

PELLSTON

TEAMWORK



HORNETS

Athletic Handbook 2019-2020

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Pellston Public Schools

Home of the Hornets



Introduction

This athletic handbook is designed for students and parents to help define the role of athletic activities in Pellston Middle School/High School and applies to students from the time they join an interscholastic athletics team until graduation (or last season is completed, whichever is later).

Philosophy

The Board of Education recognizes the value to the district and the community of a program of interscholastic athletics. The primary purpose of the athletic program is to enhance the comprehensive education of students. The board places top priority on student participation and the values of good sportsmanship, team play, and fair competition.

Governances

The Board of Education is the ruling agency for athletic activities at Pellston Middle/High School.

Statement of NonDiscrimination

The Pellston Board of Education does not discriminate on the basis of race, color, religion, national origin or ancestry, sex, age, disability, height, weight, marital status or any other legally protected characteristic in its programs and activities, including employment opportunities.

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

Pellston Middle/High School is a voluntary member of the Michigan High School Athletic Association (MHSAA). The MHSAA provides rules and regulations that ensure equity in competition for student athletes in a balance with other educational programs.

SKI VALLEY CONFERENCE

Pellston Public Schools is also a voluntary member of the Ski Valley Conference. The value of membership in the Ski Valley Conference is the arranging of schedules, equalizing competition, conducting of league meets, declaring division or league champions and generally promoting quality programs of and for member schools through the establishment of conference standards and goals.

ATHLETIC OPPORTUNITIES

Offerings of Athletic Activities

Pellston Middle/High School provides interscholastic athletic opportunities in the following sports:

Female Sports:

Volleyball (7-12), Basketball (7-12), Wrestling (6-12), Hockey (9-12)*, Softball (9-12), Track & Field (6-12), Cross Country (6-12), Golf* (9-12)

Male Sports:

Football (7-12), Basketball (7-12), Wrestling (6-12), Hockey (9-12)*, Baseball (9-12), Track & Field (6-12), Cross Country (6-12) Golf* (9-12)

*Sports with an asterisk are a co-op and are funded by another school. Student athletes must follow their athletic guidelines.

9 Letter Award

High School student-athletes that participate in and complete 9 varsity seasons (therefore earning a letter) will earn the Pellston 9 Letter Award. This award encourages multi-sport participation in pursuit of developing well-rounded student-athletes. A student participating in two varsity sports in the same season (dual participation, see below) will be credited with 1 season for purposes of this award.

Dual Participation

An athlete that wishes to compete in more than one sport during the same season must receive permission from the Athletic Director and fill out the dual participation form. A student-athlete must determine their primary and secondary sport. The athletes' primary sport always takes precedent over their secondary sport in the case of conflicts. If an athlete chooses their secondary sport over their primary sport, the athletic director can permanently remove the athlete from participating in their secondary sport if deemed necessary.

6th Grade Participation

It is the policy of the Pellston Public Schools Athletic department to allow 6th grade participation at the middle school level for cross country, wrestling, and track and field. 6th graders may participate on the 7th grade team for volleyball and basketball if program needs (low numbers) deem it necessary. In that case, all interested 6th graders would be allowed to try out for the 7th grade team and 7th graders may or may not be moved up to the 8th grade team. No 7th or 8th grader is to be cut from a team to make room for a 6th grade student. For football, 6th graders may play on the Pellston Middle School team only if they are too restricted from playing Pop Warner football due to age or size.

PARENT/STUDENT COMMITMENT

Parent Commitment

Information contained in this document is presented to you as your son or daughter has indicated a desire to participate in interscholastic athletics. Your interest in this phase of school life is highly encouraged.

It can be both rewarding and challenging to be a parent of a student athlete. There may be times of frustration for both your child and you as a parent. Frustrations could be caused by a variety of reasons ranging from injury, coaching decisions, or unmet expectations.

If you wish to speak with a coach about a concern, please use established lines of communication outlined in this document. By doing so, the likelihood of a resolution of concerns in a positive manner is enhanced.

A student who elects to participate in athletics is voluntarily making a choice that requires self-discipline. Good conduct and training habits are necessary. Failure to comply with the expectations outlined regarding behavior in the Pellston Middle/High School Student Handbook, the Pellston Middle/High School Athletic Handbook, and other related documents will result in progressive disciplinary procedures. We recommend that parents and students spend time reading and discussing the information presented in this handbook and other related documents.

Student Athlete Commitment

Being a member of a Pellston Middle/High School athletic team carries with it certain traditions and responsibilities.

Responsibilities to Yourself It is important that you progressively mature and develop positive strength of character. Your academic studies and your participation in other student activities as well as in sports help prepare you for your life as an adult.

Responsibilities to Your School and Community You assume a leadership role when you are on an athletic team. The entire student body and citizens of our school district and other school districts judge our school partially by your conduct, attitude and athletic ability, both on and off the competition venue. With this leadership role, you can contribute greatly to school spirit and community pride.

PHYSICAL EXAMINATION

A yearly physical examination is required. A physical form must be completed by a physician and submitted to the Athletic Director's office prior to participation.

There may be an opportunity for students to receive a free physical through the Hornet Health Center. They must schedule an appointment in order to receive the physical. If the physical is passed, a physical covers all sports for the entire school year provided the examination occurred after **April 15th** of the preceding school year. A copy of the completed form is kept in the Athletic Director's office.

BEHAVIOR AND SPORTSMANSHIP EXPECTATIONS OF ALL PERSONS

It is the expectation of Pellston Middle/High School that participants and spectators (both student and adult) exhibit appropriate decorum. Positive support of individual players and the team is encouraged. Negative behavior that detracts from the positive experience athletics can provide is not acceptable.

School personnel or police may remove participants and spectators exhibiting disruptive and/or negative behavior from the premises (including violating the student handbook). Persons exhibiting repeated negative behavior may be restricted from further attendance at school events.

ATHLETIC CODE OF CONDUCT

An athlete who behaves in an unacceptable fashion, either in or out of school, on or off school premises or who breaks any law, other than minor traffic offenses, may be removed from athletic competition as determined by the Athletic Director/Principal. Determining whether a violation of law has occurred shall be based upon reliable information, but conviction of the offense is not necessary for discipline to be imposed under this policy. Categories of misconduct are as listed, but not limited to the following:

MINOR MISCONDUCT (Examples not inclusive)

1. Defacing, misuse of property
2. Unsportsmanlike conduct during practice or game
3. Fighting
4. Insubordinate behavior
5. General misconduct, as determined by Administration.

First Violation: The student-athlete will be suspended from his/her team for one day of competition. (Competition is defined as a day a contest is held).

Second Violation: The student-athlete will be suspended from athletic competition for 25% of the season. The suspension may carry over to the next sport season in which the athlete participates. The suspension will be consecutive days of competition. The athlete will also forfeit all awards. Third Violation: The athlete will be suspended from all Pellston athletics for the remainder of school year. No awards shall be given.

MAJOR MISCONDUCT (examples not inclusive)

1. Vandalism
2. Possession or sale of stolen goods
3. Arson
4. Sexual misconduct
5. Theft, Larceny, Burglary
6. Carrying or possessing weapons
7. Assault
8. Other conduct of a criminal nature

First Violation: The student-athlete will be suspended from athletic competition for 50% of the season. The suspension may carry over to the next sport season in which the athlete participates. The suspension will be consecutive days of competition. All awards are forfeited. Should the situation warrant such action, building administration reserves the right to skip this step and go immediately to second violation.

Second Violation: The student-athlete will be suspended from all Pellston athletics for one full calendar year. No awards shall be given.

Depending on the nature and severity of the misconduct, and in accordance with the Student Handbook, discipline up to and including suspension or expulsion from athletics and/or school may be imposed for violations of the conduct standards established by this athletic policy.

ALCOHOL, TOBACCO, E-CIGARETTES AND SUBSTANCE ABUSE

1. Possession, distribution, consumption or being under the influence of alcohol or alcoholic beverages in any form, including beverages labeled as non-alcoholic that contain minimal amounts of alcohol.

2. Possession, consumption or being under the influence of illegal drugs, including but not limited to those substances defined as controlled substances under state or federal law; steroids, human growth hormones, or other performance enhancing drugs; any item that can be abused including glue, aerosol or other chemical substances, but not limited to, petroleum distillates, lighter fluid and substances purported to be illegal, abusive, or performance-enhancing, i.e. look-alike drugs. It is not a violation of school policy for an athlete to use or possess medication or prescription drugs as prescribed for the athlete by a doctor. Such medication/prescriptions must be used and stored in compliance with current board of education policies.
3. Possession or use of tobacco or tobacco products. This includes the use of e-cigarettes and vaping devices (nicotine, flavors, THC, etc).

Use or possession defined: The term possession will mean either having the article on the student, in the immediate vicinity of the student, under the student's control or among the student's personal possessions.

First Violation: The student-athlete will be suspended from athletic competition for 50% of the season. The suspension may carry over to the postseason or next sport in which the athlete participates. The suspension will be consecutive days of competition. The athlete forfeits all awards. Season shall be defined as the period of time beginning with the first game to the final game of that sport for that year.

Second Violation: The student-athlete will be suspended from all Pellston athletics for one full calendar year without awards. In addition the student-athlete shall be required to receive counseling from a licensed substance-abuse counselor or agency. Written verification of the completion of or continuing compliance with counseling shall be provided to the Athletic Director. This verification must be received before the athlete is allowed to participate in any team activity.

Third Violation: The student-athlete will be permanently suspended from all Pellston athletics.

APPEAL PROCESS

Athletes considered for suspension or removal from participation and their parents/legal guardians shall receive verbal and written notice of disciplinary charges and possible penalties prior to said suspension being enforced. In the event that an athlete feels that a suspension is improper or that his/her rights have been violated, the individual may appeal to the Athletic Board in writing within 3 school days from the suspension.

At the appeals hearing, the Athletic Board will determine one of many different courses of action including but not limited to: reinstatement, reinstatement with additional conditions, additional suspension and/or denial of request. This decision is final.

Information considered at the appeals hearing may include, but is not limited to:

1. Documented history of and/or current substance involvement.
2. Documented history of and/or current counseling for substance involvement.
3. Willingness to participate in and provide documentation of random drug testing at the athlete's family expense.
4. Proposed restitution that may include: community service, fees/fines paid, communication to any aggrieved party.
5. Documented court involvement and adherence to conditions established by the Court.

Procedure for Reporting Violations

Proof of violation of the rules while on the school grounds shall follow the procedure as listed in the Pellston Middle/High School Student Handbook and Student Code of Conduct, and the Pellston Middle/High School Athletic Code of Conduct.

MISCELLANEOUS TRAINING RULES

Locker Room Regulations

Students should be under proper supervision by a same gender coach or staff member when appropriate. The following regulations have been established to ensure the safety of all participants.

- Roughhousing and throwing objects are prohibited
- Hazing of other players is prohibited
- No one except coaches and assigned players are allowed in the locker room
- All spiked or cleated shoes must be put on and taken off outside of the building
- Using street shoes on the gymnasium floor is prohibited

- Cameras of any type may not be used in restrooms or locker rooms

Quitting an Established Squad

Any athlete who quits an established squad shall be denied the right to practice or participate on another squad until the season ends for the squad that the athlete left, unless permission is received from both coaches and the Athletic Director.

Reporting an Injury

All injuries that occur while participating in athletics must be reported to the coach. If the injury requires medical attention by a doctor, it will be necessary to have an injury report form completed. If athletes are treated by a physician, the athlete must obtain the doctors permission to return to the activity.

SCHOOL ATTENDANCE

To be eligible to compete in an athletic contest or participate in practice, the athlete must be in attendance at every class during the day of the contest or practice, except as excused by the principal, Athletic Director, or designee. Students absent from school on Friday when a contest occurs on Saturday will be eligible to participate provided the absence has been approved by the Athletic Director, principal, or designee. Students who miss school and practice without a valid excuse are discouraged from attending Pellston athletics events that evening.

Suspension from School

If a student athlete is suspended out of school, the athlete may not participate in a contest or practice during the period of the out of school suspension. The suspension period will end at midnight of the last day of suspension. Students assigned to in-school restriction may participate in practices and/or contests unless otherwise directed by an administrator.

Vacation

Vacations of athletic team members during a sport season are discouraged. Parents and athletes are encouraged to schedule vacations and family trips at times other than during the season. Absences for vacations while school is in session will typically not be excused. Absences for vacations during scheduled school vacations will be excused. Due to the need for conditioning, the period of time sanctioned by MHSAA for practice during August prior to the start of school is not considered a scheduled vacation. Prior to participation in a contest, the student must have met conditioning and team commitment requirements.

PARENT/COACH COMMUNICATION

It is the goal of Pellston Middle/High School to encourage and promote effective communication among all persons. Coaches are expected to hold preseason meetings with player and parents to outline procedures and expectations for participating on the team.

It is policy of Pellston Middle/High School that coaches are not to be contacted in a negative manner by parents or players before, during, or after a contest or practice. Please allow 24-48 hours before contacting a coach.

Parents and players should use the following procedures if concerns arise regarding a possible coach/player/parent conflict:

1. The student athlete and/or parent should contact the coach to discuss the situation.
2. If the student and/or parent are not satisfied with the meeting, they should then contact the Athletic Director for further discussion on the particular matter.
3. If the student and/or parent are not satisfied after meeting with the Athletic Director, they may then schedule a meeting with building Principal.
4. If there is not an agreed resolution between the player and/or parent after speaking with the Athletic Director, the player and/or parent may request that the Athletic Director convene an Athletic Committee for further review.

Procedures for the Athletic Committee are as follows:

1. After consideration of a request from a parent or student, the Athletic Director, as acting chairperson, may convene the Athletic Committee.
2. If the Athletic Director convenes the Athletic Committee, the coach or coaches of the team on which the student athlete participated shall provide a written synopsis of events along with other thoughts and perspective regarding the grievance of the parent/student.
3. The parent and/or student shall also be requested to provide a written statement of concerns to the Athletic Committee.
4. The Athletic Committee shall review the written information from the grievant and coach/coaches.

5. The Athletic Committee may decide to meet with the grievant or coach/coaches if the Athletic Committee deems necessary.
6. The Athletic Committee shall provide insight, perspective and assessment for the consideration of the Athletic Director.
7. The Athletic Director shall consider information from the committee and other sources to make a final determination on the request. Violation of rules off the grounds will be charged if the act is witnessed by a member of the coaching staff, a teacher, an administrator, a member of a Law Enforcement Agency, after prosecution by a Law Enforcement Agency, or upon self or parental acknowledgment that the violation did occur.

The coach, teacher or administrator that can verify a violation will report to the athletic director or principal within three (3) school days of said violation.

The athletic director or principal will inform the coach in season or the coach who will be in charge in the next season, the athlete participant and parents of the violation and suspension. The principal will keep a record of previous violations to determine the degree of punishment.

Team Rules Developed By Coaches

Coaches may establish reasonable rules and regulations for their respective sports, subject to the approval of the Athletic Director prior to distribution of the rules to players by the coach. Written copies of the rules, developed by coaches, must be on file with the Athletic Director. After approval by the Athletic Director, rules must be given, by the coach (in writing), to all team members and fully explained at the start of the season.

TEAM SELECTION

Coaches are responsible for selecting participants for their teams. Coaches are encouraged to keep as many student athletes as possible while maintaining the integrity of their coach/player relationship.

Students must be present and participate in tryouts to be eligible for joining a team. The Athletic Director will consider exceptions to this requirement for such things as emergencies and conflicting activities on a case-by-case basis. Prior to trying out, the coach shall provide the following information to all candidates for the team.

- Extent of the tryout period
- Criteria used to select the team

- The expected practice commitment if a student makes the team
- Game commitments if the student makes the team

Coaches are encouraged to be sensitive to students' needs when cuts are necessary.

MHSAA GUIDELINES

MHSAA Eligibility

To be eligible for interscholastic competition, an athlete must comply with MHSAA rules including the following:

Age

Must be under nineteen (19) years of age at the time of contest unless the nineteenth birthday occurs on or after September 1 of current school year, in which case student is eligible for balance of that school year in all sports.

Enrollment

Student must have been enrolled in a high school by Monday of the fourth week of the present semester.

Physical Examination

Student must have passed a current year physical examination. Record must be on file in school office.

Seasons of Competition

Have not more than four (4) first semester and four (4) second semester seasons of competition in a sport while attending a four (4) year high school, including present season.

Semester of Enrollment

Student must not have been enrolled for more than eight (8) semesters in grades nine to twelve (912), inclusive. Seventh and eighth semesters must be consecutive. Three weeks enrollment or participation in one (1) or more athletic contests constitutes a semester enrollment.

Undergraduate Standing

To be eligible to participate in MHSAA athletic events, a student must not be a high school graduate.

Previous Semester Record

MHSAA requires students to have passed 66% of classes during the previous semester enrollment. First semester ninth grade students are eligible to participate during the first semester of high school. Transfer students are academically eligible the first semester they attend Pellston High School if the student passed 66% of their classes at their previous school. This requirement is different than the local Pellston requirement.

Transfers

Generally, the student must have had an accompanying change of residence by the athlete's parent, guardian, or other persons whom the athlete has been living during the period of her/his last high school enrollment into the district or service area of the school, to be eligible during the first semester in attendance. Please see the Athletic Director for further information.

Awards / Amateur Status

Student must not have accepted any award or merchandise exceeding \$25.00 in value for athletic performance. Athletes accepting memberships, privileges, services, negotiable certificates, or money are in violation and may receive sanctions.

Risk of Participation

Athletes and parents must acknowledge and accept that there is a risk of serious injury a result of athletic participation.

Limited Team Membership

A student, who after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) dates of competition.

ACADEMIC ELIGIBILITY

Students are provided with an initial grace period and will not be ineligible for participation until after two weeks after the start of a new semester with each week having a minimum of four days of regularly scheduled course instruction. Similarly, weekly grade checks will occur for each week having a minimum of four days of

regularly scheduled course instruction. If a week has less than four regularly scheduled days, it will not count against a student regarding eligibility.

Passing is defined as receiving a 60% or higher in a given class, a reasonable expectation to achieve. Students must be passing at least 5 out of 6 courses on a weekly basis in order to participate in contests. If the student athlete is failing more than one course on Monday morning, they will be declared ineligible to participate in competition Monday through Sunday of the current week.

If a student athlete persistently fails one course for **three straight weeks** (each week has a minimum of four days of regularly scheduled course instruction), they will be declared ineligible to participate in games until that particular class is at a passing grade. If a student has a failing grade, the student, coach, and parents shall be notified. Conferences between all parties and the principal shall be set if deemed necessary.

****Semester grades will be checked to determine eligibility of student-athletes.***

****Eligibility will be checked every Monday morning. Teachers are expected to enter grades, makeup grades in a timely fashion. Team managers are held to the same academic standards as student-athletes.***

****Students attending Credit Recovery will count toward eligibility. Credit will not be awarded until the next cycle of academic eligibility occurs (i.e. student is ineligible Monday Nov. 1 for failing two classes and enters Credit Recovery Nov. 2. Student recovers credit and completes necessary material on Thursday, Nov. 4 and is then passing the class. Student would not be eligible to play until the eligibility report is taken Monday Nov. 8 and s/he is not failing more than 1 class and assuming the “three week policy” is not in effect).***

Transportation

Athletes are expected to use school transportation services to and from all athletic events subject to the following exceptions.

- Parents may transport an athlete to an event if that athlete has a professional appointment and the appointment conflicts with the departure time from school.
- Students attending vocational education programs and/or NCMC classes may drive to a central pickup location to board the bus in. D&W Fresh Market parking lot.

- Co-op students may self-transport themselves to the departure site and then board the bus for departure unless specific arrangements have been made for a pick up at the co-op school.
- With a written letter of request to the coach from the parent, an athlete may ride home with the parents or with other parents of athletes following an event.
- With parental permission, an athlete may be transferred by coaches/another parent to an event if bussing is not available.



On the banks of the Maple River there's a high school known to all.

Their specialty is learning how the Hornets can play ball. Hornet teams are seldom beaten, all through the games they go. Call for the only colors, brown and gold.

Dash right for that goal of mesh. Watch the points keep growing. Hornet teams are bound to win. They're fighting with a vim...Rah! Rah! Rah! See their team is weakening. We're going to win this game!

Fight! Fight! Come on team Fight! Victory for Pellston High!

Dash right for that goal of mesh. Watch the points keep growing. Hornet teams are bound to win. They're fighting with a vim...Rah! Rah! Rah! See their team is weakening. We're going to win this game!

Fight! Fight! Come on team Fight! Victory for Pellston High!

**Pellston Public Schools
Student/Parent Contract
2019-2020**

I/we understand and agree to fully comply with the Pellston Public Schools Athletic Handbook and team rules. If, for any reason, I/we are unable to do so, consequences set forth during the preseason meeting will occur.

This form must be signed and submitted to your coach or the Athletic Director - Mr. Sheick. If you have any questions, please contact Mr. Sheick at msheick@pellstonschools.org or 231-539-8801 ext 10080.

We wish you a successful year!

Sport _____

Grade _____

Athlete Name _____ Athlete Signature _____ Date _____

Parent Name _____ Parent Signature _____ Date _____