# Standish-Sterling Schools

# Athletic Handbook

# THE STANDISH-STERLING INTERSCHOLASTIC PROGRAM

Standish-Sterling High School offers a varied program of interscholastic athletics. The purpose of this program is to aid in the development of leadership, cooperation, sportsmanship, competitive spirit, and physical well-being. It is hoped that all Standish-Sterling students have the experience of participating on one or more of the following athletic teams:

| | |
|---|---|
| **Boys Fall Sports (approximate start date for practices - 2nd full week of August)** | |
| Cross Country | MS/Varsity |
| Football | MS/JV/Varsity |
| Soccer | Varsity |
| **Boys Winter Sports (approximate start date @ 2nd or 3rd week in November)** | |
| Basketball | 7th/8th/Freshman/JV/ Varsity |
| **Hockey - Co-op available | Varsity |
| Wrestling | MS/Varsity |
| **Bowling | Varsity |
| Swimming/Diving | Varsity |
| **Powerlifting | JV/Varsity |
| **Boys Spring Sports (approximate start date @ 2nd week in March)** | |
| Baseball | JV/Varsity |
| Golf | JV/Varsity |
| Track | MS/Varsity |
| **Girls Fall Sports (approximate start date 2nd week of August)** | |
| **Sideline Cheerleading | MS/Varsity |
| Cross Country | MS/Varsity |
| Golf | Varsity |
| Volleyball | Freshman/JV/Varsity |
| Swimming/Diving | Varsity |
| **Girls Winter Sports (approximate start date 2nd or 3rd week of November)** | |
| **Sideline Cheerleading | MS/Varsity |
| Basketball | 7th/8th/JV & Varsity |
| Wrestling | MS/Varsity |
| **Bowling | Varsity |
| **Powerlifting | JV/Varsity |
| **Girls Spring Sports (approximate start date 2nd week of March)** | |
| Soccer | Varsity |
| Softball | MS/JV/Varsity |
| Track | MS/Varsity |

****Denotes unfunded Sport. Students are responsible for all expenses.***

## FORWARD

The Standish-Sterling Jr/Sr High School Athletic Handbook has been put together for athletes and parents of Standish-Sterling High School, to be used as a guide for all athletes. It is the desire of the Standish-Sterling Athletic Department that all athletes have a quality experience in athletics. Good sportsmanship is expected from athletes, coaches and fans that participate in or attend events. Our athletic staff is dedicated to providing a quality experience to Standish-Sterling High School students. Student welfare and safety are a top priority as athletes enter the spirit of competition. If you would like more information regarding Standish-Sterling Athletics, please contact the Standish-Sterling Athletic Office at (989) 846-3664.

## ATHLETIC PHILOSOPHY

The interscholastic athletic program at Standish-Sterling Community Schools is a vital and integral part of the total education program. Research indicates a student involved in extracurricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. The purpose of interscholastic athletics is to make a positive contribution to the development of the participants, spectators, school and community.

As an integral part of the educational process, the athletic program should always conform to and support the objectives and standards of the school. The total educational curriculum must take precedence over the athletic program. Athletes should strive for educational excellence, playing excellence, as well as staying within the boundaries of good sportsmanship.

## VISION STATEMENT

To provide the highest quality educational athletic programs for Standish-Sterling Community Schools, students, staff, and community members that will meet the educational, technological, and facility demands and expectations of its participants.

## SSC ATHLETIC DEPARTMENT OBJECTIVES

- To provide a positive image of school activities at Standish-Sterling Community Schools.
- To provide students with opportunities for physical, mental, and emotional development.
- To experience team play along with loyalty, cooperation and fair play.
- To create a desire to exceed and excel.
- To practice self-discipline and emotional maturity while learning to make decisions under pressure.
- To develop an understanding of the value of extracurricular activities in a balanced educational experience.
- To demonstrate good sportsmanship at all times.
- To develop leadership qualities and skills.

# TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the rink, gym, field, pool, or track or on the way back or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within his/her hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky, in this."

## PARENTAL STANDARDS & EXPECTATIONS

When the coaching staff, the athletes, and the parents are working together for the good of the team, a season is successful. Please help us provide the best possible environment for our athletes to have a quality experience. Everyone must play his/her role. The coaches need to coach, the 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 to our student athletes, the following behaviors should be practiced by parents:

- Encourage good sportsmanship by demonstrating positive support for all players at every game.
- Place the emotional and physical well being of the participants ahead of any personal desires to win.
- Provide support for coaches and officials working with the participants to provide a positive, enjoyable experience for all.
- Promote tobacco, alcohol, drug, and violence free sports environment for the participants and agree to assist by refraining from their use at all events.
- Refrain from comments and actions that are intended to intimidate, bait, anger, or embarrass others.
- Maintain a position as a spectator and refrain from “coaching from the stands”.
- Support the participants in the appropriately designated areas for spectators.
- Remember that the game is for the students and not for adults.
- Make youth sports fun for the participants.
- Expect that your child treats other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- Keep all comments from the stands positive, including those directed towards individuals other than your own child.
- Promise to help your child enjoy the extra-curricular experience within your personal constraints by being a respectful fan, providing transportation or whatever you are capable of doing.

## PARENT CODE

As parents of students at Standish-Sterling 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 Standish-Sterling athletic event or extracurricular activity is a privilege and that school personnel may revoke the privilege temporarily or permanently for inappropriate conduct. Gate or pass fees ***Will Not*** be reimbursed for a person who is removed from a game.

# COMMUNICATION BETWEEN COACH AND PARENTS

The purpose of the interscholastic athletic program at Standish-Sterling High School 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. Through good communication, people feel valued and understood, even if complete agreement is not always reached. We are all concerned about the education of our students. Part of the process of growing up is learning to handle your own difficult situations. If a conflict or misunderstanding between an athlete and a coach occurs, learning to resolve it is an important educational experience for the athlete. Parents should react slowly. Children tend to exaggerate at times, leave out part of the story, or present a skewed version of an incident. Taking responsibility for your part in a conflict is a learned skill. It requires maturity and honest self reflection. Athletes vent frustration at the dinner table expecting mom and dad to take their side of the issue. Parents, however, realize that they were not present at practice to see how their child behaved, related to the coach, or to evaluate his or her skill and effort. Parents should always seek more information before drawing conclusions. The most productive long-term help a parent can give a child in awkward situations with a coach is to teach and model the skills of conflict resolution. Help your child resolve his or her own differences. When a student successfully deals with difficult interpersonal conflicts, he or she learns and grows. Parents are encouraged to help their athlete learn the valuable lessons that athletics can teach, even the “tough lessons” that may be difficult for everyone involved. Of course, a parent always retains the right to intervene on behalf of a child.

## Communication all parents can expect from their child’s coach or the Athletic Director

- **Team Itinerary:** Parents need to know the location and times of all tryouts, practices, games, bus trips, meetings, banquets, team camps, conditioning sessions, et cetera, as well as directions to away contests.
- **Team Rules:** Parents appreciate knowing not only the philosophy of the coach but also any team policies, including consequences that the coach established to supplement the code of conduct, rules and regulations.
- **Criteria for Team Selection:** Coaches should develop and distribute written criteria for team selection, including objective criteria such as those measured against the stopwatch or skills completed, as well as subjective evaluations, such as attitude, effort, coach ability, grades or potential.
- **Criteria for Earning an Award:** Coaches should determine and distribute written criteria to parents and athletes as soon as the squad has been selected if the criteria is something more than simply completing the season as a member of the team in good standing.
- **Injury:** Parents can expect to be immediately informed by the coach when an injury occurs that requires medical attention.
- **Problem Behavior:** Coaches should call parents whenever an athlete exhibits atypical behavior that persists longer than 48 hours.
- **Discipline:** the coach will inform parents within 24 hours of all discipline that results in the loss of contest participation or removal from the team. This contact will be done before the parent is to attend the contest whenever possible.

**Communication Coaches Appreciate from Parents**

- **Schedule Conflicts:** If you cannot reach the coach directly, it is then appropriate to notify the main office to get a message to the coach.
- **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 need help with so many aspects of managing the program (fundraisers, work projects, team dinners, awards banquet, et cetera) that they are always glad to hear from parents who have ideas and are willing to work for the team.
- **Forthrightness:** Every coach wants to try to resolve a conflict before it is taken to the athletic director, principal or other higher authority or before it is discussed "in the stands."

**Appropriate Concerns for Parents to Discuss with Coaches:**

- The treatment of your child
- Ways to help your child improve
- Concerns about your child's physical health and welfare, academic progress, or violation of the code of conduct. **(Matters regarding other athletes are to be left to their respective parents)

**Areas of Control that Belong to the Coach, Alone:**

- Tryout procedures, team placement, team size and selection criteria.
- Position(s) played, lineups and playing time.
- Offensive and defensive strategies play calling and style of play.
- Practice plans, drills and scrimmages.
- Coaching staff (upon approval of the Athletic Director).

**How to Discuss an Appropriate Concern with the Coach:**

- **Communication:** Communication is the most vital aspect of heading off potential problems. Any concern a student or parent has must always be addressed by following the "Extra-Curricular Conflict Resolution Process." The first step of this is to contact the source. Whenever possible the student should initiate, but whether the parent or the student begins the process there are some suggestions on how to handle this conversation.
- **Student contacting the Source:** The student should talk directly with the coach, in private, face-to-face, away from the practice site or game arena. A telephone call may be necessary to arrange an appointment. E-mail, voice mail, and letters are good methods for communicating information, but they are not as effective for communicating feelings, and concerns. By their nature they tend to distance coaches and athletes.
- **Parent Contacting the Source:** Contact the coach to talk directly, in private, face-to-face, away from the practice site or game area. Making an appointment, sitting down and listening to both sides is far more productive in reaching a mutually satisfying resolution. Our coaches are expected and encouraged to meet with individual parents to discuss concerns that affect that parent's child. Our coaches are not expected to meet with groups of parents to discuss issues of concern. 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. Make an appointment. Help teach your child the skills of mature conflict resolution.

**Conducting a Meeting:**

- Introduce yourself and vice versa. There is to be no yelling, verbal or physical abuse by either side.
- When each person is speaking there is to be no interruption. Let each person complete his or her version of the situation before the other person speaks. When stating your concern be prepared with the facts in so far as you understand, or can ascertain them. Be clear about what you hope will happen as a result of your meeting.
- As you talk with the coach, or other authority, repeat back what you hear him or her say to be sure that you understand the important points. Stay calm and friendly as you talk and listen. Take notes.
- Assist in generating options to resolve the conflict. Make sure there is fairness to the proposed solutions.
- Before the session ends, have a plan that is clearly understood by all parties. A written document restating the final outcome, what happens if the situation reoccurs, and signatures indicating understanding is appropriate. This written plan will check for mutual understanding. Make a plan to touch base following the initial meeting. Remember that each party has a stake in making the plan work.

We always assume that all parties have the best interest of the student-athlete in mind when concerns are discussed. Therefore, we make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a complaint. Parents, rightly so, tend to have single focus and advocate for their own child. Coaches, on the other hand, tend to have multi-focus 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.

## EXTRA-CURRICULAR ROLES and RESPONSIBILITIES

Actions by coaches, student athletes, administrators, parents and the board of education are subject to the same standards and expectations as stated in board policy and the contractual agreement between the board and the teacher's association. The same expectations of teachers, as stated in these documents, is expected of coaches.

Extra-Curricular Participants will:

- Come prepared to work at every practice where he/she is physically able.
- Accept the team rules as established by the coach and the athletic department.
- Attempt to communicate all questions and concerns with the coach in a timely fashion.
- Display a respectful attitude towards his/her teammates, coaches, officials, spectators, and opponents at all times.

Coaches will:

- Abide by MHSAA coaching standards as stated in the MHSAA Handbook.
- Come prepared to practice daily.
- Make a strong effort to run a safe practice and competition area.
- Communicate important information (such as team expectations and important dates) to parents and administration.

Administrators will:

- Communicate to parents the "conflict resolution process."
- Enforce the chain of command as outlined in the "conflict resolution process."

- Review with coaches the expectations as stated in the team's guidelines.
- The Athletic Director will conduct a meeting in the off season with the coaches to discuss standards and procedures.

Parents will:

- Be supportive of not only their children, but of all competitors.
- Support team guidelines and goals.
- Abide by the code of conduct for parents as found in the SSC Athletic Handbook.
- Communicate concerns directly to the coach while respecting the 24 hour "cooling off period."

The Board of Education will:

- Recognize athletes and programs for academic and athletic success.
- Serve as an arbitrator in disputes that have exhausted the full grievance process.
- Enforce the chain of command as outlined in the "conflict resolution process."
- Remain neutral by refusing all requests to become involved in a dispute before the superintendent has been notified and all steps in the "conflict resolution process" have been exhausted.

## EXTRA-CURRICULAR CONFLICT RESOLUTION PROCESS

- All complaints MUST be heard at the lowest possible level BEFORE intervention by a higher authority can occur.
- A 24 hour "cooling off" period must be granted before any complaints are initiated.
- Complaints must be made within 10 days of the incident. For the sake of all parties, the entire process must be concluded within 30 days of the incident. This system works very well so we are committed to abide by it.

**Step 1 Start with the Source**

1. The player will speak directly to the coach.
2. A cooling off period will be granted for all parties before resolution is sought.
3. This meeting should be done in private, away from practice sites and game arenas, and should be conducted face to face.
4. Students who do not feel comfortable speaking solely to the coach may request a parent to be present, however the meeting should be conducted by the athlete.

**Step 2 Move to Program Head**

1. This step is necessary only if the issue is in regards a subordinate or assistant (i.e. an assistant, JV coach, etc.).
2. If going to the source does not resolve the problem, then the head of the program should be notified and he/she should attempt to facilitate a solution.
3. If the "source" is the head of the program, move to step three.

**Step 3 Contact Athletic Director**

1. If an agreeable solution is not reached, then the athletic director will conduct a meeting between the parties in an attempt to find resolution.

**Step 4 Contact Principal**

1. If an agreeable solution is still not reached, then the principal will conduct a meeting between the parties in an attempt to find resolution.

**Step 5 Notify the Superintendent**

1. At this point in the process, individuals who still believe their disputes have not been resolved adequately can submit a written narrative of their complaint to the School Superintendent.
2. A copy of this will be given to all concerned parties, who will be afforded the option of a written rebuttal.
3. After the superintendent has reviewed the documents he can conduct a meeting in a final attempt to resolve the dispute.

**Step 6 Request non-partisan School Board mediation**

1. This final step is appropriate only in extreme circumstances and shall follow the same process laid down for the superintendent.

## COACHING STANDARDS & EXPECTATIONS

The heads of extra-curricular programs in the Standish-Sterling school district recognize the need to maintain a standard of excellence for our students. As such, we support the adoption of these standards to be used by the Athletic Director as the basis for the evaluation of coaches and programs. A coach has a role as leader and mentor to student athletes, and is an official representative of the school at interscholastic athletic activities. In such important capacities, these standard behaviors should be practiced (including those clubs and athletic programs not sponsored by MHSAA):

- Develop an understanding of the role of interscholastic athletics and communicate it to players, parents, and the public.
- Develop an up-to-date knowledge of the rules, strategies, safety precautions and skills of the sport and communicate them to players and parents.
- Develop, communicate and model policies for athletes' conduct and language in the locker room, at practice, during travel, during competition, and at other appropriate times.
- Develop fair, unprejudiced relationships with all squad members.
- Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out of season activities.
- Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
- Give the highest degree of attention to athletes' physical well-being.
- Teach players strict adherence to game rules and contest regulations.
- Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.

- Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unfounded allegations of questionable practices by opponents.
- Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.
- Present a clean professional image in terms of personal appearance, and provide a positive role model in terms of personal habits, language, and conduct. Use of tobacco within sight of players and spectators and use of alcohol any time before a contest on the day of the contest is not acceptable.

## CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES

(School/Non-School)

Students are frequently involved in multiple school activities and occasionally non-school programs. The student should notify the coach and the director of the other activity as soon as a conflict in the calendar occurs which requires the student to be in two places at the same time. The student is not in jeopardy during the resolution of the conflict. The coach will notify the Athletic Director if assistance is needed to resolve the conflict.

Student athletes participating in non-school-sponsored activities (employment and clubs) along with school sports are expected to treat the school sport as the primary activity. In the event that conflicts arise, the student athlete must be willing to assume any possible consequences related to his/her playing time.

The commitment of students in extracurricular activities should increase at higher levels of competition. At times, personal interests may need to be sacrificed for the good of the individual and his team members.

During the season, ***anytime a participant fails to attend practice/event, the student's return to the line-up will be determined by the amount of time necessary to recover lost skills and conditioning***. Disciplinary measures by the coach may be enforced when an absence is not connected with the immediate family and the coach of the activity missed did not receive prior notification.

# GOALS OF PARTICIPATION

The goal of extra-curricular participation in Standish-Sterling Community Schools should be an educational experience developing individual skills and formulating team concepts that can be used for a lifetime.

- **Teamwork:** Develop self-discipline, respect authority, work hard and place team objectives above personal desires.
- **Success:** Perform at one's best regardless of the final outcome.
- **Good Sportsmanship:** Learn to accept winning and losing gracefully. Treat others with respect. Maintain emotional control, honesty, cooperation and dependability.
- **Develop Good Health Habits:** Develop good nutritional habits, get proper exercise and follow guidelines set up by coaches.

# CODE OF CONDUCT

## MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

Standish-Sterling High School is a member of the Michigan High School Athletic Association and agrees to abide by all rules and regulations of the MHSAA. This MHSAA determines the rules and regulations for all of our interscholastic sports and sponsors tournaments at the end of each season. The MHSAA classifies all schools by enrollment. Standish-Sterling is a Class B, which is the second largest enrollment class. Sports are then divided into Divisions in some sports by the MSHAA, based upon the number of teams participating within that sport throughout the state.

## MHSAA ATHLETIC CODE FOR ATHLETES

- Know and adhere to the athletic code of the school.
- Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school-sponsored athletics.
- Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
- Counsel with the Athletic Director over questions of eligibility.
- Practice and play, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
- Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
- Demonstrate respect for opponents and officials before, during, and after contests.

## Standish-Sterling ATHLETIC CODE OF CONDUCT

- The Standish-Sterling High School athlete must respect the purpose of our school by being a good citizen and a good student.
- Coaches retain the privilege of insisting on proper grooming and dress of each squad member.
- Any athlete involved in any activity that would reflect unfavorably on the school shall be subject to disciplinary action. This could mean expulsion from athletics.
- Gambling, profanity, hazing, and obscene language will be unacceptable at all times.
- Athletes are expected to conduct themselves in an appropriate manner at all school activities.
- Athletes must adhere to the training rules as listed on **Pages 13 - 15.** Training rules and the athletic code of conduct are in effect for the students 365 days a year encompassing in season, out of season, and during the summer lasting the duration of a student athlete's high school eligibility at Standish-Sterling Community Schools.

**SSC STUDENT/ATHLETE EXPECTATIONS**

The following ten expectations are what a SSC student-athlete should encompass:

- Follow all training rules, school rules and regulations.
- Exhibit good sportsmanship towards the opponents, officials, teammates and fans.
- Work to excel in academics.
- Put team goals ahead of personal goals.
- Be a role model for all students before, during and after school.
- Have pride in yourself, your team, your school, and care for your equipment/uniforms/facilities.
- Respect, but never fear the opponent.
- Work harder than the competition both in and out of season and never quit.
- Be on time and prepared for practices, meetings and games.
- Accept the results, learn from the mistakes, focus on the goal and never give up.

## VIOLATIONS OF TRAINING RULES/ATHLETIC CODE OF CONDUCT

When a student athlete voluntarily participates in a sport during their high school career, even if for only one playing season, he/she agrees to abide by the following training rules and regulations for the remainder of their high school eligibility. Training rules and the athletic code of conduct are in effect for student athletes 365 days a year encompassing in season, out of season and during the summer.

A. **Alcohol, Drugs and Vapor** – Student athletes shall not knowingly possess, use, distribute, buy, sell, or be under the influence of any drug/vapor, alcoholic beverage, other unauthorized mood-altering drugs, or "look alike chemicals". This definition also includes all prescription drugs obtained without authorization, and all prescribed and over-the-counter drugs being used in any way other than for medical purposes, in accordance with the directions for use provided in the prescription or by the manufacturer. This definition also includes any type of performance enhancing drugs. Student athletes may not host a 'party' where the student athlete has knowledge of underage drinking or illegal drug use.
   a. Self-Referral
      i. Student athletes who feel that they have a substance use or abuse problem and seek support and assistance on their own will not jeopardize their participation in any athletic activity. The self-referral policy will only apply to student athletes who admit to a problem before a violation is determined by the school authorities.

B. **Tobacco/Chew/Etc** – A student athlete shall not knowingly possess, use, transmit, or sell tobacco of any kind. (Smoking or Smoking Related Products/Paraphernalia "non-illicit or controlled substance" are also included in this category):

**C. Hazing**
   a. Soliciting, encouraging, aiding, or engaging in "hazing" on or in any school property at any time, or in connection with any activity supported or sponsored by the district, whether on or off school property, is strictly prohibited.
   b. "Hazing" means any intentional knowing or reckless act meant to induce physical pain, embarrassment, humiliation, deprivation of rights or that creates physical or mental discomfort, and is directed against a student for the purpose of being initiated into, affiliating with, holding office in,

or maintaining membership in any organization, club or athletic team sponsored or supported by the district and whose membership is totally or predominately other students from the district.

c. Student athletes engaging in any hazing or hazing-type behavior that is, in any way, connected to any activity sponsored or supported by the district, will be subject to discipline.

D. **Serious School Misconduct**

a. Serious school misconduct may be defined as any serious/severe conduct that is not in the best interest of the students or property of the school. This could be engaging in criminal behavior (misdemeanor or felony), violating state or local ordinances, and/or violating a training rule which involves federal, state, or local ordinance. This could also be any other act which brings disgrace or undue notoriety to the Standish-Sterling Community Schools, the community, or individual. Serious school misconduct by a student athlete, will result in an investigation by the coach, athletic director and school administrators.

**E. Disciplinary Process**

a. A notice of the violation of the athletic training code will be presented in writing to the student and his/her parent(s). This notice will state the violation and the penalties if any. A student athlete will be given an opportunity for an appeal with the building principal if his/her parent(s) indicate the desire for one. A hearing shall be held to allow the student athlete and his/her parent(s) to contest the facts, which may have led to the disciplinary action, or to contest the appropriateness of the sanction imposed. The student athlete shall remain suspended during all phases of the appeal process.

F. **Penalties for violation of Athletic Training Rules:**

a. ***First Offense-****Athlete will be suspended from participation in any extracurricular activities for a minimum period of three weeks or for the penalty period prescribed by the administration for the specific activity, whichever is longer. The athlete must also complete the set of restorative practice activities assigned by the administration upon returning to extracurricular activities.*

b. ***Second Offense-*** *Athlete will be suspended from all extracurricular activities for one calendar year from the date of the violation and/or additional disciplinary action* may be administered. The athlete will also be required to complete a set of restorative practice activities assigned by the administration upon reinstatement to extracurricular activities.

c. ***Third Offense-*** *Complete removal from all athletics for the duration of the athlete's high school career and/or additional disciplinary actions.*

i. Violations will be **cumulative** during the high school career of the athlete.

ii. For the first offense, the suspended athlete must attend all practices and contests for which he/she is suspended and must be seated behind the team bench, but not in uniform. Penalties may carry over into MHSAA tournaments.

iii. In the case of not being able to meet the penalty requirement for a violation, the rest of the requirement will be fulfilled in the next sport in which he/she competes. This includes carrying the penalty over to the next school year. Athletes who are serving a suspension are required to complete all team requirements as defined by the Athletic Director and Coaching Staff to satisfy the suspension.

iv. Any suspension from the school will result in suspension from the team until the athlete becomes eligible to attend school again. This includes practices and games. If a student

athlete is suspended from school on a Friday, the student athlete will also be suspended from practices and competitions that may occur on the weekend.

v. Dual Sport athletes will be required to serve suspensions in both sports, suspension timeline could vary based on scheduled events.

**G. Reinstatement**

a. Student athletes are reinstated after meeting all terms of suspension.

## ELIGIBILITY

Every student athlete is eligible to compete in interscholastic athletics, provided the following requirements are fulfilled:

a. Student athletes must follow the rules and regulations of Standish-Sterling High School and the Michigan High School Athletic Association. Eligibility is established by a combination of credits earned in the prior semester and Grade Point Average in the preceding marking period. The student must pass and earn credit in at least five classes in the preceding semester. In addition, the District requires that the student maintain a combined Grade Point Average of at least 2.0 for all classes taken in the eligibility period immediately preceding the sport or activity in season.

i. Academic Eligibility Period – Each student will receive both an interim Progress Report that is used every 3 weeks of the marking period and also will receive a grade at the end of the marking period. Eligibility will be determined based on the Interim Progress Report. Eligibility will also be determined by the marking period grade. If a student athlete does not have a 2.0 GPA at the time of the grade check, they are deemed ineligible until the next 3 week grade check where they may re-establish or lose eligibility at either one, whichever is current. They are allowed to practice but not participate in contests, ride the bus to events, or sit on the team bench **but if an athlete is ineligible for two consecutive grade checks they are deemed ineligible for the rest of that season.**

ii. Academic Eligibility Period-Out of Season–Each student will receive both an interim Progress Report that is used every 3 weeks of the marking period and also will receive a grade at the end of the marking period. Eligibility will be determined based on the Interim Progress Report. Eligibility will also be determined by the marking period grade. If a student athlete does not have a 2.0 GPA at the time of the grade check, they are deemed ineligible until the next 3 week grade check where they may re-establish or lose eligibility at either one, whichever is current. They are allowed to participate in out-of- season workouts during the first 3 week grade check **but if an athlete is ineligible for two consecutive grade checks they are deemed ineligible for the rest of that season for out-of-season workouts. ***Note, if a student athlete is deemed ineligible from a sport for consecutive 3 week grade checks, they subsequently, may not participate in an out-of-season workout in another sport during their ineligibility.**

iii. The student athlete must pass and have on file in the athletic office a physical examination with parental signature of approval. Physicals performed on, or after, April 15th are good the following athletic year.

b. ATTENDANCE:
   i. SSC athletes are expected to be in full attendance every day, practice or game day. Extenuating circumstances should be brought to the attention of the Athletic Director, Principal, or Assistant Principal (orthodontist, doctor, funerals, etc.). Athletes are also expected to participate fully in each of their classes, including physical education classes.
c. SUSPENSION:
   i. On the dates the student athlete has been scheduled to serve out-of-school suspension the student athlete is ineligible to participate and/or attend any athletic contest or practices. An athlete who is suspended in season will begin that suspension the day following the completion of the investigation.
      1. Based on the seriousness of the infraction, the athletic director in consultation with the principal and coach, may suspend a student athlete from participating in practice or contests beginning immediately upon conclusion of the investigation.
d. Student athletes who have not returned, or paid for, a previous season's uniform will not be allowed to participate in any other sport.

## TEAM SELECTION GUIDELINE

A. In accordance with our overall athletic philosophy and our desire to see as many student athletes as possible participate in the athletic program while at Standish-Sterling High School, we encourage our coaches to keep as many student athletes as they can without unbalancing the integrity of their sport. Obviously, time, space, facilities, personal preference and other factors will place limitations on the most effective squad size for any particular sport. However, when developing your individual sport policy in this area, please strive to maximize the opportunities for our student athletes without diluting the quality of your program.
B. Limitation of Team Membership
   a. Minimum and maximum team membership limits will be determined by the coaches of respective sports and the athletic director. In cases when the team selection guidelines are utilized, the coach should keep the athletic director informed concerning the method and time of selections.
C. Responsibility
   a. Selecting the members of any of our athletic teams is the sole responsibility of the coaches of those teams.
   b. The student athlete's membership on any team is always subject to proper behavior and the following of specified team guidelines.
   c. Lower level coaches shall follow the policies as established by the head coach in that particular program when selecting team members.
D. Have completed a minimum number of practices
E. Be allowed, when possible, to compete in a scrimmage situation.
F. Be informed by the coach of the selection and the reason for it in person.
   a. Selection lists should not be posted.
   b. Coaches should take the opportunity to discuss alternative possibilities for participation in the sport.
   c. If a coach foresees difficulties arising as a result of team selections, he/she should discuss the situation with the athletic director in advance.

## NORMAL LEVEL PARTICIPATION

A. Generally speaking, freshman teams are for freshmen, junior varsity teams are for sophomores, and varsity teams are for juniors and seniors. If an athlete is moved one or two levels, the following criteria should be adhered to:
   a. Coaches affected by the move should meet to discuss the following, with the outcome being positive for the student athlete:
      i. Academic Impact
      ii. Emotional/Social Impact
      iii. Student Athlete Safety
      iv. Playing Time Standpoint
   b. Prior to contacting the parents; any movement of an athlete (up or down) will be discussed with the Athletic Director.
   c. Coaches involved in the move will contact the parents of the student athlete to:
      i. Discuss the pros and cons of the move
      ii. Get input from the parent about the move
B. A final decision to move a student athlete will be made by the sport's varsity head coach and Athletic Director. This decision will be re-evaluated periodically during the season.

## DUAL SPORT PARTICIPATION

A. Student athletes should indicate interest to coaches involved well before the seasons that are affected.
B. In-season coaches will inform the athletic director of the student athlete's intentions and to confirm with both head coaches and assistant coaches as well, that everyone is in agreement..
C. If in agreement, a meeting with the student athlete, coaches, parents and athletic director should be held before pre-season practices begin. At this meeting the following agenda must be completed:
   a. The student athlete must declare a primary sport.
   b. A schedule must be presented that will lay out a complete practice schedule as well as what contest the student athlete will be present. The schedule must be agreed upon by the parents, student athletes, and the coaching staff.
   c. If there is a conflict, the primary sport has precedence and the student athlete will go to that game or contest.
D. The student athlete must have a proven solid academic record, as time management becomes a big factor in a decision like this. Regular eligibility rules will apply for the athlete.
E. It must be understood that any time during the agreement, the athletic director and/or parents may dissolve the agreement and the student athlete goes back to the primary sport with no repercussions.

## REGISTRATION and FEES

A. All SSC student athletes and parents are required to register at Standish-Sterling Final Forms and have all necessary forms filled out, signed, and have physical on file prior to participation in a practice or off season workout.
B. A high school ($9^{th}$-$12^{th}$ grade) student athlete will pay a participation fee of $50 per sport they participate in. There is an individual athlete limit of $100 and a family limit of $150. Also, a one time per year $3 catastrophe fee that is paid when you submit the student athletes physical card.
C. The Junior High school (6th-$7^{th}$-$8^{th}$ grade) is required to pay to participate of $25 per sport (MS Softball is

$50). Please encourage your student(s) to participate in as many sports as possible.

D. The registration fee must be paid by:
   a. **1st Friday in September for fall athletes**
   b. **1st Friday in December for winter athletes**
   c. **3rd Friday in March for spring athletes.**
      i. If the fee is not paid in full or if arrangements are not made with the athletic office by the deadline date, the athlete will be held out of practices, scrimmages and games until arrangements are made with the athletic office.
      ii. The fee must be paid prior to ordering any team or school apparel. Athletes are not permitted to purchase team items or apparel through Standish-Sterling accounts unless the Registration Fee has been paid.
      iii. If you cannot afford the fee, please contact the Standish-Sterling Athletic office to make special arrangements.
      iv. ***The registration fee does not guarantee a student athlete playing time.*** The fee is used solely to defray the expenses of the athletic program.
      v. A student athlete who cannot pay the fee, due to financial difficulties, can apply to the athletic director for scholarship consideration. Forms are available in the athletic office; however, qualification is based upon need. All inquiries will be confidential.

B. Athletes are responsible for the registration fee once they have participated in the first practice and the fee will be charged regardless if an athlete leaves the team by their own or parent's choice or if they are removed for disciplinary reasons.

C. Registration checks should be made out to Standish-Sterling Community Schools and must be returned to the high school athletic office or in the drop box that is located in the Main Entry near the mens restroom.

*****Standish-Sterling Athletic Department has partnered with FinalForms, an online forms and data management service. FinalForms will allow parents to complete and sign athletic participation forms for your students online. FinalForms will save your data from season to season, year to year...meaning you will never enter the same information twice! Information and sports will be verified/updated annually to ensure your child is ready to compete!!!***

## TRANSPORTATION

A. Travel and Transportation
   a. Good conduct is expected at all times while on trips.
   b. All rules and regulations pertaining to Standish-Sterling bus travel are to be strictly adhered to on athletic trips.
   c. Appropriate dress is a must on all trips. (Coaches will determine the appropriate dress needed for their respective teams.)
   d. All athletic trips are to be made in school buses and/or vehicles as arranged by the athletic director.
   e. Under special circumstances, parents may pick up their son/daughter at the site of an athletic contest for the purpose of taking them home or to another destination provided
      i. Arrangements have been made with the coach or the athletic department, in advance, and

ii. The parent(s) identifies himself/herself in person to the coach to take custody of the student for this purpose after the contest.
   1. Student athletes will never be released for this purpose to anyone except their parent(s) or legal guardian unless approved by the Athletic Director, Principal, or Assistant Principal.

iii. Student athletes are expected to travel with the team unless this criteria is met.

B. ALL RIDERS MUST FOLLOW THESE BASIC SAFE CONDUCT RULES:
   a. Remain seated while on the bus. The seat is your protected area.
   b. Keep hands and head inside the bus at all times.
   c. Never throw anything in the bus or out of the bus.
   d. You must be silent at all railroad crossings.
   e. No tampering with or departure from the rear emergency door.
   f. Stay out of the aisle and in your seat.
   g. Keep all belongings out of the aisle and in your lap.
   h. Be courteous to the driver.
   i. Coaches will decide whether or not cell phones are permitted.
   j. Take care of all garbage, wrappers, food,etc.

## TICKETS PRICES/SPORTS PASSES

HIGH SCHOOL EVENTS MIDDLE SCHOOL EVENTS

Standish-Sterling Community Schools uses GoFan as their digital ticketing partner. Tickets can be purchased in a few different ways.

The cost of each ticket for all SSC High School Athletic events will be in accordance with the JPC Bylaws.

The cost of each ticket for all SSC Middle School Athletic events will be in accordance with the JPC Bylaws.

1. Through the SSC GoFan link and on your phone prior to the game.
2. Use of debit/credit card at the entrance gate.
3. Transfer a ticket purchased to another fan through email.
4. SSC Season Pass *These are for home games only and cannot be used for any MHSAA tournament games.

## JACK PINE CONFERENCE

Standish-Sterling High School is a member of the Jack Pine Conference (JPC). Other members of the JPC include the following:

| **Division 1** | **Division 2** |
|---|---|
| Bullock Creek | Beaverton |
| Clare | Farwell |
| Gladwin | Harrison |
| Ogemaw Heights | Meridian |
| Shepherd | Pinconning |
| Standish-Sterling | St. Louis |

**STATEMENT OF BELIEF**

The Jack Pine Conference believes that a quality extra-curricular program plays an integral role in the educational process by enhancing the mental, emotional and physical well being of each participating individual.

## JPC Sportsmanship Message

**Acceptable Behavior**

- Applause during introduction of players, coaches and officials.
- Accept all decisions of officials.
- Applause at end of contest for performances of all participants.
- Show concern for an injured player, regardless of team.
- Encourage surrounding people to display only sportsmanlike conduct.
- Student sections must stay off the floor and be in the stands during the games.

**Unacceptable Behavior**

- Singling out individuals on the opponents team.
- Disrespectful or derogatory yelling, chanting, singing or gesturing.
- Booing, heckling or displaying an extreme temper over an official's or coach's decision.
- Use of profanity or displays of anger that draw attention from the game.
- Deliberate shouting derogatory chants over the cheerleaders' cheers.

**Golden Rule: Cheer for your team … not against the opponent!**

# MHSAA ELIGIBILITY RULES from the MHSAA HANDBOOK

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

**Age** - A student who competes in any interscholastic athletic contest must be under nineteen (19) years of age with the exception being a student whose 19th birthday occurs on or after September 1st of a current school year is eligible for the balance of that school year.

**Physical Examination** - No student shall be eligible to represent a high school for whom there is not on file, in the offices of the superintendent, principal, or the athletic director of that school a statement for the current school year must certify that the student has passed a physical examination and is physically able to compete in athletic practices and contests. *(A physician's statement for the current school year is interpreted as a physical examination given on or after April 15th of the previous school year).*

**Semesters of Enrollment** - A student shall not compete in any branch of athletics that has been enrolled in grades 9-12, inclusive, for more than eight semesters. The seventh and eighth semester must be consecutive. Enrollment must take place prior to fourth Friday count dates.

**Semesters of Competition -** A student, once enrolled in grade nine shall be allowed to compete in only four first semesters and four second semesters. A student shall be limited to participation in only one sports season when that sport is sponsored twice during the school year.

**Undergraduate Standing** - A student who is a graduate of a regular four-year high school shall not be eligible for interscholastic athletics.

**Previous Semester Record -** No student shall be allowed to compete in any athletic contest or scrimmage during any semester that does not have to his or her credits recorded with the school represented. *The student must pass 66% of their classes from the previous semester to be eligible the next semester.* **(See SSC's Eligibility rules)**.

**Current Semester Record** –MHSAA academic eligibility checks of not more than ten weeks are required*. If a student is not passing at least 66% of their classes when checked, that student is ineligible for competition until the next 3 week grade check is completed.* **(See SSC's Eligibility rules)**.

**Transfers** – Sport-Specific Transfer Regulation: "A student who does not qualify for one of the Exceptions under Section 9(A) and has transferred (changed enrollment) from a high school in Michigan or elsewhere at which he/she has participated in an MHSAA tournament sport on any level (9th grade, JV or varsity) of that school's team in an interscholastic scrimmage or contest during the previous season for a sport, is not eligible for the next season (including MHSAA tournament) in that sport at any MHSAA member high school; and if the transfer occurs during a season, that student is also not eligible in that sport at any level for the remainder of that season (including MHSAA tournament). This student is eligible for all other sports." (B-2) — Eligible in Sports Not Played in the Previous Season: Students in grades 9 through 12 who in the previous or current season did not participate in an

interscholastic scrimmage or contest on a school-sponsored team in Michigan or elsewhere in an MHSAA sport may transfer from one school to another with no delay in eligibility under the transfer rule at any level in that sport. No MHSAA action is required. (Please check with the Athletic Director on all transfers.)

**Awards** - A student may accept, for participation in athletics, a symbolic or merchandise award, which does not have a value or cost in excess of **$40.00**. 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.

**Amateur Practices –** After once representing a MHSAA member school in competition in any sport, a student shall not be eligible to represent his or her school if that student: (1) receives money or other valuable consideration from any source for participating in athletics, sports or games, or has signed a professional athletic contract participate in that sport.

**Limited Team Membership** - A student shall become ineligible for a minimum of the next three contests and a maximum of the remainder of that season in that school year due to the following.

- Practicing with or participating in an athletic contest or scrimmage, as a member of a high school athletic team.
- Participating in any athletic competition not sponsored by his/her school in the same sport season.

## POLICY FOR TRANSFERS FOLLOWING VIOLATIONS OF A SCHOOL'S STUDENT/ATHLETIC CODE

Standish-Sterling 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.

A student who transfers to Standish-Sterling High School after becoming ineligible because of a student or athletic conduct code violation(s) at the previously attended school shall remain ineligible at Standish-Sterling High School for not less than the period of ineligibility imposed by the previously attended school. This would be the case even if the student's situation would otherwise satisfy one or more of the exceptions to the transfer regulation of Standish-Sterling High School and the Michigan High School Athletic Association (Regulation I, Section 9), and even if the act which caused the student's ineligibility at the previous school would not be a violation or cause the same period of ineligibility at Standish-Sterling High School.

Each student is subject to the rules and penalties of the previously attended school. He/she shall not be allowed to escape the consequences of his/her conduct and, in doing so, displace students of Standish-Sterling High School from teams, positions, events and awards at least until the full period has been served.

# NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

**NCAA COLLEGE ELIGIBILITY RULES**

Students interested in competing in division one or two collegiate athletics must register with the NCAA Eligibility Center. Students should contact either the Athletic Director or the Counseling Office, or view the NCAA website at https://web3.ncaa.org/ecwr3/ .

45 Minute **Free Recruiting Webinar for Parents, Athletes and Schools, 24/7:**http://www.freerecruitingwebinar.org/

**A GUIDE FOR COLLEGE-BOUND STUDENT-ATHLETES AND THEIR PARENTS**

The National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid, regulates many college athletic programs. The NCAA has three membership divisions:

A. **Division I:** With schools such as Michigan State, University of Michigan, Central Michigan, Western Michigan, Eastern Michigan, Oakland University.
B. **Division II**: With schools such as Davenport, Saginaw Valley, Grand Valley State, Ferris State, Northern Michigan, Michigan Tech, Northwood & Wayne State.
C. **Division III:** With schools such as Alma College, Hope, Olivet, Adrian, Albion and Calvin.

Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships. If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. This is the responsibility of the athlete and parent.

**Please see your counselor as early as possible in your high school career.**

**COLLEGE RECRUITMENT**

In the event that a college recruiter contacts an athlete, he/she should work with his/her coach and the athletic department. Inform the coach of such a contact as soon as possible. Athletes interested in playing college athletics should contact their counselor during their junior year regularly.

## INJURIES

A. If an athlete is injured and needs medical attention, the coach will contact his/her parents. The athlete will be referred to the trainer or team physician. If an ambulance is necessary, the coach or trainer will call for one. ***SSC is not responsible for ambulance costs.***
B. The coach will report the injury to the Athletic Director and trainer.
C. In no instance shall a coach make a medical decision to allow an athlete to return to activity after a serious illness or injury without medical clearance.
D. **A note from the parents, which allows return to activity from serious illness or injury, is not adequate. These injuries or illnesses require written clearance from a doctor (M.D. or D.O.).**

## ATHLETIC ATTENDANCE POLICY

**(Absences from games or practices)**

**Attendance -** Coaches take daily attendance. Athletes are not allowed to have an unexplained or unauthorized absence from practice or a game. The athlete or his/her parents must communicate to the Coach, or Athletic Director, why the athlete will not be at practice or a game. ***Players or teammates are not allowed to report absences for other players or teammates.***

If a parent or guardian verifies the absence, the missed practice will not be considered as an unexplained or unauthorized absence. If an athlete is unexcused the following recommendation has been made from the Athletic Director:

- 1st offense: Coaches choice (See Team Rules).
- 2nd offense: May result in a one game suspension
- 3rd offense: May result in dismissal from the team pending a decision by the coach and A.D.

## INSURANCE

**Standish-Sterling Community Schools does not carry hospitalization and medical insurance on student athletes. All injuries and transportation expenses incurred by the student athlete are the primary responsibility of the parent or guardian. The Standish-Sterling Community Schools do not assume financial responsibility for medical, hospital, or ambulance expenses incurred because of athletic injuries. 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. Inherent risks of injury may include paraplegic and quadriplegic injuries or death.**

Michigan High School Athletic Association does offer Catastrophic Accident Insurance and coverage for head injuries/concussions. For more details, please visit:

https://www.mhsaa.com/portals/0/documents/health%20safety/NewInsBenefit.pdf

## VACATION POLICY

Some teams may hold practices during school vacation closures. These practices MUST be voluntary and under no circumstances shall a student athlete be punished for not attending a practice during a vacation closure.

## WEIGHT ROOM

This room is for the students of Standish-Sterling Community Schools. People who use this room must abide by the following rules or they will be dismissed. This room will be open only when supervision from a coach or staff member is available. Please use care when using this room and the equipment in it. The user assumes all risks.

A. **Athletes are not permitted in the weight room without a coach.**
B. Coaches must supervise all activities.
C. 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.
D. No tobacco, gum, glass, drinks or food is allowed in the weight room.
E. Shirts and athletic shoes must be worn at all times.
F. Spotters must be used for all lifts over the head and body.
G. Use weight belts for safety—especially those involving lifts with the lower back.
H. Anyone behaving in an inappropriate manner may be removed from the weight room and may have their privileges suspended.
I. Music played in school facilities must be appropriate for school. No obscene music is permitted. **Music must also not be played if another coach/sport is using the FH without their consent.**

## MEDICAL TREATMENT & TRAINING ROOM

A. Student athletes are required to report all injuries to their coach.
B. If a student athlete is referred to a physician, a written medical progress report must be given to the coach before any further participation is to take place.
C. The student athlete is to inform the coach if he/she is taking any type of prescribed medicine or any other medical problems, such as diabetes, epilepsy, etc.
D. The student athlete must be under a coach's direction or supervision when using the training room/weight room facility.

## EQUIPMENT AND SUPPLIES

A. Some athletic equipment is supplied to athletes, in each sport, by the Standish-Sterling Community School District. This equipment is on loan for that sports season.
    a. Students are responsible for the care of this equipment.
    b. ***If damage or loss occurs, the student is liable for the replacement cost of the equipment and a fee will be put on the student's account.***
    c. *All equipment must be turned in at the conclusion of the season or when the student athlete leaves the team, whichever comes first.*
    d. ***Student athletes who have not returned or paid for a previous season's uniform will not be allowed to participate in any other sport, nor participate in commencement.***

# CONCUSSION INFORMATION

Educational Material for Parents and Students (Content Meets MDCH Requirements)
Sources: Michigan Department of Community Health. CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

## UNDERSTANDING CONCUSSION

Some Common Symptom

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

## WHAT IS A CONCUSSION?

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

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play and the **MHSAA Return to Activity & Post-Concussion Consent Form is checked and signed by a M.D., D.O., Physician's Assistant or Nurse Practitioner.**

## IF YOU SUSPECT A CONCUSSION:

1. SEEK MEDICAL ATTENTION RIGHT AWAY – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.

2. KEEP YOUR STUDENT OUT OF PLAY – Concussions take time to heal. Don't let the student return to play the day of injury and until a healthcare professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes

to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.

3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

**SIGNS OBSERVED BY PARENTS:**

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

**CONCUSSION DANGER SIGNS:**

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

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

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

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

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

Parents and Students Must complete the Educational Material Acknowledgement Form in FinalForms.