Plainwell High School and Middle School Student-Athlete Handbook



Athletic Director: Melissa Preston

Assistant Athletic Director: Jake Wisnaski

Athletic Administrative Assistant: Tracey Bryant

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Forward

The information in this handbook will cover the rules, expectations and philosophy of the Plainwell High School and Plainwell Middle School Athletic program. If you have any further questions please call the Plainwell High School Athletic Department at (269) 685-2096.

Athletic Program Philosophy

The goal of interscholastic Athletics is to help young people

- Develop physically, emotionally, intellectually and athletically.
- Enhance academic programs by providing students opportunities to participate in a team or individual competition with other schools.
- Outcome of participation beside physical skills
- Sportsmanship, teamwork, self-discipline, loyalty and resilience.

As individuals and groups responsible for providing athletic experiences, our Just Cause is to develop athletes and inspire them to be their very best, so they may go into the world and make a positive difference.

Statement of Nondiscrimination

It is the feeling of Plainwell High School that gender and ethnicity are more than being in compliance with the law. It is a spirit. It is a personal ethic. It is a commitment to do what is right and fair for all athletes, officials, coaches and athletic administrators. It means creating an atmosphere where opportunities and resources are equal to all, and where no person experiences discrimination on the basis of race, color, religion, gender, national origin, disability status, genetic information & testing, Family & Medical Leave, sexual orientation and gender identity or expression, or veteran status.

The school system's compliance with Title VI, Title IX, and section 504 will be coordinated by:
Mrs. Melissa Gelbaugh
Plainwell Community Schools
684 Starr Road
Plainwell, MI 49080
(269) 685-2096

Potential Dangers in Athletic Participation

Informed Consent: By its nature, participation in interscholastic athletics includes risk of injury which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. Also due to the nature of athletics, the possibility of the exchange of body fluids is present in sports. Regardless of how remote the possibility of transmission of diseases such as HIV/HBV is, all athletes should be aware of the inherent risks associated with athletic competition.

Risk taking: Participation in athletics is a voluntary extra-curricular activity in which the student participates at the risk of injury. Athletic activities can be hazardous and participation in such activities is a calculated risk on the part of the student and parents.

Athletic Roles and Responsibilities

Actions by coaches, student athletes, administrations and parents/guardians are to support the overall philosophy and goal of the athletic program. All stakeholders within Plainwell Community Schools have an important part to uphold the standards, expectations and integrity of the athletic programs we provide.

Coaching Standards and Expectations

Our Plainwell Coaching staff recognizes the need to maintain a standard of excellence for our students. A coach has a role as leader and mentor to student athletes and is an official representative for the school at interscholastic athletic activities. These standard behaviors should be practiced:

- Understand and fulfill the role of interscholastic athletics and communicate it to players, parents and the public.
- Attain, communicate and utilize current knowledge of rules, strategies, safety regulations, elements of strong instruction and skills of the sport.
- Communicate, uphold and model policies for athletes' conduct in all facilities and at all times.
- Set, communicate and consistently enforce team expectations, policies, goals, playing time consideration and roles.
- Come prepared for practice and competitions daily.
- Communicate important information to student athletes, parents and administration.
- Coaches are expected to provide fair opportunities for student-athletes to participate, while considering factors such as effort, attendance, attitude, skill development, game knowledge and strategy and team needs.

Student Athlete Standards and Expectations

Our student athletes commit to:

- being students first and athletes second.
- Must have and make a strong commitment to the team and athletic program in general.
- Follow athletic program rules and regulations.
- Understand their role within the team, support teammates and coaches by working towards the goals and expectations of the program.
- Following the Plainwell Athletic Department and Student Handbook.
- If there are questions and concerns they must attempt to communicate them to coaches in a timely manner.
- Uniform and equipment issued by the school MUST be returned at the conclusion of the season. Failure to do so will result in charges or bills for replacement. Seniors will need to pay for replacement in order to participate in Graduation activities.

Parental/Guardian Standards and Expectations

Our parents and guardians are an important part of the partnership between players and coaches. A student's athletic experience can be influenced and impacted by the actions of their parents and trusted adults. Coaches need to coach, players need to work hard and sacrifice for the good of the team, and parents need to support their children with attendance and encouragement. As models for our student athletes, the following behaviors are needed by our parents and guardians

- Encourage and model good sportsmanship
- Provide positive support of ALL players, coaches, team guidelines and goals and officials.
- Promote a healthy, drug and violence free environment

- Communicate concerns to coaches while respecting the 24 hour rule. Abiding by the “Conflict Resolution” procedure in this document as needed.

Athletic Administration Standards and Expectations

The Athletic Administration has the charge of supervision of the athletic program. Ensures and abides by the rules and regulations of the MHSAA and the Wolverine Conference.

- Ensuring all coaching staff adhere to the educational and ethical standards of PCS and their role with interscholastic athletics.
- Recruiting, hiring, and evaluating coaches and administrative staff.
- Budgeting, fundraising and facility maintenance.
- Encouraging academic excellence.

Code of Conduct for Spectators

Plainwell Community Schools encourages students, families and community members to support our athletes by attending athletic contests, but our spectators are expected to conduct themselves in a positive and appropriate manner. Although most of our fans follow the code of good sportsmanship, the following policy has been set to deter negative spectator behavior.

Any spectators observed participating in unacceptable behavior **<u>might</u>** receive a warning before they’re removed from the contest. Severe infractions may lead to immediate removal from home or away event premises without warning. It is up to the discretion of the administrator and/or school representative in charge of crowd control as to whether a warning will be issued. If removed, spectators will be required to participate in NFHS sportsmanship courses before attending another Plainwell sporting event.

Infractions which will lead to a warning or immediate removal from an athletic event include, but are not limited to: harassment of any official, team member, coach, spectator, or visiting team participants; the use of foul language, the throwing of any object onto or near the playing area, or in the stands; or any other activity that is interpreted as unsportsmanlike.

M.H.S.A.A. Athletic Eligibility

The Plainwell Public Schools are a volunteer member of the **Michigan High School Athletic Association**. The M.H.S.A.A. rules listed in this brochure are only a summary of some of the regulations affecting student eligibility. Most rules are found in the M.H.S.A.A. Handbook, which can be located at the High School Athletic Office. Review these rules and ask questions of your principal, athletic director and coaches. **Your role in following the rules will assure eligibility to participate in interscholastic sports or prevent your participation as an ineligible athlete, which could result in forfeiture of contests.**

1. **AGE:** Students become ineligible if they are 19 before September 1 of the current school year.

2. **PHYSICAL EXAMINATION:** Each athlete must have on file, in the athletic office, a physician’s statement for the current school year (after April 15th) certifying that he/she is physically able to compete in athletic practices and contests.
3. **ENROLLMENT:** Students must be enrolled in school prior to the fourth Friday after Labor Day

(1st semester) or the fourth Friday of February (2nd semester). A student must be enrolled in the school for which he or she competes.

4. **SEMESTERS OF ENROLLMENT:** Students cannot be eligible in high school athletics 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.

5. **TRIMESTER RECORDS:** Students must have passed at least four full credit subjects in the previous trimester of enrollment, and must be currently passing four full credit courses.

6. **TRANSFER STUDENTS:** A student in grades 9 through 12 who transfers to another high school is not eligible to participate in an interscholastic contest for one full semester unless the student qualifies for immediate eligibility under one or more of the thirteen published exceptions. Contact the Plainwell High School Athletic Office for the published list.

7. **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 year.

8. **LIMITED TEAM MEMBERSHIP:** After practicing with or participating with high school teams, students cannot participate in any athletic competition sponsored by his or her school in the same sport during the same season. Exceptions include ice hockey and all individual sports may participate in a maximum of two (2) non-school individual meets or contests during the school season while not representing their school.

9. **ALL-STAR COMPETITION:** Students shall not compete at 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 school enrollment. Athletes may appear after graduation.

10. **AWARDS AND AMATEURISM:** Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA Handbook. Students may accept, for participation in MHSAA sponsored sports, a symbolic or merchandise award, which does not have a value over $40. Banquets, luncheons, dinners, trips and admissions to camps are permitted if accepted “in kind.” Awards in the form of cash, merchandise certificates, or any other negotiable document are never allowed.

Plainwell Athletics Code of Conduct

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. Being a member of our programs is a privilege and must be treated as such. An individual’s conduct should reflect positively upon himself/herself, his/her family, school and community. A student athlete must adhere to the following:

- Behavior reflects great sportsmanship towards opponents, teammates, officials and fans.
- On Plainwell Community School campus, good citizenship and behavior at all times.

- High academic effort in the classroom.
- Student-athletes must respect and adhere to the expectations and the programs' team rules.
- Student-athletes are responsible for equipment and facilities used in performing the activity.

All rules in the athletic handbook are in effect from the beginning of the their first day of participation in an athletic program and continues through to the date of graduation or the last day date of participation, whichever is later and regardless of age. Violations to the Code of Conduct as mentioned above or conduct that constitute a violation of any law or ordinance which involves an act of dishonesty or criminal intent may result in penalties and discipline measures. Rules and consequences are supplemental to the Plainwell High School and Plainwell Middle School Handbook and are not to supersede or replace it. If violations should occur, under the discretion of Athletic Administration or Plainwell High School or Plainwell Middle School Administration, a consequence may range from community service, contest(s) suspension to removal from the team.

If a student athlete is suspended due to a violation, it may affect their eligibility to participate in practice or competition.
Out of School Suspension - Athlete **cannot** practice nor can he/she compete on the day(s) of out of school suspension.
In-School Suspension - Athletes **can practice** after an in-school suspension but **can not compete** on the day(s) of in-school suspension.
After school detentions - **MUST** be served **FIRST** before an athlete can attend practice or competitions.

Athletic Training Code of Conduct

The health and well-being of our students is our highest priority. Possession, use, distribution, purchase or sale of all forms of alcoholic beverages, illegal drugs, drug paraphernalia, controlled substances, tobacco or tobacco products (including e-cigarettes, vaporizers, electronic inhaler devices, etc.) over the counter supplements that are intended to enhance performance, and any banned drug on the National College Athletic Association banned drug list (NCAA.org) are in violation of the Athletic Training Code. Violation of the code may carry the following consequences.

1st offense will be suspension from 50% of the scheduled competitions in the PHS/PMS sport they are currently participating in and the suspension if not completely served in that season will carry over to the next season the athlete participates in. A substance abuse class may be offered and if a student athlete participates, can have suspension reduced by 25%.

2nd offense will be suspension for 1 calendar year from PHS/PMS Athletics and verification that the suspended student-athlete has completed an approved cessation program related to their offense. The program is funded by the parent/guardian.

3rd offense will be permanent suspension from PHS/PMS Athletics. All suspensions are under direction of the Athletic Department.

A suspended athlete must continue to practice, attend all team functions and follow team rules and expectations. He/she must not be found in violation of team rules during the course of his/her suspension.

Hazing

The National Federation of High School Sports (NFHS) defines hazing as an humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate. Plainwell High School and Plainwell Middle School do not tolerate any action of hazing or could be seen as hazing. Hazing could include acts of physical brutality such as striking, beating, etc. It could also include activities such as consumption of alcohol, drugs, or specific foods, sleep deprivation, and verbal or emotional harassment. If a student athlete is found to be hazing or perceived to be hazing, Plainwell Administration will follow the code of conduct up to and may include immediate removal from the team without warning. If any person believes he or she has been a victim of hazing (or any person with knowledge or belief of conduct which may constitute as hazing) shall report the alleged acts immediately to Plainwell High School Administration, Plainwell Athletic Department staff or Plainwell Middle School Administration.

Academic Eligibility Policy

Trimester Eligibility (High School):

Plainwell High School student athletes must be passing at least 5 out of 6 classes AND maintain a minimum gpa of 1.67 at the end of each trimester to be eligible for the subsequent trimester. If the student-athlete does not meet the trimester standard they will be ineligible for athletic participation the entire subsequent trimester.

Trimester Eligibility (Middle School):

Students failing any class at the end of a trimester will be ineligible for the next season until grade checks are run and they show passing grades in all classes.

- There will be a three week grace period at the beginning of each trimester to make sure grades accurately reflect achievement in their classes.
- The exception to the grace period is that IF a student failed the previous trimester, grade checks will be run every week for those students only and as soon as they show passing grades for all classes they will become eligible for participation

Weekly Eligibility (High School):

Per MHSAA requirements, a Plainwell High School student-athlete must be passing at least 66% of their current credits; by our weekly grade check the student-athlete must be currently passing 5 out of 6 of their classes. If the student-athlete does not meet the weekly standard they will be ineligible to compete in an interscholastic contest the following week (Monday through Sunday). An ineligible student can practice with the team, but can not compete until grades are checked the following Friday, even if they pull their grade up during the period of ineligibility.

Weekly Eligibility (Middle School):

Grades will be checked every Friday during athletic seasons, and if a student-athlete is found to be failing any classes, they will be suspended from participation in athletic contests until the following grade check.

Attendance Policy

An athlete **may not participate** in practice or competition if not in attendance by the end of 3rd period without just reason and prior approval from high school athletic administration or middle school administration. If an athlete is too ill to attend class, that athlete will be considered too ill to participate in athletics. Students who sign out of school due to illness shall not return for athletic competition. If a student has an appointment, a doctor's note must be turned into the Athletic office to participate. Please contact the Athletic office at least 24 hours in advance for a college visit, family funeral or special circumstances under the discretion of Athletic Administration for excused absence.

Other routine team rules regarding missing practice, arriving late for practice, not carrying out assignments, etc., may be established and enforced by respective coaches.
IN CASE OF SUSPENSION FROM A TEAM, PARENTS WILL BE NOTIFIED WITHIN A REASONABLE TIME FOLLOWING THE PENALTY.

Issues in Athletics

Plainwell High School is very proud of its athletic program. We have committed ourselves to continue to have a program that all student athletes can be proud to be a part of while they are in school. As a result of our commitment, we will also invite comments and/or feedback from our public. We enthusiastically participate in discussion.

The following are guidelines we recommend to address and resolve the issues and challenges that lie ahead. If you have a question, concern or complaint regarding an athletic situation we have found the following line of communication is very effective in resolving issues when it's done in a positive manner. All parties involved will assume positive intentions and come to the discussion with the goal to make it better for everyone involved.

However, there are three situations that coaches will NOT discuss:
1) Playing time
2) Play calling
3) Other athletes

Communication Between Coach, Student Athletes and Parents

The purpose of our interscholastic program at Plainwell Community Schools is to provide an arena in which students can learn and grow in meaningful ways that are not always possible in a classroom setting. Our ultimate success in achieving a positive athletic experience will be measured by our ability to establish lines of communication between coaches, student athletes and parents. Through good communication people feel valued and understood even if complete agreement cannot be reached. If a conflict or misunderstanding occurs between an athlete or coach, learning to resolve it is an important educational experience for our student athletes.

Communication all parents can expect from their student athlete's coach and/or Athletic Administrator

Team Itinerary:
Parents need to know the location and times of all try-outs, practices, games, bus trips, meetings, end of season activities.

- Communication will be sent through Final Forms or SportsYou App.
- Schedules and bus/van times are available on our athletic website or Eventlink.

Team Rules:
Parents will receive information on
- coaching philosophy
- team policies, rules and consequences
- Training rules and regulations set by MHSAA or Plainwell Athletics.
- **Information will be shared at the mandatory pre-season team meetings and documentation sent through Final Forms.**

Criteria for Team Selection:
Coaches will develop and distribute
- written criteria for team selection
- including objective criteria such as those measured against the stopwatch or skills completed.
- subjective evaluations such as but not limited to attitude, effort, coach ability, potential and qualities of a good teammate.
- **Information will be shared prior to tryouts through a parent meeting or Final Forms**

Problem Behavior:
Coaches may and are encouraged to call parents whenever an athlete exhibits atypical behavior.

Injury:
Parents will be informed by an athletic trainer or coach (when appropriate) when an injury occurs that requires attention. Parents may call or email the athletic trainer for additional information on care. **Contact information will be shared through Final Forms prior to the season.**

Communication Coaches Appreciate from Parents

Scheduling Conflicts:
Share scheduling conflicts as soon as schedules are available at the beginning of the season. In extreme circumstances, please contact a coach with conflicts at least 24 hours in advance. If something happens and you can not reach the coach directly, you may contact the athletic office to get a message to the coach. Every attempt will be done to relay the message but it can't be guaranteed. **The athletic office hours will be sent prior to the season through Final Forms.**

Emotional Stressors:
Coaches appreciate knowing about any unusual event in the life of an athlete that is causing the young person additional stress.

Volunteers:
Coaches may need help with the program (fundraisers, work projects, team dinners, award banquets and special recognitions) if parents or family members are interested, please contact the coach.

Forthrightness:

Every coach wants to be aware and work on any concerns or conflicts that arise. Please contact the coach when there is a concern first before going to athletic administration, principal or superintendent. Everyone wants to enjoy sitting in the stands, please resolve concerns and conflicts with the source instead of discussing it in the stands. All parties represent Plainwell Community schools and we want to remedy issues face to face and not through social media platforms.

Appropriate Concerns for Parents to Discuss with Coaches:

1. The treatment of your child.
2. Ways to help your child improve.
3. Concerns about **your** child's physical health and welfare, academic progress, or violation of the code of conduct. Matters regarding other athletes will be left to their respective parents/guardians.

Please do not attempt to confront a coach before or after practice or a contest. These can be emotional times for both the parent and the coach. Our coaches **are not expected to endure yelling,verbal or physical abuse from parents.** All adults must model and set the example of mature conflict resolution.

Areas of Control that Belong to the Coach:

1. Tryout procedures, team placement, team size and selection criteria.
2. Position(s) played, lineups and playing time.
3. Offensive and defensive strategies, play calling and style of play.
4. Practice plans, drills and scrimmages.
5. Coaching staff (upon approval of athletic administration)

How to Discuss an Appropriate Concern with the Coach

Conflicts can be resolved when concerns are brought forward by following the **Conflict Resolution Process** as stated below.

1. Start with the source. **Athletes must talk to the coach first.** The athlete may have a teammate, assistant coach or athletic staff representative present during the discussion with the coach or coaching staff. Talk directly with the coach, face to face, away from the team, practice site or game arena. They should request a time to talk prior to the next practice and not right after a competition.
2. If necessary, talk next with the head coach of the sport.
3. If necessary, talk next with the athletic director.
4. If necessary, talk with the assistant principal or principal.

All complaints must be heard at the lowest possible level **BEFORE** intervention by the higher authority can occur. This system has worked very well in the past. However, the next level arbitrator will always be willing to meet with a complainant if sub-level discussions do not accomplish their intended purpose. If the someone is circumvented in the process they will refer the person to discuss with the appropriate person.

Parents, rightly do, tend to have single focus and advocate for their own child. Coaches, on the other hand, tend to have a muli-focus approach and must safeguard the needs of every player as well as

the team as a whole. Parents and coaches, in order to communicate effectively, must respect the legitimate perspective of the other.

Help the student athlete learn to resolve his or her own issues. When a student successfully deals with difficult situations, he or she learns and grows. Of course, a parent always has the right to intervene on behalf of a child.

Our coaches are expected and encouraged to meet with individual parents to discuss concerns that affect that parent's child.

When intervening please follow the process below:

1. Due to emotions after a competition, please contact the coach after 24 hours. When contacting the coach, please talk to them in private, face-to-face when possible, away from the practice site or game area.
    a. Email and voicemail are good methods for communicating information, but they are not as effective for communicating feelings and concerns. By nature they tend to distance coaches from athletes and families.
2. Make an appointment with the coach when emotions are in control. Whenever possible or appropriate the student athlete should attend since it is a concern that involves them. State your concern, be prepared with the facts as far as you understand, or can ascertain them. Be clear about what you hope will result by meeting with the coach.
3. If concern continues, you may contact the athletic director. A meeting can be set when the goal and result of the meeting is shared. Whenever possible and if appropriate the student athlete and coach should be included since the concern involves them.
4. If you feel the concern has not been addressed, you may reach out to the assistant principal or principal.

Meeting Conduct:

1. Everyone present will introduce themselves. After introductions, the following norms will be shared. If norms are not followed the meeting will be ended by either party.
    a. Everyone will speak in a calm voice, no shouting or yelling.
    b. No one will be verbally or physically abusive.
    c. When someone is speaking, no interruptions or talking over one another.
2. Student athletes will start by stating concern when appropriate. If a student is not there, the parent or guardian will give their version of the situation. They will be clear about what they hope to have as a result of the meeting.
3. When the version has been given, the coach will repeat back what they heard to make sure they understand the important points.
4. The coach will give their version and justification. The student athlete and parent/guardian will repeat back what they heard for clarification.
5. All parties should assist in generating options to resolve the conflict. Making sure there is fairness to the proposed solutions.
6. At the end of the meeting, have a plan that is clearly understood by all parties. When appropriate and needed, a written document will be shared restating the outcome, what happens if the situation reoccurs along with solution/s.

We always assume that all parties have the best interest of the students in mind when concerns are discussed. **We will make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a concern.**

Athletic Awards

The blue varsity chenille letter is given to an athlete upon completion of the first varsity season in a sport as determined by the head coach. See team information for more details.

The chenille chevron is given for each letter won; depicting the sport participated in, upon completion of that season.

Athletes completing their first season of a JV sport will receive a Trojan patch.

Athletes completing their first season of a freshman sport will receive numerals. Freshman athletes finishing a JV level sport may receive a patch and numerals.

Participation certificates are given to athletes each season.

Any athlete who is suspended for any violation and who does not finish the season on the team will not be eligible to receive an award for that season.

SPECIAL AWARDS

Generally there are 2 special awards per sport. Each coach will decide what two awards are to be given and the manner and criteria in which the recipients will be chosen. Examples of these awards might be Most Valuable Player, Most Improved Player, Coaches Award, etc.

TRIPLE THREAT AWARDS

An athlete is awarded the Triple Threat when they participate in at least one sport per season.

THE WOLVERINE CONFERENCE AWARDS:

The head coaches of the various sports within our conference select these awards. These awards include 1st Team, 2nd Team and Honorable Mention.

Plainwell Boosters

The Booster Club of Plainwell is a group of individuals (parents, fans, and coaches) who are committed to promoting and stimulating interest in competitive sports in the Plainwell Public Schools at the Middle School and Senior High level. The club supports the school athletic program in every way possible; to encourage students in the program to strive for greater achievement.
The boosters initiate, direct and support worthwhile fund raising for the sole purpose of enhancing the athletic programs sponsored by the Athletic Department.

The promotion of cooperation and fellowship among all team members, parents, and fans is of utmost

importance to the Booster Club. Booster Club is a separate entity and not under the jurisdiction of Plainwell Community Schools.

Plainwell High School Team Information

Girls Sports

Basketball - (winter) Varsity, Junior Varsity and Freshman teams. This can be a cut sport depending on the number of girls that try out. Each team usually carries 12-15 girls. There are 22 games in the regular season. All members of the varsity will receive a varsity letter.

Bowling - (winter) Varsity and Junior Varsity teams. MHSAA allows for a maximum of 24 athletes during the season. We compete in the Wolverine Conference and the SW Michigan Bowling Conference.

Cheer - (sideline in the fall, competitive in the winter) Varsity and Junior Varsity teams. The tryouts for fall sideline cheer are held in the spring of the prior school year. In early November there are new tryouts for competitive cheer.

Cross Country - (fall) the girls and boys practice together, but they compete as separate teams. There is no limit on the team members; however, usually the top seven runners on each team count in the team scoring. The competition is a 5K course run over variable terrain. We have 12-15 meets per season including some invitationals. Varsity letter winners are determined by placing in the top 7 places in 50% of the varsity meets.

Golf - (fall) Varsity and Junior Varsity teams. Golf can be a cut sport depending on the number of athletes in tryouts. There are 15-16 varsity matches in the regular season. We play as many JV matches as we can schedule. We carry around 14 team members; however, we are limited to the number of players in each match to 5-10. Match days vary and the weather is a big factor. Some matches are during the school day and athletes will miss classes. Varsity letter winners are golfers who participate in 4 varsity matches or 2 varsity tournaments or a combination.

Soccer - (spring) Varsity and Junior Varsity teams. Soccer is a cut sport, with team selection based on skill, work ethic, attitude, coachability, and commitment to the program. Generally, each team has 18-22 team members. We play 18 games during the regular season. Most practices are held at Streidl Field and games are played at Plainwell High School. To receive a varsity letter, you must be a member of the varsity team.

Softball - (spring) Varsity and Junior Varsity Teams. This is a cut sport. Each team carries 12-15 players. The spring weather is a major factor on rescheduled games. Members of the varsity team will receive a varsity letter. Games are at Plainwell High School.

Swimming and Diving - (fall) Varsity team only. There is no limit on the number of team members. We normally have 16 meets in the season. The 16 meets are split up among dual meets and larger invitationals. Varsity letters are earned by scoring 17 ½ points.

Tennis - (spring) Varsity and Junior Varsity teams. Tennis is not usually a cut sport; however, if the number that tries out is too large, cuts may be necessary. We play 14-16 matches including some invitationals. Matches are played on all days of the week. Weather is a factor for rescheduled matches.
Track - (spring) Track is not a cut sport. Track has 14-16 meets in the season. The meets are divided among dual meets, relays and invitationals. Earning a Varsity letter is based on earning seven points throughout the season.

Wrestling – (winter) There is no limit on the number of athletes trying out. There are 13 weight classes. The matches are divided among duals, jamborees and invitationals. Receiving a varsity letter is based on scoring 50 points and completing the season in good standing.

Volleyball - (fall) Varsity, Junior Varsity and Freshmen teams. Volleyball is a cut sport. We play in 18 days of competition. Games scheduled during the weekdays are usually dual matches. The Saturday matches are usually tournaments.

Boys Sports

Baseball - (spring) Varsity and Junior Varsity teams. Baseball is a cut sport. Each team usually carries from 12-15 players. Rescheduled games are made up on available days. Most games are doubleheaders and on weekends we are involved in tournaments. Participating members of the varsity team will earn a varsity letter. Games are played at Gilkey Elementary.

Basketball - (winter) Varsity, Junior Varsity and Freshmen teams. Basketball is a cut sport. Each team usually carries from 12 –15 players. In general, we play 22 games in the regular season. All members of the varsity team earn a varsity letter.

Bowling - (winter) Please see the statement in girl's sports.

Cross Country - (fall) Please see the statement in girl's sports.

Football - (fall) Varsity, Junior Varsity and Freshmen teams. Football is not a cut sport. There are 9 games per season. The Junior Varsity and Freshmen games are on Thursdays and Varsity plays on Fridays. In order to win a varsity letter, you must be a participating member of the varsity team.

Golf - (spring) Please see the statement in girls' sports.

Soccer - (fall) Please see the statement in girls' sports.

Swimming and diving - (winter) Please see the statement in girls' sports.

Tennis - (fall) Please see the statement in girls' sports.

Track - (spring) Please see the statement in girls' sports.

Wrestling – (winter) There are Varsity A & B teams. There is no limit on the number of athletes trying out. There are 13 weight classes. The matches are divided among duals, Triangulars, quadrangles and invitationals. Receiving a varsity letter is based on scoring 50 points and completing the season in good standing.

Plainwell Middle School Team Information

Football (Fall) - 7th and 8th grade teams. Football is not a cut sport. There are 7 games per season. Games are usually on Wednesdays.

Girls Volleyball (Fall) - 7th and 8th grade teams. Volleyball is a cut sport. There are 10 matches and a Conference Tournament on Saturday. Matches are played on Monday and Wednesdays. Each match will contain 5 games.

Co-ed Cross Country (Fall) - 6th, 7th and 8th grader students make up a cross-country team.

Sideline Cheer (Fall) - 6th, 7th and 8th graders make up the sideline cheer team.

Boys Basketball (Fall) - 6th, 7th and 8th grade teams. This is a cut sport.

Girls Basketball (Winter) - 6th, 7th and 8th grade teams. This is a cut sport.

Wrestling (Winter) - 6th, 7th and 8th grade students make up the wrestling team. Wrestling is not a cut sport.

Competitive Cheer (Winter) - 6th, 7th and 8th grade students make up the competitive cheer team. This is a cut sport. Athletes are placed on either the Blue or the White team depending on skills.

Track and Field (Spring) - 6th, 7th and 8th grade students make up the track and field team. It is not a cut sport.

Plainwell Middle Schools have clubs or activities in several different sports. They are run by volunteers and are independent from Plainwell Community Schools.

Dual Sport Athletes

Participation in two sports in a season is recognized as a very challenging option that may not always be in the best interest of the athlete. All stakeholders will hold a conversation to make sure it is in the best interest of the athlete to make this commitment. To Dual Sport, an athlete must fill out a Declaration Form that is signed by all stakeholders. This is due by the time rosters are finalized (the first Friday of the athletic season). Forms can be acquired through the coach and/or athletic office. The Athletic Administration has to approve the agreement between coaches and student athletes.

Quitting Policy

Dropping out of a sport without a valid reason is always considered a serious matter. If an athlete wants to quit any sport, he/she **must notify** the coach and return all equipment. If an athlete does quit a sport, he/she will not be permitted to try out or join another sport in the same sport season.

Joining a Team Policy

Joining a team after team selection must be approved by Athletic Administration.

Ticket Prices

Plainwell High School follows the Wolverine Conference Policy: Ticket admission for single events is $7. There are several Plainwell Season pass options. Wolverine Conference Finals are $10 for a single event.

Secondary Athletic Insurance

Plainwell High/Middle School Athletic Department, through First Agency, carries a secondary insurance policy on its in-season athletes. This means that whatever costs the parents' insurance plan does not cover (i.e., co-pays and deductibles), the school's policy will cover. If the parents do not have a primary insurance policy, the school's policy will act as the athlete's primary policy and cover all costs. Please keep in mind that as is the case with all insurance companies, there are some things that will not be covered by First Agency. Students involved in school sponsored summer programs are also covered. Athletic camps—aindividual or team—are not covered.

Athletes who are actively participating on a Plainwell High/Middle school athletic team with an up-to-date physical and complete medical history on file are eligible. The athlete is still eligible if he or she is participating in pre-season try-outs, but has not officially made the roster.

Injuries are eligible if they occur as a direct result of participating in an athletic practice or contest. The injury must be due to a distinct identifiable incident, which led directly to the injury of the athlete. This incident must be documented with the appropriate form by the athletic trainer, team coach, or athletic director. These forms will be kept on file in the athletic training room.

Injuries and/or illnesses that occur at home or off school grounds (unrelated to high school athletics) are not covered. Injuries and/or illnesses that occur during the school day or as a direct result of school related activities and/or illnesses that occur at home or school activities unrelated to athletics are covered by the general school insurance policy. These injuries/illnesses should be reported to the main office immediately. Injuries and/or illness deemed to have occurred due to inappropriate behavior on school grounds would not be covered by the school's athletic policy.

FILING PROCEDURE:

Once injury occurs:

1. Athletic trainer, coach or school official, if not present at time of injury, must be notified at first opportunity.
2. Following treatment or care at a medical facility, emergency room, family physician, etc: All medical bills and expenses must first be submitted to your personal insurance company. Failure to do so will result in a denial of the claim from 1st Agency. Do not send bills or expenses to the high school

3. Once the explanation of benefits (bills minus insurance payment) is received from the insurance company, the athletic trainer should be notified so the appropriate claim form can be completed. If no insurance is carried, notify the athletic trainer once medical bills are received.
4. A secondary insurance claim form will be filled out and signed by the athletic trainer then given to the parent(s)/guardian(s) for completion of insurance information. Without this form First Agency will not accept the claim.
5. It is then the parent(s)/guardian(s) responsibility to send this form along with the explanation of benefits or bills to First Agency directly.
6. The claim will then be evaluated and processed by First Agency

Failure to follow the above procedure will result in delays in settling or denial of claim.

Any questions that you may have can be directed to the athletic trainer. Please do not hesitate to file claims because you may risk going beyond the time frame that the insurance company allows filing claims. Questions about the status of claims should be directed to First Agency Insurance.

Please follow the above steps and all appropriate claims will be handled efficiently.

Snow Day Procedures

If the weather **during the school day** makes it difficult to travel or safety is a concern, the Plainwell Athletic Department will work with Plainwell District Administration to adjust after school activities. The following situations **could** occur:

- Plainwell Middle School Athletics may cancel after school practices or games. Middle School games will not be made up if games are cancelled due to inclement weather.
- Plainwell High School may adjust practice times for freshman, JV and varsity teams depending on road conditions. Game competitions may be canceled. Varsity games are usually the only competition made up on another date.

If school is canceled before the start of the day, the following situations will occur:

- **All** middle school practice and games are canceled.
- **Freshman and JV** teams will not practice. **Varsity** teams **may** practice (after determination from athletic and district administration approves) but it is an optional practice and held after 12:00 pm. These can vary due to the needs of student athletes and programs.
- Freshman, JV, Varsity competitions may still occur if road conditions improve.

Transportation of Athletes

All athletes are expected to be transported by the school provided or approved means of transportation. Each program may have rules about riding the bus back. Athletes can only ride home with parents and will not ride home with other student drivers. Parents should check in with the coach if they are taking their athlete home.