



Athletic Code of Conduct and Expectations

MISSION STATEMENT

Father Gabriel Richard High School is a Catholic school community that exists to build up the Body of Christ. In an atmosphere which affirms the human and baptismal dignity of all, FGR cultivates in each student a sense of awe in response to the beauty of truth. Guided by the Holy Spirit and strengthened by the Sacraments, students strive to live fully human lives at the service of others through academic excellence, active discipleship, creativity and sportsmanship.

PHILOSOPHY

Father Gabriel Richard High School is a comprehensive regional Catholic school committed to the academic excellence and the moral foundations of its students. The athletic programs are intended to reinforce the aims and goals of the academic program and, as such, are an integral part of the educational system. These two structures work together and are specifically designed to promote the physical, moral, spiritual, and social development of the individual student.

It is a privilege for a student to participate in an athletic program. To earn this privilege, a student and parent must both accept the responsibilities as determined and defined by the School Administration and the Athletic Department in cooperation with the Michigan High School Athletic Association (MHSAA) and the Catholic High School League (CHSL).

OBJECTIVES

- The athlete learns the value of teamwork, self-discipline, dedication, commitment, work ethic and personal sacrifice. Contribution to the team is more important than personal goals or individual achievement.
- The athlete learns to be a good sport while developing self-control, honesty and a spirit of cooperation.
- The athlete learns to be a good winner as well as a gracious loser in defeat. Sportsmanship is an important value. All students, parents, and community members are expected to exhibit good sportsmanship at each and every athletic event.
- The athlete learns to appreciate the skills and abilities of his/her opponent.
- The athlete learns an appreciation of playing by given rules.
- The athlete learns the value of physical fitness that leads to a sound body, healthy mind, and life-long health habits.
- The athlete learns to cope with the competitive nature of athletics and society in a positive manner.

ATHLETIC ACADEMIC ELIGIBILITY

The general eligibility requirements of the MHSAA and the CHSL (passing 66% of your classes) shall be followed in addition to certain specific requirements unique to Father Gabriel Richard High School.

- Eligibility will be done mid-quarter and end of each quarter/semester.
- The athletic department will receive a report from the Guidance department of any athlete that has a grade(s) below a 60%.
- Any athlete with 2 or more failing grades will be unable to participate in sports until at least one grade is brought up to passing level (60% or higher).
- Once an athlete is placed on the ineligibility list he/she will be ineligible for one week.
- Ineligibility notifications will be sent out on Friday and go into effect the following Monday with an update after one week.
- If a student and/or parent feel that the suspension is due to an inaccurate reporting of a current grade, it is the athlete and/or parent's responsibility to contact the teacher directly. The teacher must notify the athletic department if/when there is a change in eligibility status.
- There will not be an appeal process if the parent and teacher cannot come to a resolution regarding a grade discrepancy. The athlete will sit for a minimum of 1 week.
- Any athlete with **two or more incompletes** will be unable to participate in sports until at least one grade is received.
- During **any school suspension** the athlete may not attend any school sponsored activity.
- During **any academic suspension** the athlete may not attend practice, athletic events and/or anything team related *as a team member*.

ATHLETIC FEES

Participation fees: Fees must be paid in full each sport season prior to the first scheduled event. If you cannot afford to pay in full at the beginning of the season, a payment plan worksheet must be filled out, signed and on file with the athletic director prior to the *first* scheduled contest.

Failure to turn in payment or signed payment plan worksheet and deposit before the first contest will result in the athlete sitting out until payment is made. *Once a coach has submitted the official team roster no refunds for participation fees will be allowed. All fees must be paid by the end of the season in order to participate in the following season.*

Please note: There may be additional fees, depending on the sport, for required personal items or equipment. Check with the head coach and the individual sport page on the athletic website for details.

FGR ATHLETIC DRESS:

IN SEASON ATHLETES

When a student is in season, they are permitted to wear their uniform/jersey on Friday only. They must wear uniform bottoms, with exception to Cheer and Dance. All uniform/jersey must adhere to the FGR dress code. There are some uniforms that are deemed inappropriate for school wear and therefore the student-athlete should wear a team ¼ zip or team warmup in place of the uniform top.

SPIRIT WEAR DAYS

Select Fridays during the school year students are permitted to wear any approved FGR Spirit Wear top (sweatshirt, ¼ zip, *athletic jersey*, etc.) over their uniform top (polo or button-up) with uniform bottoms.

JEANS DAYS

One Friday each month, students may pay to wear jeans along with any approved FGR spirit wear top (sweatshirt, ¼ zip, *athletic jersey*, etc.). Jeans days are a pay-to-participate fundraiser for specific causes.

CRITERIA FOR AWARDS

- To receive a varsity letter award, the student-athlete must practice and compete in a varsity level sport. A varsity coach has the right to not award a player with a varsity letter award based on an athlete's commitment, attitude, and discipline.
- All equipment/uniforms issued in an athlete's name must be accounted for prior to the awarding of a varsity letter, certificate of participation and diploma. All items must be turned in directly to the coach and signed for. As a result of required signature, the main office and athletic office will not accept these items. Failure to turn into the coach will result in athlete being charged for missing items. If items are not returned, the athlete may not participate in the next sports season until all items are returned.
- If an athlete is injured during FGRHS competition or practice before he/she had the opportunity to earn a varsity letter, the letter may be awarded at the coach's discretion.
- Per MHSAA policy: An athlete may not accept any awards (merchandise, memberships, privileged services, money) for athletic performance except medals or trophies which cost no more than \$25.

PLAYING AT A LEVEL OTHER THAN HIS/HER AGE GROUP FOR A TEAM SPORT

- Decision is recommended by the Head Coach after consultation with assistant coaches.
- Head Coach will inform the AD and then discuss the move with athlete and his/her parents.
- If all parties agree that the move is in the best interest of the athlete, team, and program, then the athlete may participate at the higher level.

DUAL SPORT ATHLETES

- An athlete may participate in 2 sports simultaneously if agreed upon by the athletic director, both coaches, and his/her parents that it is beneficial for all parties involved.
- The athlete must declare a primary sport. If there is a schedule conflict between the two sports, then the athlete must attend the primary sport. An athlete may participate in his/her secondary sport if agreed upon by primary coach. This is the coach's decision-not the athlete or parents. Failure to abide by coach's decision may result in dismissal from primary sport.
- This policy does not include outside club teams. It is discouraged for an athlete to participate in an outside club or team during their season.
- A signed dual sports contract must be signed by both of the coaches, the parents and athlete and turned in to the athletic office before the first athletic contest.

***** Any athlete's season that runs over into the next season (playoffs) should complete commitment made to the first team before beginning next season. *****

Please note: There is a high level of commitment and expectation when participating in high school athletics. Please consider this prior to committing to a second sport or extracurricular activity (e.g. club sport and/or drama). Choir also has outside classroom requirements you should be aware of.

DROPS

Each *coach* may drop members from his/her team; examples for dropping (not an inclusive list):

- Lack of physical, mental, moral fitness.
- Lack of sufficient application of work.
- Lack of cooperation with the team or coach.
- Failure to observe training and team rules.
- Failure to abide by the school and athletic Code of Conduct.

If a *student-athlete* decides to drop from a team, he/she is encouraged to discuss the situation with the Coach first, then the Athletic Director.

For athletes dropping only: All school equipment and uniforms must be turned in directly to the Athletic Director. The main office will not accept equipment/uniforms at *any* time.

IMPROVING ATHLETIC EXPERIENCE and RESOLVING ATHLETIC CONFLICTS

The athletic administration and coaches are always available for constructive feedback at any point during the school year. Open communication with all parties is vital to our programs success.

If there is a concern to discuss with a coach, the procedure is:

1. Encourage the athlete to solve the problem with the coach.
2. If the athlete and coach cannot resolve the issue the parents may then request a meeting with the coach. From there, if the conflict is still not resolved the athletic director will be present at the next scheduled meeting.
3. Please observe the 24-hour rule; this also includes emails. Do not attempt to confront a coach before or after a contest. These can be emotional times for both the parent and the coach.
4. When a meeting is called the athlete must be present.

***** Please note: If the conflict revolves around playing time or position and a parent meeting is scheduled, the other set of parents will be invited. Please understand that if an athlete's playing time or position is being discussed, then that inevitably means that another athlete's playing time or position is also being discussed. In all fairness to both athletes, the coach will invite both athletes and both sets of parents to the meeting. *****

ONLINE ATHLETIC REGISTRATION PROCESS

The Athletic Department registration process is online at www.fgrirish.com under the "More" and "Athletic Registration" at the top of the main page. All parents of athletes (Fall-Winter-Spring) must create an online account, register (parent) and add member(s) (athletes), complete required forms and sign up for a team(s) that their child is interested in participating on. Please allow at least 24-48 hours for the athletic office to review and change status to "cleared".

Please note: Physicals must be dated April 15th or later for the coming school year. Other athletic forms should be completed by the 3rd Monday in July. Failure to complete this process prior to August may delay or prevent your child's ability to participate in a sport for the upcoming school year.

TRYOUTS

There will be a minimum of three (3) tryout days before a cut is made and a minimum of three (3) tryout days for an athlete coming out from a previous sport in which the seasons overlapped. The entire coaching staff of a particular sport should be involved with these tryouts. Written criteria should be given to the candidates and their parents. If cuts are made, each athlete will be notified by the coach and informed of the decision.

No lists will be posted.

PRACTICES

Practice at the high school level is *not an option*. Once an athlete commits to a team, he/she is expected to be at all practices. It is always the responsibility of the athlete to inform the coach beforehand about missing practice. Failure to attend practices may result in loss of playing time or removal from a team.

ATHLETIC INJURY POLICY

In the event an athlete is injured/ill and a doctor has recommended time off from athletic participation; the athletic department must receive in writing a doctor's clearance, from the doctor that was treating him/her *or a doctor of equivalence*, in order to return to play and/or practice. Must be a MD, DO, PA, NP, no exceptions.

Our trainer will work with all parties to see that this occurs. The trainer on site has the final say regarding an athlete's fitness to play in a game or practice. The school will not accept a parent's waiver in place of a doctor or trainer's recommendation.

MHSAA Concussion Protocol

As per the MHSAA, all suspected concussions require a referral to an MD or DO, where they must be evaluated and cleared to Return to Play (RTP). Once it is determined that a student athlete does or does not have a concussion, MHSAA requires a concussion release form to be obtained and returned to the school. This is a specific form that must be submitted to the MHSAA in order to clear all student athletes to RTP regardless of a positive concussion diagnosis. In the event a concussion was diagnosed or if a concussion is still suspected following a negative diagnosis, the student athlete must work with the certified athletic trainer to complete a RTP protocol. This consists of five steps and they are progressed through based on tolerance and the absence of symptoms. Once this process is completed, the student athlete must return to the providing clinician (MD/DO), and be given a completed RTP MHSAA concussion release form. Per the MHSAA, the student athlete may not be given a date to return upon their first doctor's appointment. They must be cleared upon completion of their RTP protocol at which point the MD/DO, parent and student must sign the form and submit it to the school in order to be cleared to RTP.

BOOSTER CLUB

Our Athletic Booster Club offers assistance to the Athletic Director, coaches, parents and athletes through fundraising, communication, team spirit building, concessions and Team Support Groups. All parents are *expected* to be actively involved in enhancing the athletic experience and complete required service hours within the season his/her child is participating in.

TRANSPORTATION

Athletes are responsible for good conduct while being transported to and from events. If school transportation is provided, athletes must travel to and from any sport event with the team, unless otherwise directed by the coach. Athletes not returning with the team on school provided transportation must have the parent/guardian speak directly to the coach prior to the day of the contest. We ask that you give the coach at least 24-48 hours.

SCHOOL ATTENDANCE POLICY

Students may participate in practice and/or games even if not in school all day. However, students must be present at least by 4th hour. If a student is not present in class or there are attendance issues, then it is the responsibility of the teacher to address with the student and/or parents.

DISCIPLINE POLICY

Athletes will be subject to all rules and regulations set forth by FGR, the MHSAA and the CHSL. The following training rules and regulations are mandated by the Athletic Director and approved by the Administration.

- No smoking, chewing, or other use of tobacco/nicotine products.
- No use of any narcotic, recreational or supplemental drugs not prescribed by a licensed physician for health reasons.
- No drinking of alcoholic beverages.
- No fighting, brawling, swearing, using vulgarity on the practice field, during competition, or while traveling with the team.
- No disrespect for opponents or game officials.
- No hazing at any time will be tolerated.
- A student who is absent from practice without prior communication or permission from the coach may be placed on team suspension. **** Vacations taken during the season are not excused absences from practice. ****
- Detentions must be served at the time designated by the teacher/Administration, regardless of games or practices scheduled, and will be considered an unexcused absence.
- Missing practice for academic reasons will be excused absences. The athlete is expected to inform his/her coach **prior** to missing a practice.
- During an out of school suspension the athlete may not attend practices, team related activities, or any athletic event.
- During any drug/alcohol related suspension, the athlete will be suspended from the team for a minimum of two games or two weeks, whichever is greater.
- In the event a suspension occurs during a tryout period, the athlete will be allowed to tryout immediately following the suspension.

Any athlete who violates training rules may be denied the opportunity to remain as a member of an athletic team.

- Upon becoming aware of a training rule violation by a student athlete, the coach and Athletic Director will take immediate action. The action will consist of the following:
 - The Athletic Director will determine if a violation did occur.
 - Before any team suspension takes effect, the student shall be advised by the Athletic Director of the alleged violation and the student will have an opportunity to respond.
 - If a violation did occur, the Principal or his designee and the Athletic Director will impose the penalty as outlined by the Athletic Code, the Student Handbook and State Law.
 - Notice of the violation will be presented to the student and his/her parent/guardian. The notice will state the violation and any penalties.

DRUG AND ALCOHOL REFERRAL

- Student athletes will be subject to the standard disciplinary actions of the school and state regarding the use of drugs and alcohol, as a condition of continuing participation on any FGRHS athletic team.
- Reinstatement to a team will be dependent upon the Administration's determination that all expectations have been met by the student and his/her parents or guardian.
- Failure to comply shall result in immediate removal from athletics.
- In addition to the standards outlined in the Parent – Student Handbook and the aforementioned training rules, an athlete is expected to conduct himself/herself in a proper manner at all times. If a student participates in any activity in the school or community at large that might cause discredit to FGRHS, he/she is subject to practice and game suspensions or dismissal from the team. This includes attending, hosting or planning a party where alcohol or drugs are served, brought in, or made available. The Athletic Code has no limitation as to place or time of conduct.