

The Viking Code



Niles High School
Athletic Handbook
2020-2021

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NILES COMMUNITY SCHOOLS ATHLETIC CODE

MISSION STATEMENT

The Athletic Handbook is a resource for High School athletes and their parents, outlining the policies and conduct expectations associated with Viking Athletics. It is the goal of the athletic department that our athletes are as successful in the classroom as they are on the field. Our athletes are role models not only for younger athletes, but also in the community at large. The image of "class" that Viking Athletics strives to always maintain in the face of victory or defeat, requires that our athletes display good sportsmanship, good manners and comply with and support the rules and regulations contained in this Handbook.

Through athletics, young adults are helped to become responsible citizens. By following the tenants set forth in this manual, the ideals personified through athletics will become a part of the student athlete's personality and character. Every student in attendance at Niles High School has the opportunity to be a part of the athletic program. Athletics are a privilege and bring with them benefits as well as obligations and responsibilities. Viking student athletes shall adhere to the standards established by the Michigan High School Athletic Association and the athletic code.

With any participation in athletics there is a certain inherent risk of injury, be they minor or serious. Prior to participation, student athletes' and parents/guardians must analyze and weigh this risk in relation to the many benefits of participation. In an effort to eliminate or minimize the risk of injury, the Athletic Department at both the Middle and High School levels will utilize the following safeguards:

- a The Athletic Department will maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- b The coaching staff for each sport for each season will instruct all student athletes about the dangers of participation in the particular sport.
- c The Athletic Department will maintain safe structural and mechanically sound equipment and playing surfaces.

PHILOSOPHY

The focus of the athletic program is on doing what is best for kids. Athletics are an integral part of the total education program. Not only are athletics an extension of the classroom, but also they serve as a laboratory for life's lessons and learning. Every student athlete should enjoy a positive experience in the program. Interscholastic athletics are provided to promote the following goals:

- Teamwork and cooperation
- Good health and physical fitness habits
- Good sportsmanship
- Moral development
- Socialization
- Emotional maturity
- School spirit
- Honor and Integrity

Winning records or team accolades do not solely drive the success of our athletic program.

A successful Viking Athletic program means being competitive and achieving the educational objectives of Niles Community Schools. The program allows, and encourages, each participant to reach his/her maximum educational and athletic potential in addition to building leadership skills and strong character traits.

SECTION 1- INTRODUCTION

Participation in athletics is a privilege not a right. Students who participate assume greater responsibility and make certain sacrifices. All participating students must conduct themselves in a manner that appropriately represents the student, their family, the activity, the team, the school and the Community of Niles.

The following rules of conduct shall apply to all students of Niles High School who are participants in interscholastic athletics or work as student managers or student athletic training student aides and student athletic workers.

A student athlete will not:

- A. Consume or possess alcoholic beverages.
 - B. Use or possess tobacco in any form (cigars, cigarettes, vapors, chewing tobacco or snuff)
 - C. Use, possess, or distribute controlled substances (marijuana, cocaine, stimulants, intoxicants, depressants, narcotics, hallucinogens) or substances "made to look like" those listed above.
 - D. Use, possess, or distribute Steroids or any performance enhancement substance.
 - E. Be convicted of a felonious criminal offense.
 - F. Engage in illegal activities or inappropriate behavior that dishonor or discredit the school or community. The Athletic Director and an Assistant Principal will decide questions as to whether a behavior is inappropriate.
- MHSAA CODE FOR ATHLETES shall serve as a guideline
- G. Engage in hazing or harassment.
 - H. Engage in habitual misconduct in school.

SECTION 2- PROCEDURES

All violations accrued under the previous Viking Code, carry over with punishments being served as originally required.

Process: An offender has an opportunity to present the facts from his/her viewpoint in a meeting with an Administrative Committee. The Administrative Committee will then determine the appropriate consequence.

Appeal: All appeals must be presented in writing to the Principal or Athletic Director within 5 days of the notification to the parents of the offense and the penalty. All appeals will be heard by an Appeals Committee appointed by the Superintendent or Designee.

NOTE TO ATHLETES: THE VIKING CODE IS IN EFFECT 365 DAYS PER YEAR FOR ALL YEARS OF HIGH SCHOOL ELIGIBILITY.

SECTION 3-PARTICIPATION REQUIREMENTS

1. Physical Examinations

A current year physical is one given on or after April 15 of the previous school year. The physical examination form must be completed by the physician, student athlete, parent(s) and/or guardian(s) and submitted to the coach prior to tryouts or practice.

2. Emergency Medical Information and Concussion Awareness Form

The parent(s) and/or guardian(s) shall complete an emergency medical information form giving permission for treatment by a physician or hospital when the parent(s) or guardian(s) are unavailable. The form will be kept in the medical kit for availability at all practices and contests. The parents(s) and/or guardian and each student must complete a Concussion awareness form required by Michigan State Law and this form must be on file in the athletic office PRIOR to any workout at the school or school facilities.

3. Parent(s) or Guardian(s) Responsibility Acknowledgment Agreement

Prior to trying out for any athletic team, a student athlete will be presented with an Athletic Handbook containing the necessary forms and information for participating in athletics. The student athlete must then present this athletic handbook to his/her parent(s) or guardian(s). 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 Acknowledgment Agreement to the coach or Athletic Department prior to participating in any practice or tryouts. The handbook is also available on website www.nilesathletics.com

4. Athletic participation Fee

Effective since July 2009, the Athletic Department requires each student athlete grades 9-12 to pay an athletic participation fee. The fee must be submitted to the athletic office prior to practice or tryouts. Refunds are available upon request for student athlete's unsuccessfully trying out for a team. The 2020-21 cost is as follows:

\$50.00 one-time fee due prior to tryouts

This Fee shall include- a Physical at the HS with a Doctor-sponsored by Athletics
-Student season pass for all Niles non playoff home games

5. Scholastic Eligibility

The athletic philosophy is that academic improvement reflects athletic success. The administration, teachers, coaches and staff will make every effort to provide development opportunities and maintaining consistent improvement of our student athletes.

High School Eligibility

It is a long-standing fact that success in life, whether at work, home, or socially, depends on developing good personal habits in the classroom as well as in extra-curricular activities. The Athletic Department recognizes this and urges parent(s) or guardian(s) to get involved in any way possible. Conduct that is determined to be undesirable of a student athlete may force the administration to declare the student athlete ineligible for participation according to the principal's discretion and the student athletes' due process in conjunction with rules listed in this handbook. A student athlete serving a suspension is ineligible for all extra-curricular activities for the assigned day(s) of the suspension. A student athlete is ineligible until the following day. The student athlete cannot participate in practice or an athletic contest during a suspension. Scholastic eligibility for all students participating in any extra-curricular activities shall be determined by Michigan High School Athletic Association regulations.

M.H.S.A.A./Niles High School Eligibility Regulations

- A. Upon the second "F" a student shall become ineligible. If an athlete is failing two or more classes (given a 7 period schedule,) they will be ineligible to participate in any school contests until the next eligibility check. For purposes of athletic eligibility, F is considered a failing grade.

- B. A student athlete at a minimum must be passing 70% of their classes in order to be eligible to participate in the athletic program. Eligibility will be determined weekly.
 - i. Athletes shall maintain a C- or above in Physical Education.
C- or below in Phys Ed must also meet all ineligible requirements
 - ii. Eligibility checks shall occur weekly on Monday (or any school day of the week). The student shall be ineligible for seven consecutive days after official grade check and required to attend study table each day--the student shall not make road trips or wear a uniform at games, while ineligible.
- C. Previous semester eligibility carries over to the next semester. According to MHSAA rules, you must pass the **previous** semester to participate in athletics. At Niles your previous semester must be passing with 70% of a full class load, or your second F. This means with 7 classes being a full schedule, or upon your second F you will be ineligible for the following semester (following MHSAA guidelines). For previous semester eligibility a F is considered failing with all other grades being given credit. If you are removed from a team for semester grades, you shall not be eligible for any type of school letter or award.
- D. A student athlete will be required to practice while ineligible, but cannot participate or dress in any contest while ineligible.
- E. All ineligible athletes will be required to be part of the study table program. Absences from study table will incur additional action from Athletic Director-including immediate ineligibility or extension of ineligibility).
- F. It must be understood that at no time will this include a waiver of minimum MHSAA rules, unless approved by the MHSAA and/or executive committee.
- G. Online classes receive a grade each week calculated by the number of points earned at the correct spot of the pacing guide divided by the number of points possible at that same point in the pacing guide. The pacing guide is available to all students and parent s in the menu under "Course info". Essentially the students must make steady progress in the class according to the normal course pace.
- H. A Viking Code suspension (Section 4) must meet eligibility requirements in order to be served

Study Table

Niles will have a study table from 2:55 until 3:55 each school day. Any student assigned study table shall be required to attend during the assigned week.

Study table shall be assigned as follows:

- One D 1 day
- One D- or F 2 days
- Two D+, D, D- or F 4 days
- More than 2 D/and or F 5 days

If any student misses Study Table-they shall be immediately ineligible at the enforcement of the athletic director/Coach.

Should any student become ineligible for three consecutive weeks-he or she could/shall be removed from the team for the rest of the season. The determination to do so will be made upon a meeting with the AD and/or Coach.

Athletic Academic Support Program

- A. Study Table - The Athletic Department recommends all head coaches offer their student athletes an opportunity for a study table. This study table may be conducted Monday through Friday after school.
- B. Tutor - Teachers can provide special tutoring to those student athletes with academic difficulties. Teachers will be available during the study table or after school. The coach and the student athlete will make arrangements for this special tutoring.
- C. Mentor - National Honor Society members or exceptional student in a given subject at the High School may tutor student athletes who work better with student mentors.

6. Risk of Participation:

A student athlete and parent(s) or guardian(s) must realize the risk of serious injury as a result of athletic participation. Niles High School will use the following safeguards in an effort to eliminate injury.

- A. The coaching staff will conduct a parent/guardian meeting prior to the start of the season to fully explain the athletic policies and to advise, caution, and warn parent(s) or guardian(s) of the potential for injury.
- B. The Athletic Department will maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- C. The coaching staff for each sport for each season will instruct all student athletes about the dangers of participation in the particular sport.

7. **Financial Obligations:**

- A. Uniforms—A student athlete will be required to maintain his/her contest uniform or any issued team gear in good condition. Replacement cost of uniforms is high and the school must be reimbursed, and return of all issued team gear, is a minimum requirement to participate in athletics
- B. Equipment—A student athlete is responsible for the proper care and security of equipment issued to him/her. School-furnished equipment is to be worn only for contests and practices; there will be exception for game day attire. All equipment not returned in good condition (excluding normal wear and tear) at the end of the season will subject the student athlete to a financial penalty. If an athlete fails to return their issued equipment, they will not be allowed to participate in another contest until the issued equipment has been returned. Complete school issued equipment must be returned prior to participation or try out in another sport.
- C. Facilities—A student athlete is responsible for the proper care and security of the facilities at Niles High School. Any damage caused by a student athlete will require full restitution by those responsible.

SECTION 4- INFRACTIONS/CONSEQUENCES

Student athletes must be academically eligible to serve Viking Code penalties

FELONY, SELLING OF DRUGS:

1st Offense: 365 days from date of incidence

2nd Offense: Life (End of Athletic Career)

USE OR POSSESSION OF DRUGS, DRUG LOOK-A-LIKES, AND/OR DRUG PARAPHERNALIA (EXCEPT AS MEDICALLY PRESCRIBED), CONSUMPTION OR POSSESSION OF ALCOHOLIC BEVERAGES, and/or

Misdemeanors:

1st Offense: 50% of scheduled dates of competition (excluding MHSAA)**

2nd Offense: 365 days from date of second incidence

3rd Offense: Life

USE OR POSSESSION OF STEROIDS OR ANY PERFORMANCE ENHANCEMENT SUBSTANCE, MISDEMEANORS, THEFTS, INHALANTS AND USE OF VAPORS and/or TOBACCO OF ANY FORM:

1st Offense: 33% of scheduled dates of competition (excluding MHSAA)**

2nd Offense: 365 days from date of second incidence

3rd Offense: Life

PUBLICATIONS ON THE INTERNET, IN PRINT, OR THROUGH ELECTRONIC DEVICES:

Students who engage in behavior that is made public through written or photographic means, blogs, emails, facebook, snapchat, twitter, instagram, web pages, etc., and is contrary to the accepted rules and values of the school district may be subject to discipline. Behaviors that are contrary to the accepted rules and values include, but are not limited to the following: profanity; defamatory or threatening language; nudity or partial-nudity; material of a sexual nature or sexual innuendo; promotion of alcohol, drugs, vapors, tobacco or other such substances; promotion of gangs, weapons, or violence; and other lewd or socially unacceptable behavior.

1st Offense: 25% of scheduled dates of competition (excluding MHSAA) **

2nd Offense: 365 days from date of second incidence

3rd Offense: Life

ATHLETIC POLICY REGARDING STUDENT HAZING AND HARASSMENT

Hazing and harassment are behaviors, by one or more person/s towards another, which are insulting, intimidating, humiliating, malicious, degrading or offensive; it creates negative and uncomfortable feelings for the person, or group of persons to whom they are directed. The recipient may feel anything from a discomfort or embarrassment in the presence of the person or group of people displaying the behavior to a feeling of terror or even fear for their safety. Hazing and harassment can take many forms whether physical, verbal, sexual or emotional, and can involve a combination of these elements. Sexual hazing or harassment is a form of sexual discrimination under both Title VII of the Civil Rights Act and Title IX of the Educational Amendments Act of 1972. Hazing, or initiation rites, which single a person or group of people out and subject them to embarrassing, degrading, or secretive behavior will almost always be viewed as harassment.

It is the policy of The Athletic Department to maintain learning and working environment that is free from sexual hazing and harassment. Athletes shall not engage in behavior that, even in the broadest sense, might be considered "hazing".

It is not just the conduct itself, which may make certain behavior inappropriate, but the context or way in which it is delivered, or its repetitive nature. Allegations of emotional, physical or sexual abuse or neglect involving a minor must be reported to an available administrator. Once a complaint of harassment or abuse is made, the school will conduct a thorough investigation and respond appropriately.

HAZING / BULLYING / INTIMIDATION / HARASSMENT/SCHOOL CONDUCT

(In school or out - anytime)

1st Offense: Two(2) days of competition missed -Not to exceed 12% of a season **

2nd Offense: 50% of the scheduled dates of competition **

3rd Offense: 365 days

4th Offense: Life

SCHOOL CONDUCT

Habitual and/or misconduct in school, cheating, fighting, theft, detentions, miscellaneous trouble, immoral behavior and all rules as promulgated/understood to be a part of a school student's life, and/or infractions that lead to the following school punishment:

Any suspension from school	Mandatory meeting with coach to discuss the behavior. Coach reports to AD.
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NOTE: Subsequent suspensions from school may result in additional athletic sanction (particularly for serious habitual misconduct as described above) among these could be suspension from contests, practices and loss of awards.

IN SUCH CASES WHERE STUDENTS ARE SUSPENDED FROM SCHOOL, OR SERVING IN SCHOOL SUSPENSIONS THEY MAY NOT PARTICIPATE AND CANNOT ATTEND EVENTS (WHICH INCLUDES PRACTICE) UNTIL ALL O.S.S. OR ISS OR ISR IS SERVED/COMPLETED.

Conditions of serving Athletic Code penalty

If a student athlete does not finish the season with a team after, or during the season in which an athletic code penalty was enforced-the penalty will need to be re-served in its entirety with the next sport participated in for that student athlete. Also during the athletic code penalty-the athlete is required to participate in all practices and remain a member of the team--including travel to all games-as a non participating member of the team. The suspended athlete is expected to look nice and wear Niles Viking gear as a supportive team mate and sit on the bench or remain with the team at all times.

SECOND/THIRD VIOLATION OF VIKING CODE

In the event that a student-athlete violates the Viking Code for a second time, in his/her career, or school year, in the same category, that second offense shall apply; likewise, the third offense and so on. In the event the student athlete's Viking Code violation is in a different category than the first (or second), the Athletic Director shall weigh the circumstances, and evaluate the case in a manner consistent with the seriousness of the two offenses. The Athletic Director will then render a consequence commensurate with those circumstances.

SECTION 5- MATRICULATION AND TRANSFERS

**TRANSFER/INCOMING STUDENT WITH PREVIOUS FELONY AND/OR
SANCTIONS**

An incoming 7th grader or freshman that has committed a felony violation before entering Ring Lardner or NHS (or who committed a felony at his last school, if not in the system) must apply for athletic eligibility through the Administrative Committee.

Transfer students from out of the Niles Community Schools system will have any sanctions imposed upon them at their previous school of attendance carried over to the Niles Community Schools system. Also, any transfer student who had a previous felony conviction must apply for athletic eligibility through the Administrative Committee. This would happen upon completion of any "carry over" penalty.

If a student athlete serves a sentence from the courts-A Viking Code suspension may be served concurrently. The court suspension shall count as a violation of the Viking Code .

SECTION 6 - THE APPEALS PROCESS

Be it understood that this Viking Code of conduct is in effect twenty-four (24) hours a day, twelve (12) months a year. Furthermore, violations of the Viking Code are cumulative from year to year throughout the students' high school career.

Following notification that a penalty will be imposed for a violation of the Viking Code, the student or their parents may request a hearing before the Appeals Committee. The Appeals Committee may consider the guilt or innocence of the student with regard to their involvement in the violation. The Appeals Committee should not consider changes in the assigned penalties unless the evidence (facts) or extenuating circumstances require otherwise.

Requests for hearings must be made in writing to the Principal within five (5) days of notification of suspension. The Administrative Committee will consist of the Athletic Director, Principal, and/or one Assistant Principal. Appeals will be handled expeditiously.

SECTION 7-VIKING CODE PARAMETERS, PROTOCOL AND FURTHER DEFINITIONS

- During any suspension or ineligibility the student athlete shall not wear the uniform when sitting on the team bench-they should wear team appropriate clothing (such as a warm up), just not the uniform. The athlete shall not participate in team warm ups as a member of the team--they should assist, just not participate.
- Suspensions are to begin immediately subsequent to the offense.
- Any violation that causes a loss of 50% or more of the season carries also an automatic loss of letter and school individual awards for that season. This would include school sponsored awards or awards which require nomination by the school.
- The Administrative Committee will consist of the Athletic Director, Principal, and/or one Assistant Principal. Appeals will be handled expeditiously.
- If a Viking Code or apparent Viking Code violation occurs with reasonable proof, and the individual refuses to cooperate with the investigation by school authorities, he/she may be suspended from the sport until cooperation is obtained or until the investigation is complete, at which time further penalties may be imposed at the discretion of the Administrative Committee.
- A season is defined as that next season in which the athlete has historically participated. An athlete who chooses to go out for a different sport must complete that season, in good standing, if the penalty is to count. There will be the loss of a letter and/or athletic award for any suspension of at least 25% of a season.
- **Any violation must be served in a sport that has been previously played by the athlete. In other words you cannot serve a penalty in a sport that has not been played prior by the student athlete. This rule does not apply to Freshman, but does to all upper classmen. Any suspension in which the entire percentage cannot be fulfilled in that sport season the penalty was acquired in shall be continued into the athlete's next sport season. Student athletes will not be eligible for any sport until the suspension is fulfilled.**
- A student may not participate in a contest during the appeals process. He/she has already been judged to have violated the Viking Code and therefore the penalty begins immediately upon his/her hearing with the Administrative Committee.
- .In the event there is an apparent offense, but it falls into an "uncovered" or "gray" area, then the Administrative Committee shall, after seeking any possible parallels or common and standard procedures in such cases, evaluate the evidence and administer a consequence commensurate with the offense.
- Because we adhere strongly to the policy that a student-athlete is a representative of his school and community, all athletes are responsible to hold themselves to this Viking Code and to high standards of behavior, 365 days per year, while attending Niles High School. This Viking Code comes into effect when a student officially begins practice as a freshman and continues until graduation. The policy has no jurisdiction over non-athletes or over athletes who renounce their eligibility to compete.
- Violations from middle school shall not be carried over to high school (with the possible exception of certain felonies). However, all high school violations shall be considered cumulative.

- ***For purposes of computing penalties, the “season” shall consist of all the regular season days of competition plus the first MHSAA Tournament game. If an athlete is ineligible for the last day of the season, they will be ineligible for the duration of the state tournament. *****
- It is the parents responsibility to get their children to practice and/or (self transport) games on time. Practices that begin more than an hour after the conclusion of school , or are not at the school (baseball, softball etc) it is the parents who are responsible to arrange transportation.
- An athlete must attend all practices and meet all other eligibility requirements and complete the sport season in good standing --in order to receive a letter or award . Any student who leaves, is dismissed, or quits a team before the end of the season including post season--shall not have completed the season in good standing.
- Senior Night Each team will have the option of a senior night, however no senior is guaranteed playing time on that night, as always that is coach discretion.

SECTION 8- PARENT (FAN) DECORUM

At a time when society is experiencing increased incidents of physical confrontations and unmanaged anger associated with youth sports, Niles High School wish to state their philosophical stance for keeping our athletes, coaches and fans safe; insisting on proper behavior and promoting our positive reputation as regards to sportsmanship.

We recognize that the majority of our parents and fans set a behavioral example of the highest standard. However, the few who do not; force us to address these issues.

In as much as certain standards of expected behavior for our coaches (Coaches Handbook), student-athletes (Viking Code), and regular students are subject to school rules at athletic events, it becomes incumbent upon us to set standards for the behavior of our adult fans and parents.

Niles Community Schools will not condone or permit inappropriate parental (fan) behavior directed toward Niles staff or players, the opposing school and all its representatives or the game officials. Such behavior by parents (fans) can cause the school to suffer severe sanctions from the MHSAA /conference and is embarrassing to the school and community. Inappropriate behavior is embarrassing to the school and reflects poorly on our values as a community.

Niles Community Schools supports the MHSAA/ SMAC conference rules and the emphasis on good sportsmanship. We embrace this fully by definition and in spirit of intent. Proper human courtesies, kindness and decorum must apply to all relationships and situations, and sports are no exception. High school sports exist to build character, allow students to express themselves through physical exertion and skills, and as entertainment. There is no place for poor behavior toward anyone.

Parents (fans) need to understand certain facets of the structure of high school athletics and the relationships involved. Notably:

1. There is no inherent right to participate. Coaches will only retain those players whose skills and attitudes meet the needs of the program, as defined by the coach.
2. Likewise, the coach alone is responsible for deciding who plays and playing time.
3. By allowing one's child or children to play sports, the parent is, in effect, turning the child over to that coach for that time period. The coach, as is naturally assumed, will instruct the child and keep the child safe within normally accepted standards.
4. Coaches are professionals and are operating within the best interests of all student-athletes in their charge.
5. It is inappropriate for a parent (fan) to confront a coach after a practice or event. Parents (fans) should wait until the next day and schedule a meeting with the coach. This will help avoid conflict at a potentially emotional time. If a parent (fan) cannot reach satisfactory resolve from the coach, he/she may then contact the Athletic Director. The athlete is always encouraged to speak with the coach prior to any contact by the parents. It is inappropriate to call or text a coach within 24 hours of a contest.
6. Making derogatory comments about the officials, coaches, players of either team or other parents and fans at an athletic event is never acceptable, and subject to removal at the game by school officials.
7. Swearing in public at athletic events is never acceptable.
8. Coming to an athletic event intoxicated is not acceptable.
9. Being offensive in any other fashion is not acceptable.
10. There is no smoking or use of tobacco on any school grounds. Home or Away.

Parents fans) who violate any of the above standards of decorum risk sanctions by the Niles Community Schools including, but not limited to, the following:

- A. A warning, verbal or written.
- B. Removal from the contest or premises.
- C. Banishment from attendance at athletic contests for a set period of time or even permanently.
- D. The severing of further contact with team personnel.
- E. Civil or legal action.

In conclusion, we commend those parents (fans) who have always exhibited exemplary behavior and have served as positive role models for our student-athletes. We encourage our parents (fans) to volunteer, to become involved with our teams, and to be supportive of the attempts of the entire community to educate our youth. By working together, we will establish Niles athletes as a "class" act.

We sincerely want to strive to make sportsmanship at Niles Community Schools an expectation,

Where we let players play

Coaches' coach

Officials officiate

And let the fans be positive

SECTION 9-GENERAL POLICIES

1. Vacation

- Vacations by student athletes during a sport season are discouraged. In the event an absence due to a vacation is unavoidable, an athlete must:
 - A. Be accompanied by his/her parent/guardians while on vacation.
 - B. Contact the head coach prior to the vacation with a written request from the parents or guardians.
 - C. Any athlete who vacations without their parent/guardian shall face disciplinary action at the discretion of the coach.

2. Quitting a Sport

- If a student athlete decides to quit participating in a sport he/she must:
 - A. Consult with his/her Head Coach
 - B. Check in all issued equipment. If an athlete does not turn in their equipment they will not be allowed to participate in any other program workouts.
 - C. If an athlete quits a team for any reason, they will not be eligible for school letter or awards.

Once an athlete goes through a tryout or the first day of practice and is named to a team, if the athlete quits after that point he/she can't participate in another sport during the same season. If the AD, both coaches and athlete have a meeting prior to a change of sports, and agree to the change then the resulting change of sport would be granted.

3. Practices

- According to the MHSAA for contact sports an athlete must have a minimum of 10 days of supervised practice with a coach before he/she can participate in a scheduled contest. Conditioning may be counted.
- An athlete is expected to attend all practice sessions and try-outs unless excused in advance by the coach.
- In order to practice or play, an athlete must be in attendance for an entire school day unless he/she has been excused by a parent before 3 PM each day to the Athletic Department. Phone 684-8683 Attendance shall be monitored, any frequent absences will be dealt with on an individual basis with the Athletic Director.
- Any student assigned OSS, ISR or ISS shall not be eligible to participate in practice or games. They will not travel to the out of town games, or be allowed in the school past 3 PM.

4. Travel

- Student-athletes must travel to and from out-of-town games on the school bus.
- Only under extreme circumstances would an athlete be allowed to ride home with his/her parents; an administrator must sign a form granting permission. Any exceptions to this rule must be arranged **prior** to the contest and the athletic director and the coach must agree to this.
- The policies and rules of the transportation department will be in effect.
- The head and/or assistant coaches will ride the bus with the team to all away games.

5. Conflicting Extracurricular Activities

- High school should provide a wide range of opportunities for its students, so there is bound to be conflict occasionally with the schedule of athletic events.
- If such conflict arises, the student athlete will not be penalized no matter which event they attend; whether athletic or not. However, they must notify the coach or club organizer two school days prior to the event so that coach/organizer can adequately prepare other plans.
- If no such notice is given disciplinary action will be at the discretion of the coach/organizer.

6. Inclement Weather

- If a contest is scheduled to be played every effort will be made to see that the competition is held as long as it is safe for the visiting team, home team and spectators to travel.
- If school is dismissed early or is canceled due to weather the following will occur:
 - All freshman teams will not be allowed to practice.
 - The Athletic Director will make the decision for the JV and Varsity teams will be allowed to practice between the hours of 11:00 AM. and 5:00 PM and will contact the head coach.
 - If the Athletic Director decides that it is safe for the JV and Varsity teams to conduct practice the practice time will be between the hours of 11:00 AM. and 5:00 PM. No practices past 5:00 p.m. will be allowed.
- Any practices held on a day where school is not in session due to weather are totally voluntary on the part of the athlete. No punitive action will be taken if an athlete cannot attend practice on a snow day.
- During the spring, no practices or games will be held during a tornado watch or warning. If in progress, the event will be suspended and the athletes will seek shelter, until such time as the watch or warning has expired.
- Cancellations of athletic events will be put on the website, radio and local television stations.
www.nilesathletics.com

7. Try-outs

- Head Coaches have the responsibility for selecting the members of their teams. The coach will provide the following information to the athletes prior to the tryout period.
- Information about the entire process and criteria used to select the team.
- The length and extent of the try-out period.

8. Early Dismissal

- Due to the length of time required to reach certain competitions, there will be occasions when students will be dismissed from school early. Students are expected to get assignments and stay current on class work.
- Students are to report to class whether they are to be dismissed early or not.
It is the athlete's responsibility to make up all work; this work shall be made up quickly and at the convenience of the teacher

9. Emergencies in Buildings When First Responders Are Involved

Unfortunately, emergencies do occur from time-to-time in our schools and in the community that could result in a lock down or other

action. During such matters, the safety and well-being of our students, employees and staff is our primary concern. While we value informing parents of any emergency as soon as possible, our first responders strongly request that we not release any public statement until there is an all clear. This serves two primary purposes: 1) It allows all of our people to work with the first responders to ensure the safety of our students and employees and 2) In the early stages of the emergency we may not have all of the necessary facts to share with you and we do not want to release misinformation. In this day of social media and cell phones, we realize you may hear about an event before you hear from us. Unfortunately, we can't control the dissemination of all information. However, we have extensive plans in place, work very closely with our first responders, and always put safety first.

Behavior Expectations Guiding Principles

**I Am: Respectful
I Am: Responsible
I Am: Resilient**

Acknowledgment of Receipt of Viking Code 20-21

PLEASE DETACH THIS PAGE AND RETURN TO Athletic Department or Coach

I have read the Viking Code, its rules, regulations, and policies. I fully understand its meaning and consequences and support its enforcement by persons responsible.

I also acknowledge that due to Changing MHSAA rules and Government laws and State Emergency status--Addendums may be made to adjust this code either Monthly, Quarterly or Annually.

I acknowledge that the school may use pictures/images of my student athlete to promote the school/and or Niles athletics. I approve of these images being publicized.

I also acknowledge that all uniforms, practice jerseys, and issued team gear is school owned, and I will return these to the school immediately as the season is completed. I am financially responsible for anything not returned and/or returned with excessive wear and tear.

Please sign and return to the Athletic Department or your Coach. This form will be kept on file in the office. Thank you for your cooperation and support.

SIGNATURE OF STUDENT

Date _____

SIGNATURE OF PARENT OR GUARDIAN

Date _____

Niles High School Fight Song

Fight, for Niles High School

School we love so well,

Fight for her colors

The Gold and the Blue.

(come on Let's go and get'em)

Fight for Niles High School

Fight 'til victory

Fight 'til the game is o'er

For Niles High.

Go Niles !