

**Christa McAuliffe Middle School
Athletic Code of Conduct**



Christa McAuliffe Middle School

3281 Kiesel Road
Bay City, MI 48706

www.johnglennathletics.com

Christa McAuliffe Middle School Athletic Code of Conduct

The CMMS Athletic Code of Conduct has been established as a guide for students and parents/guardians for the requirements to participate in middle school athletics. By signing this code of conduct you are agreeing to abide by the terms and conditions of the Athletic Code of Conduct.

The CMMS Athletic Code of Conduct will be in effect starting from the first practice/tryout date of the sports' season or activity until the last day of the sports' season or activity. This Code of Conduct will be upheld regardless of the student's age and also regardless if the student and/or parents/guardians sign it.

Participation in Interscholastic Athletics carries an inherent risk of injury or death. By signing this handbook, you acknowledge and accept such risks. The school is not liable for expenses incurred for physical exams or medical treatment of injuries. Parents/guardians are responsible for all insurance coverage of student athletes.

Philosophy

Welcome to Christa McAuliffe Middle School's (CMMS) Athletic Program. It is our firm belief that athletics play a significant role in the total educational process. Athletics offer a positive and meaningful experience that will enhance the growth and development of all young men and women who participate. As athletes, students are expected to make a commitment to abide by the rules set forth and to live up to the high expectations of personal conduct for student-athletes. Participation in athletics is a privilege, not a right and cuts may have to occur in some sports. CMMS encourages all students to participate in as many different activities as possible.

Code of Conduct

Students should:

- A. Meet all attendance and academic requirements as practical evidence of loyalty to academics and to the team.
- B. Completely observe all policies regarding conduct in and out of the classroom and the sport.
- C. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
- D. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
- E. Demonstrate respect for opponents and officials before, during, and after contests.
- F. Be properly groomed and follow coaches' dress code policies.
- G. Not be involved in any activity that would reflect unfavorably on the school. This could mean complete exclusion from athletics and/or suspension from school.
- H. Follow all rules governed by the guidelines established in the CMMS Student Handbook.
- I. Conduct their behavior in a positive role.
- J. Take proper care of equipment belonging to CMMS and visiting schools.
- K. Observe the practice attendance requirements established by the coach.
- L. Not stay after school to wait for a practice/game unless supervised by an adult.

Use of Tobacco, Alcohol, E-cigarettes, or other Drugs or Violations of Local, State, and/or Federal Law

This applies to, but is not limited to the following:

- Possession, use, sale, or distribution of intoxicating beverages.
- Possession, use, sale, or distribution of tobacco in any form.
- Possession, use, sale, or distribution of controlled substances, drugs, counterfeit drugs, look-a-like drugs, e-cigarettes, look-a-like e-cigarettes, or prescription medication that is not issued to the individual in possession.
- Violations of local, State, and/or Federal laws (excluding minor traffic violations).

Violations

- A. 1st Violation: Suspension for the remainder of the season.
- B. 2nd Violation: Athlete does not participate for the remainder of the school year in any sport.

Students who are suspended from school or extracurricular activities are not eligible to attend practice or games during the suspension period (unless approval is given by Administration) and may not use school transportation (unless approval is given by Administration). School suspensions and Athletic Code of Conduct suspensions do not necessarily have to overlap. Administration reserves the right to determine the appropriate discipline for the suspension period. Parents and athletes will be notified immediately of the violation. The CMMS Student Handbook will be followed if any of the violations occur on school property or during school sponsored activities.

Rules of Participation

Participation in extracurricular activities is voluntary; a student elects or volunteers to participate. Volunteering to participate implies an acceptance of certain obligations. To participate, students must:

- A. Comply with all of the rules and regulations of the Michigan High School Athletic Association.
- B. Have passed and have on file of the Athletic Director a physical exam dated on or after the 15th day of April of the previous school year.
- C. Have paid his or her participation fee. In order to maintain our current extracurricular offerings, a Pay to Participate fee has been established of \$25.00 for each extracurricular offering. Payments are due to the Athletic Office before the first practice/tryout of each extracurricular offering. Students who pay for three extracurricular offerings will not be charged a fourth fee. No student will be denied an opportunity to participate in an extracurricular offering due to failure to pay the fee. Please communicate with a coach or the Athletic Office of a financial concern before the start of the season.
- D. Have on file in the Athletic Office the CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM provided at the end of this document. Public Acts 342 and 343 of 2012 requires concussion information to be provided to student athletes and their parents/guardians involved in athletics. Concussion information is provided at the end of this document.
- E. Be in attendance ALL day in order to be eligible to participate in the practice, event, performance, or contest that day unless a pre-excused absence before the start of the school day has been communicated to the Attendance Office. Being 10 minutes late or more to the student's first hour or 5 minutes late or more for all other hours constitutes an absence. Administration will make the final decision regarding daily eligibility.
- F. Not be on suspension from school or he or she will be considered ineligible for practice or games for the time period they are suspended.
- G. Not quit or be removed from a team during the season or he/she is ineligible to try out for another team during that season. A season begins the first date of practice.

Rules of Academic Eligibility

Previous Academic Credit Record: A student must have passed at least 6 of 7 classes during the previous semester in order to maintain academic eligibility at Christa McAuliffe Middle School (unless the student is a first year middle school student). Please note that the previous semester may be the previous school year. Students who have not passed at least 6 of 7 classes during the previous semester are ineligible through and including the next 60 scheduled school days. Semester deficiencies can be made up during summer school, E20-20, online, etc. and the student will regain eligibility when the grade/credit is posted on the student's transcript.

Current Academic Credit Record: Students must also be currently passing at least 6 of 7 classes as determined by the Progress Reports (approximately half-way through each Marking Period). If a student is not passing at least 6 of 7 classes when checked at the Progress Report, that student is ineligible for competition for the next Monday through Sunday, with reoccurring weekly checks and ineligibility, until the student is passing at least 6 of 7 classes or the Marking Period ends. Students must also be passing at least 6 of 7 classes upon the completion of the 1st and 3rd Marking Periods. If a student is not passing at least 6 of 7 classes when the Marking Period ends, that student is ineligible for competition until the next Progress

Report. Marking Period deficiencies can be made up during summer school, E20-20, online, etc. and the student will regain eligibility when the grade/credit is posted on the student's transcript.

Transportation

Athletic teams will use school transportation to and from contests and all team members are expected to ride with the team unless otherwise preauthorized. When school transportation is not provided due to proximity of the contest or other reasons, students or parents may transport athletes to and/or from contests. A signed consent form must be turned in to the coach before players may ride separately from the team. Consent forms are located in the Athletic Office or online at www.johnglennathletics.com. Coaches have the right to deny a student permission to travel separate from the team if it is not deemed appropriate.

Penalties/Appeals

Each coach is responsible for having rules/consequences for their team. Athletes must follow these standards. Appeals should be made in written form to the athletic director.

The following is a list of athletic opportunities for CMMS students:

Fall Sports

Football - any 6th grader over 125 pounds and all 7th and 8th graders

*Girls' Basketball - all 6th, 7th, and 8th grade girls

*Pom - all 6th, 7th, and 8th graders

*Cheer - all 6th, 7th, and 8th graders

Winter 1 Sports

Girls' Swimming - all 6th, 7th, and 8th grade girls

Wrestling - all 6th, 7th, and 8th graders

*Boys' Basketball - all 6th, 7th, and 8th grade boys

*Cheer - all 6th, 7th, and 8th graders

Winter 2 Sports

*Volleyball - all 6th, 7th, and 8th grade girls

Boys Swimming - all 6th, 7th, and 8th grade boys

Spring Sports

Boys and Girls Track - all 6th, 7th, and 8th graders

*Denotes a tryout sport or activity where cuts may have to be made. Please make sure to have a conversation with your student prior to tryouts about the potential of not making the team.

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache
Pressure in the Head
Nausea/Vomiting
Dizziness

Balance Problems
Double Vision
Blurry Vision
Sensitive to Light

Sensitive to Noise
Sluggishness
Haziness
Fogginess
Grogginess

Poor Concentration
Memory Problems
Confusion
“Feeling Down”

Not “Feeling Right”
Feeling Irritable
Slow Reaction Time
Sleep Problems

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don’t hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don’t let the student return to play the day of injury and until a health care professional says it’s okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can’t recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

Christa McAuliffe Middle School Athletic Handbook and Code of Conduct Signature Page

This Signature Page must be signed by both a parent/guardian and the student and returned to the coach or Athletic Director before the student will be eligible to participate. Participation in Interscholastic Athletics carries an inherent risk of injury or death. By signing this consent form, you acknowledge and accept such risks. The school is not liable for expenses incurred for physical examinations or medical treatment of injuries. Parents are responsible for all insurance coverage of student athletes.

**By signing this form, you
acknowledge that you have read, understand, and
agree to abide by the policies and expectations set
forth in the extracurricular code of conduct that is
available online at www.johnglennathletics.com.**

Student Athlete Printed Name

Student Athlete Signature

Date

Parent or Guardian Printed Name

Parent or Guardian Signature

Date

Please note: This code of conduct is enforced whether or not you have signed this form. Your signatures are to reinforce understanding of the policies set forth by the Athletic Department and the Bangor Township School's Board of Education.

CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have reviewed the Concussion Fact Sheets for Parents and Students provided by Bangor Township Schools online at www.johnglennathletics.com.

Student Athlete Printed Name

Student Athlete Signature

Date

Parent or Guardian Printed Name

Parent or Guardian Signature

Date