

Swartz Creek Community Schools



2018-2019

ATHLETIC HANDBOOK

TABLE OF CONTENTS

Welcome/Swartz Creek Interscholastic Programs	3
Philosophy of Athletics	4
Mission Statement	4
Program Objectives	4
Flint Metro League Conference	4
Michigan High School Athletic Association Student Athlete Rules	5-6
Performance-Enhancing Drugs/Compounds	6
Athletic Code of Conduct For Student Athletes	7-9
Appeals /Due Process	9
Athletic Attendance Policy	9-10
	10-
Athletic Eligibility	11
NCAA, NAIA, NJCAA College Eligibility Rules	11
Athletic Facility Rules	12
Weight Room Rules	12
Equipment and Supplies	13
Individual Athletic Awards	13
School Colors and Varsity Jackets	13
	13-
Event Passes	14
Injuries	14
	14-
Team Selection	15
Philosophy of Team Selection	15
Team Cut Policies	15
Team Membership	16
Changing Teams	15
Dual Team Membership	16
	16-
Playing Out of Level	17
Fundraising	17
Transportation	17
Expectations of Student Athletes	17
Expectations of Parents	18
Parent Code	18
Communicating with Coaches	18
Athletic Website – Printable Forms & Schedules	19
School Fight Song – Fearless Dragons by Robert Wolfe	19
Statement of Understanding Signature Form	20

Welcome

The Swartz Creek Community School District encourages all athletes to experience the value of participating in quality programs and events. Good sportsmanship is expected from these athletes as well as coaches and fans. Student welfare and safety are top priorities as athletes reflect the spirit of competition. The *Athletic Handbook* has been developed for use by Swartz Creek Athletes and Parents. This resource expresses school district expectations for our student athletes.

If you would like more information regarding Swartz Creek Athletics, please contact the Swartz Creek Athletic office at (810) 591-1809 or go to our school website www.swartzcreek.org.

SPORT	SEASON	TEAMS
Cross Country - Boys	Fall	Junior Varsity & Varsity
Cross Country - Girls	Fall	Junior Varsity & Varsity
Football	Fall	Freshman, Junior Varsity & Varsity
Golf - Girls	Fall	Junior Varsity & Varsity
Poms	Fall/Winter	Varsity
Sideline Cheer	Fall	Junior Varsity & Varsity
Soccer - Boys	Fall	Junior Varsity & Varsity
Swimming - Girls	Fall	Varsity
Tennis - Boys	Fall	Junior Varsity & Varsity
Volleyball	Fall	Freshman, Junior Varsity & Varsity
Basketball - Boys	Winter	Freshman, Junior Varsity & Varsity
Basketball - Girls	Winter	Freshman, Junior Varsity & Varsity
Bowling – Boys	Winter	Junior Varsity & Varsity
Bowling – Girls	Winter	Junior Varsity & Varsity
Competitive Cheer	Winter	Junior Varsity & Varsity
Hockey	Winter	Varsity
Swimming - Boys	Winter	Varsity
Wrestling	Winter	Junior Varsity & Varsity
Baseball	Spring	Freshman, Junior Varsity & Varsity
Golf - Boys	Spring	Junior Varsity & Varsity
Lacrosse - Boys	Spring	Junior Varsity & Varsity
Lacrosse - Girls	Spring	Junior Varsity & Varsity
Soccer - Girls	Spring	Junior Varsity & Varsity
Softball	Spring	Freshman, Junior Varsity & Varsity
Tennis - Girls	Spring	Junior Varsity & Varsity
Track - Boys	Spring	Junior Varsity & Varsity

Philosophy of Athletics

Swartz Creek's Interscholastic Athletic Program is a vital and integral part of our total educational program. As an integral part of the educational process, Swartz Creek's Athletic Program supports the objectives and standards of our district. Athletes must strive for educational and athletic excellence while staying within the boundaries of good sportsmanship. Students involved in interscholastic athletics have a greater chance for success during adulthood. Character traits required for success as a student athlete promote success in life after graduation. The program's intent is to make positive contributions towards the overall development of students and community.

Mission Statement

The mission of Swartz Creek's Athletic Department is to provide quality individual and team training that supports the "Philosophy of Athletics", by attracting, developing, and retaining student athletes and quality coaches.

Program Objectives

1. To provide a positive image of school activities at Swartz Creek Community Schools.
2. To provide students with opportunities for physical, mental, and emotional development.
3. To experience team play.
4. To develop loyalty, cooperation and sportsmanship.
5. To create a desire to improve and excel.
6. To practice and develop self-discipline while learning to make decisions under pressure.
7. To develop an understanding of the value for interscholastic athletics within a balanced educational experience.
8. To develop leadership qualities and skills.

Flint Metro League Conference

The Swartz Creek Community School District is a member of the Flint Metro League Conference. This conference is known and respected for its outstanding tradition and high level of competitiveness. Flint Metro League Schools endorse a belief that quality interscholastic athletic programs play an integral role in the educational process by enhancing the mental, emotional and physical well-being of each participating individual. Members of the Flint Metro League include:

Brandon

Holly

Linden

Clio
Fenton

Kearsley
Flushing

Owosso
Swartz Creek

Michigan High School Athletic Association Student Athlete Rules

Eligibility Rules

The Michigan High School Athletic Association (MHSAA) has been the governing body of high school athletics in our state since 1924. The Swartz Creek School District is part of more than 700 public, parochial and private schools that have agreed to follow the rules and regulations of the MHSAA.

The existing regulations and policies of the MHSAA will determine eligibility...NO exceptions can be made to MHSAA regulations.

MHSAA – Summary of Eligibility Rules (High School Regulations)

1. **Enrollment** – To be eligible for interscholastic athletics, a student must be enrolled in a high school no later than the fourth Friday after Labor Day (1st semester or 1st & 2nd trimesters) or fourth Friday of February (2nd semester or 2nd & 3rd trimesters). A student must be enrolled in at least 66% of full credit load potential.
2. **Age** – A student who competes in any interscholastic athletic contests must be under nineteen (19) years of age, the exception to that is a student whose nineteenth birthday occurs on or after September 1st of a current school year.
3. **Physical Examination** – No student shall be eligible to represent a high school for which there is not a physician's statement on file, in the offices of the superintendent, principal or the athletic director for the current school year. This statement must certify that the student has passed a physical examination and is physically able to compete in athletic tryouts, practices and contests. (A physician's statement for the current school year is interpreted as a physical examination given after April 15th of the previous school year.) Additionally, there has been consent for disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility.
4. **Maximum Enrollment** – A student shall not compete in athletics who has been enrolled in grades 9-12, inclusive, for more than eight semesters or twelve trimesters. The seventh and eighth semester OR the 10th, 11th and 12th trimester must be consecutive.
5. **Maximum Competition** – A student, once enrolled in grade 9 shall be allowed to compete in only four first and four second semesters OR four first, four second and four third trimesters. A student shall be limited to participation in only one sport season when that sport is sponsored twice during the school year.
6. **Undergraduate Standing** – A student who is a graduate of a regular four-year high school shall not be eligible for interscholastic athletics. Any foreign exchange student who has graduated from their school in their home country is ineligible.
7. **Previous Academic Credit Record** – No student shall be allowed to compete in any athletic contest who does not have to their credit, in official school records, at least 66% of full credit load potential for a full time student. **In Swartz Creek, 66% is equivalent to passing four of six classes per semester.**
8. **Current Academic Credit Record** – Academic eligibility checks of not more than ten weeks (semesters) or seven weeks (trimesters) are required. If a student is not passing at least 66% of full credit load potential when checked, that student is ineligible for competition until the next check but not less than the next Monday through Sunday. **In Swartz Creek, a student must also have a 2.0 grade point average.**

9. **Transfers** – Generally, a student must have had an accompanying change of residence from his parent or other persons with whom he or she has been living during the period of his/her last high school enrollment, into the district or service area of the school he/she now attends to be eligible his/her first semester. **(All transfer students must get clearance from the athletic director.)** Swartz Creek High School will enforce upon a transfer student any period of ineligibility to which that student would have been subject as a result of a student or athletic code violation(s) at that student's most recent previously attended school.
10. **Undue Influence** – Any person or persons, directly or indirectly, associated with the school or its athletic program can secure or encourage the attendance of a student or the student's parents or guardians as residents of the school district.
11. **Amateur Status / Awards** – Eligibility for interscholastic athletics at MHSAA member schools is limited to amateurs, meaning those student athletes who have not received gifts of material or money and have not received other valuable considerations (see MHSAA handbook for details). A student may accept, for participation in athletics, a symbolic or merchandise award, which does not have a "fair market value" or cost in excess of \$25.00. Awards for the athletic participation in the form of cash, merchandise certificates, or any other type of negotiable documents are never allowed. A violation of this rule may lead to ineligibility. **(Should you have a question about amateur status, or non-school statewide/national events, contact the athletic director.)**
12. **Limited Team Membership** – A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a high school athletic team, participates in any athletic competition not sponsored by his/her school in the same sport season shall become ineligible for a minimum of the next three (3) contests and maximum of the remainder of the season in that school year.
13. **Banned Substances** – Use of a performance-enhancing substance by a student is a violation that will affect a student's athletic eligibility and interscholastic athletic participation, as determined by the Board of Education.
Due to the continued additions/updates, please refer to www.ncaa.org for the most current list of banned substances.

5532 – Performance- Enhancing Drugs/Compounds

The Board of Education recognizes that the use of dietary supplements that contain performance-enhancing compounds and/or performance-enhancing drugs poses a serious health risk to students.

Accordingly, no staff member, volunteer, or contractor shall knowingly sell, market, distribute, or promote the use of a dietary supplement that contains a performance-enhancing compound or a performance-enhancing drug (e.g., anabolic steroids) to a student with whom the staff member, volunteer, or contractor has contact as a part of his/her duties. Furthermore, the staff member, volunteer, or contractor shall not endorse or suggest the ingestion, intranasal application, or inhalation of a dietary supplement that contains a performance-enhancing compound or a performance-enhancing drug by a student with whom s/he has contact as part of his/her duties.

Use of a performance-enhancing substance regardless of source by a student is a violation that will affect a student's athletic eligibility and extra-curricular participation, as determined by the Board. A list of performance-enhancing substances developed by the State Department of Community Health shall be updated annually and included in AG 2431. This notice and list shall also be published in the Parent/Student Handbook provided annually.

Building principals shall require that the warning notice concerning anabolic steroids as well as a warning notice about dietary supplements that contain a performance-enhancing supplement is installed and properly maintained in each of the District's locker rooms or athletic dressing areas.

M.C.L.A. 333.26301 et seq., 380.1318

Revised 12/1/06

Athletic Code of Conduct for Student Athletes

Participation in Swartz Creek's sports programs is a privilege. Athletes must adhere to MHSAA, Flint Metro League Conference and Swartz Creek Community School District expectations. Swartz Creek Community School District athletes must conduct themselves in an exemplary manner at all times. This standard applies to school and community activities that may occur on or off school property. Violations may result in suspension or dismissal from a team in addition to consequences outlined in the Swartz Creek High School's Parent Student Handbook.

The purpose of Swartz Creek's **Code of Conduct** is to establish an awareness of sports-related consequences for violation of established school rules. The disciplinary actions recommended in each case should be considered as the minimum.

Each coach may establish and enforce additional rules and penalties. These rules must be in writing, approved by the athletic director and/or building principal, and shared with all participating students and parents. If circumstances warrant, a more severe disciplinary action may result.

Certain violations represent serious incidents that may occur in school, at school events, away from school, or during off seasons. These violations may include, but are not limited to the following:

1. Using, possessing, distributing, purchasing, or selling:
 - a. Any illegal drug, controlled substance, or cannabis (including marijuana and hashish). Michigan law prohibits the possession or medical use of marijuana on school grounds or buses.
 - b. Any anabolic steroid or performance-enhancing substance not administered under a physician's care and supervision.
 - c. Any prescription drug when not prescribed for the student by a licensed health care provider or when not used in the manner prescribed.
 - d. Any inhalant, regardless of whether it contains an illegal drug or controlled substance that a student believes is, or represents to be capable of, causing intoxication, hallucination, excitement, or dulling of the brain or nervous system.
 - e. "Look-alike" or counterfeit drugs, including a substance not containing an illegal drug or controlled substance that a student believes to be, or represents to be, an illegal drug or controlled substance.
 - f. Drug paraphernalia, including devices that are or can be used to ingest, inhale, or inject illegal drugs, cannabis or controlled substances into the body and grow, process, store, or conceal illegal drugs, cannabis or controlled substances.

Students who are under the influence of any prohibited substance are not permitted to attend school or school functions and are treated as though they have the prohibited substance, as applicable, in their possession.

2. Using, possessing, distributing, purchasing, or selling alcoholic beverages including those labeled as non-alcoholic. Students who are under the influence of an alcoholic beverage are not permitted to attend school or school functions and are treated as though they had alcohol in their possession.
3. Using, possessing, distributing, purchasing, or selling of weapons.
4. Theft, arson and vandalism.
5. Gross misbehavior and/or persistent disobedience.
6. Striking or threatening school personnel.
7. Gang related activities.
8. Hazing.
9. Assault

First Offense	Students will become ineligible in his/her sport (or next sport if not in season) for 2 week (14 consecutive days) during the Swartz Creek High School season (not MHSAA season) and must occur after the last day of tryouts. Athletes are not able to participate in practice or games during the 2 week (14 consecutive days) period.
Second Offense	Students will become ineligible for participation in all athletic activities for one (1) year. (180 school days)
Third Offense	Student will become ineligible for participation in athletic activities for their high school career.

Athletic Code of Conduct for Student Athletes (continued)

Other violations represent less serious incidents that may also occur in school, at school events, away from school, or during off seasons. These violations may include, but are not limited to, the following:

1. Using, possessing, distributing, purchasing, or selling tobacco materials, including tobacco "look-alike" products, electronic cigarettes or e-cigarettes.
2. Skipping school.
3. Fighting.
4. Insubordination.
5. Threatening, harassing, bullying, and/or cyber bullying students.
6. Cheating.
7. Repeated referrals or dismissals from class.
8. Disruption of the educational process.
9. Inappropriate behavior unbecoming of a student athlete.
10. Inappropriate use of social media, cell phones or other electronic communication devices.

First Offense	The athletic director will meet with the student to explain disciplinary consequences. Consequences will include loss of athletic participation for one week (seven consecutive days) as a player and/or spectator. The athletic director shall inform the student and parents of the disciplinary action in writing.
Second and Subsequent	

Offenses	The athletic director will meet with the student to explain disciplinary consequences. Consequences may include loss of athletic participation as a player and/or spectator for fourteen (14) consecutive days or dismissal from the team. The athletic director shall inform the student and parents of the disciplinary action in writing.
-----------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Note: Students receiving out-of-school suspension for violation of school rules are also suspended from participation in all interscholastic athletic activities; which include athletic practices and contests while serving the suspension.

Due to the severity of the infraction, a student may be put on a behavioral contract which may exclude the student from participating in athletic practices, contests, or removal from the team.

Consequences incurred at the end of the school year, including the middle school will carry over to the next school year.

School and athletic consequences will not run in conjunction with one another.

Students that either quit a team or are removed from a team may not begin another sport until the season is over from the team they quit or were removed from.

A student that has never played a particular sport and has a suspension to complete in their next sport played- must finish that season in good standing for the completion of the consequence to stand. (i.e If a student goes out for a sport that have never played, completes their consequence, then quits that team- the completion of the consequence will not count.)

Appeals and Due Process

Swartz Creek student athletes may appeal athletic consequences related to violation of school rules to the principal, in writing, within two school days of the suspension.

Athletic Attendance Policy

Attendance – It is the expectation that athletes attend all practices and games. If an absence occurs, coaches must be contacted prior to the absence whenever possible.

The disciplinary action recommended in each case should be considered the minimum:

First Offense	Coach and Athlete conference
Second Offense	Coach, Parent and Athlete conference, One game suspension
Third Offense	Dismissal from team

Athletes dismissed from their team as a result of unexcused absences may request a review of their dismissal through submission of a written appeal to the athletic director. This appeal must be submitted within two school days of the dismissal. The athletic director will make a final decision

within two days of receiving the appeal.

School Attendance

1. A student must be in attendance, in his/her assigned location, at school the **ENTIRE DAY** to be eligible to participate in practice and/or games.
2. A student who is more than 10 minutes late to class will be considered absent for that instructional period.
3. Excused absences up to three hours in a school day will allow a student to participate.

Excusing Athletes from Class

1. Athletes will not be excused from class for game or competition without the athletic director or principal's approval.
2. Athletes will be excused no earlier than fifteen minutes before the time the bus is to leave for an away contest.

Practice during Vacation

1. Teams may hold practice during school vacation days.
2. Athletes must provide written parental permission to coaches stating their reason for not attending these practices.
3. Athletes who miss those scheduled practices due to reasons excused by their parents will not jeopardize their membership on the team.

Athletic Eligibility

Swartz Creek School – Summary of Eligibility Rules

The Swartz Creek Community Schools recognizes the educational value of student participation in interscholastic athletics (school sponsored activities for which grades and credit are not received). However, participation should not be at the expense of or detrimental to the student's academic studies and normal progress toward graduation.

1. All students in grades seven through twelve who are participants in school sponsored interscholastic athletic activities which require, on the average three (3) or more hours of participation in a week and/or requires absence from a class on occasion for participation will be subject to academic eligibility regulations.
2. A student's initial eligibility to participate in interscholastic athletic activities will be determined by the previous semester.
3. A student will be eligible to participate in an interscholastic athletic activity if he/she can

demonstrate at least a 2.0 grade point average (G.P.A.), (using a twelve (12) factor system: A=4.00, A- = 3.8, B+ = 3.5, B = 3.0, B- = 2.8, C+ = 2.5, C = 2.00, C- = 1.8, D+ = 1.5, D = 1.00, D- = 0.8, and E = 0) and a passing grade in four (4) out of six (6) courses from the previous semester. A grade of "E" or "I" is not considered a passing grade.

4. At the end of a semester, the grade will be used to determine eligibility. If a student is deemed "ineligible" (failing to meet the above requirement) from the previous semester, the student will be on academic probation. Eligibility will be checked at the end of each month during the school year for students who are ineligible to participate. A student who is ineligible may not participate in any scrimmages, competitions, or games for the entire month until eligibility is checked again. A student will remain ineligible unless their grades meet the eligibility standards by the next eligibility check. A coach may consider a student's eligibility status and the subsequent time they may be unable to participate when making decisions about which student-athletes to select for their rosters during tryouts.

Athletic Eligibility continued

5. Special Education students may be exempt from the Swartz Creek District's eligibility requirements for interscholastic athletic activities if so indicated in their I.E.P. (Individualized Educational Plan.). Such students will, however, still have to meet the MHSAA eligibility requirements to participate in interscholastic sports.

6. Middle school grades sixth through eighth will not carry over to the high school for the purpose of eligibility. All ninth grade students are eligible during their first semester of high school regardless of previous academic achievement.

7. Transfer students must meet all established eligibility requirements of the Swartz Creek Board of Education and MHSAA. All official transcripts must be on file and student must be enrolled before they can practice or participate in an interscholastic athletic activity.

NCAA College Eligibility Rules

Students wishing to play their freshman year at a NCAA Division I or Division II college must satisfy requirements of NCAA Bylaw 14.3, and must be certified by the NCAA Initial-Eligibility Center. Students should check with their counselor to obtain an NCAA Eligibility Center form. Athletes and their parents share responsibility to meet NCAA requirements.

The National Collegiate Athletic Association (NCAA) regulates many college athletic programs. The NCAA has three membership divisions:

Division I: Schools such as Michigan State, University of Michigan, Central Michigan, Western Michigan, Eastern Michigan, Oakland University.

Division II: Schools such as SVSU, Grand Valley State, Northern Michigan, Michigan Tech.

Division III: Schools such as Alma College, Hope, and Calvin. (Only offer academic and non-athletic scholarships)

Each school's membership depends on the size and scope of their athletic program and whether they provide athletic scholarships. Swartz Creek students are encouraged to contact their counselor with questions regarding NCAA eligibility.

NAIA and NJCAA

The National Association of Intercollegiate Athletics (NAIA) is a smaller association than the NCAA. It includes two divisions (Division I and II) and Division I in the NAIA is comparable to Division II in the NCAA. Both divisions offer academic and athletic scholarships:

Division I and II: Schools such as Aquinas College, Concordia University, Cornerstone University, Davenport University, Madonna University, University of Michigan-Dearborn.

The National Junior College Athletic Association (NJCAA) offers an ideal alternative seeking to develop both academic and athletic skills in an affordable and competitive environment. Junior and/or community colleges offer academic and athletic scholarships:

Schools such as Mott Community College, Delta College, Lansing CC, Oakland CC, Macomb CC.

When looking for an athletic scholarship remember that there are options in NCAA, NAIA and NJCAA. Being educated and knowledgeable on these three associations will help you in your search to find the best college for you. Further information on NCAA, NAIA, and NJCAA can be found at:

Guide for the college-bound student athlete

www.ncaa.org, www.naia.org, www.njcaa.org

Athletic Facility Rules

Student athletes utilize facilities that support their involvement in competitive sports. These facilities must work for the good of all team members. The following rules allow school facilities to remain in good condition. Athletes are expected to meet expectations:

1. The training room is not a meeting place. Only athletes who are there for a specific reason are permitted to enter.
2. Athletes are responsible for making sure locker rooms and facilities remain clean.
3. Athletes will not be issued school towels.
4. Athletes are not allowed to keep training room supplies without permission of the trainer.
5. Athletes are not allowed in the coach's office and/or classroom unless permitted by their coach.
6. Athletes may not operate bleachers.
7. No student is allowed in the gym or weight room unless a coach is present.
8. Athletes should not bring large sums of money to school.
9. Valuable items should be kept in padlocked lockers during practices and games.
10. SCHS is not responsible for lost or stolen items.
11. Athletes are responsible for their own locks.

Weight Room Rules

The weight room is provided for Swartz Creek students, staff and community. Athletes are not permitted in the weight room without a coach. Students who use this facility must abide by the following rules:

1. Coaches and athletes are responsible for making sure the weight bars are cleared, weights are stacked, the weight room is clean, the stereo and lights are turned off and doors locked when leaving.
2. No tobacco, gum, glass, drinks or food is allowed in the weight room.
3. Appropriate apparel (shirt/shorts/shoes) must be worn at all times.
4. Spotters must be used for all lifts over the head and body.
5. Use weight belts for safety—especially those lifts involving the lower back.
6. Anyone behaving in an inappropriate manner may be removed from the weight room and have their privileges suspended.

Equipment and Supplies

The Swartz Creek Community School District supplies equipment to athletes. This equipment is on loan for specific seasons. At the end of every season, a student is required to return all equipment to their coach. If the equipment is not returned, the athletic director will close the student's classes until the equipment is returned to the athletic office. Students are responsible for care of this equipment. If damage or loss occurs, the student may be held liable for replacement cost of the equipment.

Individual Athletic Awards

Coaches establish standards for earning athletic team awards. Student athletes must participate throughout an entire season to be eligible for awards. Award standards may include, but are not limited to:

1. The varsity athletic award shall be red in color.
2. An athlete shall not receive more than one varsity letter award during his/her school career. The athlete must participate in at least 50% of the contests to be eligible for a varsity letter. Certificates shall be presented to each athlete should he/she earn more than one varsity award.
3. The school reserves the right to recall any athletic award granted.
4. The school reserves the right to request that students remove improperly worn awards.
5. The freshman athletic team award shall be a certificate of participation
6. The junior varsity athletic team award shall be a junior varsity letter certificate.
7. The varsity athletic team award shall be a large "S", red in color.

School Colors and Varsity Jackets

Swartz Creek Community School District Colors are red and white. School monograms awarded for athletic participation should be placed on the upper front left panel of the jacket. Numerals shall be placed on the left sleeve.

Event Passes

Swartz Creek has a 10-event pass available for \$30 in the athletic office. Also, senior citizen, 60 and over, may obtain a "Gold Card" from the Swartz Creek Community Education Department located at Mary Crapo, free of charge. Valid picture ID is required. Either pass admits an individual into any Swartz Creek home event free of charge with the exception of hockey, an anticipated sold out event, and all Flint Metro League Championships and Michigan High School Athletic Association (MHSAA) events.

Injuries

If an athlete is injured and needs medical attention, Swartz Creek coaches will contact the Licensed Athletic Trainer and that student's parents for further instructions. The coach or trainer will call for an ambulance when necessary. When an athlete has suffered serious injury, an athlete will not be permitted to resume participation without licensed medical clearance to be turned into the Athletic office and trainer.

A "RETURN TO ACTIVITY & POST CONCUSSION CONSENT FORM" is to be used in the event that an athlete is removed from and not returned to activity after exhibiting concussion symptoms.

1. MHSAA rules require the athlete to have a). Unconditional written authorization from a physician (MD/DO/Physician's Assistant/Nurse Practitioner), and b). Consent from the student and parent/guardian. **Both sections 1 & 2 of this form must be completed prior to return to a "return-to-play" protocol is issued.** This consent form is located in the forms section of our athletic website.
2. A copy of the consent form must be delivered to both the athletic director's office and athletic trainer.
3. The athletic trainer will issue a "return-to-play" protocol which will ultimately decide when the athlete will be allowed to fully participate in their sport or activities.
4. Coaches report all injuries to the athletic director and trainer.
5. The Swartz Creek Community School District does not assume financial responsibility for medical, hospital or ambulance expenses incurred because of athletic injuries.
6. Athletics is a voluntary program in which the student may participate if he/she so desires, but the student does so at his/her own risk of injury. Risks of injury or death can occur when students participate in interscholastic athletic activities.

Team Selection

No one can try out for a team unless they meet the MHSAA eligibility requirements at the time of tryouts. **Each athlete attending tryouts must turn in a TRYOUT card to the coach prior to the beginning of the tryout. NO EXCEPTIONS.**

Students wishing to participate on interscholastic athletic teams must:

1. Meet the residency requirements set forth by the MHSAA.
2. Meet both the academic requirements set forth by the MHSAA and the Swartz Creek Community Schools.
3. Show proof of a physical exam signed by a physician dated after April 15th of the previous school year.

4. Sign the athletic code of conduct – Statement of Understanding form.
5. Submit a completed emergency release form.

If student has fulfilled the above they will receive a **tryout card** which allows them to participate on the first day of tryouts. **NO TRYOUT CARD = CANNOT PARTICIPATE**
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. This conflict must be communicated to the coach of the new sport prior to the beginning of the season.

Coaches are encouraged to finalize their rosters and submit them to the athletic office within one (1) week of the official start date. Students who wish to participate or tryout in these sports after the first official practice date must make arrangements with the coach and the athletic director.

Philosophy of Team Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the interscholastic athletic programs of our school district, coaches are encouraged to keep as many students as possible on the team without compromising the integrity of the sport. Obviously, time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy in this regard, coaches strive to maximize the opportunities for our students without diluting the quality of the program.

Coaches who have to limit the number of athletes who can participate in their program must provide a well-planned, written record, structured and unbiased tryout schedule which allows each athlete the opportunity to do their best. Athletes, parents and the athletic office should be informed of the skills and the process of evaluation going into the tryout. Athletes must be given a minimum tryout of at least 3 days. Participation in out-of-season conditioning programs and summer camps should not be over-weighted. The goal is to encourage multi-sport athletes.

Cutting Policies

- A. Choosing members of athletic squads is the sole responsibility of the coaches of those squads. The varsity coach is allowed to comment on the selection of athletes at every level.
- B. Lower-level coaches shall take into consideration the policies as established by the varsity coach.
- C. Prior to trying out, the coach shall provide the following information to all team candidates (written form preferred to verbal form, but either/both are permitted.)
 1. Extent of try-out period.
 2. Criteria used to select team.
 3. Number of athletes to be selected.
 4. Practice commitment should they make the team.
 5. Game commitments.

The coach has the responsibility to explain to the athlete, if asked, why they were not selected as well as ways to improve. THE CONCERN FOR THE ATHLETE'S FEELINGS IS VERY IMPORTANT IN THIS PROCESS. Athletes not selected for a team will be personally informed by the coach. Cut lists will not be posted.

Team Membership

1. Athletes are required to be in school when school begins on the morning following a previous night's game. Coaches and parents should impress this on their athletes.
2. During out of school suspensions (OSS), students are suspended from participation in all interscholastic athletic activities, including athletic practices and contests.
3. If a coach suspends an athlete from his/her team, the coach must notify the athletic director as soon as possible stating the reasons for the actions.

Changing Teams - Prior to cuts, any athlete has the right to try out for any team, but must be aware that they will not be given special extension to the cut dates.

Teams that do not cut may be willing to accept athletes who have tried out for another team but were cut. This will allow students some flexibility in choosing sports.

Once an athlete tries out for a particular sport, that student may not tryout for another sport without permission from the primary team. Changing from one sports team to another must occur prior to the first game of a season. When an athlete is dropped from a team for disciplinary reasons and/or quits a team, that student is ineligible to participate in another sport during the same season.

Dual Team Membership – A student may participate on two athletic teams during the same season. Coaches of both teams must agree to dual team membership. The student must sign the dual membership agreement form along with each coach and parent/guardian. Final approval will be made by the athletic director. Coaches will meet to discuss the following before making a recommendation:

- A. Academic workload of the athlete.
- B. Dual practice schedule's impact on the athlete's class work.
- C. Frequency of competition and impact on class work.
- D. Priority of conflicting sports.
- E. Parent support of dual membership.

Playing Out of Level

In most cases, freshman team membership is comprised of freshmen students, junior varsity teams are comprised of sophomore students, and varsity teams are comprised of juniors and seniors. Special circumstances may move students to teams outside their normal grouping. When non-traditional team assignments are made, the following criteria are considered by the athletic director and coach prior to contacting the student:

1. The impact of academic work on the athlete.
2. The emotional impact on the athlete.
3. The social impact on the athlete.
4. The physical impact on the student.
5. The interests of the school, teams involved, and the student.
6. The team advancement decision must be assessed regularly by the coach, the athletic department, the athlete and the parent/guardian, and the placement decision may be reversed, if necessary.
7. If an athlete is advanced for a second time during the same season, permanent placement

at the higher level will continue until the end of the season.

8. Playing out of level is not a typical placement for student athletes. It should be understood that this not only applies to athletes playing up a level, but also juniors/seniors playing on the junior varsity level.

Fundraising

Monies earned through fundraisers will be deposited in the sport specific internal account held at the high school. If a team member chooses to leave the team, or is dismissed from the team, funds raised via fundraising activities will not be refunded to the team member. Those funds will remain in the sport specific account at the school.

Transportation

Riding buses to and from away sports events is an important part of each athlete's interscholastic experience. Swartz Creek athletes are encouraged to ride team buses to and from all events. Riding a bus remains a privilege; athletes are expected to demonstrate responsibility and act in ways that reflect positively on their school district and home. The following rules highlight important expectations for our athletes:

1. Teams should board the bus together and be accompanied by the coach whenever possible.
2. When parents wish to excuse their child from riding a bus to or from an event, they must fill out a **Travel Release Form** and have it signed by the athletic director prior to buses departing for games. Travel Release Forms are available in the athletic office or can be found on the athletic website.
3. Athletes are responsible for maintaining clean buses. All trash must be removed at the end of each bus trip.
4. District bus conduct rules are in effect during all sports-related bus trips.
5. Parents will be advised if the school transportation to the contest is a one-way trip.

EXPECTATIONS OF STUDENT ATHLETES

1. Follow all training rules, school rules and MHSAA regulations.
2. Exhibit good sportsmanship towards opponents, officials, teammates, coaches and fans.
3. Work to excel in academics.
4. Put team goals ahead of personal goals.
5. Be a role model for all students before, during and after school.
6. Have pride in yourself, your team, your school and care for your facility.
7. Respect, but never fear the opponent.
8. Work harder than the competition, both in and out of season and never quit.
9. Be on time and prepared for practices, meetings and games.
10. Accept the results, learn from the mistakes, focus on the goal and never give up.

Participation in competitive interscholastic athletics is a student's privilege, not a right, These privileges can be removed at any time for failure to meet the standards and requirements of particular teams, school or school districts, leagues or conferences, and regional, statewide or national organizations to which the student's school

belongs.

EXPECTATIONS OF PARENTS

1. Help your child to learn from successes and failures.
2. Encourage your child to attend all practices and games.
3. Practice with your child at home.
4. Come to games as often as possible.
5. Cheer positively.
6. Allow coaches to coach and teach.
7. Allow officials to do their jobs.
8. Compliment your child.
9. Communicate with the coach. Remember the 24-hour rule.
10. Refrain from using profanity or fighting with any coach, player, participant, spectator, official, or any other attendee.
11. Remember this is your child's game.

Parent Code

As parents of students at Swartz Creek Community Schools, we understand that attending any school activity or athletic event (paid or unpaid) does not give us the right to be unsportsmanlike, abusive physically or verbally to advisors, officials, players, coaches or fans. We understand that attending a Swartz Creek athletic event is a privilege and that school personnel may revoke the privilege temporarily or permanently for inappropriate conduct.

Communicating With Coaches

Parents and athletes should always try to follow the pattern below when communicating with coaches over sensitive issues.

- 1) Reread any philosophies or rules that coaches gave to student athletes before season started.
- 2) Student athlete should approach a coach when he/she first feels that there may be a problem.
- 3) If the athlete feels the situation is not resolved, parent should contact the coach to set up a meeting.
- 4) Wait 24 hours after a problem occurs before contacting the coach. This is very important! Sometimes we are quick to judge or lack the ability to control our emotions when our kids are involved.
- 5) If communications are unsuccessful with a coach, then contact the athletic director. Parents are encouraged to exhaust all communication channels with the coach before

- contacting the athletic director.
- 6) Remember that coaches are not highly paid and most are doing it out of a love of sports and children!

Athletic Website

Forms - The following printable athletic forms can be found on our Athletic Website:

To access the forms below, go to www.swartzcreek.org

1. Click on "Athletics"
2. Scroll down to the bottom right side of the page
3. Choose from the following:
 - a. Travel Release Form
 - b. Medical History Form (Sports Physical Form)
 - c. Medical Clinics that offer sports physicals
 - d. Eligibility Appeal Form
 - e. Athletic Handbook
 - f. Return to Activity & Post-Concussion Consent Form
 - g. Additional forms (see Athletic Website)

Schedules – To view/print an athletic/team schedule on our website:

1. Under Calendars scroll down to the "SC Athletic Events" line and click "Go."
2. On the main page you can see today's events in the district.
3. In the "View Schedules" box you can scroll down and select a team to view their schedule.
4. Click "View" to view that schedule.

SCHS ATHLETIC HANDBOOK STATEMENT OF UNDERSTANDING FORM

This handbook contains the Swartz Creek High School Athletic Discipline Code of Conduct and general rules that apply to athletes in addition to those set forth in the *Parent/Student Handbook* adopted by the Swartz Creek Board of Education. The material has been prepared for the use of Swartz Creek athletes and their parents. In order to participate in interscholastic athletics at Swartz Creek High School, athletes and their parent(s) are required to read the information contained in this document and sign **this sheet**. These signatures will serve as your agreement to abide by the school district's standards, rules and regulations.

Our Athletic Handbook can be found on-line on our district website www.swartzcreek.org Click on "Athletics"

I/we also consent to allowing our son/daughter to participate in athletics knowing that there is the inherent risk of injury. I/we understand that there are risks involved with athletic-related injuries.

The athletic department is asking each parent and athlete to sign this sheet to indicate the following:

1. Each has received the Swartz Creek Community Schools Athletic Handbook.
2. Each has read the training rules within the handbook.
3. Each understands that athletics is a voluntary program in which the student may participate if he or she so desires, but the student does so at his/her own risk of injury.
4. Each understands that a student participating in athletics should be insured under an adequate health care insurance policy. Parents will be required to sign an Emergency Release Form which asks for emergency contact numbers, health insurance carrier and policy or member number. This form is available in the athletic office or can be found on the athletic website.

This sheet must be returned to the athletic office as evidence of the fact that both athlete and parents are aware **and agree to abide by** the rules and regulations contained in this document.

ATHLETE'S
NAME

PLEASE PRINT: _____ SPORT _____

GRADE _____

ATHLETE'S

SIGNATURE: _____ DATE _____

ATHLETE'S PARENT

SIGNATURE: _____ DATE _____