

RIVERVIEW COMMUNITY HIGH SCHOOL

ATHLETIC HANDBOOK

Over the years, Riverview Community Schools have been recognized as demanding high standards in performance, facilities and equipment in all educational programs. Athletics is very much a part of the total program. The desired outcome of all athletic competition is to emerge victorious, but it is far more important to use the athletic experience and its valuable lessons to develop character and desirable citizenship traits. The continual effort to improve shall ever be present, and excellence, along with quality, is our goal.

At Riverview High School, more is expected of student athletes than compliance with minimum requirements in the classroom, in the school, and on the athletic field. Athletes are expected to be leaders in the school, in the classroom and in sports. In keeping with this philosophy, a student's citizenship, scholastic record and athletic ability determine participation.

This handbook and all provisions included are for students participating on all Riverview Community School District teams. The following "Athletic Code" was developed by the Michigan High School Athletic Association, and as a member school, we believe it embodies the highest principles that participation in athletics requires.

The Contest Demands

1. Fair play at all times.
2. A square deal to opponents by players and spectators.
3. Playing for the joy of playing and for the success of the team.
4. Playing hard to the end.
5. Keeping one's head and playing the game, not talking it.
6. Respect for officials and the expectation that they will enforce the rules.
7. An athlete should not quit, cheat, bet, "grandstand", or abuse his/her body.

The School Demands

1. Out of school and out of town conduct of the highest type.
2. Faithful completion of school work as practical evidence of loyalty to the school and team.
3. Complete observance of training rules as a duty to school, team and self.

Sportsmanship Demands

1. Treatment of visiting teams and officials as guests, and the extension of every courtesy to them.
2. Giving opponents full credit when they win, and learning to correct one's own faults.
3. Modesty and consideration when one's own team wins.
4. An athlete will not boast when his/her team wins, or blame the officials when it loses.



SPORTS OFFERED

The following sports are offered at Riverview High School:

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Varsity Cross Country	Varsity Boys Bowling	Varsity Baseball
Varsity Sideline Cheer	Varsity Girls Bowling	JV Baseball
JV Sideline Cheer	Varsity Boys Basketball	Fresh Baseball
Varsity Football	JV Boys Basketball	Varsity Boys Golf
JV Football	Fresh Boys Basketball	Varsity Boys Rowing
Varsity Girls Golf	Varsity Girls Basketball	Varsity Girls Rowing
Varsity Boys Soccer	JV Girls Basketball	Varsity Girls Soccer
JV Boys Soccer	Varsity Competitive Cheer	JV Girls Soccer
Varsity Girls Swim	JV Competitive Cheer	Varsity Softball
Varsity/JV Boys Tennis	Varsity Dance	JV Softball
Varsity Volleyball	Varsity Hockey	Varsity/JV Girls Tennis
JV Volleyball	Varsity Boys Swim	Varsity Boys Track
Fresh Volleyball	Varsity Wrestling	Varsity Girls Track

The following sports are offered at Seitz Middle School:

FALL	WINTER	SPRING
Football	8th Basketball Boys	8th Baseball
8th Volleyball	7 th Basketball Boys	7 th Baseball
7 th Volleyball	8th Basketball Girls	8th Softball
Cross Country	7 th Basketball Girls	7 th Softball
	Cheer	Track
	Swim	
	Wrestling	

TEAM RULES

PHILOSOPHY FOR ATHLETES

Instead of worrying about your game, go out and work on your weakness. Be confident that you can and must improve. Respect your opponent's abilities and recognize your weaknesses that must be improved.

Set definite goals for yourself; try to keep moving up on the squad. You should always strive through training, while practicing and during games, to improve your skills and abilities. It is a good feeling when you are satisfied with your performance, but you should never let yourself become content. It is often said that an athlete must always be improving, or he/she begins to get worse.

Do as much as you can in every game to help the team. Avoid being critical of teammates; this is the coach's job. Avoid alibis. Avoid forming small groups on the team. Take all personal grievances and problems to the coach.

You, as an athlete, cannot do some of the things other students do. If you are not willing to "pay the price", it is best for you not to try to participate in athletics. Older members of the squad are expected to set an example and be leaders for the rest of the team.

STUDENT ATHLETES - STUDENT CODE OF CONDUCT

Athletes, while participating and/or involved in school-approved activities, including athletics, will be under the guidelines of the Student Code of Conduct where problems of discipline are involved.

TRAINING RULES

Training rules are established by the coach so that we understand what is expected of athletes. Each athlete shall be given a copy of team and training rules by the coach. In order to give our very best effort, athletes must be in the best of physical condition possible, and this includes following training rules. We would be foolish to work hard in practice and not realize the most from it due to poor training habits. Many talented athletes have not reached their full potential and have allowed a great deal of talent go to waste because of poor training habits. Such things as proper sleep, proper diet, and the avoidance of tobacco, alcohol and illegal drugs will make the difference between winning and losing.

ATHLETIC AWARDS

The criteria for awarding Varsity awards is the responsibility of the Varsity Coach of the individual sport. The Varsity coach must present his/her criteria at the beginning of the season for such award. The athlete must complete the season in good standing as deemed by the head coach and/or the Athletic Director.

1st year award -	Varsity "R" and certificate
2nd year award -	Metal pin and 2nd year certificate
3rd year award -	3rd year certificate
4th year award -	Senior plaque

CARE OF EQUIPMENT

The equipment issued to you as a participant in athletics represents a capital investment of hundreds of dollars annually. The proper care of this equipment is expected, and is your responsibility. It is issued for your use only, and is not to be used for personal purposes, or by anyone other than yourself. You will be held responsible for reimbursing the cost of equipment lost or damaged through negligence.

VIOLATIONS AND PENALTIES

Conduct listed below will not be permitted by the Riverview Athletic Staff under any circumstances during the entire year (12 months a year, in or out of season, on or off school grounds.) This applies to all athletes in sports programs recognized by the Riverview Board of Education.

1. Smoking/tobacco products
2. Alcohol - use or possession of
3. Illegal use or possession of any controlled substance
4. Stealing or vandalism
5. Conviction of any felony
6. Hazing

Any athlete found to have violated any of the rules listed above shall be subject to the following discipline:

1st Offense- Suspension for 20% of the total scheduled interscholastic games, including tournament games, for that season. (When calculating the number of games suspension, fractional calculations will be rounded up to the next whole number.) Should 20% not remain; the remainder of games suspended will be carried over to the next participating level. During the suspension, the student must continue to practice with the team. If the violation involves a controlled substance or alcohol, the student shall attend a substance/alcohol abuse program recommended by school officials as a precondition to further participation in the athletic program. The student must complete 12 hours of the program within a reasonable period of time.

2nd Offense- Suspension from athletic competition for 50% of the total interscholastic games for that season, with the same conditions applied as above.

3rd Offense- Suspension from all athletic contests for one year from the date of the violation.

If the violation is #5 above, the penalty will be suspension from all athletic contests for one year from the date of the violation for the first offense.

The forgoing is intended to be minimal penalties: the school district can take additional or more severe action if it is determined that such penalty is warranted. A meeting with the student-athlete, coach, parent, and Athletic Director may be held concerning any of the preceding violations subject to the appeal process in the student code of conduct.

DISMISSAL FROM THE TEAM

The coach and/or asst. coach will set the team rules. Each participating athlete will receive a copy of these rules. Coaches may temporarily suspend or permanently suspend from a team any athlete who violates the rules and/or conducts him/herself in a manner that is detrimental or disruptive to the welfare of the team. The coach will notify the suspended athlete and his/her parent of the reason for the suspension.

Any athlete permanently suspended from a team may appeal within three school days to the Athletic Director for reinstatement with his/her parents, as long as the reason for the dismissal does not have to do with the coach's assessment of the athlete's ability. It is strongly advised that athletes meet with the coach concerning all personal grievances and problems so that an understanding may be reached and suspensions avoided.

PRACTICE SESSIONS

In so much as the Riverview Athletic Dept. recognizes the need to develop a competitive spirit, the necessity for all athletes to attend practice on a regular basis is evident. If a student athlete cannot attend a practice session for any reason, it is the **student's responsibility** to notify the coach. Participation in a school sport is a commitment on the part of the student athlete to be at every practice and every contest. However, at all levels, acceptable excuses for absence to athletic practice without penalty include verifiable illness, death in the family, religious requirements, serious family problems, and verifiable family commitments. The loss of a starting game position is **not** to be considered a penalty. Penalties for unexcused absence could include additional practice requirements and/or game suspensions. Excessive unexcused absences could lead to team expulsion with the consent of the

Athletic Director. This policy should in no way restrict the coach's responsibility to evaluate athletes and assign game or meet positions in a manner that the coach determines will best benefit the team.

High school athletic teams may practice before or after school, during vacation periods and/or weekends with the dates and times to be established by the Athletic Director. Sunday practices are not permitted except in unusual situations, and then only with permission of the Athletic Director. Practices during holidays, Sundays or summer vacation are not mandatory. Practice days in August after the first official start of fall sports practice as permitted by MSHAA rules are not considered to be vacation days, but an official part of the athletic school calendar. Coaches are responsible for opening and securing the athletic facilities. Coaches and players are responsible to help keep athletic facilities clean during practice sessions. The Athletic Director will establish procedures for opening and closing the building via the alarm system.

ATHLETIC ATTENDANCE GUIDELINES

In the event an athlete has a conflict with another school-sponsored athletic, academic, or extracurricular activity, priority will be given to an athletic contest, academic program, or extracurricular program over a practice, or rehearsal session for an activity. Students will not be subject to any academic penalty, or be prevented from participating, by virtue of missing the practice or rehearsal session.

If a conflict occurs with an athletic contest being scheduled at the same time as an academic or extracurricular program, the Athletic Director will reschedule the athletic contest if possible. If the conflict isn't resolved by rescheduling either activity, the student will have a choice, unless there is an academic requirement (advanced authorized course requirement) for the non-athletic activity. In that case, the student must participate in the academic activity.

A student absent from school or serving ISS or OSS may not participate in or attend a practice session or scheduled activity on that calendar day. However, a student may be excused for all or a portion of the school day through the Principal's office and still participates in the school functions on that day.

STUDENT / TEAM TRAVEL

ALL games, invitationals, tournaments and scrimmages are to be scheduled by the Athletic Director. Coaches are encouraged to bring suggestions and ideas to the Athletic Director well in advance of the desired date of competition.

All trips must be approved by the Athletic Director at least one month prior to the competition date. All paperwork listed below must be submitted to the Athletic Director no later than two weeks prior to the competition date. Failure of the coach to meet these deadlines will result in the trip being cancelled. Coaches who schedule trips without prior approval from the Athletic Director and/or the High School Principal will be subject to disciplinary action and will be held responsible for all expenses associated with the cancellation of the trip (entry fees, hotel deposits, etc.).

All athletic trips are to be approved by the Athletic Director. All OVERNIGHT trips are to be approved by both the Athletic Director and the High School Principal. Coaches wishing to take an athletic team on an overnight trip to a competition must be prepared to present to the Athletic Director a detailed plan prior to the scheduling of the competition. Things to be included in the plan include, but may not be limited to:

- Site of the competition.
- Date and time of competition, departure, return.
- Number of student-athletes going on the trip.
- Mode of transportation (school bus, parent vehicles, etc.)
- Copies of automobile registration & insurance for parents transporting athletes.
- Copies of signed Waiver of Liability for each athlete.
- Number of hotel/motel rooms required.

- Number of chaperones that will be assigned to the team, along with names, addresses and phone numbers of these chaperones.
- Emergency contact information for coach, athletes, hotel, chaperones, etc.
- Reasons for wanting to attend this competition.
- “Consent to Treat” form for each athlete (signed by a parent).

All chaperones AND coaches will be required to complete and sign a contract detailing Riverview Community Schools’ expectations for them while serving in a coach or chaperone capacity. These contracts are on file in the Athletic Office. Chaperones who fail to meet the expectations of the school district will not serve as chaperones on future school trips.

Coaches should make sure that all athletic trips (including camps) reflect careful planning, and provide assurances that appropriate funding is available to accommodate student participation. Coaches should be aware of the placement of student and chaperone rooms. Adjoining or connected rooms should be avoided. All costs incurred must be paid for by the team or booster club, not the Athletic Department, as these trips are not required as part of the regular schedule. The Athletic Department will pay for hotel rooms and food for teams and coaches participating in an M.H.S.A.A. sponsored “state final” game, meet, match or competition.

Ultimately, the coach is in charge of the athletes while the team is on an athletic trip. This includes travel to the contest, the time at the competition site, and the travel home from the contest. Any behavior problems or violations of the Student Code of Conduct or the Athletic Handbook must be reported to the Athletic Director immediately, with a follow-up no later than the morning of the next school day. **THE COACH WILL BE HELD RESPONSIBLE FOR THE BEHAVIOR OF HIS/HER ATHLETES WHILE ON ANY ATHLETIC TRIP, FROM TIME OF DEPARTURE TO TIME RETURNING TO THE SCHOOL.

ELIGIBILITY

Participation in competitive athletics at Riverview is a privilege and an honor. The rules of the Michigan High School Athletic Association are administered and enforced by our school. You should be familiar with these rules.

Every eligible student must:

1. Meet the following age requirements: Senior high students must be under 19, 8th graders under 15 and seventh graders under 14, unless birthday occurs **on or after September 1st**.
2. Not have competed for more than three seasons, previously, in the sport you elect (high school grades 9-12)
3. Have been enrolled in high school for not more than six semesters (adjusted for trimesters) beyond the ninth grade.
4. Play only with teams representing the school.
5. Not be a professional.
6. Have passed four full-credit courses (20 credit hours) during the previous semester enrolled.
7. Not accept from any source an award that exceeds \$25.00. This includes merchandise, membership privileges, services, trophies, or money in any amount.
8. Have passed a current year's physical examination, **completed and on file in the Athletic Office** prior to tryouts and/or team workouts. Current school year is interpreted as any physical examination given on or after **April 15** of the previous school year.
9. By carrying and doing passing work in at least four full-credit courses (20 credit hours) during the present semester/trimester up to within seven (7) days of the contest.
10. Participate on non-school teams after practicing or participating with high school teams. Exceptions include ice hockey and all individual sports which apply the rule from the point of a student’s first participation in a contest or scrimmage, rather than practice. Students in individual sports may participate in a maximum of two (2) non-school individual meets or contest.

THE HURON LEAGUE

Riverview High School was admitted to membership in the Huron League in the fall of 1980. The purpose of the league is to create worthwhile competitive athletic relationships among the member schools. Present members are the Airport Jets, Flat Rock Rams, Grosse Ile Red Devils, Saint Mary's Catholic Central Falcons, Monroe Jefferson Bears, Huron Chiefs, Milan Big Reds and the Riverview Pirates.

League sports include boys football, boys/girls cross country, boys/girls basketball, boys wrestling, boys/girls track, boys baseball, girls softball, boys/girls golf, boys/girls tennis, girls volleyball, boys/girls swimming and girls competitive cheer. In addition, Riverview High School participates in the non-league sports of boys/girls bowling and boys/girls rowing.

In addition to the championship trophies in each sport, the Huron League awards an All-Sports Trophy each year to the school with the largest number of points in the league sports programs. Points are awarded on an 8, 7, 6, 5, 4, 3, 2, 1 basis according to the team standings at the end of each season. In track, cross country, golf, tennis, wrestling and swimming, a combination of the dual meet standings and the league meet standings determine the champion.

The Huron League also recognizes individual athletes for their athletic and academic abilities. An All-League Medal is awarded to each athlete who is voted to the All-Huron League Team. In addition, an All-Academic Certificate is awarded to one senior from each school in each of the respective sports who is voted to the All-Academic/Athletic Huron League Team.

Huron League Mission Statement

Good sportsmanship is viewed by the National Federation, MHSAA and the Huron League as a commitment to fair play, ethical behavior and integrity. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

Sportsmanship Expectations

When you purchase a ticket to an athletic event, you are given the privilege to view the action and to voice your support of our teams. We want that support to be in a positive tone, so that the educational value of these events is completely developed and clearly communicated to our students. Huron League students have an excellent reputation for good sportsmanship. Let us maintain that great tradition while encouraging our athletes to succeed.

Huron League Policy

All those in attendance at after-school events are expected to have fun by demonstrating positive enthusiasm without causing harm, danger or embarrassment to others or to the school. A High School event is a family activity and we want to enforce that concept.

Taunting includes any actions or comments by coaches, players or spectators which ridicule or demean others whether or not the deeds or words are vulgar or racist. A warning may be given, but is not required before ejection.

During the National Anthem, spectators are to stand, remove hats and remain still until the end of the anthem.

Show respect when anyone is injured. Give concerned applause when an injured athlete is aided from the playing area.

Behaviors We Would Like to Curtail

1. Inappropriate sportsmanship during free throws will not be tolerated. Example, booing, screaming and kicking bleachers.
2. Individual and group vulgarity/profanity is unacceptable.
3. Taunting and other verbal forms of harassment and booing of players, coaches and officials is unacceptable.

Failing to abide by the Huron League Sportsmanship Expectations, will result in your removal from the facility without reimbursement.

TEAM MEMBERSHIP

1. Once you go out for a sport, and become a member of a team in that sport, you are expected to remain for the entire season.
2. Once a team has been selected, a student may not be added to any squad without special permission of the Athletic Director.
3. A student must be present during the entire tryout period in order to be considered for a team in all sports that necessitate cuts. Any deviation would require special permission from the Athletic Director.
4. It has been a long-standing tradition at Riverview that athletes dress up on game days. The coach will set the dress code for game days.
5. All fees and fines owed to the Riverview Community School District and/or booster clubs must be paid in order to participate on any team.

INSURANCE

Education is our most important function. Insurance coverage that parents have for their children is considered to be primary, and the following claim procedure is to be followed:

1. Present the claim to your own insurance company **first**.
2. An accident report form should be completed by the coach and the parent, and submitted to the athletic office.

The MHSAA has catastrophic insurance that may be used if applicable.

TITLE IX

Any student who feels that he/she is being discriminated against in athletics on the basis of sex may file a Title IX grievance, after first discussing the problem with the Athletic Director and the school principal. The procedures for a Title IX grievance are available in the Superintendent's office.

NCAA ELIGIBILITY

ATHLETIC COLLEGE FINANCIAL AID AND RECRUITING RULES

Very specific rules and regulations have been adopted by the NCAA that determine the financial aid available to student athletes, and the recruiting limitations of NCAA schools. If you are contacted by any college or university regarding college athletics, you should contact your coach and the Athletic Director for advice before continuing any contacts with these schools. They can assist you to be sure that you avoid a violation of NCAA legislation that might cause the loss of your eligibility, or disciplinary action against the college or university.

You become a "prospective student athlete" if a college coach:

1. Provides you with transportation to the college campus;
2. Entertains you in any way (meals, tickets, movies, rides, etc.) on campus, except you may receive a complimentary admission to an athletic event on campus when you visit with a group tour, such as the high school band;
3. Calls you or any member of your family, or,
4. Visits you or any member of your family anywhere other than at the college campus.

NO ALUMNI or representative of a college's athletics interests (boosters or reps) can be involved in your recruiting. There can be no phone calls or letters from boosters.

You (or your family) may not receive any benefit, inducement or arrangement such as cash, clothing,

cars, improper expenses, transportation, gifts or loans to encourage you to sign a National Letter of Intent or to attend an NCAA school.

A college coach may contact you in person only after you have completed your junior year of high school. Phone calls and letters from faculty members, students and coaches (but not boosters) are permitted at any time. There are limitations on the contacts that prospective student athletes are permitted after your junior year. **CHECK WITH YOUR COACH TO BE SURE THAT ALL CONTACTS WITH COLLEGE COACHES ARE WITHIN THE NCAA RULES AND REGULATIONS.**

COLLEGE ELIGIBILITY VS. PROFESSIONALISM

Do not endanger college eligibility by becoming a professional. You are a "professional" if you:

1. Are paid (in any form) or accept the promise of pay for participating in an athletic contest.
2. Sign a contract or verbally commit with an agent or professional sports organization;
3. Request that your name be placed on a draft list or otherwise agree to negotiate with a professional sports organization;
4. Use your athletic skill for pay in any form (for example, TV commercials, and demonstrations.)
5. Play on a professional athletic team, or
6. Participate on an amateur team and receive, directly, any salary, incentive payment, award, gratuity, educational expenses or expense allowance other than actual and necessary travel, and room and board expenses for practice and games.

Before enrolling in college, you may:

1. Tryout (practice but not participate against outside competition) with a professional sports team at your own expense;
2. Receive actual and necessary expenses from any professional sports organization for one visit per professional organization not in excess of 48 hours, and;
3. Receive a fee for teaching a lesson in a particular sport.

NCAA ATHLETIC ELIGIBILITY REQUIREMENTS

If you want to practice and play in an NCAA athletic program during your freshman year at an NCAA college, you must satisfy the requirements of the NCAA Bylaw 5-1 (j), commonly known as Proposition

48. Bylaw 5-1(j) requires you to:

1. Graduate from high school
2. Attain a grade point average of 2.000 (based on a maximum of 4.000) in a successfully completed core curriculum of at least 13 academic courses. This core curriculum includes **at least** four years in English, two in mathematics (which must include one geometry and one algebra), two in social science and two in natural or physical science (including at least one laboratory class, if offered by the high school).
3. Achieve 820 combined score on the SAT verbal and math sections or a 68, a sum of the four ACT scores.
4. See counselor for NCAA Eligibility Clearinghouse form. All student athletes must register.

The SAT or ACT must be taken on a national testing date. You may not use residual or regional tests to meet Bylaw 5-1(j). National testing dates to be determined.

If you have a learning disability or are physically handicapped, contact the NCAA office at (913) 384-3220 for information about the application of Bylaw 5-1(j).

**RIVERVIEW COMMUNITY HIGH SCHOOL
ACKNOWLEDGMENT OF RECEIPT OF ATHLETIC HANDBOOK**

Athlete please complete this section.

I, _____, have read the RCHS Athletic Handbook and understand that I will be held responsible for living up to the standards and expectations outlined in this document. I further understand that this Athletic Code is in effect year-round, and that the rules/policies in this document will apply to me twelve months per year, **for as long as I am a student in Riverview Community Schools.**

Student signature: _____

Grade: _____ Date: _____

Parent/guardian please complete this section.

I, _____, have read the RCHS Athletic Handbook and have discussed it with my student. We understand that he/she will be held responsible for living up to the standards and expectations outlined in this document. I further understand that this Athletic Code is in effect year-round, and that the rules/policies in this document will apply to my student twelve months per year, **for as long as they are a student in Riverview Community Schools.**

Parent/guardian signature: _____

Date: _____