



# **Athletic Handbook**

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## TO THE PARENTS

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit her/him to compete. We believe that participation in sports provides a wealth of opportunities and experiences, which assist students in personal development. It should be recognized that involvement in interscholastic athletics is a privilege.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and commitment. These are the reasons we place conditions on involvement, as the health and safety and welfare of athletes must be our first priority. Good training habits and lifestyle are necessary for us to insure this experience. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and commitment is tempered by our responsibility to recognize the rights of the individual within the objectives of the team and the interscholastic program. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. This decision is not ours alone but that of the Supreme Court of the United States, as there have been challenges to athletic codes on five occasions and the Supreme Court has ruled in favor of such codes on each occasion under the premise that athletes' safety and health must be insured. Challenges to the athletic code shall be considered, but no consideration shall be given to any party or stakeholder who will not agree to such provisions.

It is the role of the department of athletics to establish and maintain rules that govern the spirit of training and competition for the school district. These are the clear and consistent boundaries that insure the success of our young people. These rules need a broad basis of community support, which is achieved only through communication to the parent, the coaches, the student athletes and fans. It is our hope to accomplish this objective through this athletic publication for students and parents.

When your son/daughter participates in athletics at Grant Public Schools our staff will strive to provide your son/daughter with:

- Adequate equipment and facilities;
- The best available, well-trained coaches;
- Equalized contests with skilled officials;
- Adequate supervised transportation.

## STUDENT-ATHLETE DEFINED

A student-athlete is considered to be a member of any interscholastic sports team. This includes, but is not limited to, Team Managers and Student Trainers.

## TO THE STUDENT-ATHLETE

As a student-athlete, you are subject to the GPS Athletic Code, the rules and regulations of the Central States Activities Association (CSAA) and the rules and regulations of the Michigan High School Athletic Association (MHSAA). MHSAA guidelines can be found in the Athletic Director's office or online at [www.mhsaa.com](http://www.mhsaa.com). Your dedication as a student-athlete is essential for a successful athletic program.

Participation in interscholastic athletics is a privilege and it is also a responsibility. Being a member of a Grant athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Grant Public Schools, you have inherited a wonderful tradition, which you are challenged to uphold. Like anything of value, it

comes with a price tag. That price tag is a commitment from you to follow established rules. By participating in athletics to the greatest extent of your ability, you are contributing to the reputation of our school. We base our success on two separate venues:

1. The process - what you can learn through athletics that can be used throughout life.
2. The product - the win/loss records of our teams. We field teams to compete and our goal is to achieve and to compete at our best possible level, in every contest.

It is our deepest goal, that there is always a balance between these two areas.

Our tradition has been to win with honor, to develop young people of character, that our community has pride in, on and off the field. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of Black and Orange, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family and our community. Whether right or wrong, society holds athletes in esteem and your behavior at all times is under scrutiny.

### RESPONSIBILITY

You are expected to share in the responsibility for such an opportunity that is provided. This includes:

**Responsibility to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences, to live a healthy lifestyle, and to respect your health both physically and mentally at all times.

#### Responsibility to your Academic Studies

Your academic studies, and your participation in other extracurricular activities as well as sports, prepare you for your life as an adult. Athletics while very important to many young people is only a small part of life. It is important to realize how few athletes make it to the collegiate level and beyond.

**Responsibility to Your School:** Another responsibility you assume as a squad member is to your school. Grant Public Schools cannot maintain its position as having outstanding schools unless you do your best in the activity in which you engage.

#### Responsibility to your Community

The community and school tax monies make this athletic experience possible. For that reason, we must remember that we hold a clear and paramount responsibility to our community. You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are very visible with the spotlight on you. The student body, the community and other communities judge our schools by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Our desire is that our student athletes are a class act, not for the fact that we win rather that we are known as a program of character and excellence. Make Grant Public Schools proud of you and your community proud of your school, by your consistent demonstration of these ideals.

**Responsibility to Others:** As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to that ideal. When you know in your heart that you have lived up to all of the training rules, that you

have practiced to the best of your ability everyday and that you have played the game “all out”, you can keep your self-respect and your family can be justly proud of you, win or lose.

#### Responsibility to Younger Athletes

The younger students in the Grant Public School District are watching you. They know who you are and what you do. The older upper-class athletes are role models for the young athletes that will come after you. Make them proud. Be an example. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

*“Being the first to cross the finish line is only one phase of life. It’s what you do after you cross the line that really counts.”* Ralph Boston, Olympic Gold Medalist

### **PURPOSE**

Through the establishment and enforcement of uniform standards, it is expected that all student-athletes will strive for and attain high standards of self-discipline in all areas of their life, thereby allowing them to reach their full potential as students and athletes. The Athletic Code defines the positive expectations that we have for coaches, parents and athletes. The common values in our program reflect shared goals and a framework of principles agreed upon by the stakeholders need for active support from other stakeholders, such as the school board, school administration, other school staff and the community. As in a clearly laid out playing field, it defines how we as a school will establish and maintain a healthy environment in which student athletes can mature through athletics.

This Athletic Code is meant to be a useable, dynamic document to guide the educational process through our school’s athletic program. It defines our mission, philosophy, goals and parameters of our programs.

**GRANT PUBLIC SCHOOL  
INTERSCHOLASTIC SPORTS PROGRAM**

We offer the following interscholastic sports to all students in grades 9-12:

**GIRL'S SPORTS**

Fall  
Volleyball  
Football Cheerleading  
Cross Country

Winter  
Competitive Cheer  
Basketball

Spring  
Soccer  
Softball  
Tennis  
Track/Field

**BOY'S SPORTS**

Fall  
Cross Country  
Football  
Soccer  
Tennis

Winter  
Basketball  
Wrestling

Spring  
Baseball  
Track/Field

We offer the following interscholastic sports to all students in grades 7-8:

**GIRL'S SPORTS**

Basketball  
Volleyball

Cross Country  
Wrestling

Track/Field

**BOY'S SPORTS**

Basketball  
Wrestling

Cross Country

Track/Field

**EQUAL OPPORTUNITY**

Grant Public Schools is an equal opportunity education institution and will not discriminate on the basis of race, color, religion, national origin, sex or handicap in its activities, programs or employment practices as required by Title VI, Title IX and Section 504.

# BILL OF RIGHTS FOR GPS ATHLETES

- I. Right to participate at a level commensurate with each student's maturity and ability
- II. Right to have qualified leadership
- III. Right to participate in safe and healthy environments
- IV. Right to proper preparation for participation in sports
- V. Right to an equal opportunity to strive for success
- VI. Right to be treated with dignity
- VII. Right to have fun in sports

## PHILOSOPHY OF ATHLETICS

Athletics are an integral part of the educational process of Grant Public Schools. Therefore, it shall be referred to as a 'co-curricular' activity rather than an 'extracurricular' one. If our athletic program is to be successful, it must encourage individual physical fitness, develop a knowledge and appreciation of sports, teach athletic skills and cultivate a competitive nature with good sportsmanship. To this end, the athletic program is designed to stress that:

- A. The student-athlete learns the value of teamwork, self-discipline, hard work and personal sacrifice, all of which are necessary attributes which prepare the student-athlete for success in a democratic society. The athlete learns that their contribution to the team is more important than their personal goals or desires
- B. The student-athlete learns in a positive manner to cope with the competitive nature of our society. The student-athlete learns the value of success, realizing that s/he will not always win, but s/he can succeed when they continually strive to improve.
- C. The student-athlete learns to be a good sport. Through participation in athletics, the student-athlete must develop emotional control, honesty and cooperativeness and learn to be modest in victory and gracious in defeat.
- D. The student-athlete learns the importance of having a sound physical body. To enjoy life and to be a contributing citizen, one must develop good health habits and must maintain a high degree of physical fitness.
- E. The student-athlete will operate within the rules of the sport, the MHSAA (a copy of the MHSAA handbook is available in the Principal and Athletic Director's office and online at [www.mhsaa.com](http://www.mhsaa.com)), Conference Affiliate and the GHS Athletic Handbook.
  - It is better to be safe than ineligible, therefore if you have any questions concerning eligibility, read these rules very carefully and be sure you understand them. If you have any questions, ask them of your Coach, Athletic Administrators, Principal or Superintendent before you endanger your high school eligibility rather than after!!! After is too late.

In addition, the athletic program of Grant Public Schools is governed by these general guidelines:

1. Participation in interscholastic athletics at Grant Public Schools is a privilege and not a right. While we do strive for maximum participation, interscholastic athletics is for those that have outstanding physical skills in their respective sports.
2. We demand that the coaching staff, student-athletes, student body and adult followers never act in a manner, which would reflect negatively on Grant Public Schools.
3. Success or failure of our athletic programs will be evaluated in light of our educational goals and general guidelines.
4. The athletic program at Grant Public Schools must reflect school and community values.
5. We will provide our student-athletes with the best teaching and coaching personnel available.
6. We will provide our student-athletes with the best facilities and equipment that are available in relationship to the financial conditions, which exist at the given time.

7. We will provide all spectators an opportunity to support the interscholastic teams of Grant Public Schools.
8. Our athletic program will strive to provide all student-athletes an opportunity to grow physically, socially and emotionally, establish positive values and provide for a meaningful experience.

### OVERALL ATHLETIC PROGRAM GOALS

Research tells us that the most important reasons why students participate in athletics are for:

1. Enjoyment (FUN!)
2. Participation (in practice and contests)
3. Personal improvement (skills of the sport and in performance)

Therefore the primary goals of the Grant Public Schools Athletic Program are to:

- Offer students an enjoyable experience;
- Provide the greatest opportunity possible for athletes to participate in both practice and competitions;
- Promote personal improvement in skills, physical condition, performance and knowledge of the sport;
- Promote programs of excellence, which will accomplish the above, and lead to success on and off the playing field.
- Our teams shall also pursue excellence at all times.

We desire a Program of excellence and strive to win every contest in which our teams compete. Central to the goals of Grant Public Schools is the belief that interscholastic athletics can and should enhance the character of our youth. We put forth the following as the positive character expectations we hold for the primary stakeholders in our Athletic Program.

### THE FOUR C'S

The 4 C's were developed to help develop character through sport. Beyond the basic skills taught is our goal to develop the character of our youth through our athletic program:

We know that less than 2% of high school athletes go on to play team sports at the collegiate level. Therefore, we understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life. To that end we challenge every athlete to strive for the following:

Competence - *the necessary level of knowledge and skill to sufficiently train and compete*

- To develop the skills necessary to participate competently in the game.
- To demonstrate knowledge of the rules and conventions of the game.
- To demonstrate knowledge of the strategies of the game.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game.
- To demonstrate knowledge of healthy behaviors including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics

Character – *the pattern of beliefs, attitudes and therefore behavior that relates to moral strength, constitution and essential qualities that embrace the positive values of Grant Public Schools and the Community*

- To be dependable in fulfilling obligations and commitments.

- To accept responsibility for consequences of actions and not to make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To demonstrate truthfulness.
- To play by the rules of the game and not cheat.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously; to congratulate opponents, not sulk, or display other negative behaviors.

Civility – *to demonstrate behavior that exemplifies appropriate respect and concern for others.*

- To practice good manners on and off the field.
- To refrain from trash talk and other put- downs of opponents and teammates
- To treat all persons respectfully regardless of individual differences to show respect for legitimate authority (e.g. Coaches Officials Captains).
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To be compassionate and sensitive to others.
- To actively support teammates and others.

Citizenship – *social responsibility as part of a ‘community.’*

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of personal gain.
- To work well with teammates to achieve team goals.
- To accept responsibility to set a good example for teammates, younger athletes, fans and school community.

## EDUCATIONAL OUTCOMES OF PARTICIPATION IN ATHLETICS

### Physical Growth:

*Achieving personal fitness*

*Learning to deal with stress*

*Learn skills for participation*

- Lifelong activity
- Skills for specific sports
- Discipline and rules of the game

*Learn good health habits*

### Social Growth

*Develop interpersonal relationship skills*

*Develop loyalty to a group by:*

- Making practice a requirement
- When a teammate is competing, everyone cheers
- The points they score/role they play are valuable to the success of the team

*Learning to win/lose graciously*

- End of game handshake
- Encourage teammates - win or lose

## Emotional Growth

*Gain self-confidence, self-worth and self-discipline*

- Assure that student-athletes learn from both their success and failures
- Give constructive criticism

*Learn to accept criticism*

- Positive reinforcements
- Learn to accept success and failure
- Define roles and set goals

## GENERAL ELIGIBILITY REGULATIONS

### 1. Forms

A student-athlete is not permitted to participate in interscholastic competition until the following items have been completed and are on file in the Athletic Office:

- ⇒ A physical examination by a physician. The physician and parent or guardian must sign the Physical Form. The physical form is available in the Athletic Office. The physical must be dated on or after April 15, in order to be valid for the upcoming school year.
- ⇒ Injury Waiver Form which is part of the Physical Form
- ⇒ Emergency form for all sports which is part of the physical form
- ⇒ Athletic Permission Form signed by the parents and/or guardian and student-athlete that indicate that both parties have read the Athletic Handbook and understands our policies.

### 2. Insurance

Grant Public Schools offers Student Accident Insurance through a company called First Agency. This insurance provides certain specified coverage to any student injured during a school-sponsored event. If such an accident should occur, the student's/parent's insurance is the primary carrier and the First Agency policy is intended to provide secondary coverage. In the event that the student-athlete has no insurance, then First Agency may become the primary insurance. The Grant Public Schools makes no representations concerning the coverage provided by this policy as the level of insurance coverage is determined by the terms of the insurance policy. Forms may be picked up at the Business Office in the Administration building.

### 3. Injuries

- The Certified Athletic Trainer, physician and/or qualified health care provider can prohibit any student-athlete who sustains an injury from returning to participation until evaluated and released.
- Any student-athlete that sustains an injury is prohibited from returning to participation until the Certified Athletic Trainer has had either written or verbal communication with the coaching staff.
- Any student-athlete who has been attended to by a physician and has been denied participation must have written release from the physician in order to return to participation.
- A parental medical release or waiver is not acceptable for a return to participation following an injury.

- If any healthcare provider involved in the care of the student-athlete feels the student-athlete is unfit to participate, the Certified Athletic Trainer will not allow the student-athlete to participate.
  - If a student-athlete is restricted in any physical education class, that student-athlete may not be allowed to participate in interscholastic athletic activities. The Certified Athletic Trainer reserves the right to make exceptions to this rule.
  - The MHSAA has specific rules on guidelines concerning concussions and heat related issues. These may be found at [www.mhsaa.com](http://www.mhsaa.com) under the “health and safety” tab.
4. Age:  
A student-athlete who competes in any interscholastic athletic contest must be under nineteen (19) years of age, except that a student-athlete whose nineteenth (19<sup>th</sup>) birthday occurs on or after September 1 of a current school year is eligible for the balance of that school year.
5. Semesters of Competition:  
A student-athlete may not have more than four (4) first and four (4) second semester seasons of competition in a sport in four (4) years of high school.
6. Semester of Enrollment:  
A student-athlete shall not compete in any branch of athletics who has been enrolled in grades nine to twelve, inclusive, for more than eight semesters. The seventh and eighth semesters must be consecutive. Enrollment in school beyond the fourth Friday after Labor Day (first semester) or the fourth Friday of February (second semester), or competing in one or more interscholastic athletic contest, shall be considered as enrollment for a semester under this rule.
7. Undergraduate standing:  
A student-athlete who is a graduate of a regular four-year high school or who is a graduate of a secondary school, which has the same requirements for graduation as a regular four-year high school, shall not be eligible for interscholastic athletics. However, a student-athlete who satisfactorily completes the required number of credits for graduation in less than eight semesters shall not be barred from interscholastic athletic competition, while passing at least twenty credit hours of undergraduate work, until the end of the eighth semester.
8. Amateur practices:  
After once representing Grant Public Schools in competition in any sport, a student-athlete shall not be eligible to participate if that student-athlete receives money or other valuable consideration from any source for participating in athletics, sports or games listed in awards section or signs a professional contract. See #9 for clarification.
9. Awards:
- A student-athlete may accept, for participation in athletics, a symbolic or merchandise award, which does not have a value or cost in excess of \$25.
  - Awards for athletic participation in the form of cash, merchandise certificates, or any other type of negotiable documents are never allowed.
  - Banquets, luncheons, dinners, non-competitive trips, and fees or admissions to be a spectator at events, if accepted in kind, are permitted.
  - A student-athlete shall be ineligible under this Regulation if s/he accepts awards in violation of its provision only in the following activities: baseball, basketball, competitive cheer, cross country, football, golf, ice hockey, soccer, girls softball, swimming, tennis, track and field, girls volleyball or wrestling.
  - A student-athlete violating this regulation shall be ineligible for interscholastic competition for a period on not less than one full semester from the date of the student-athlete’s last violation.
10. Limited team membership:

- A student-athlete who, after practicing with or participating in an athletic contest or scrimmage as member of a Grant Public School athletic team, participates in any athletic competition not sponsored by our school in the same sport during the same season, shall become ineligible for a minimum of the next three days of competition and a maximum of the remainder of that season in that school year. There are some exceptions. See the athletic director for these.
- A student-athlete shall not compete at any time in any MHSAA Tournament sport in any of the following events:
  - a. Any event which is or purports to be an “All Star” contest, regardless of the method of selection;
  - b. “All Star” fund raising events or similar exhibitions if they involve contestants other than the student-athletes and faculty of our school
  - c. Any event that purports to be a national high school championship or the qualification thereto. Participation in such a contest by a student-athlete shall cause that student-athlete to become ineligible for all interscholastic athletics for a maximum period of one year of school enrollment.
- A student-athlete may participate as an individual at any time without losing eligibility as a member of a National Team or Olympic Development Team.

#### 11. College recruitment:

In the event a college recruiter contacts a student-athlete-athlete personally, the student-athlete has an obligation to notify his/her coach, counselor or Athletic Director of any such contact as soon as possible. The coach, counselor or athletic director will work with the student-athlete and his/her parents to make sure all recruiting rules are followed.

#### NCAA Eligibility Center:

Students who feel that they have the potential to compete at an NCAA Division I or Division II school must have both your academic and amateurism status certified by the NCAA Eligibility Center. The Center is an organization that works with the NCAA to determine a student’s eligibility for athletic participation in his or her first year of college. Students who want to participate in college sports during their first year of enrollment at a Division I or II College or university must register with the Eligibility Center. Registration should take place at the beginning of the Junior Year. More info can be found at [www.eligibilitycenter.org](http://www.eligibilitycenter.org) or in the High School Career Counseling Office.

### ACADEMIC ELIGIBILITY – HIGH SCHOOL

The MHSAA establishes minimum eligibility requirements, however, member schools are permitted to adopt more rigid standards. At Grant Public Schools, we believe that student-athletes should be held to a high standard. Therefore, our eligibility requirements are more rigid. At Grant Public Schools, there is a two-part eligibility requirement. Student-athletes must meet both to be eligible to compete. The first part is semester eligibility and the second is weekly eligibility. We will do eligibility checks every week to ensure our students are meeting academic requirements. These checks are done to help motivate the student to do better academically.

#### Weekly Eligibility

- Weekly Eligibility will be determined by the current 9-week grade.
- Low-grade reports will be run every Monday at 9am.
- If a student-athlete is failing two (2) or more classes when checked s/he will be given a one-time warning per sport season. Upon the next grade check, if the student-athlete is still failing then s/he will be declared ineligible for competition for that week during the season of that sport. (Monday through Saturday).
- Once a student is identified, the coach will be notified by the athletic office, who in turn will notify the student. If a student feels there has been a mistake, s/he will be responsible

for taking care of it with the teacher. At no time will athletic personnel intervene. If there is a change, then the teacher should contact the Athletic Office.

### Semester Eligibility

No student shall compete in any athletic contest or scrimmage who does not have to his or her credit in the officials records of the school to be represented, at least 66% of full credit load potential for a full-time student for the last semester during which s/he shall have been enrolled in grades 9-12 inclusive. For a student-athlete to be eligible for the semester, s/he must have passed a required four (4) semester classes the preceding semester.

#### NOTE:

Grant Middle School may have different requirements than the High School

### ATTENDANCE REGULATIONS

- A. A student-athlete must be present by the start of their school day on the day of interscholastic competition in order to compete in that day's activities (i.e. practice, games, etc.) The Principal, Assistant Principal, Athletic Director or Assistant Athletic Director may grant exceptions (i.e. Doctor appointment, funerals, family emergencies, etc.). Consequence: Suspension from that day's practice or contest.
- B. If a student-athlete goes home sick, s/he will not be allowed to participate in practice or competition for that day.
- C. An athlete who is suspended from regular classroom attendance for six (6) class hours or longer (this includes both in-school and out-of-school suspensions) may not practice or take part in interscholastic competition during said suspension. Consequence: Suspension from that day's practice or contest.
- D. Athletes must have excellent attendance in school. If absenteeism from class becomes a problem, the Athletic Director can deny the athlete the privilege of attending practice or games.
- E. Coaches may impose their own CONSEQUENCES for players missing practice or games.
- F. If the absence is inadvertently overlooked and the student-athlete participates in a contest, s/he must miss the next scheduled practice or contest.

### EQUIPMENT AND UNIFORMS

1. A student-athlete is financially responsible for all issued equipment.
2. Destroyed, lost, or stolen equipment must be paid for, or the student-athlete will:
  - Not be allowed to participate in the next sport he/she goes out for.
  - Not receive their athletic award.
  - In the case of seniors, may not participate in graduation.
3. School issued warm-ups and/or jackets are to be worn for games and practices only. They are not to be worn as general clothing items to school by anyone. Game uniforms are to be worn for games only.
4. School issued uniform shirts/jerseys; sweaters or traveling outfits may be worn to school on game days only or as directed by the coach. Only shirts that are appropriate school attire will be allowed.

### TRANSPORTATION

1. It is required that all student-athletes travel to away contests (when applicable) with the team on school provided transportation. This promotes team camaraderie, sportsmanship and

provides a means of effective supervision and maximizes safety to the athletic event. Exceptions may be granted by the Principal, Athletic Director or his/her designee and will follow the Board of Education transportation policies.

2. Generally on weekends (Friday & Saturday) Grant Public Schools will provide one-way transportation to athletic contests unless an exception is granted by the Athletic Director.
3. When transportation is provided back to GPS from the away contest, the expectation is that all student-athletes will return on the bus. There will be instances when the student-athlete will not be returning with the team. In these instances, the following steps must be taken:
  - a. Written approval of the coach or athletic director is obtained before or at the away contest.
  - b. Signed permission statement by a parent/guardian and returned to the coach or athletic director.
4. Because summer events, camps etc. participation are voluntary Grant Public Schools is unable to provide transportation to these activities. Parents need to be aware that the family will need to provide or make transportation arrangements for their student athlete(s). To improve the communication the parents must complete a form regarding this topic. This form describes if the athletes are allowed to drive themselves or ride with other students or parents. The form will be made available by coaches at informational meetings or summer practices prior to an event requiring travel.

#### **DROPPING A SPORT**

Once an athlete has become a member of a team, but wishes to drop the sport, the athlete must have a conference with the coach. A student-athlete cannot drop one sport and go out for another sport in the same season without both coaches written approval. All changes must have the written approval of the athletic director. An athlete who has not followed these steps may not participate in another sport (practice, conditioning or open gyms) until the team's season is complete. Dropping a sport may prevent participation in another sport in another season.

#### **PLAYING DUAL SPORTS IN THE SAME SEASON**

In some instances a student-athlete may play two sports in the same season. For this to happen the following criteria must be met:

- Both Coaches must agree in writing
- The student-athlete must be able to help both teams
- One of the two sports must be a varsity sport
- The student-athlete must designate one sport as a primary sport
- Sports must be compatible in some way

#### **SUMMER DEAD PERIOD**

The summer dead period is a period of seven consecutive calendar days after school is out in June and after a school's participation in MHSAA tournaments is completed. Each school determines its seven-day dead period. During the dead period, there is no involvement or contact by the school or coach with students in grades 7-12 in any sport. It is a zero coach-player period; at school or elsewhere. There are to be no school or coach conducted open gyms, conditioning or weight lifting programs on school premises or sponsored by the school or coach at other facilities.

#### **PRE-SEASON DOWN TIME**

The preseason down time is also a "pause in the action" that the MHSAA Representative Council

adopted which prohibits open gyms (which in some schools has evolved into out-of-season practices) for a period of 6 to 14 days prior to the start of each season: From Aug. 1 to the start of fall sports practices, 14 calendar days before winter sports and from March 1 until the start of spring sports. Among the goals of the preseason down time are the following:

### PLAYING UP A LEVEL

Generally speaking, freshman teams are for freshmen, junior varsity teams are for freshman and/or sophomores, and varsity teams are for juniors and seniors. If a student-athlete is moved one or two levels, the following criteria should be adhered to:

- I. Coaches affected by the move should meet to discuss the following, with the outcome being positive for the student-athlete:
  - A. How will the move affect the academic work of the student-athlete?
    1. What kind of student is the student-athlete?
    2. What kind of study habits does the student-athlete have?
    3. Are the length and number of practices going to affect his/her class work?
    4. Will the time and number of games affect the student-athlete's class work?
    5. What kind of help is available for the student-athlete?
  - B. How will the move affect the student-athlete emotionally?
    1. What kind of pressure will be on the student-athlete?
    2. Is the student-athlete emotionally mature enough to play at this level?
  - C. How does the move affect the student-athlete socially?
    1. Does the student-athlete have any friends on the team?
    2. How great is the age difference?
  - D. How will the move affect the student-athlete physically?
    1. Is the student-athlete physically mature enough to play at this level?
    2. Will the chance of injury be increased greatly?
  - E. How will the amount of playing time affect the student-athlete?
    1. Will the student-athlete contribute to the team during the game?
    2. Will playing time be sufficient to justify the move up or down? The student-athlete is not to be a bench warmer.
    3. If a student-athlete is moved up two levels, i.e. Freshman to Varsity, then the expectation is that the student-athlete will earn over 50% of playing time. Otherwise it will serve him/her to move only one level so that playing time will not be an issue.
- II. Parent Contacted – Coaches involved in the move will contact the parents of the student-athlete to:
  1. Discuss the pros and cons of the move
  2. Get input from the parent about the move
  3. Obtain signed consent form from parent supporting the move.
- III. Re-evaluation – Any decision to move a student-athlete should be reevaluated periodically during the season.

## ACTIVITIES CONFLICT GUIDE

It is our belief that students can become well-rounded individuals through their participation in a variety of activities and events. It is understandable that students who participate in more than one activity or event may encounter conflicts. Administrators, teachers, coaches and activity sponsors will work together to help avoid conflicts when possible and resolve conflicts when and if they do occur. These guidelines are intended to address school related conflicts and are not intended to be applied to family, personal related conflicts or club sports activities. These guidelines have been formulated to:

- Reduce the possibility of these types of conflicts through calendar planning and scheduling;
- Increase communication between students, parents, teachers, coaches, and administrators so that conflicts can be avoided or resolved in amicable fashion;
- Employ common sense resolution strategies if unavoidable conflicts occur

### Guidelines

In order to reduce the potential for conflicts to occur, and resolve conflicts as they occur, the following expectations and guidelines have been established:

- **Calendar:** A comprehensive activities/athletics calendar will be created in the spring for the following school year and distributed to all staff and students involved in student activities/athletics. Teachers, coaches and activities sponsors will avoid scheduling events to the extent possible during other activities and events.
- **Communication:** Coaches, teachers and activity sponsors will review the dates involving students for their activity so that conflicts will be identified at the earliest possible date. Coaches, teachers and activity sponsors are responsible for reviewing their schedules and dates with their students. Students are responsible for making their coaches, sponsors or teachers aware that a conflict exists.
- **Notification & Resolution:** When conflicts are identified, students will make the involved coaches, sponsors or teachers aware of each conflict at the earliest possible date, no later than two weeks (ten school days) prior the date in conflict. Coaches, sponsors and teachers will first attempt to assist the student in resolving the conflict without consequence to the student by employing one of the following solutions:

#### Performance/Athletic Contest vs. Practice/Rehearsal/Optional Activity:

A performance or athletic contest always takes precedence over a practice, rehearsal or optional activity. The student will attend the performance/athletic contest. When possible, students will be allowed to leave the performance/athletic contest to attend the practice/rehearsal/optional activity once their responsibility to the performance/athletic contest has been completed.

#### Practice/Rehearsal/Optional Activity vs. Practice/Rehearsal/Optional Activity

Every attempt will be made the by staff member involved to devise a schedule where the student can participate in both events if realistically possible. Practice/Rehearsal/Optional Activities may also be restructured to permit dual participation.

#### Scheduled Activity vs. Rescheduled/New Activity

An activity that has been entered on the activities calendar in the spring takes precedence over activities that have been rescheduled or added at a later date except in the case where an activity has been rescheduled (due to a conflict) to a date where no conflicts exist and another activity causing a conflict is added to that date. In this case, the first rescheduled activity takes precedence.

#### Performance/Athletic Contest vs. Performance/Athletic Contest

In the event that a performance or athletic contest conflicts with another performance or athletic contest and the conflict was unavoidable due to calendar, league schedules, tournament scheduling or "draws" or other restrictions out of our control, the teachers, coaches and/or sponsors will work with parent involvement to amicably resolve the conflict. If an amicable resolution cannot be found, the conflict will be mediated and resolved by the high school principal or his/her designee.

#### District/Regional/State/National Activity vs. "Regular" Activity

A district, regional, state or national performance/athletic activity takes precedence over a regular school practice, rehearsal, performance or athletic contest. These types of conflicts are sometimes unavoidable due to tournament scheduling, draws and/or continued success (winning) by a team or activity. To insure the best chances for continued success by a team or activity, the district, regional, state or national performance/athletic activity shall take precedence over other school related activities even though the other activity may have been scheduled first.

#### Summer Activities

Every effort will be made to reduce Summer conflicts. Please keep in mind that summer activities can never be mandatory but every effort should be made to participate. Invariably, multi-sport athletes will run into conflicts. When this occurs, the two coaches involved should work out a plan that would be mutually beneficial to both programs and the student-athlete.

In the event that a student fails to make the involved coach, sponsor or teacher aware of a conflict at the earliest possible date, no later than two weeks (ten school days) prior to the date in conflict, the student will be subject to consequences as deemed appropriate by the involved coach, sponsor or teacher for the event that is missed.

### ATHLETIC AWARDS

- A. Varsity Letter
  - a. One (1) varsity letter will be awarded a student-athlete during his/her high school career.
  - b. Insert pins will be awarded for any other letters earned.
    - i. The first year a letter is earned, an insert pin symbolizing that sport will be given.
    - ii. Each year afterwards that a letter is earned, an insert "bar" pin will be given.
  - c. A student-athlete who has earned more than one (1) letter and desires a second letter will be allowed to purchase the same.
- B. Senior Year
  - o An athlete who has not met the coach's criteria but has finished his/her senior season in good standing will receive his/her letter.
  - o An athlete who earns 4 Varsity letters in the same sport will receive the "Four-year letter-winner" plaque.
  - o The Triple Treat Award is given to any senior student-athlete who plays 3 sports/year for 4 years.
- C. All awards must be given within the guidelines of the M.H.S.A.A.

- D. Each sport will be allowed to present, at the expense of the school, up to four (4) awards to individual student-athletes. The individual awards given to the student-athletes will be a Certificate.
- E. Each head coach will determine the criteria for awarding a letter in their sport in writing. These criteria must be explained to all student-athletes at the beginning of each sports season. An athlete must complete the season as a member of the team in good standing in order to receive his/her award. An athlete under discipline at the end of the season who continues to practice as a faithful member of the team will be eligible for awards.

### **CONDUCT AND VALUES OF A STUDENT-ATHLETE**

The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The health, safety and welfare of the student, is our major consideration and transcends any other consideration.

All athletes shall abide by a code of conduct, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, immorality or violations of law, tarnish the reputation of everyone associated with the program and will not be tolerated.

The conduct of a student-athlete is closely observed in many areas of life. It is important that the student-athlete's behavior be above reproach in the following areas at all times:

- A. In the classroom, the student-athlete should work hard and have good study habits and good behavior. Detentions must be taken care of promptly. A student-athlete must notify each coach of a detention or other disciplinary consequence, which always takes precedent over practice or games.
- B. During competition, a student-athlete must always exhibit good sportsmanship. Use of profanity or illegal tactics is strictly forbidden and will not be tolerated. Student-athletes are not to argue with or show disrespect toward officials, coaches, teammates, opponents or any adult personnel. Disciplinary actions may be left up to the discretion of the coach.
- C. On trips, student-athletes directly represent the community, school and coaches. Therefore, it is expected that all concerned will dress in an acceptable manner when traveling and conduct themselves on the bus in a respectful manner.
- D. A student-athlete must respect school property and equipment at all times. If the student-athlete destroys, loses or steals equipment, s/he is taking from themselves, teammates and the school, entity or person that owned the equipment. Each student-athlete is financially responsible for destruction of equipment or loss of property. Student-athletes and parents will be notified by the coach within two-weeks upon the completion of the season, of any item that is missing or that needs to be replaced due to loss or destruction. Student-athletes, who intentionally destroy or damage school property or equipment, are subject to disciplinary sanctions up to and including loss of the privilege of participating in athletics, suspension or expulsion from school and/or referral to appropriate law enforcement authorities.
- E. There will be occasions when there are conflicts of responsibilities. We will not excuse athletes from practice for routine conflicts, which, with prior planning can be scheduled around practice sessions and contests. Academics are most important, however, every attempt must be made to arrange obligations so that conflicts do not exist.

## THE SIX PILLARS OF CHARACTER

### Code of Conduct for Grant Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring and Good Citizenship. This Code applies to all student-athletes involved in interscholastic sports in Michigan. I understand that, in order to participate in high school athletics, I must act in accord with the following:

#### TRUSTWORTHINESS

1. Trustworthiness – be worthy of trust in all I do.
  - Integrity – live up to high ideals of ethics and sportsmanship and always pursue victory with honor: do what’s right even when it’s unpopular or personally costly.
  - Loyalty – be loyal to my school and team: put the team above personal glory.
  - Honesty – live and compete honorably: don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
  - Reliability – fulfill commitments: do what I say I will do: be on time to practices and games.

#### RESPECT

2. Respect – treat all people with respect all the time and require the same of other student-athletes.
3. Class – Live and play with class: be a good sport: be gracious in victory and accept defeat with dignity: give fallen opponents help, compliment extraordinary performance, show sincere respect in pre and post game rituals.
4. Disrespectful Conduct – don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. Respect Game Officials – treat contest officials with respect: don’t complain about or argue with official's calls or decision during or after an athletic event.

#### RESPONSIBILITY

6. Importance of Education – be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. Role Modeling – Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
8. Self-Control – exercise self-control: don’t fight or show excessive displays of anger or frustration: have the strength to overcome the temptation to retaliate.
9. Healthy Lifestyle – safeguard your health: don’t use any illegal or unhealthy substance including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. Integrity of the Game – Protect the integrity of the game: don’t gamble. Play the game according to the rules.

#### FAIRNESS

11. Be Fair – live up to high standards of fair play: be open-minded: always be willing to listen and learn.

#### CARING

12. Concern for others – demonstrate concern for others: never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
13. Teammates – help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

#### CITIZENSHIP

14. Play by the Rules – Maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. Spirit of Rules – Honor the spirit and the letter of rule: avoid temptations to gain a competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

## DISCIPLINARY ACTIONS

All current student-athletes and potential student-athletes shall be considered under the jurisdiction of the athletic code, upon enrollment in the Grant Public Schools. It is understood that the principal, designee or other administrator may suspend from athletics a student-athlete at any time when the student-athlete's conduct may have a detrimental effect upon the image of Grant Public Schools. Once decisions are final, parents need to reinforce with the child the seriousness of the situation. This action helps insure that the student athlete understand the nature of the violation, and in full understanding that any future violations will result in greater consequences.

- A. These regulations are in effect throughout the calendar year, summer months inclusive beginning with the start of the 7<sup>th</sup> grade year until the conclusion of the senior year. The offenses are accumulative for the 6 years.
- B. Any discipline in a major infraction category will be cumulative even if the offense occurs under different major infraction category.
- C. When serving a team suspension, a student-athlete must attend all practice sessions and (unless excused) must be present (not in uniform) at all contests. The only exception to this rule would be if a student-athlete were suspended for the full season in one sport. The student-athlete would not be allowed to participate with the team.
- D. If a second consequence is imposed while a previous consequence is being served, the consequence for the second offense will not begin until the consequence for the first offense has been served.
- E. If a consequence is not completed during a given sports season, the portion not served will be carried over to the next sport that the student-athlete participates in.
- F. If student-athlete transfers into Grant Public Schools while having a suspension from the school s/he is transferring from, that suspension will be upheld.

In an effort to aid the athletic department in determining and applying appropriate and fair consequences for violations, the following four distinct categories have been created:

Category I – Conduct Unbecoming An Athlete (Minor Infraction)

Category II – Conduct Unbecoming An Athlete (Major Infraction)

Category III – Alcohol and Tobacco Use (Major Infraction)

Category IV – “Street” Or Illicit Drugs And Supplements & Performance Enhancing Drugs (Major Infraction)

### CATEGORY I - CONDUCT UNBECOMING AN ATHLETE (Minor Infractions)

Conduct in and out of school shall be such as to bring no discredit to the athlete, parents, school or team. Some examples of misconduct in this area are classroom misconduct, disrespect for authority, petty theft, physical/verbal altercation, profanity and abusing school property. This is not an all-inclusive list and the athletic director has the discretion to decide whether alleged infractions fall into this category.

### CONSEQUENCES FOR CATEGORY I VIOLATIONS

- A. First violation: May bring a minimum of probation up to a maximum of one contest date suspension.
  - a. Conditions for return to program
    - i. The student-athlete must show remorse for violating the code of conduct
    - ii. The student-athlete must address the coaching staff and the team as a restorative measure as well as apologize to any offended party.

- B. Second violation: May bring a minimum of one contest date suspension or up to a maximum of 15% of all the interscholastic regular season dates in present sport. If the consequence imposed is 15% of the season, the number of regular season games will be used regardless of when the violation occurred.
  - a. Conditions for return to program
    - i. The student-athlete must show remorse for violating the code of conduct
    - ii. The student-athlete must address the coaching staff and the team as a restorative measure as well as apologize to any offended party.
    - iii. The student-athlete must meet with a school counselor or administrator to determine if there are deeper issues that need to be dealt with.
  
- C. Third violation: May bring a minimum of 15% or up to a maximum of 25% of all the interscholastic regular season dates in present sport. If the consequence imposed is 25% of the season, the number of regular season games will be used regardless of when the violation occurred.
  - a. Conditions for return to program
    - i. The student-athlete must show remorse for violating the code of conduct
    - ii. The student-athlete must address the coaching staff and the team as a restorative measure as well as apologize to any offended party.
    - iii. The student-athlete must meet with a school counselor or administrator to determine if there are deeper issues, which need to be dealt with.
  
- D. Fourth or more violation: May bring a of 25% of all the interscholastic regular season dates in present sport up to suspension from all athletics for the remainder of high school career or any part thereof. This includes practice and competition.

#### CATEGORY II - CONDUCT UNBECOMING AN ATHLETE (Major Infractions)

Conduct in and out of school shall be such as to bring no discredit to the athlete, parents, school or team. Any activity that is unlawful in nature other than substance abuse will fall into this category. Some examples in this category would be: theft, destruction of property, fighting, vandalism, inappropriate use of the internet, hazing and harassment. This is not an all-inclusive list and the athletic director has the discretion to decide whether alleged infractions fall into this category.

Inappropriate Use of the Internet: Pictures found on sites that show the student-athlete behaving inappropriately, will be considered a violation of the student code. Such acts can be pictures of students holding alcoholic containers, tobacco products, illegal drugs or drug paraphernalia, or doing other inappropriate acts. Defenses such as the container was empty, etc. will not be a case of defense.

Hazing: Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student for the purpose of initiation or membership in or affiliation with any athletic team. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

The athletic program does not condone any form of initiation or harassment, known as hazing, as part of any school sponsored activity. No student, coach, volunteer or district employee shall plan, direct, encourage, assist or engage in any hazing activity. Suspected acts of hazing should be reported to the coach, athletic administrator, principal or other school administrator.

Unlawful Harassment: Harassment in any form will not be tolerated. The term harassment includes but is not limited to slurs, jokes, or other verbal, graphic or physical conduct relating to an individual's race, color, religion, ancestry, sex, national origin, age or handicap/disability.

Ethnic harassment includes the use of any derogatory word, phrase or action characterizing a given racial or ethnic group that creates an offensive education environment.

Sexual harassment shall consist of unwelcome sexual advances, request for sexual favors and other inappropriate verbal or physical conduct of a sexual nature.

Complaints of harassment shall be investigated promptly, and corrective action shall be taken when allegations are verified. Confidentiality of all parties shall be maintained, consistent with the district's legal and investigative obligations. Neither reprisals nor retaliation shall occur as a result of good faith charges of harassment.

#### CONSEQUENCES FOR CATEGORY II VIOLATIONS

- A. First violation: May bring a minimum of one contest date suspension or up to a maximum of 25% of all the interscholastic regular season dates in present sport. If the consequence imposed is 25% of the season, the number of regular season games will be used regardless of when the violation occurred.
- a. Conditions for return to program
    - i. The student-athlete must complete the required educational, corrective and restorative gestures
    - ii. The student-athlete must show remorse for violating the code of conduct
    - iii. The student-athlete must address the coaching staff and the team as a restorative measure.
    - iv. The student-athlete must re-sign the code of conduct in front of teammates and coaching staff
  - b. Self Reporting Clause  
In an attempt to create a spirit of honesty, any student athlete who self reports an Athletic Code violation will have their first offense consequence reduced to 20% of the season. This self-reporting must be made prior to any investigation and may be made to any high school administrator.
- B. Second violation: May bring a minimum of 25% or up to a maximum of 50% of all the interscholastic regular season dates in present sport. If the consequence imposed is 50% of the season, the number of regular season games will be used regardless of when the violation occurred.
- a. Conditions for return to program
    - i. The student-athlete must show remorse for violating the code of conduct
    - ii. The student-athlete must address the coaching staff and the team as a restorative measure as well as apologize to any offended party.
    - iii. The student-athlete must meet with a school counselor or administrator to determine if there are deeper issues that need to be dealt with.
- C. Third violation: May bring a minimum suspension of 50% from all athletics or up to 1 calendar year or any part thereof. This includes practice and competition.
- a. Conditions for return to program
    - i. The student-athlete must show remorse for violating the code of conduct
    - ii. The student-athlete must address the coaching staff and the team as a restorative measure as well as apologize to any offended party.
    - iii. The student-athlete must meet with a school counselor or administrator to determine if there are deeper issues that need to be dealt with.
- D. Fourth or more violation: May bring a 25% of all the interscholastic regular season dates in present sport up to suspension from all athletics for the remainder of high school career or any part thereof. This includes practice and competition.

#### CATEGORY III – ALCOHOL AND TOBACCO USE

##### DRUG USE IN SPORT AND SOCIETY

The use, abuse and misuse of drugs, alcohol and tobacco are major problems for all segments of modern-day America. Student-athletes are in fact more likely to use or abuse chemical substances than the general student population. Recreational drug use although present in society, is unacceptable in the lifestyle of any athlete. The student athlete does occupy a special position in the school and community

environment. Each student athlete must maintain a high degree of physical fitness and alertness to perform to his/her optimal capacity and with the greatest degree of safety in his/her chosen sport. He/she must, therefore, adhere to a self-imposed discipline and demonstrate the highest standards of ethical behavior in his/her chosen sport. The fact that athletes are held in such high regard in our society, whether this is right or wrong, places them in a position where they are viewed as role models for peers and others within the surrounding communities.

## 1. ALCOHOL

There is no way to justify athletes using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking sessions will be the first to criticize the athlete if he does not come through in a game. Again, this rule means no drinking all year, not just during the season, and is in effect on and off of school property.

The use of alcohol is legal in this country for adults. Unfortunately there is a culture in sport, which has a favorable view of alcohol use in the context of athletes. However, it is not a legal substance for non-adult users. The use or possession of alcohol is strictly prohibited for our student athletes at all times. Legal drinking age for the consumption of alcohol is 21 years of age. Possession or consumption of alcohol by anyone under that age is a crime in Michigan, punishable as a misdemeanor. All alcoholic beverages and their use for our student athletes are prohibited. Although alcohol does present a large problem and many potential dangers, especially for the youthful users, most people tend to view it in somewhat of a less harmful light than other addictive substances. However, the addictive nature of alcohol and the potential for abuse and its' potential as a gateway drug does provide a health risk for our student athletes. The number one cause of death in adolescents and teens are automobile accidents and the use of alcohol is often the contributing factor.

## 2. TOBACCO

Research emphasizes that use of tobacco is physically harmful to young adults. The harm done by this is not only a health problem. The community follows the progress of young athletes, and any deviation from accepted training rules marks one as unwilling to pay the price. If one squad member breaks the rules, the whole team is branded as non-trainers. This rule means no use of tobacco all year, in or out of season, on or off of school property. The use of tobacco and tobacco products by student athletes is strictly prohibited (this would include, but is not limited to cigarettes, cigars, smokeless & chewing tobacco, vape pens, e-cigarettes). Tobacco and tobacco products are highly addictive and create some of the greatest health risks for all people in our country. The use of tobacco and tobacco products is epidemic among young people and does provide a substantial health risk to our student athletes. We do not intend to lessen the significances of these risks or our subsequent commitment to educating our young people to its danger by allowing or condoning its use by our student athletes. The use or possession of these types of drugs is strictly prohibited for our student athletes at all times. Although tobacco may be legally purchased and used by eighteen year olds, its purchase and use by Grant Public School athletes is prohibited.

## DRUG-FREE STATUS REQUIREMENT

These and other demands placed upon you as a student athlete by the school and community make it essential that you exist in a drug-free environment. This status must be maintained year round, in and out of season and on and off the fields of competition. We in no way concede that such rules end at the confines of our property or outside of our supervision or authority, nor shall we expect athletes to follow these standards during the competitive season and then give them any green light to partake in such behaviors out of season or during the summer. We are entrusted to educate and teach our youth and to maintain clear and consistent boundaries for them.

Remember that the intent of this program regarding substance abuse is not punitive; it is preventive. It is designed to ensure that you remain drug-free and, in so doing, continue as a student athlete in your chosen sport at Grant Public Schools, continuing to benefit in the mental, social and physical health associated with the participation in organized athletics. We, as coaches, educators and administrators, recognize all the positive aspects of participation in athletics. But these benefits can truly only be realized in a drug-

free environment. The many benefits of athletic participation would soon be diminished if we accepted the inclusion of drugs, alcohol and tobacco into our athletic programs. We cannot permit the use of these substances by a small minority of athletes to lessen the values of our athletic programs for the majority of athletes who are remaining drug-free and enjoying the full benefits of their participation.

To reemphasize, a student-athlete shall not be in possession of, use, sell, distribute, or be under the influence of illicit controlled substances. The possession, use, sale, or distribution of substance abuse paraphernalia is also prohibited.

Our message to student-athletes is loud and clear and should be understood by all ---NO USE!

Possession is defined as:

The student becomes part of a situation where alcohol or drugs are illegally present or being used.

#### EDUCATIONAL COMPONENT FOR SUBSTANCE ABUSE VIOLATIONS

As a pivotal part of our consequences for substance abuse violations, the student athlete shall be required to complete an educational program as part of the process that may lead to resumption of participation in athletic programs. If we fail to educate athletes when such violations occur, we fail to help them learn from their mistakes and are negligent in our duties as an educational institution.

#### CONSEQUENCES FOR CATEGORY III VIOLATIONS

To provide for the safety and health of our student athletes, the following procedures, remedies and CONSEQUENCES are applied to any violation of your drug-free status with regard to the use of any ALCOHOL and TOBACCO violation.

- A. First violation: May bring a minimum of one contest date suspension or up to a maximum of 25% of all the interscholastic regular season dates in present sport. If the consequence imposed is 25% of the season, the number of regular season games will be used regardless of when the violation occurred.
  - a. Conditions for return to program
    - i. The student-athlete must complete the required educational, corrective and restorative gestures
    - ii. The student-athlete must show remorse for violating the code of conduct
    - iii. The student-athlete must address the coaching staff and the team as a restorative measure.
    - iv. The student –athlete must re-sign the code of conduct in front of teammates and coaching staff
  - b. Self Reporting Clause  
In an attempt to create a spirit of honesty, any student athlete who self reports an Athletic Code violation will have their first offense consequence reduced to 20% of the season. This self-reporting must be made prior to any investigation and may be made to any high school administrator.
- B. Second violation: May bring a minimum of 25% contest date suspension or up to a maximum of 50% of all the interscholastic regular season dates in present sport. The number of regular season games will be used regardless of when the violation occurred.
  - a. Before being readmitted to a team following suspension for the second violation, the student shall show evidence in writing of having received counseling from a community agency or professional individual such as a school counselor, drug counselor, medical doctor, psychiatrist or psychologist.
- C. Third violation: May bring a minimum suspension of 1 calendar year of all interscholastic activities up to suspension for the remainder of the student’s high school career or any part thereof. This includes practice and competition.
  - a. It is recommended that the student be referred for assessment of potential chemical abuse, misuse or dependency by a community agency or a professional individual outside the school.

- b. If, after the third violation, the student becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in interscholastic activities after a minimum period of 8 weeks from the time the student begins such treatment. The director or a counselor of a chemical dependency treatment center must issue such certification.

NOTE: It is not a violation of the Athletic Code for a student to be present in a situation such as a wedding reception or graduation open house where alcohol may be present in a legal manner under the direct supervision of adults. However, it is always illegal and a violation of the athletic code for a student to use alcohol in any situation.

#### CATEGORY IV – STREET OR ILLICIT DRUGS (ILLEGAL DRUGS)

The use or possession of these types of drugs is strictly prohibited for our student athletes at all times. The associated nature of consequences for such violations shall be more severe than other violations as they constitute a greater degree of danger and legal and criminal action. – Simply stated, drug abuse is the consumption of any chemical substance or the smoking of some plant derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modifiers. The rule against substance abuse is in effect all year, on and off of school property.

The use and or possession of such drugs are a criminal act, punishable by arrest and legal action. Both the possession and the use of these drugs is illegal for all people in society and as such constitutes a great danger for anyone engaging in their use, as well as endangering those who are around them. Due to the addictive nature and the potential for both short-term dangers and long-term problems with the use of these types of illegal substances, they have been placed in a category that requires the greatest emphasis and the strictest adherence to the mandatory drug-free status for student athletes. Cocaine, opiates, marijuana, heroin, ecstasy, methamphetamine, PCP, THC and all other related illegal “street drugs” all fall within this category. The illegal use and/or misuse of legal prescription drugs also constitute the use of illicit drugs for those engaged in such use, without a doctor-approved prescription. Amphetamines, barbiturates, phencyclidine, narcotic pain medication and other types of CNS stimulants, depressants, hypnotics and other mind-altering drugs are all included in this category.

MARIJUANA the use of marijuana shall fall under the class of illegal drugs. It is a drug that is illegal for all of society. Despite the societal view that use of this drug is of the same significance as alcohol, it is not. It is and has always been classified as an illicit illegal street drug.

To provide for the safety and health of our student athletes, the following procedures, remedies and consequences are applied to any violation of your drug-free status with regard to the use of any illegal drug in this category.

#### PERFORMANCE ENHANCING DRUGS/ SUPPLEMENTS

The use or possession of these types of drugs and/or substances is strictly prohibited for our student athletes at all times. The possession and use of these drugs are illegal for our student athletes and for the majority of society as a whole. Specifically, the use of all anabolic steroids, diuretics and peptide hormones and analogues (HCG, ACTH and HGH) are to be avoided. The use of these drugs without a doctor-approved prescription and unsupervised administration represents a great risk to the student athlete’s health and welfare. It should be further noted that possession of many of these drugs is a felony and holds the same legal consequences as possession of cocaine. In addition to the illegal use of these controlled substances, you must be warned that the use of the many “Pro-hormones” and Hormone Precursors that are legal and available without a prescription may also have significant health consequences for young athletes and may cause the users to test positive for anabolic steroids. It is highly suggested that these substance be avoided during your athletic career. The health related effects of such substances could be lethal or permanently debilitating.

It is also known that in many instances student-athlete parents have no idea that their child is using these supplements. It is for this reason we add supplements to our category with performance enhancing drugs.

#### CONSEQUENCES FOR CATEGORY IV VIOLATIONS

To provide for the safety and health of our student athletes, the following procedures, remedies and consequences are applied to any violation of your drug-free status with regard to the use of any ILLEGAL and PERFORMANCE ENHANCING DRUGS/SUPPLEMENTS violation.

- A. First violation: May bring a minimum of one contest date suspension or up to a maximum of 30% of all the interscholastic regular season dates in present sport. If the consequence imposed is 30% of the season, the number of regular season games will be used regardless of when the violation occurred.
- a. Conditions for return to program
    - i. The student-athlete must complete the required educational, corrective and restorative gestures
    - ii. The student-athlete must show remorse for violating the code of conduct
    - iii. The student-athlete must address the coaching staff and the team as a restorative measure.
    - iv. The student –athlete must re-sign the code of conduct in front of teammates and coaching staff
    - v. The student-athlete must provide at his/her own expense a drug test that shows the absence of drugs in their system.
  - b. Self Reporting Clause  
In an attempt to create a spirit of honesty, any student athlete who self reports an Athletic Code violation will have their first offense consequence reduced to 25% of the season. This self-reporting must be made prior to any investigation and may be made to any high school administrator.
- B. Second violation: Will bring a minimum of one contest date suspension or up to a maximum of 60% of all the interscholastic regular season dates in present sport. If the consequence imposed is 60% of the season, the number of regular season games will be used regardless of when the violation occurred.
- a. Conditions for return to program
    - i. The student shall show evidence in writing of having received counseling from a community agency or professional individual such as a school counselor, drug counselor, medical doctor, psychiatrist or psychologist.
    - ii. The student-athlete must address the coaching staff and the team as a restorative measure and show remorse for violating the code of conduct.
    - iii. The student –athlete must re-sign the code of conduct in front of teammates and coaching staff
    - iv. The student-athlete must provide at his/her own expense a drug test that shows the absence of drugs in their system.
- C. Third violation: May bring a minimum suspension of 1 calendar year of all interscholastic activities up to suspension for the remainder of the student’s high school career or any part thereof. This includes practice and competition.
- a. Conditions for return to program
    - i. It is recommended that the student be referred for assessment of potential chemical abuse, misuse or dependency by a community agency or a professional individual outside the school.
    - ii. If, after the third violation, the student becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in interscholastic activities after a minimum period of 8 weeks from the time the student begins such treatment. The director or a counselor of a chemical dependency treatment center must issue such certification.
    - iii. The student-athlete must show remorse for violating the code of conduct

- iv. The student-athlete must address the coaching staff and the team as a restorative measure.
- v. The student-athlete must re-sign the code of conduct in front of teammates and coaching staff
- vi. The student-athlete must provide at his/her own expense a drug test that shows the absence of drugs in their system.

#### PROCEDURES FOR REPORTING VIOLATIONS AND RULE ENFORCEMENT

1. A signed, written report of the alleged violation must be made to the Athletic Director, Principal, Assistant Principal, Assistant Athletic Director, Police Liaison Officer or Coach.
2. The appropriate personnel will convene a meeting with the student-athlete to determine whether a violation occurred.
3. Appropriate personnel will provide verbal notification to the student-athlete of the reported violation.
4. Further investigation through interviews with those who may be aware of violations first-hand, those who may have limited knowledge of the violations, or those who may be involved with such violations will be conducted.
5. Any and all allegations of violations of the student-athlete's drug-free status will be seriously address and investigated.
6. The approved and appropriate remedies and consequences for the type of violation will be applied and enforced.
7. The Athletic Director or his designee will attempt to notify parents verbally and in writing of the reported charge of the student-athlete's violation and possible consequences.
8. At the conclusion of the hearing, the student-athlete will be notified verbally and the parents in writing within five (5) days of the ruling.
9. The Athletic Director will notify the school-counseling department to assist the student with follow-up substance abuse counseling, if the situation warrants such action.

#### COOPERATION DURING INVESTIGATION

It is important for all student athletes to understand that involvement in our athletic programs is a privilege. With the responsibility of being an athlete, come commitments, which are the conditions of this code of conduct. In the event that a student athlete comes under investigation for possible violations to the provisions of this code, it is expected that:

1. The student athlete be truthful
2. That the student athlete be forthcoming with information
3. That the student athlete not be deceptive or untruthful
4. That the student athlete be cooperative

During the investigation of any student athlete violation the student athlete must be truthful and forthcoming with information or the Athletic Director has within his/her power to impose a greater level of consequence if it is determined that the student athlete has lied, been deceptive or untruthful prior to or after the determination of guilt and or consequences. Great weight must be placed on the privilege of representing our community outside the confines of our community and any athlete that would fail to be truthful and/or cooperative would jeopardize the perceived character of our programs.

Failure to comply with the above conditions may result in full expulsion from the athletic program for the duration of the student athletes' future career.

#### **APPEALS PROCESS**

##### A. Declaration of Appeal

If the parents or legal guardian feel that equity has not been granted their child, they may appeal the decision to the Principal within 3 school days of verbal or written notification. Failure to comply with the time limit will result in automatic denial of the appeal.

B. Formal Discussion

After the written request has been submitted to the Principal, there shall be an informal discussion by the person appealing a decision and the person who made the decision that is being appealed in an attempt to resolve the problem. The Principal will render a decision.

C. Formal Hearing

- If the parents/guardian is still not satisfied with the decision of the Principal, they may request a formal hearing with the Superintendent. The Superintendent's decision will be final.
- When possible, a hearing shall be conducted within 7 days of the receipt of the request. If the 7-day schedule cannot be met, the hearing shall be held at the earliest possible date thereafter.
- Both individuals involved in the appeal shall be present at the hearing to present their cases and to refute invalid information, which might be presented by the other party.

Note:

- The student-athlete may not participate in any interscholastic competition while the appeal is pending.
- If the appeal concerns a post-season tourney, it must be submitted within 1 day before the competition starts. All levels of appeal will be heard before the competition begins.

### ADDITIONAL RULES AND REGULATIONS

Each coach has the authority and responsibility, with the approval of the Athletic Director, to establish his/her own rules and regulations as they pertain to his/her sport. No team rule however, may have as a consequence, one that will be in greater degree than what is allowed in these rules and regulations. All team rules must be in writing and clearly communicated to each team member and his/her parent(s) at the beginning of the season. Coaches have the right to dismiss participants for conduct considered detrimental to the team. To assure that such decisions by individual coaches are reasonably just and fair, any decision can be appealed.

## ATHLETIC CONTRACT: COACH

### Coach's Commitment

As the coach of the (boys or girls) \_\_\_\_\_ team, I am dedicated to more than the X's and O's of competition. I know that less than 2% of high school athletes go on to play team sports at the college level. Therefore, I understand the amount of influence I have as a coach on the education of students and high school athletics and that they provide students a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life. Recognizing my role as educator, leader and role model for students, for the next season I commit to:

- Exemplify the highest ethical and moral character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member, while setting a positive tone for the program.
- Strive to develop the qualities of competence, character, civility and citizenship in each team member, as outlined in the athletic code.
- Establish a realistic team goal or vision for each season and communicate that to the athletes and parents, while never place winning above the development of high ideals of character.
- Encourage and assist team members to set personal goals to achieve their highest academic and athletic potential.
- Provide a safe, challenging and encouraging environment for practice and competition. Corporal punishment, explicit profanity, and physical force against students is unacceptable and prohibited.
- Promote personal fitness and good nutrition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Create a set of training rules for athletes that reflect the positive values of abstaining from the use of alcohol, tobacco and/or other drugs/substances, which degrade or enhance performance.
- Reporting any handbook infractions, coach's commitment statement or MHSAA violations that have knowingly occurred to the Athletic Director as soon possible during a calendar year.
- Exhibiting leadership and sportsmanlike conduct toward opponents, and respect the integrity and judgment of the game officials.
- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with Coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Be modest in victory and gracious in defeat.

My signature below indicates my commitment to the above ideas as a coach. I also accept them as a condition of employment, and understand that violations could lead to disciplinary action and if warranted dismissal.

---

Date

Coach's Signature

## PARENTS CODE OF CONDUCT

We understand that parents play a vital role in the development of student athletes and the success of our Program. Therefore we encourage parents to:

- Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
- Be a "team" fan, not a "my kid" fan.
- Weigh what your children say; they will tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators and support groups.
- Show respect for our players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Don't instruct your children before or after a game, because it may conflict with the coach's plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help your child learn that success is experienced in the development of their skills and that they can feel good about themselves, win or lose.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if you have a concern. Be sure to follow the designated chain of command.
- Please reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests or any event associated with student athletes including post season banquets, celebrations etc
- Remember that a ticket to a school athletic event is a privilege to observe the contest

ACKNOWLEDGEMENT OF RECEIPT OF ATHLETIC HANDBOOK

PLEASE DETACH THIS PAGE AND RETURN TO YOUR COACH

Parent/Guardians must understand and agree to the conditions for involvement for their son or daughter in order for them to participate in athletics.

The parent(s) or guardian(s) shall read all of the enclosed material and acknowledge understanding of the athletic eligibility rules and policies. The parent(s) or guardian(s) shall sign and return the Responsibility Acknowledgement Agreement to the Athletic Department prior to participating in any practice or contests.

I have read the Grant Public Schools Student Athletic Code Handbook including the rules, regulations and policies. I fully understand its meaning and consequences and support its enforcement by persons responsible.

Please sign and return to your coach. This form will be kept on file in the athletic administrator's office. Thank you for your cooperation and support. You may not participate in interscholastic athletics until this form is signed and returned to your coach.

\_\_\_\_\_  
SIGNATURE OF ATHLETE

\_\_\_\_\_  
Date

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN

\_\_\_\_\_  
Date

Received by the Athletic Department \_\_\_\_\_  
(Date)