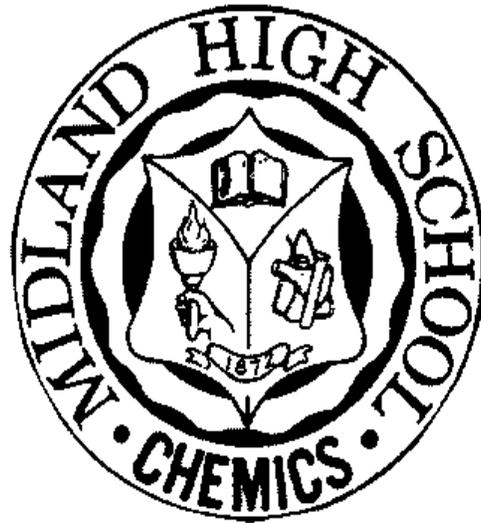


MIDLAND HIGH SCHOOL  
ATHLETICS  
STUDENT/PARENT HANDBOOK



2019-2020

“CHEMIC PRIDE”  
A VERY SPECIAL TRADITION

MHSAA Exemplary Athletic Program

## Forward

This handbook was created to act as an informational guide on the Midland High School Athletic program. We are very proud of the “**Chemic Tradition**” and would encourage you to get involved and experience “**Chemic Pride**” for yourself. If you have any further questions, please feel free to call the Midland High Athletic Department at (989) 923-5216.

## Athletic Program Philosophy

The goal of education is to help young people to develop physically, emotionally, and intellectually. The athletic program at Midland High School is meant to contribute to this goal by providing our student athletes with opportunities to participate as team members in athletic competition with other schools. Desirable individual outcomes included the development not only of physical skill but of sportsmanship, teamwork, self-discipline, loyalty, tolerance and perseverance.

**Coach Contact and Schedule information can be found at**  
**[www.chemics.net](http://www.chemics.net)**

## General Team Guidelines

Each team and coach will have various guidelines that are relative to the particular sport. However, listed below are a few guidelines that are the same regardless of the sport.

**GENERAL COMMITMENT TO THE PROGRAM:** Each athlete that is on a team must have a strong commitment to the team and athletic program in general. Being on a team will require teamwork, self-discipline, loyalty, tolerance, sportsmanship and perseverance. If an athlete has a concern or conflict, first, begin by talking with the Head Coach of the team {see Issues in Athletics}.

**PRACTICES AND CONTESTS:** Practices, in general, begin around 3:30pm and end around 5:30pm-6:00pm. During the winter and early spring the practice times may vary from day to day as a result of the demand for gymnasium use. Athletic contests are usually scheduled a year in advance or more. Each sport usually has its own pattern on which days in the week they play their contests.

**EQUIPMENT AND UNIFORMS:** The athlete is responsible for all uniforms and equipment that the school provides. All equipment must be turned in immediately following the end of the season.

**TRANSPORTATION:** All athletes are expected to be transported by the school provided or approved means of transportation. This includes going to the scheduled contest and the return trip to Midland. Any change in this procedure must be reported to the head coach and the athletic office well in advance of the change. When parent drivers are used, a completed volunteer driver form must be completed in the [United For Success Volunteer System](#).

## Team Tryouts and Roster Cuts

The following must be complete by a Midland High School athlete in order to practice or try out:

1. Completed Athletic Physical Form in athletic office
2. Online Registration complete at [www.chemics.net](http://www.chemics.net)
3. Activity Fee Requirement complete (one of the following three)
  - a. \$150 paid online or in the athletic office (\$75 for pompon and sideline cheer)
  - b. Current year Free and Reduced Lunch application completed and approved.
  - c. A written request (email) to the MHS Principal asking for a scholarship due to recent financial hardship

**Gold Cards will be available for distribution weeks prior to each sports season.** Athletes should stop in the athletic office well before their practice or try-out begins to verify completion of these requirements. This card will grant permission for the athlete to begin practice/try out. No Card = No Practice.

All eligible students will be offered the opportunity to try out for an athletic team. Each sport has a starting date and there will be a minimum of three tryouts/practices before cuts are made. Junior Varsity and freshman athletes are invited to try out for a higher level team.

## Issues in Athletics

The Midland Public Schools are very proud of our sound educational and athletic programs. We have committed ourselves to continue to have a program that all student athletes can be proud to be a part of while they are in school. We perceive ourselves as having one of the best educational athletic programs in Michigan. As a result of our commitment, we will also invite comments or criticism from our public. We enthusiastically participate in discussion of ways to address and resolve the issues and challenges that lie ahead.

When anyone has a question, concern, or complaint regarding an athletic situation, we have found the following line of communication very effective in resolving issues.

**START WITH THE SOURCE:** Talk directly with the coach, in private, face to face, away from the practice site or game arena. A telephone call may be necessary to arrange an appointment.

**IF NECESSARY:** Talk next with the head coach of the sport.

**IF NECESSARY:** Talk next with the Athletic Director.

**IF NECESSARY:** Talk next with the Principal.

**IF NECESSARY:** Talk with the Associate Superintendent of Finance, Facilities, & Operations.

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

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

When stating your concern, be prepared with the facts in so far as you understand, or can ascertain them. Think through your expectations for the outcome resulting from voicing your concern. That is, be clear about what you hope will happen as a result of your meeting.

As you converse with the coach, or other authority, repeat back what you hear him/her say to be sure that you understand the important points. Stay calm and friendly as you talk and listen.

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

## **Athletic Awards**

Varsity “letters” are awarded in each sport to athletes who have completed the sport season as determined by the head coach. See Team Information for more details.

**CHENILLE LETTER:** Awarded only once in an athlete’s career at Midland High. It will be his/her first varsity award.

**VARSITY CERTIFICATE:** Awarded to letter winners who have already received a chenille letter previously.

**SENIOR PLAQUES:** Awarded to seniors who have lettered in that sport for two years.

**PARTICIPATION CERTIFICATES:** Presented to each athlete not receiving a varsity letter but who has successfully completed a sport season either on a Varsity, JV, or Freshman team.

**SAGINAW VALLEY CONFERENCE AWARDS:** These awards are selected by the head coaches of the various sports. These awards are MVP, 1<sup>st</sup> Team, 2<sup>nd</sup> Team and Honorable Mention.

**SAGINAW VALLEY ALL-ACADEMIC AWARD:** This award is issued to any Midland High athlete who has met the following requirements:

Been involved in the sport for a minimum of two years at Midland High. At least one year on the varsity team at Midland High.

Has maintained a 3.3 GPA or higher.

**SAGINAW VALLEY SCHOLAR ATHLETE:** Awarded to one senior male and one senior female athlete based upon a calculation factoring GPA, SAT/ACT, SVL Awards, Varsity letters, and subvarsity participation.

## MHSAA – Athletic Eligibility

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

[Please refer to the MHSAA handbook at MHSAA.com for all rules regarding academic eligibility, transfer students, amateur status, and recruiting.](#)

## MHSAA INFORMED CONSENT

By its nature, participation in interscholastic athletics includes risk of injury which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk.

Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

It is encouraged that all parents have medical insurance in the event that an injury occurs while participating in school sports.

The Midland Public Schools **does not** provide insurance covering injuries to an athlete while participating or practicing with a school team. The school does provide information for parents to purchase insurance or additional coverage that will provide some coverage for injuries sustained during school athletics. Parents wishing additional information on this insurance plan should contact the Athletic Office.

# TEAM INFORMATION

## Boys' Sports

<b>Baseball</b>	{Spring} – Varsity, JV & Freshman teams. Baseball is a cut sport. Each team usually carries from 16-20 players. Most games are played on Mondays, Thursdays and Saturdays, however, the spring weather often forces us to reschedule games on other days. Most games are doubleheaders and on weekends we are involved in tournaments. Participating members of the varsity team will earn a varsity letter.
<b>Basketball</b>	{Winter} – Varsity, JV & Freshman teams. Basketball is a cut sport. Each team usually carries from 12-15 players. We play 15-20 games in the regular season. Game dates vary from week to week. All members of the varsity team earn a varsity letter.
<b>Bowling</b>	{Winter} – Varsity team only. The team is self-funded by the Northern Lanes with MPS offering administrative support.
<b>Cross Country</b>	{Fall} – Varsity and JV teams. The girls and boys practice together but they compete as separate teams. There is no limit on team members, however, usually the top 7 runners on each team count in the team scoring. The competition is a 3-mile course run over a variable terrain. We have 12-15 meets per season including some invitationals. Meets are usually run on Tuesdays, Thursdays and Saturdays. Varsity letter winners are determined by a point system.
<b>Football</b>	{Fall} – Varsity, JV & Freshman teams. Football is a non-cut sport. There are 9 games per season. The Freshman games are on Wednesdays, JV games are on Thursdays and the varsity plays on Fridays. In order to win a varsity letter, you must be a participating member on the varsity team.
<b>Golf</b>	{Spring} – Varsity and JV teams. Golf can be a cut sport depending on the number of athletes in tryouts. There are 15-16 varsity matches in the regular season. If we have additional golfers, we will attempt to schedule JV matches. We carry around 15 team members, however, we are limited to the number players in each match to 4-7. Varsity letter winners are determined by a player's participation in varsity matches.
<b>Hockey</b>	{Winter} – Varsity team only. Hockey is a cut sport. There are normally 20-22 players on the team. We practice and play our home games at the Midland Civic Arena. We play 22 games during the regular season. Players will have to provide their own skates and sticks. Varsity letters are determined by a player's amount of playing time and practice dedication.
<b>Lacrosse</b>	{Spring} – Varsity and JV teams. Lacrosse is offered as a cooperative sport with HH Dow High School. Midland High School is the lead school for administrative duties. Members of the varsity team will earn a varsity letter.
<b>Soccer</b>	{Fall} – Varsity, & JV teams. Soccer is usually a cut sport. Each team will carry 18-20 players. The varsity team plays 18 games in the regular season and the JV's play 10-12 games. Practices are at Midland High and Parkdale. Home games are played at Midland Stadium. Members of the varsity team will earn a varsity letter.
<b>Swimming</b>	{Winter} – Varsity and JV teams. There is no limit on the number of team members. We normally have 16 meets in the season. The 16 meets are split up among dual meets and larger invitationals. Meets are normally on Tuesdays, Fridays and Saturdays. We practice and compete at the Dow High pool. Varsity letters are determined by a persons contributions in practice and meets.

<b>Tennis</b>	{Fall} – Varsity & JV teams. Tennis is not normally a cut sport, however, if the number that tries out is too large, cuts may be necessary. We play 14-16 matches including some invitationals. Game dates vary. A varsity letter is determined by the number of varsity matches played.
<b>Track</b>	{Spring} – Varsity and JV teams. Track is not a cut sport. Track has 12-16 meets in the season. The meets are divided among dual meets, relays and invitationals. Meets are usually run on Tuesdays, Thursdays, Fridays and Saturdays. Home meets are run at Midland Stadium on an all-weather metric track. Earning a varsity letter is based on a point system and contributions in meets and practice.
<b>Wrestling</b>	{Winter} – Varsity & JV teams. There is no limit on the number of athletes trying out. Many of the matches are Varsity only, however, we attempt to wrestle as many JVs as possible. There are 13 weight classes. The matches are divided among duals, triangulars, quadrangles, and invitationals. Most matches are on Tuesdays, Thursdays and Saturdays. Receiving a varsity letter is based on your contributions to the team and the number of varsity matches wrestled.

### Girls Sports

<b>Basketball</b>	{Winter} – Varsity, JV & Freshman teams. This can be a cut sport depending on the number of girls that tryout. Each team usually carries 12-15 girls. There are 15-20 games in the regular season. Game dates vary from week to week. All members of the varsity team will receive a varsity letter.
<b>Bowling</b>	{Winter} – Varsity team only. The team is self-funded by the Northern Lanes with MPS offering administrative support.
<b>Cheerleading</b>	{Fall & Winter} – Varsity & JV teams. Tryouts for the fall teams are in June and the winter team tryouts are in November. There are up to 18 people on each squad. The winter squad is a competitive team and will participate in 4 or 5 competitions.
<b>Cross Country</b>	{Fall} – Varsity and JV teams. The girls and boys practice together but they compete as separate teams. There is no limit on the team members, however, usually the top 7 runners on each team count in the team scoring. The competition is a 3-mile course run over a variable terrain. We have 8-12 meets per season including some invitationals. Meets are usually run on Tuesdays, Thursdays and Saturdays. Varsity letter winners are determined by a point system.
<b>Golf</b>	{Fall} – Varsity & JV teams. There is no limit on the number of team members, however, 4-6 golfers constitute a team for scoring in a match. If we have additional golfers, we will attempt to schedule JV matches. There are no set days for matches. A varsity letter is based on the number of varsity matches in which a girl participates.
<b>Lacrosse</b>	{Spring} – Varsity and JV teams. Lacrosse is offered as a cooperative sport with HH Dow High School. Midland High School is the lead school for administrative duties. Members of the varsity team will earn a varsity letter.
<b>Pompon</b>	{Fall & Winter} – Varsity & JV teams. Tryouts for the fall teams are in June and the winter team tryouts are in November. The fall squad will perform at home football games. The winter squad will perform at boys' and girls' basketball games and compete in regional competition. All members of the varsity team will receive a varsity letter.
<b>Soccer</b>	{Spring} – Varsity & JV teams. This is a cut sport. Generally, each team has 18-20 team members. The home games are played at Midland Stadium. The game days are usually Mondays, Wednesdays, Fridays and Saturdays. The varsity plays 18 games and the JV plays 16-18 games. To receive a varsity letter, you must be a member of the varsity team.

<b>Softball</b>	{Spring} – Varsity & JV teams. This is a cut sport. Each team carries 13-18 players. The home games are played at Midland High. The varsity will play over 30 games. The game days are Mondays, Thursdays and Saturdays. The spring weather is a major factor on rescheduled games. Members of the varsity team will receive a varsity letter.
<b>Swimming</b>	{Fall} – Varsity and JV teams. There is no limit on the number of team members. There are usually 12-15 swim meets. They are divided among dual meets and larger invitationals. Meet days are usually Tuesdays, Thursdays and Saturdays. Earning a varsity letter is on a point system.
<b>Tennis</b>	{Spring} – Varsity & JV Teams. Tennis can be a cut sport. Only 12 girls will compete in a regulation match. Game dates vary. A varsity letter is determined by the number of varsity matches played.
<b>Track</b>	{Spring} – Varsity and JV teams. Track is not a cut sport. Track as 12-14 meets in the season. The meets are divided among dual meets, relays and invitationals. Meets are usually run on Tuesdays, Thursdays, Fridays and Saturdays. Home meets are run at Midland Stadium on an all-weather metric track. Earning a varsity letter is based on a point system and contributions in meets and practice.
<b>Volleyball</b>	{Fall} – Varsity, JV & Freshman teams. Volleyball is a cut sport. Each team carries 10-12 team members. We play in 18 days of competition. Games scheduled during the weekdays are usually dual matches. The Saturday matches are usually tournaments. Mondays, Wednesdays and Saturdays are the normal scheduled days for volleyball matches. All members of the varsity team will receive a varsity letter.

## MIDLAND PUBLIC SCHOOLS ATHLETIC TICKET PRICES-HIGH SCHOOL

### All Contests

STUDENT {K-12 GRADES}	\$5.00
ADULTS	\$6.00

### PASSES

STUDENT 5 PUNCH PASS	\$20.00
STUDENT ALL YEAR PASS	\$50.00
{MHS STUDENTS ONLY}	
ADULT 10 PUNCH PASS	\$35.00
SENIOR CITIZEN PASS	FREE
65+ YEARS	

Punch passes are good at any regular season Midland High or Dow High home athletic contests

MHS student all year passes are good for only MPS home events excluding playoff games

Admission to MHSAA tournaments are controlled by the MHSAA and the price of admission varies as teams advance to higher levels

## NCAA INITIAL ELIGIBILITY

Many college athletic programs are regulated by the National Collegiate Athletic Association {NCAA}. This organization was founded in 1906 and has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions; Division I, Division II and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse was established as a separate organization by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent interpretations of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

If you intend to participate in intercollegiate athletics, we advise that you alert your high school counselor as soon as possible and begin the NCAA registration process after your sophomore year in high school at the NCAA Website: <http://www.eligibilitycenter.org/>

## Midland Public Schools Activity Fees

Students participating in athletics or Pom Pon must pay a fee to offset the cost of operating the program.

### Activity Fee Policy

1. The high school fee is \$150 per MHSAA sport with an annual cap of \$300 per student. The fee for fall Pom Pon, winter Pom Pon and fall cheerleading is \$75. Beginning in 2014-15 Student Athletes will receive an annual athletic pass at no extra charge when they fulfill their activity fee obligation (see #5).
2. There is no annual family cap.
3. Scholarships are available to students. To apply for a scholarship, please fill out the Free and Reduced Price School Meals Family Application and check the box allowing the food service department to share your application with the athletic department. Additional scholarships may be available. Please contact a counselor for more information.
4. One of the three Activity Fee obligations (\$150 or \$75 fee paid, free and reduced lunch status determined, or scholarship awarded by the principal) must be completed prior to participation in the athlete's first try-out or practice of a sport.
5. For athletic teams that have cuts, the Activity Fee will be refunded if the athlete is not selected for the team.
6. The Activity Fee does not guarantee playing time nor does it imply influence on any matters related to the function of the MPS athletic departments. This fee does not in any way alter MPS policies, individual team rules, or Michigan High School Athletic Association regulations.
7. There will be no refunds of the Activity Fee unless the athlete suffers a season-ending injury prior to the midpoint of the season for which the Activity Fee has been paid. The injury must preclude the athlete from participating in one-half or more of the regularly scheduled contests. A medical authorization letter must accompany all such requests. Requests for refunds must be made to the athletic department before the season's midpoint.
8. Activity fees may be paid online by check or credit card at the Midland Public Schools web site. Paying online is convenient and preferred. <http://www.midlandps.org>
9. Fees may also be paid by cash or check in the athletic and main offices. Due to the number of payments expected, online payments are encouraged for faster service.

Approved by the Board of Education on June 23, 2014.

Midland Public Schools  
Athletic Code of Conduct Policy

The MPS Athletic Code of Conduct specifically prohibit drinking or possession of alcoholic beverages, abuse or possession of harmful narcotics and/or drugs, the use of any substance included on the NCAA list of banned substances, the use or possession of tobacco in any form (including vapor or e-cigarettes), or any socially unacceptable behavior such as failure to obey the civil laws of our society or the serious or habitual violation of the Code of Student Conduct. These training rules are to be observed for 12 months of the year.

An identifiable image, photo, or video which implicates a student to have been in possession of alcohol and/or drugs, or portrays actual use, or crime, may be considered as one piece of evidence to confirm a violation of the athletic code of conduct. Student-athletes should understand the consequences of social media posts and use good judgement when sharing images that may compromise their athletic participation.

A student shall have violated the terms of the Athletic Code of Conduct if the principal determines by a preponderance of the evidence that a violation has occurred.

Penalties: Violation of the Athletic Code of Conduct results in disqualification from interscholastic contests and scrimmages.

First violation:

- a. Students who self-report a first-time Code of Conduct violation to school administration within 48 hours of the violation will be referred to a teen intervention specialist (or similar counseling approved by the school administration) and serve an athletic suspension from contests and scrimmages for 20% of the athlete's season. *Self-reporting is defined as a student and/or parent approaching a school administrator independently without provocation and confiding in them the violation of the Code of Conduct.*
- b. Students who do NOT self-report are disqualified for 90 school days, and one third of scheduled contests in a sport season in which the student participates. Students may apply for early reinstatement to the athletic board of review after serving 1/3 of their sport's season.

Second violation:

Students are disqualified for one calendar year. Early reinstatement may be requested for second violations after missing 90 days and at least 1/3 of the athletic contests in a sport's season in which the student participates.

Subsequent violations:

Students are disqualified for one calendar year without any possibility of early reinstatement.