m. on the day of the contest for the reason of the absence.

10) Insurance – Effective with the fall sport season of the 2014-15 school year, the district will no longer provide student insurance. Insurance coverage will now be the responsibility of the parent/guardian.

11) Tobacco/Alcohol/Illicit Substances – During the school year and sports season, regardless of quantity, a student shall not:

- a) Consume or be in possession of a beverage containing alcohol.
- b) Use or be in possession of tobacco or tobacco products.
- c) Consume, have in possession, buy, sell, or give away marijuana, steroids, illegal or illicit substances, or look-alike drugs.

It is not a violation for a student to be in possession of a legally defined medication specifically prescribed for the student's own use by his/her physician. If an athlete voluntarily turns himself or herself in to a coach or the Athletic Director, and admits to have a problem with tobacco, alcohol or any controlled substance (before the athlete is found to have his problem by the Athletic Department), he or she will not receive any penalty for the first offense during his/her athletic career. The athlete will be referred to counseling. Any subsequent offenses will be dealt with according to the Athletic Policy.

### **APPEAL PROCEDURES**

Any athlete suspended from competition by a coach for a violation of a coaching rule may appeal to the Athletic Director within three (3) days of the coach's decision. The Athletic Director will conduct an investigation and make a determination within three (3) days of the appeal.

Decisions by the Athletic Director, which result in the suspension of an athlete, may be appealed to the Athletic Council within seven (7) days after the date of suspension. The appeal must be in writing and directed to the Athletic Director. The Athletic Council will hear individual student's appeals. The Athletic Council is made up of 3 head coaches from different sports. The council will change due to the season and availability. They will examine the facts in the case and determine if sufficient grounds exist to assess the penalties stated herein.

## **Code of Conduct**

It is the district's expectation that no member of a Cassopolis High School or Junior High School extra/co-curricular activity will:

**Code Item #1 Knowingly use, have possession of, or assist other students in the use of the following:**

- A. Tobacco/tobacco products in any form
- B. Alcoholic beverages
- C. Any form of illegal drugs/drug paraphernalia
- D. Misuse of any prescribed drug or over the counter drug/chemical

## **Consequences for Violation of Code Item #1**

**First Offense:** \*Suspended from 33% of the events for the entire current activity(ies). When the suspension is not completed in the consequences to be fulfilled, students must complete all activities/seasons in good standing.

In order to continue participation, parents must provide documentation that the student is involved in a certified/qualified substance use and abuse assessment program, including cooperation in post-assessment recommendations. Students who fail to comply with the terms of this intervention process will be prohibited from participation in all extra/co-curricular activities for one calendar year.

**Second Offense:** \*Suspended from all activities for one calendar year from the date of offense. The student will be ineligible to receive any further awards within the immediate activity/season. In order to continue participation in any extra/co-curricular programs, parents must provide documentation that the student is involved in a certified/qualified substance use and abuse assessment program, including cooperation in post-assessment recommendations. Students who fail to comply with the terms of this intervention process will be prohibited from participation in all co/extra-curricular activities for the remainder of his/her high school or Junior High school career.

**Third Offense:** \*The student will be prohibited from participating in all extra/co-curricular activities for the remainder of his/her high school or Junior High school career.

**Code Item #2 Exhibit behavior, which is detrimental to his/her school or community. (Note: Misdemeanors or felonies fall under the criminal code, which occur in or out of school, will be included.) The school may take disciplinary action regardless of whether or not legal action results in a conviction.**

### **Consequences for violation of Code Item #2**

**First Offense:** \*Suspended from 25% of the events for the entire current activity(ies). When the suspension is not completed in one activity or season it will be carried over to the next. In order for consequences to be fulfilled, students must complete all related activities/seasons in good standing. The activity supervisor and administrator will decide whether or not the student will attend practices, games, rehearsals and/or performances.

**Second Offense:** \*Suspended from 50% of the events for the entire current activity(ies). When the suspension is not completed in one activity it will be carried over to the next. In order for consequences to be fulfilled, students must complete all related activities/seasons in good standing. The activity supervisor and administrator will decide whether or not the student will attend practices, games, rehearsals and/or performances.

**Third Offense:** \*Termination of any further participation in school sponsored extra-co/curricular activities for the duration of the student's Junior High school or high school career.

A gross violation may result in termination of any further participation in school sponsored extra/co-curricular activities for the duration of the student's Junior High school or high school career.

### **Self-Disclosure**

Students who seek help regarding a chemical dependency problem shall not be subject to disciplinary action provided that:

- A. There exists no violation at the time the student seeks help (e.g. the student is not in possession or under the influence of alcohol or other unlawful drugs etc.) and, in the opinion of the administrator, the spirit of the policy has not been violated: and
- B. No subsequent violation occurs.

## **DISQUALIFICATION FROM A CONTEST**

Michigan High School Athletic Association Regulation V Section 3 (D). The following policies for disqualification shall apply in all sports:

- When a student is disqualified during a contest for flagrant or unsportsmanlike conduct, that student shall be withheld by his/her school for at least the next contest/day competition for that team.
- When a coach is disqualified during a contest for unsportsmanlike conduct, that coach shall be prohibited by his/her school from coaching at or attending at least the next day of competition for that coach's team.
- Any coach who is disqualified for unsportsmanlike conduct two or more times during a season, any player who is disqualified for unsportsmanlike conduct three or more times during a season, and any coach or player who is ejected for spitting at, hitting, slapping, kicking, pushing, or intentionally and aggressively physically contacting an official at any time during that season, is not eligible to participate in the MHSAA tournament for that sport that season. If the tournament disqualifying ejection for that individual occurs during the MHSAA tournament, that player or coach is ineligible for the remainder of that tournament.
- Failure of the school, for any reason, to enforce this regulation will prohibit the school from entry in the next MHSAA tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during an MHSAA tournament or during the last regular season contest/day of competition.
- Disqualification from one season carries over to the next season in that sport for undergraduates and coaches, or the next season in any sport for seniors.
- If the playing rules for a sport specify an additional penalty or more rapid progression, or use of such a progression for other violations, the playing rules apply.
- Violation of Michigan High School Athletic Rules will be reported to the Michigan High School Athletic Association.

## **ATHLETIC AWARDS/RECOGNITION**

A Cassopolis High School student can earn one varsity letter, one anchor and one set of graduation numerals per high school career.

**Freshman...**Each ninth grade athlete will receive numerals.

**Junior Varsity...**Each first year junior varsity team member will receive an anchor. Junior Varsity team member will receive certificate only when they have previously received an anchor.

**Varsity...**Each first year varsity team member will receive a varsity letter. Each second year varsity team member will receive a certificate, third and fourth year will receive a plaque.

**Participant Certificate...**Any athlete or manager who does not qualify for the award at that level will receive a participation certificate.

**Special Awards...**Certificates are available for special awards given by the team.

**Award Banquets/Ceremonies Dress Attire...**Students are reminded they are representing the school and the community and must adhere to the following: no jeans, no shorts and all dresses and skirts must remain with in school policy of fingertip length.