

Plymouth-Canton Community Schools Activities and Athletics Grades 6-12 Student and Parent/Guardian **HANDBOOK**

Revised Spring 2018

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Visit the Activities and Athletics Websites at www.GoPCCS.net.

To the Student Participant: From our coaches, advisors, administrators, and your fellow teammates, “Welcome.” School-sponsored co-curricular activities and athletics frequently provide some of the most memorable, gratifying, and growth-oriented experiences in students’ educational careers.

Please read this handbook in its entirety. The first lesson is to have integrity; do not sign on the dotted line until you have read the handbook and agree to abide by its rules and guidelines.

Good luck in your future endeavors!

Plymouth-Canton Community Schools Mission Statement:

As a public educational institution, the Plymouth-Canton Community School District will lead our state in educating students to thrive in a complex global community.

Plymouth-Canton Community Schools Activities and Athletics Mission Statement:

Student participants will develop college and career ready skills which are exhibited through character, teamwork, and citizenship.

- College and career ready skills will be demonstrated through time management skills; attendance; increased organization; and perseverance.
- Character will be demonstrated through sportsmanship; respect for opponents and officials; personal development; honesty; adherence to rules; goal orientation; and the acknowledgement of defeat and victory through grace.
- Team values will be demonstrated through a commitment to the greater good of team and school; effective communication; spirit and pride; and development of lifelong relationships.
- Citizenship will be demonstrated through a commitment to the greater good of the district and the community; service; being a role model; and leadership.

PERIOD AND EXTENT

This Handbook applies to all students who participate in voluntary, school-sponsored activities that are not part of an academic course. The requirements contained herein are to be followed by these students on and off campus at all times from the time they first participate in an activity until the last activity event in which they participate in their educational career. A student's record is cumulative, and this handbook does not enumerate every situation or conduct for which there may be disciplinary consequences. Each advisor/coach may impose regulations, standards, and processes within reason and that are approved by the Department that are not included in this handbook.

GOVERNING BODIES

Non-athletic and most "self-funded" activities participate in myriad leagues and under varying governing bodies. Please check with the individual non-athletic activity for information regarding governing bodies.

Athletics: Plymouth-Canton Community Schools operate under guidelines of the Michigan High School Athletic Association, Inc. (MHSAA www.MHSAA.com) and the Kensington Lakes Activities Association (KLAA www.KLAASports.org), which utilize National Federation High Schools (NFHS www.NFHS.org) rules.

THE BOARD OF EDUCATION

The Board of Education is the legally constituted governing body of the Plymouth-Canton Community Schools. The Board acts as the basic point of community input and has final authority on the evaluation of the educational process.

PCCS Activities and Athletics Leadership and Staff

High Schools	Salem	Canton	Plymouth
Athletic Office	Anna Britnell 416-7774	Jan Wilbur 416-7777	Sharon Britton 582-5702
Assistant Principal for Activities and Athletics	Brian Samulski 416-7775	Vernon Crump 416-2925	Luke Swanson 582-5700
Athletic Trainer	John 416-7751	Kelsey 416-2928	Joe 582-5697

Middle Schools	Central 416-2990	Discovery 416-2880	East 416-4950	Pioneer 416-7569	West 416-7550
Athletic Liaison	Pat Calzone	Brian Dinsmore	Bill Lembesis	Jennifer Fenner	Brett Wells
PCCS Middle School Athletics	Clint Smiley, Principal, West Middle School				

ELIGIBILITY AND CODE OF CONDUCT

In association with NFHS, MHSAA, and PCCS policies, standards, and guidelines.
Participation in co-curricular educational activities and athletics is a privilege, not a right.

Elastic Clause: The administration reserves the right to establish fair and reasonable rules and regulations for circumstances that may arise requiring actions that are not covered in this handbook. In all cases, rules, regulations, and possible consequences shall be as consistent as possible with previously established rules, regulations, and consequences for similar incidents. Matters omitted from this handbook should not be interpreted as a limitation to the scope of the school's responsibility and, therefore, the school's authority in dealing with any type of infraction that may not be in the best interest of the student safety and welfare.

Academics, Attendance, and Educational Opportunities:

- 1) Accept co-curricular participation as another opportunity to improve educational opportunities.
- 2) Adopt good student habits so as to maintain a high scholastic standard.
- 3) Attend all practice sessions and all contests, whether you are able to participate or not, except for during illness or when there is an unavoidable academic need. Academic and job functions should be pre-planned to avoid conflicts when possible.
- 4) Attend all classes daily; be punctual, respectful, and contribute to classroom functions, including on "game/performance days."
- 5) Attendance: In order to promote academic success, PCCS establishes high academic standards. Students are expected to have regular, exemplary attendance. For any student absence (excused or unexcused) more than three academic periods, the student may not participate in competitions or performances the same day, unless excused in writing by an administrator.

Fair Play, Sportsmanship, and Respect:

- 6) Live up to the standards of sportsmanship established by the advisor, coach, and administration.
- 7) Treat opponents the way you would like to be treated.
- 8) Refrain from taunting, trash talking, or making any kind of derogatory remarks to or about your opponents before, during, and after the contest, especially comments of a racial, ethnic, or sexual nature. Refrain from intimidating or oppressive behavior.
- 9) Respect the integrity and judgment of officials. Treat them with respect, even if you disagree with their judgment.
- 10) Wish opponents good luck before the contest and finish the contest with a sign of respect, regardless of the outcome or events during the contest.
- 11) Win with humility; lose with grace. Do both with dignity. Avoid excessive celebration at all times.
- 12) The internet is public domain and subject to administrative review and discipline, including all forms of social media. This will be evaluated on a case-by-case basis. Treat your school, team, opponent, coach, and yourself with respect at all times.

Health and Nutrition:

- 13) The possession, use or distribution of alcoholic beverages, tobacco or nicotine (in any form), and illegal drugs (including steroids and other performance enhancers) is prohibited and has direct consequences adhering to the PCCS Student Code of Conduct. Penalties for participants in co-curricular activities and athletics may be beyond what is outlined in the PCCS Student Code of Conduct. See later sections in this handbook.
- 14) Establish good nutritional habits.
- 15) Report any injuries to your coach and trainer immediately to avoid unnecessary medical risk.
- 16) All concussions or concussion-like symptoms must be reported, and the approval of an appropriate health care professional (MD or DO) must be submitted. See concussion guidelines in this handbook.
- 17) Participants who are injured and who have been withheld from play due to a doctor or medical professional's (physician assistant or nurse practitioner) recommendation must have a note from

a doctor or medical professional to return to play. No exceptions. Athletic trainers may evaluate students at the time of the contest to determine if conditions have changed from the time the medical professional wrote the note.

Leadership, Teamwork, and Life Skills:

- 18) Realize that co-curricular activities and athletics reflect the life experiences of victory, defeat, acceptance, rejection, success, and failure. Realize and accept that the main purpose is learning how to best accept and embrace these opportunities for growth.
- 19) Accept participation as an opportunity to attain an understanding of other people's value systems.
- 20) Keep sight of values inherent in co-curricular activities and athletics participation, such as sportsmanship, leadership, dependability, perseverance, respect, honesty, adherence to rules, goal orientation, the acknowledgement of defeat and victory through grace, commitment to the greater good of team and school, effective communication, being a role model, and service to others.
- 21) Conduct yourself in a manner which will bring honor to you, your family, your coaches/advisors, your team, your school, your district, and your community at all times.
- 22) Be a contributing member of the team, regardless of "playing time."
- 23) Do not use cell phones on the bench. Contribute positively from the bench at all times.

Team Membership:

- 24) Develop your skill to the best of your ability and achieve a thorough knowledge of your activity.
- 25) Strive for further experience in your activity or sport by maintaining proper learning, training, and feedback habits.
- 26) Respect and protect school equipment, which is school property and must be returned at the end of the season.
- 27) Students are to wear team-issued and school-approved uniforms in contests and performances, in agreement with NFHS and MHSAA. Approval is by the APAA and directors of drama/music/etc.
- 28) Behave in a manner which demonstrates good citizenship.
- 29) Learn the rules of competition and adhere to them at all times.
- 30) No use of cell phones, cameras, personal computers, etc. in bathrooms or locker rooms.
- 31) The coach/advisor will determine guidelines for awarding varsity letters. These guidelines are to be communicated with the Activities and Athletics Department prior to the season/activity.
- 32) No hazing. The Board of Education believes that hazing activities of any type are inconsistent with the educational process and prohibits all such activities at any time in or out of school facilities, property, and in association with any District-sponsored activity. Hazing is any act of coercing another, including the victim, to any act of initiation into any class, group or organization that causes or creates a risk of causing mental, emotional, or physical harm. Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy.
- 33) No harassment. Harassment of any individual, staff, student or administrator at P-CEP due to race, religion, color, age, sex, national origin, disability or sexual preference, is contrary to the district's non-discrimination policies and a violation of state and federal laws. Sexual harassment in the schools is against the law under Article IX of the 1972 Education Act. In compliance with federal laws, the Plymouth-Canton Community Schools has a civil rights statement that sets forth a policy of non-discrimination. See Student Code of Conduct for more information.
- 34) Transportation: When provided, all students are expected to ride in the approved vehicle to and/or from athletic and activities events. Students riding with any other party other than his or her own parent(s) or guardian(s) must have their parent(s) sign the Transportation Waiver form and submit to the Activities and Athletics office prior to the trip, and explicit permission from the head coach.
- 35) Dress Code: The dress code of the PCCS Student Code of Conduct applies under most circumstances to Activities and Athletics. Exceptions may be for certain uniforms, costumes, etc.

Shirts must be worn at all times in activities except swimming. Sports bras do not qualify as shirts. Student dress is subject to the discretion of the APAA or Athletic Liaison.

- 36) Overnight/distance Trips: On overnight Activities and Athletics field trips, the coach is the designee of the District. Students are expected to abide by the coach's directives in order to maintain a safe and orderly environment. The rules of the PCCS Code of Conduct apply at all times during field trips.
- 37) Students should practice good time-management, planning, and judgment to avoid schedule conflicts. Conflicts should be communicated to coaches well ahead of time.

Prohibited Substances: Activities and Athletics

Athletes and activities participants need to have clear minds, healthy bodies, and clear consciences.

Drugs, alcohol, and tobacco/nicotine products are counter-productive to the goals of co-curricular participants. They can be used as "shortcuts," defeating the purpose of hard work, impair mental and bodily functions, are a detriment to good health, and cloud judgment and thought that is necessary to co-curricular activities and athletics.

These substances are also dangerous and can be "gateways" to even more dangerous substances.

Users of these substances can also face legal, school, and/or team consequences. Please see previous section for disciplinary guidelines.

Board Policy: The Department of Community Health shall periodically distribute to the District the list of banned drugs based on bylaw 31.2.3 of the National Collegiate Athletic Association. This information shall be provided to parents, students, and the community annually. This information will be included in student handbooks and publications regarding athletics and extracurricular activities.

Board Policy 5532 and the applicable Michigan Law make the possession, use, or distribution of performance enhancing supplements unlawful. Administrative Guideline 2431D enumerates the specific banned drugs listed by the NCAA and the Michigan Department of Community Health. (2010)

Banned Drugs

Acetazolamide
 Alcohol
 Amiphenazole
 Amphetamine
 Androstenediol
 Androstenedione
 Atenolol
 Bemigrade
 Bendroflumethiazide
 Benzthiazide
 Benzphetamine
 Boldenone
 Bromantan
 Bumetanide
 Caffeine'(guarana)
 Chlorothiazide
 Chlorphentermine
 Chlorthalidone
 Clenbuterol
 Clostebol
 Cocaine
 Corticotropin (ACTH)
 Chlorpropamide
 Crothetamide

ACTIVITIES AND ATHLETICS DISCIPLINE AND ELIGIBILITY POLICY

Participation in activities and athletics is a privilege, not a right. Individuals who earn the right to represent their school through athletics are expected to abide by the rules established for the general student population as stated in the PCCS Student Handbook Code of Conduct.

Additionally, student participants are held to a higher standard for off-campus conduct due to the effects that this conduct can have on school athletics and activities. Specifically, participants are barred from the following actions and to follow the previous "Code of Conduct" section, especially when related to aspects of the team/organization.

- I. Using or distributing tobacco, nicotine, e-cigarettes or vaporizers, recreational or performance-enhancing drugs, alcohol, or look-alikes in any form starting at the time they first report for school-sponsored activities and athletics.
- II. Taunting or harassing teams or individuals using social media
- III. Fighting
- IV. Engage in harassment or bullying for any reason or via any means.
- V. Stealing from fellow students or school staff, referees, parents, etc.
- VI. Using language or participate in gross misconduct that is considered vulgar or inappropriate.
- VII. Participating in hazing activities
- VIII. Participating in harassment for any reason but including race, religion, national origin, gender, sexual orientation, appearance, etc.
- IX. Generally conducting themselves in a way that brings embarrassment to the team, staff, or school. The utmost respect is to be shown at all times, both at and away from school, to coaches, officials, and other school staff.

These rules begin the moment a student athlete first participates with a school co-curricular program, until the end of that student's current educational track (middle school or high school). A student's co-curricular disciplinary record "resets" at the beginning of high school.

In all cases, the Assistant Principal for Activities and Athletics (high school) or Athletic Liaison (middle school) will discuss circumstances with the coach or activities director, and then determine what level of consequences or other action is required. The student participant and/or his/her parents shall be notified before consequences are determined and provided the opportunity to present their position on the incident.

Violation of these rules is subject to progressive discipline, normally following these minimal steps (but steps can be modified in each individual case), which can be in addition to any possible school-administered discipline consequences.

First Offense (career): Consultation with APAA or Athletic Liaison, withheld from 1 contest to 20% of contests in season; AND/OR possible referral to counseling program.

Second Offense (career): Withheld from 25-50% of season; AND/OR possible referral to counseling program.

Third Offense (career): Dismissal from team for remainder of the season.

Appeals: Students may initiate an appeal regarding discipline or eligibility measures. Appeals must be in writing, written by the student, who may collaborate and consult with his or her parent(s). The appeal committee shall include the APAA (HS) or Liaison (MS), the student's caseload assistant principal and/or principal, and a non-affiliated coach. The decision of the appeal committee shall be final.

Reinstatement: For a student to rejoin a team from which he or she was dismissed, the coach and APAA (HS)/Liaison (MS) will determine what restorative steps must be taken in order for the student to be eligible to once again participate (usually the next season). These steps may include, but are not limited to, any of the following, and re-entry into the program will be reviewed and determined on a case-by-case basis.

- Apology to team, coach(es), and/or opponents
- Meeting of certain behavior or attendance criteria
- Enrollment in rehabilitative program.

In the event that the school administration places an athlete or participant on any form of suspension from school (refer to the PCCS Student Handbook), the athlete will not be permitted to practice or play during the suspension, until the school day following the last day of suspension. As outlined in the PCCS Student Handbook, vacation days, "snow days," and other "days off" do not count toward the number of days suspended.

The Activities and Athletics department respects the right of coaches, advisors, etc. to develop reasonable additional standards in order to ensure a safe, cooperative, and well-functioning team or activity. These standards (and consequences for violating these standards, including suspension or dismissal from the team) are to be communicated to and approved by the Activities and Athletics Assistant Principal (HS) or Athletic Liaison (MS).

Attendance: In order to promote academic success, PCCS establishes high academic standards. Students are expected to have regular, exemplary attendance. For any student absence (excused or unexcused) more than three academic periods, the student may not participate in competitions or performances the same day, unless excused in writing by an administrator. Students and coaches who ignore this rule are subject to the following:

- A. First Offense: Suspension from team/activity for next performance/contest.
- B. Second Offense: Suspension for 14 days from team/activity. Carries over to next school year. Coach receives informal letter in file.
- C. Third Offense: Suspension for remainder of season. Coach receives formal review and letter.

Dismissal: Prior to removing a participant from the activity for the remainder of the season, the coach/advisor and the Assistant Principal for Activities and Athletics or Athletic Liaison will review all circumstances. The participant's parents/guardians will be contacted and advised. Reinstatement to the co-curricular program is subject to review by the Activities and Athletics Department administration.

ELIGIBILITY REQUIREMENTS FOR ACTIVITIES AND ATHLETICS

In association with MHSAA policies and goals of District and School Improvement Plans (SIP and DIP)

Premise and Goal: Activities and athletics are important to teaching college and career-ready skills beyond what is learned in the traditional academic classroom. Plymouth-Canton Community Schools will utilize co-curricular activities to raise academic achievement throughout the district.

- I. **Previous Academic Standing (not including first-semester 6th and 9th grade students):**
 - A. All Students: Students must pass 80% of a full-time course load on their previous semester report card (normally January and June).
 - B. High School: If a student has one non-passing grade on the previous semester report card, that student must have a GPA of 2.0 or higher in their remaining five courses excluding the one non-passing grade.
 - C. G grades are counted as passing grades, but not used in calculations of GPA. In the case of a G grade, the student's remaining GPA would be calculated using classes with letter grades.
 - D. A high school student who does not achieve this academic standard on the previous semester report card will be ineligible to participate in contests for a minimum of 60 scheduled school days into the next semester, unless the deficiency is made up (summer school, etc.). Middle school students must sit out the entire semester.
 - E. Deficiencies can be rectified in summer school or other approved alternative means.

- II. **Current Academic Standing:**
 - A. Grades will also be checked every five weeks during the academic year.
 - B. While participating in co-curricular activities or athletics, co-curricular participants must be passing 80% of a full-time course load.
 - C. High School: If a student has one "E" or other non-passing grades on their current grade report, students must have a GPA of 2.0 or higher in their remaining five courses.
 - D. Students failing to meet this requirement will be placed on Activities and Athletics Academic Probation for a minimum of one week, the next Monday through Sunday.
 - i. Students on Probation are ineligible to participate in any competitions or performances (scrimmages and official games/meets/matches/performances) for a minimum of one week, the next Monday through Sunday.
 - ii. These students must raise their grades to the minimum requirement and have a progress report filled out by their teachers, turned in by Friday for eligibility the following week, with an official grade check by the Activities and Athletics Department/Liaison.
 - iii. These students' grades will be checked weekly by the APAA/Liaison weekly for the remainder of the cardmarking (quarter), and will continue to be on Progress Reports if they participate in other sports during the next season until the end of the cardmarking (quarter).

- iv. The maximum number of weeks that a student will be on Academic Probation is four. After three weeks, if the student's grades have not reached the minimum requirement, the student may be dismissed from the team in order to focus exclusively on academics. This is subject to approval by the Activities and Athletics administration.

Dismissal: Prior to removing a participant from the activity for the remainder of the season, the coach/advisor and the Assistant Principal for Activities and Athletics or Athletic Liaison will review all circumstances. The participant's parents/guardians will be contacted and advised. Reinstatement to the co-curricular program is subject to review by the Activities and Athletics Department administration.

Additional Information on Academic Eligibility:

- 1) Ineligible students are permitted to practice, but not permitted to dress for or participate in contests. They may be present on sidelines, out of uniform.
- 2) There will be an appeal committee at the high school consisting of the APAA, caseload AP, and an unaffiliated coach at the HS, and liaison, principal, and coach at the middle school level.
- 3) Teams that fail to adhere to these standards will be penalized with forfeiting contests when ineligible players participate in a contest or on the sideline in uniform.
- 4) First-semester sixth and ninth-grade students are immediately eligible.
- 5) Transfer students not affected by the above (#4) rule would be affected by this rule. A transcript from the previous school would be required before participating in co-curricular activities and athletics. The Activities and Athletics administration may make exceptions to this rule.
- 6) "G" and "S" grades are considered passing, "U" and "I" grades are not passing.
- 7) Students with 1 to 4 G/S grades and one non-passing grade will have their remaining GPA calculated with letter-grade courses.
- 8) Students with 5 or 6 G/S grades and one non-passing grade will not have their remaining GPA calculated, but instead the Appeal Committee will be considered on an individual basis.
- 9) Coaches and advisors/directors will not be permitted to make decisions on "cuts" based on students' grades. Students will be given the opportunity to improve grades based on the protocols of these guidelines.
- 10) Coaches may not impose academic eligibility standards that vary from District academic eligibility guidelines. The same protocol for checking grades and interacting with teachers must be used.

***A variety of academic interventions are available for students who require assistance. Please contact the Activities and Athletics administrator/liaison for more information on these support programs.**

Affected Activities				
MHSAA Athletics	Non-MHSAA Athletics and Athletic Clubs	Competitive and Performance Activities	Other Affected Activities	Not Affected
Baseball Golf Lacrosse Soccer Softball Tennis Track and Field Cross Country Volleyball Swim and Dive Basketball	Pom Pon Sideline Cheer Girls Ice Hockey Equestrian Figure Skating Unified Dance Clay Targets	Marching Band Instrumental Music Vocal Music Forensics Debate Orchestra Quiz Bowl Science Olympiad Math Olympiad Robotics Mock Trial	Congress Class Council (officers) NHS	Other clubs and activities required by classes and not outlined here. Additional competitive, performance, application-based and other

Boys Ice Hockey Bowling Competitive Cheer Gymnastics Wrestling Football		WSDP Winter Guard Drama HOSA DECA		clubs, athletics, and activities may be added at any time.
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Examples:

- 1) High school student earns E, D-, D-, C, C, B on S1 report. Remaining five classes GPA is 1.8. Student is not on track to graduate on time with peers. Ineligible for 60 days of next semester.
 - a. At 60th day, student earns D, D, D, C, C, C. Eligible, placed on reports.
 - b. At 60th day, student earns E, E, A, A, A, A. Ineligible (two E's).
 - c. At 60th day, student earns E, C, C, C, C, C. Eligible. Placed on reports.
 - d. Student retakes class in summer school or FastTrack that was failed. Earns a "C" grade. Student is eligible as soon as credit is granted by the district.
 - e. **If these grades were reported at 5-week grade checks, rather than a semester report card, student would be ineligible for one week (Monday through Sunday) until grades are to the PCCS minimum standard.**

- 2) High school student earns E, E, A, A, A, A on report card S1. Student is not on track to graduate on time with peers. Ineligible for 60 days of S2. Failed two classes.
 - a. **If these grades were reported at 5-week grade checks, rather than a semester report card, student would be ineligible for one week (Monday through Sunday) until grades are to the PCCS minimum standard.**

- 3) High school student earns D, D, D, D, D, D. Student is on track to graduate on time with peers. Eligible.

- 4) High school student is initially eligible with grades of B, C, B, C, B, C. At 5-week check, student earns E, E, E, E, E, E. Student is ineligible for one week (Monday through Sunday) and placed on progress reports.
 - a. In one week, student brings progress report and grades are double-checked in athletics office. Student earns E, C, C, C, C, C. Excluding one non-passing grade, student's GPA is 2.0. Student remains on progress report and is eligible after one week of probation.
 - b. In one more week, student's grades are E, D, C, C, C, C. Excluding one non-passing grade, student's GPA is 1.8. Student is ineligible for minimum of one more week, Monday through Sunday.

- 5) Middle school student is initially eligible with previous report card grades of C, C, D, D, C, B, S. At the five-week check, student has grades of E, E, C, C, C, B, S. Student is on academic probation for one week (minimum) due to two failing classes.

10-POINT CHECKLIST FOR STUDENT HIGH SCHOOL MHSAA ELIGIBILITY

If you cannot check all 10 items, see your Assistant Principal for Activities and Athletics.

- 1. You were enrolled in a HS not later than the fourth Friday after Labor Day.
- 2. You will not have turned 19 before September 1.
- 3. You have had a physical examination since April 15, and it is on file in the school athletic office.
- 4. You have not been enrolled in more than eight semesters or 12 trimesters in high school (grades 9-12)
- 5. You passed SIX classes in the previous semester of enrollment (excluding first semester 9th graders). If you are failing ONE class, your GPA in the remaining FIVE is 2.0.
- 6. You are currently passing SIX classes in a PCCS school.
- 7. You have not changed schools without a corresponding move by your parents or persons with whom you were living.
- 8. You have not received money or other valuable considerations for participating in MHSAA sponsored sports.
- 9. You have not or will not participate in non-school contests in your sport after having reported for your school team. Includes club, church, CYO, travel teams, select/premier teams, recreational teams, etc.
- 10. You have not competed in an all-star or national championship after having played for a high school team in the same sport.

*Transfer students, students in shared-time programs with charter schools or home schools, and other students with special circumstances shall contact the Activities and Athletics office to determine eligibility.

**Further information on eligibility is available at
MHSAA.com or in your school's Activities and
Athletics office.**

Collegiate Eligibility and Participation

High school student athletes interested in participating at the collegiate level should notify their coaches, counselors, and Assistant Principal for Activities and Athletics at the ***earliest*** opportunity.

These student athletes need to complete steps for the NCAA Clearinghouse or register with the NAIA.

[Visit the NCAA eligibility website.](#)

[Visit the NAIA website.](#)

[Visit the NJCAA website](#)

Student Participant Leadership

- 1) Lead vocally and verbally, and by example on your team. Say and show teammates how and what to do.
 - Leaders not only “talk the talk,” they “walk the walk.” Their actions follow their words.
 - Leaders carry out the wishes of the coach or advisor during practice and bring concerns to his or her attention at the appropriate time.
 - Leaders represent their team well during AND away from events.

- 2) Captains/Officers
 - Captains and officers are elected or selected according to criteria on each individual team.
 - If you would like to be a captain or officer, ask the coach/advisor what areas you are strong in and in what areas need growth in order to be a strong candidate.
 - The role of the captain is to assist the coach as an on-field leader. Captains do not determine team strategy, help coaches make roster determinations, or discipline others.

- 3) PCEP Athletics and Activities Leaders Council
 - The APAA at each high school leads a leadership group for leaders in activities and athletics.
 - Coaches and advisors make determinations in who serves on this committee. Approach your coach if you are interested in serving on this committee.

- 4) MHSAA Student Advisory Council
 - Athletes in MHSAA sports are selected from next year’s junior class
 - Complete the official application, including the three short answer questions.
 - Be a junior in the next academic school year.
 - Have a cumulative GPA of at least 3.0.
 - Be available for all scheduled meetings.
 - Submit a letter of recommendation from an athletic director, principal, or other school administrator stating why the candidate should be selected to the committee.
 - Act as the voice of Michigan’s student-athletes.
 - Serve as a student sounding board for the MHSAA’s Representative Council.
 - Assist in planning Sportsmanship Summits, Captains Clinics and other events.
 - Participate in a yearly focus group about the state of high schools sports for Michigan State University’s Institute for the Study of Youth Sports.
 - Help with medal ceremonies at MHSAA championship events.

- Contact your APAA during your sophomore year if you are interested in serving.

Student Participant Awards for Activities and Athletics

- 1) Team Awards:
 - a. Participation Certificate: Middle School, Freshmen, and Junior Varsity/Varsity Reserve
 - b. Varsity Letter and Certificate: Each sport and team is different. However, the following apply:
 - i. Cut sports: All on varsity squad, in good standing, earn letter.
 - ii. Non-cut sports: Must have standards for earning letter including performance/participation standards.
 - iii. Activities: Must have standards for earning letter including performance/participation standards.
 - iv. All standards must be communicated with and approved by the APAA prior to start of season/activity.
- 2) School Awards
 - a. Middle Schools: Determined at each building
 - b. Senior Athletes of the Year: Determined by committee. Boy and Girl.
 - c. Senior Scholar Athletes of the Year: Determined by committee. Boy and Girl.
 - d. Senior Activity Participants of the Year: 2014-15, determined by committee. Boy and Girl.
- 3) KLAA/League
 - a. Scholar Athlete: Sophomores and above, varsity, 3.25 cumulative GPA and above.
 - b. All-Division, All-Conference: Determined by sport.
 - c. Activities: Determined by each activity.
- 4) MHSAA , State Coaches' Associations, and Other: Determined by sport/activity. Includes all-state, all-state scholar athlete, Mr./Ms. Sport, All-American, etc.

Chemical-Free Activities and Athletics

Athletes and activities participants need to have clear minds, healthy bodies, and clear consciences.

Drugs, alcohol, and tobacco/nicotine products are counter-productive to the goals of co-curricular participants. They can be used as “shortcuts,” defeating the purpose of hard work, impair mental and bodily functions, are a detriment to good health, and cloud judgment and thought that is necessary to co-curricular activities and athletics.

These substances are also dangerous and can be “gateways” to even more dangerous substances.

Users of these substances can also face legal, school, and/or team consequences. Please see previous section for disciplinary guidelines.

Board Policy: The Department of Community Health shall periodically distribute to the District the list of banned drugs based on bylaw 31.2.3 of the National Collegiate Athletic Association. This information shall be provided to parents, students, and the community annually. This information will be included in student handbooks and publications regarding athletics and extracurricular activities.

Board Policy 5532 and the applicable Michigan Law make the possession, use, or distribution of performance enhancing supplements unlawful. Administrative Guideline 2431D enumerates the specific banned drugs listed by the NCAA and the Michigan Department of Community Health. (2010)

FEES

Pay to Participate:

PCCS operates under a “pay to participate” program for athletics and activities. Students who receive free or reduced lunch are exempt of these fees. Please visit www.GoPCCS.net to pay these fees. Pay to participate will not be refunded after the second week of the season.

High School Athletics: Per School Year		
1 st Sport	2 nd Sport	3 rd Sport
\$230	\$150	Free
\$20	Free	Free
\$600 Maximum per Family		
Some teams require additional fees. Please contact the coach for details.		

The following HS sports are “self-funded” and operate under their own participation fee structure. Participation in these sports does NOT count toward the graduated fee structure (above), nor does the family maximum apply. Contact the coach for information on that team’s participation rate. These sports will provide \$10 per student on rosters to the athletic department to cover costs incurred by the program.

Girls/Boys Bowling
Girls/Boys Lacrosse

Girls/Boys Ice Hockey

9th Grade Baseball/Softball

Cheerleading

Pom Pon

Middle School Athletics: Per School Year				
1 st Sport	2 nd Sport	3 rd Sport	4 th Sport	5 th Sport
\$100	\$100	Free	Free	Free
\$400 Maximum per Family				

*The Pay to Participate fee does not guarantee any playing time in games on a team.

*Students have two weeks into a sports season to meet their Pay to Participate obligation. After that time, athletes will be withheld from participation. If fees are paid before the two-week deadline, but the athlete then decides not to continue, a refund will be issued. There are no refunds after the deadline.

Event Admission Fees:

Middle School Basketball, Volleyball, Wrestling, Swimming, Track: \$2 Adults, \$1 Students

High School All Sports Except Golf, Cross Country, Baseball, Tennis, and some "Self-Funded Sports:" \$5

Purchase PCEP annual passes at www.GoPCCS.net, the athletic office, or at the gate.

*No passes to MHSAA tournaments.	Aug 1-Nov 1	Nov 1-March 1	March 1-June 1
Family (2 adults, household kids grade 12 and under)	\$150	\$100	\$50
PCCS Student w/ID Sticker	\$20	\$15	\$10

Activities and Athletics by Season: Open or Tryouts

Students interested in “cut sports” must understand before tryouts begin that not all individuals trying out for the team will “make the cut.” All athletes will be selected based on known criteria and will be personally informed of their standing at the end of the tryout period, normally 3-5 days in length. Special consideration may be afforded to athletes injured in a previous season or too ill to tryout. Students and parents are reminded that there are opportunities to participate in a no-cut program and/or to be a part of the team in another capacity if provided by the coach.

High School Sports					
Fall		Winter		Spring	
Gender/Sport	Begins	Gender/Sport	Begins	Gender/Sport	Begins
*BOYS SOCCER	Aug 12	*BOYS BASKETBALL V/JV/9 TH	Nov 16	#(9 th)*BOYS BASEBALL	Mar 14
#*+SIDELINE CHEER	June 4	*GIRLS BASKETBALL V/JV/9 TH	Nov 9	#*BOYS LACROSSE	Mar 14
GIRLS GOLF	Aug 12	#BOYS ICE HOCKEY	Nov 2	#*GIRLS LACROSSE	Mar 14
*GIRLS VOLLEYBALL	Aug 12	#+GIRLS ICE HOCKEY	TBD	*GIRLS SOFTBALL	Mar 14
#*+POM PON	June 4	#GIRLS BOWLING	Nov 16	*GIRLS SOCCER	Mar 14
BOYS TENNIS	Aug 12	#BOYS BOWLING	Nov 16	BOYS GOLF	Mar 14
*FOOTBALL	Aug 10	#*COMPETITIVE CHEER	Nov 9	BOYS TRACK & FIELD	Mar 14
BOYS CROSS COUNTRY	Aug 12	BOYS SWIM/DIVE	Nov 23	GIRLS TRACK & FIELD	Mar 14
GIRLS CROSS COUNTRY	Aug 12	WRESTLING	Nov 16	GIRLS TENNIS	Mar 14
GIRLS SWIM/DIVE	Aug 12	GIRLS GYMNASTICS	Nov 2		
+#EQUESTRIAN	TBD	+#FIGURE SKATING	TBD		
		+#CLAY TARGETS	TBD		

Swimming and Diving may require a basic minimum criterion to join the team. Participants are expected to be able to safely swim the length of a pool before joining the team.

KEY

Open “No-Cut” Teams

Tryouts/Cut Teams

*Includes Varsity-JV-and/or 9th teams if sufficient numbers of athletes try out.

+Non-MHSAA sport

#Self-funded sport. Additional fees may apply.

Middle School Sports		
Season	Sport	Eligibility
September 9-October 22	Girls Basketball	7 th and 8 th Grade
September 9-October 20	Boys and Girls Cross Country	6 th , 7 th , and 8 th Grade
October 23-December 16	Girls Volleyball	7 th and 8 th Grade
October 23-December 17	Wrestling	7 th and 8 th Grade
January 4-February 25	Boys Basketball	7 th and 8 th Grade
February 29-April 19	Boys and Girls Swimming	7 th and 8 th Grade
April 21-June 8	Boys and Girls Track	7 th and 8 th Grade

High School Non-Athletic Activities

PCEP offers over 100 clubs and activities. A complete and current listing of all P-CEP non-athletic activities is available at www.PCEPActivities.com.

Click on “PCEP HQ” and then “How to Get Involved.”

Middle School Non-Athletic Activities

Some middle school activities include the following. For information, visit your school’s homepage.

Mathcounts National Junior Honor Society Science Olympiad Sixth Grade Camp Washington, DC Trip New York City Trip Choir Anime Drawing Club Strategic Games Club Talent Show Band Robotics Student Council Student-Run Credit Union

CONFLICT RESOLUTION: A PROTOCOL FOR COMMUNICATION

“Most struggles in athletics aren’t really serious problems—but they are good rehearsals for real life. Adult rescues should be saved for real problems.” -Bruce Brown, AD, Northwest College

Use the **“24 hour rule.”** Wait until 24 hours after the contest, performance, or practice to discuss a situation with a coach/advisor. The situation may look and feel very different after you have had time to reflect upon a concern.

Do not attempt to confront a coach or advisor before or after a contest or practice. These can be emotional times for everyone. Meetings of this nature do not promote resolution. Please make an appointment with the coach/advisor so all parties are prepared to discuss concerns in a appropriate time and place.

Athletes/participants should speak with coaches/advisors regarding most issues not involving safety or security before parents or administrators get involved.

Chain of Command: Wait 24 hours before contacting coach in most circumstances.



If this is a sub-varsity participant, the Head Varsity Coach/Advisor may be contacted by the APAA.

ISSUES NOT APPROPRIATE TO DISCUSS WITH THE COACH/ADVISOR:

1. Playing time/roles/positions
2. Team strategy

3. Play calling
4. Other student participants
5. "Cuts" may be discussed, using "chain of command" above, but the focus should be on improving one's skills for the next opportunity, if applicable.

APPEALS: For issues directly related to the co-curricular activity and not excluded by the above list, appeals should be discussed with the Activities and Athletics administrator, then the principal. Decisions by the principal are final.

Health and Safety

The health and safety of students is the #1 priority of the Plymouth-Canton Community Schools.

PCCS Activities and Athletics believes that the three "H's," Health, Hydration, and Heart, provide a guide that students, coaches, and others involved with athletics should follow.

Please visit <http://www.mhsaa.com/schools/healthsafetyresources.aspx> for more information about head injuries, heat danger, and other health and safety information.

Activities & Athletics: Guide for Parents and Guardians

Role of Parents: Parents are a valuable component to student success inside and outside the classroom. P-CCS thanks parents for positively contributing to the success of our co-curricular activities and athletics.

Communication Protocol/Chain of Command: Require your child to talk with the coaches. If your child is having difficulties in practice or games, or can't make a practice, etc., encourage him/her to speak directly to the coaches. This "responsibility taking" is a big part of becoming a responsible person. By handling off-field tasks, your child is claiming ownership of all aspects of the game-preparation, as well as playing the game. Please see "Conflict Resolution."

Environment of Activities and Athletics: P-CCS maintains the right to maintain a safe, orderly, and supportive environment for activities and athletics. Parents are graciously asked to assist in maintaining this environment. P-CCS reserves the right to take action in order to guarantee safety, order, and support for activities and athletics, including establishing communication protocols not outlined here and refusing entry to contests or performances.