

SHEPHERD HIGH SCHOOL

ATHLETICS

STUDENT/PARENT HANDBOOK



2020-2021

“Bluejay Pride”

ATHLETIC CODE OF CONDUCT

1. PHILOSOPHY OF ATHLETICS

Interscholastic athletics in Shepherd Public Schools are considered to be an extension of the physical education program, and in turn, an integral part of the overall educational program of the school. As part of the educational program, each individual sport will be conducted so that the physical, social, and mental well-being of each student is its top priority.

2. OVERVIEW

Each athlete should understand that participation in Shepherd athletics is a privilege that should be held with high regard. The conduct of each athlete on and off the field is a direct reflection of his or her self, school, family, and community. Therefore, an athlete's conduct should reflect the highest values and standards of his or her school and family. It must be understood that the privilege of participation may be taken away in part or as a whole should an athlete's conduct not be satisfactory. The rules and regulations governing an athlete's conduct are listed in this athletic code. Should an athlete be found to be in violation of this athletic code, the corresponding discipline will be applied.

3. ELIGIBILITY

A. Academics: Students must have received credit in 66% (4/5 for high school, 4/6 for middle school) of their classes in the previous trimester in which they were in enrolled. Students must also be passing at least four (4) classes to remain eligible for the week. Records will be kept on a weekly basis and ineligible students will be notified by the Athletic Director on Monday of the week that they are ineligible. Since grades are based cumulatively by marking period, it is possible for a student to move back and forth between being eligible and ineligible from week to week. Once students are notified, they are ineligible for that entire week (Monday through Sunday). The student athlete may still be required to attend practice and accompany the team to contests.

B. Age and Residency: There are many guidelines governing "Age and Residency" in the "M.H.S.A.A. Rules of Eligibility". Shepherd Public Schools is a member of the M.H.S.A.A. and its rules regarding age and residency where applicable to student-athletes. Any questions regarding this area should be directed to the Athletic Director for explanation.

C. Transfers Following Violations of a School's Student/Athlete Code

Shepherd High School will enforce upon a transfer student any period of ineligibility to which that student would have been subject as a result of a student or athletic code violation(s) at that student's most recent previously attended school. A student who transfers to Shepherd High School after becoming ineligible because of a student or athletic conduct code violation(s) at the previously attended school shall remain ineligible at Shepherd High School for not less than the period of ineligibility imposed by the previous school.

D. Attendance: Students must be in school and attend their scheduled classes for the entire day to be eligible to attend practice or games on that day. Student-athletes must be in attendance all day

Friday in order to participate on a Saturday and/or Sunday. Pre-arranged absences such as funerals, doctor and dentist appointments, etc., will allow participation, if it is arranged with the proper building administrator 24 hours prior to the absence. If multiple absences occur a physician's letter may be required.

- E. Training Rules:** Rules must be adhered to by all athletes, at all times, regardless of location. Training rules are in effect for all athletes for the entire calendar year. The athletic year constitutes a full year (365 days) when an individual chooses to participate in the athletic program. All reported training violations will be investigated by school administrators and the affected sport coach. Penalties will be implemented from the date that school administrators are notified, not the date the incident occurred. In addition the athlete will be given the opportunity to respond to the charges by giving his or her side of the story.

ATHLETIC TRAINING RULES

All student athletes are required to maintain a drug-free status in order to insure their continued and uninterrupted participation in their chosen sports and to insure health, safety and welfare.

Possession and/or Use of Tobacco Products, Alcohol or Controlled Substances

A. Violations

1. Shepherd High School student athletes shall not use, possess or be under the influence of any product containing tobacco, any product containing alcohol, or any "illegal substance", including, but not limited to inhalants, marijuana, cocaine, LSD, PCP, amphetamines, heroin, steroids, look-alike drugs or any substance commonly referred to as "designer drugs". This also includes performance enhancing drugs/supplements. Student athletes may not engage in the unauthorized use or sharing of prescription and over-the-counter drugs.
2. Evidence from any Shepherd Public Schools employee, student or law enforcement unit shall be considered in any investigation under these rules.
3. A building administrator shall have the authority to determine, after his/her investigation, if a violation of the above rules has occurred and shall notify the student athlete and parent/guardian of the violation and penalty. Upon notification of an offense the student will be suspended from the team (games and practices) effective immediately, until an investigation is completed.

Note: If a suspension from school is greater than would have been imposed under the athletic training rules, the suspension of school outweighs the penalty that would have normally been imposed under this policy and the student cannot participate in athletics during the period of suspension from school.

Confirmation of Violations

Once confirmation of a violation of a student athlete's drug free status has been obtained under the terms of this program, a student will be subject to, but not limited by, the following disciplinary consequences and process. These actions are uniform throughout the athletic department for all teams and individuals of those teams.

B. Penalties

There are four goals for penalties related to violations:

1. To put the ownership of these violations with the student athlete.
2. To offer a process for change.
3. To attempt to draw in the parents to participate in the process.
4. To give the student athlete every possible opportunity to rectify such behaviors.

First Offense

Student athletes shall receive a 25% suspension of season from play/competition. This can be reduced to 10% if the student athlete takes part in an education/counseling program addressing the issues which have resulted in said consequences. The student and parent are responsible for finding and paying for the program. During this time the student athlete must practice but may not suit or compete. Documentation must be provided to prove the education/counseling program criteria has been met.

EDUCATION: an informative intervention seminar concerning the implications of use and the effect on physiological, psychological and social development, as well as discussion of harm reduction issues and personal and collective responsibility.

CORRECTIVE: come to an understanding that corrective measures are necessary in order to resume the athletic career or to practice and compete again, including a document of agreed to changes signed by the student athlete.

RESTORATIVE: the student athlete must address the teammates and coaches and admit to violation, show remorse and recommit to provisions of The Code of Conduct by resigning it in front of teammates and coaches.

Second Offense

The student athlete shall receive a 1 year (12 calendar months) suspension from practice or play for all sports and a mandatory assessment by a competent counselor of a drug/alcohol free education program. It is the responsibility of the student/parent to find and pay for the program.

Third Offense

The third offense triggers full expulsion from the Athletic Program for the remainder of the student's high school career.

*****Appeal Process:** Student athletes have the right to appeal any athletic suspensions/dismissals to the Athletic Review Panel. The Athletic Review Panel will be made up of a building administrator, the athletic director and coaches from three other sports. A student athlete shall remain under suspension until the Review Panel can meet. The Review Panel will meet within three (3) school days after the request for appeal. A decision by the Review Panel will be made in a reasonable amount of time (approximately 24 hours). The decision of the Athletic Review Panel is final.

4. RESPONSIBILITY OF ATHLETES

- A. Athletics/Fine Arts Participation Agreement:** Despite all scheduling efforts by the administration, conflicts will develop between co-curricular activities. When a conflict occurs between two scheduled activities the student's first duty is to notify both coach/sponsors as early as possible. The student will then be advised of the recommendation OR propose an equally acceptable alternative for the coaches'/sponsors' consideration. When a conflict occurs between a competition/performance and a scheduled practice, students will be expected to attend the competition/performance (without loss of group membership or standing in the other activity). When a conflict occurs between competitions/performances, students may participate in one

activity without loss of group membership or standing in the other activity. There may be times when students may participate in one activity and part of another by arrangement with the sponsors.

- B. Weight Room Rules of Conduct/Safety:** Weight workouts must be conducted with a coach or supervisor present. Athletes are not to be in the weight room unsupervised. Shirt/shoes must be worn at all times, hats are not allowed. Athletes must be on an approved program. Athletes should follow their workout. We want this to be a fun and productive time, however, this is not a place of social gathering. Other people also need to use the facility. Loitering is not allowed in the weight room area. Music should be played at a moderate volume-if allowed. Use weight belts for safety-especially with lifts involving the lower back. All weights must be put back on weight stacks after workouts. Turn out the lights and make sure the door is locked before leaving.
- C. Equipment:** Athletes are responsible for the care and cleaning of all school issued equipment. Lost or damaged equipment will be charged to the athlete and financial retribution will be made to replace the equipment. Unless purchased by the student, uniforms are not to be worn anytime other than competition.
- D. Physicals:** All students participating in athletics must have a current physical card on file in the Athletic Director's office. Physicals are generally offered in the spring by local physicians to Shepherd athletes. Students must also have a signed parent acknowledgment form on file in the Athletic Director's office before competition begins.
- E. Injuries:** All injuries shall be reported to coaches and to the Athletic Director. All athletes should have an emergency treatment waiver on file with the coach so treatment can be given in case of an emergency if a parent is not present.
- F. Locker Room Usage:** All athletes will dress in the locker room and all lockers must be locked. The school is not responsible for lost or stolen items. ***Cellular phones may not be used in locker rooms under Board Policy.***
- G. Social Media:** The popularity of social networking web-sites, especially with teenagers, continues to grow. Inappropriate use of the internet or technology may include but is not limited to posting, posing, promoting and/or forwarding inappropriate content via electronic communication devices. Any images of student athletes posted on the internet or using technology to threaten or intimidate others may result in disciplinary action up to and including expulsion from the team and/or school. Remember, as a student of Shepherd Public Schools you represent your school at all times. Before you post or comment on any social-networking web-site, ask yourself if that comment or action would be acceptable on school grounds—if the answer is no, you shouldn't exhibit that behavior online as well.
- H. Transportation:** Shepherd Public Schools will provide transportation to and from all athletic events in which its teams are competing, unless otherwise arranged by the coach. It is the responsibility of the athlete to maintain proper conduct on school provided transportation. It is expected that the athlete will ride the bus to and from the athletic event. If a parent wishes to have their son or daughter ride home with them occasionally, they must have it in writing to the Athletic office 24 hours in advance.. Coaches will not release student athletes to neighbors, cousins, friends, etc.

5. MISCELLANEOUS INFORMATION

- A. Participation in Two Sports Concurrently:** Students in the past have participated in more than one sport during the same season (dual participation). This is done to give students many different opportunities during their high school experience. Caution should be given when deciding this, since it will take up almost **all** of the free time a student has, and will put

a strain on students' academics. If a student wishes to dual sport, the following criteria must be met to accomplish this:

1. Coaches of both sports must **agree** to allow this and sign the dual sport contract.
2. Athletes will name his or her primary sport, (if games/contests conflict on same date, the athlete will attend primary sport). However, a secondary sport contest takes precedent over a primary sport practice.
3. Athletes will be expected to practice with both teams if possible.
4. Athletes must maintain passing grades in **all** courses.
5. If the student/parent/coaches together determine balancing the dual sport responsibility is not working, the primary sport will take precedence.

B. Awards: There are two types of awards for athletes from Shepherd Public Schools; Participation Certificates and Varsity Letter Awards.

1. Participation Certificates - are given to members of J.V., Freshman, and non-lettering Varsity members on teams who complete the season with the team.
2. Varsity Letters - Block "S" Chenille letters are given to athletes who earn their first varsity letter, after receiving this, athletes will then be given pins for each additional letter they earn.

C. Act of God Days: There will be no scheduled practices or games on act of God days. However, school administrators reserve the right to grant the coach permission to hold an afternoon optional practice for varsity athletes only. Also, if the schedule is near the end of the season and there is no other date to make up the game, school administrators may choose to play a scheduled game if: the opposing school is in session and the road conditions will be improved by game time.

D. Team Rules: Each coach of each sport will have on file in the Athletic Director's office an approved list of general rules used to govern the team. The rules will identify such areas as: attendance, rules and consequences, award criteria, team expectations, criteria for cutting, etc. Each athlete will be given a copy of their rules when they are discussed at one of the first team meetings or practices. Athletes must abide by team rules and may be subject to discipline for violation of those rules as set forth the team rules and/or this policy.

E. Insurance Coverage: Shepherd Public Schools does not have insurance coverage for its students/athletes. However, the MHSAA provides Catastrophic Accidental Medical Insurance which pays up to \$500,000 for medical expenses left unpaid by other insurance after a deductible of \$25,000 per claim in paid medical expenses has been met. All students enrolled in grades 7 through 12 at MHSAA member schools who are eligible under MHSAA rules and participating in practices or competition in sports under MHSAA jurisdiction are covered by this policy for injuries related to their athletic participation.

Beginning with the 2015-16 school year, the MHSAA began providing eligible participants at each MHSAA member junior high/middle school and high school with additional insurance that is intended to pay accident medical expense benefits resulting from a suspected concussion. The injury must be sustained while the athlete is participating in an MHSAA covered activity. The policy limit is \$25,000 for each accident. Covered students, sports and situations are identical to the catastrophic accidental medical insurance which, if the \$25,000 threshold is reached, would require a separate claim to be made.

DEPARTMENT OF ATHLETICS

SHEPHERD PUBLIC SCHOOLS

ATHLETIC RESPONSIBILITY ACKNOWLEDGEMENT

As a Shepherd Public School student participating voluntarily in interscholastic athletics, I understand that I will:

- 1) abide by the Shepherd Public School's Athletic Code of Conduct, rules of the Michigan High School Athletic Association, and the laws of the State of Michigan.
- 2) conduct myself in an exemplary manner that will not bring discredit to myself, my family, my team, my school, or my community.
- 3) be responsible for all athletic equipment issued to me throughout the season. I will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.

Parents and student athletes should fully understand and appreciate the risk of serious personal injury associated with athletic participation. Swift movement of bodies which many times are airborne, unavoidable collisions often times occur in inter-scholastic athletics.

Athletic activities are hazardous and taking part in such activities is a calculated risk taken on behalf of the student athlete and parents. For many young adults, the benefits from athletic involvement exceed the potential hazards. Calculated risk makes the participation a stimulating adventure and satisfies the student athlete's desire for competition, strenuous effort, and creative activity. "While reducing injuries to a minimum is a continuous goal of our coaching and administrative staff, the school district and school officials cannot guarantee that injuries will not occur. Students participate in athletics at their own risk."

I have read and I understand Shepherd Public School's Athletic Code of Conduct and the team rules provided by the coach. I understand that should I violate any of these rules, I am subject to the penalties as stated in the athletic code and in the individual team rules. I know what is expected of an athlete who represents Shepherd Public Schools, and I am prepared to meet those expectations.

Student Name (please print) _____

Class of _____

Student Signature _____

Date _____

Parent Signature _____

Date _____

