

# GRASS LAKE COMMUNITY SCHOOLS



## ATHLETIC CODE OF CONDUCT/CONTRACT

## **Grass Lake Community Schools Athletic Code of Conduct**

### Statement of Philosophy

We believe that athletics are a part of the educational process and an extension of the classroom. It is our goal to strive always for playing excellence that will produce competitive teams within the framework of good sportsmanship. Athletic participation is a privilege that carries with it responsibilities to the school, to the community, to the team, and to the athlete.

Being a member of a Grass Lake Athletic Team is a fulfillment of an early ambition for many students. Such participation is a privilege that carries with it responsibilities to the students themselves, to the school, to the activities, to the student body, and to the community. This is a year-round responsibility that begins with the first athletic participation and ends at the conclusion of interscholastic competition. It is important to emphasize that all athletes are covered by this code of conduct **in and out of season, on or off school property** 6<sup>th</sup> thru 12<sup>th</sup> grade.

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### **1. Introduction**

It is the purpose of the Grass Lake School District Athletic Department to provide and promote inter-scholastic athletics for the young men and women of Grass Lake. The Athletic Department is responsible to the Grass Lake Board of Education and the Michigan High School Athletic Association.

In order to have an efficient program, certain policies and procedures are established. Any team rules that may differ from the general policy are to be presented to the prospective team members in writing at their first squad meeting. These rules may never be less demanding than the general policy, and must be approved by the Athletic Director

**Complaints should be directed through the following channels, in this order: 1) the coach 2) the athletic director 3) the principal 4) the superintendent 5) the Board of Education. Athletes and parents are urged never to by-pass any link in this chain-of-command.**

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### **2. Responsibilities of the Athlete**

There are responsibilities that the student-athlete must impose upon oneself in order for successful and competitive athletic traditions to become a reality. You alone will have to decide if you want to live up to the responsibilities and training rules to become a champion. In the simplest of terms, each and every student-athlete must make a commitment for a championship athletic program.

Responsibility to Yourself - The student-athlete must broaden and develop strength of character. Your studies, participation in other extra-curricular activities, as well as athletics, assist you in getting the greatest possible gain from your high school experiences, while at the same time preparing you for life.

Responsibility to Your School – Grass Lake Schools will maintain a position as an outstanding school district when you do your best. By participating in athletics to the maximum of your ability, you are contributing to the reputation of Grass Lake.

You automatically assume a leadership role when you are on an athletic team. The student body and citizens of the community know you. The spotlight is on, and it is

focused on you, because of this leadership role, you can contribute greatly to our school spirit and community pride. Make your school proud of you and your community proud of your school by your performance and devotion.

Responsibility to Your Home - When you know that you have lived up to all of the training rules, that you have practiced to the best of your ability and that you have played the game "all out," you and your family can be justly proud.

Responsibility to Your Team - "A house divided cannot stand." The same is true with your team. It takes only one of the squad not willing to work to his/her fullest ability for the squad to weaken in spirit and actual performance.

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### **3. Living like a Champion**

THESE SIMPLE POINTS OF INTEREST ARE JUST AS IMPORTANT TO AN ATHLETE AS THE SKILLS REQUIRED TO PLAY THE GAME.

Academics - Do all work efficiently and have all assignments completed and turned in on time.

Your Attitude - Be positive in your talk and actions, as your opinions influence others' opinion

Good Citizens - A member of the Warrior athletic program is expected to act appropriately in class, around school and away from school.

Good Eating Habits- Eat balanced meals.

Regular Sleep- Plan your schedule so that you obtain a minimum of eight hours of sleep each night.

Automobiles- Don't get carried away and let the auto become your primary interest.

Drive and ride with safety and courtesy.

Student Body- Respect your fellow students and your teacher; and give them your best.

Dress and Appearance- Take pride in your personal appearance. Look good both on and off the field.

Social Life- Social life is an essential part of the maturing process of every person.

Dating is a part of the process, but only a part; it should not become your prime objective.

Parties- We encourage your participation in school-sponsored parties, social and cultural function.

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### **4. MHSAA Regulations**

(What follows are excerpts from the MHSAA Handbook. For further clarification, please see your coach or the Athletic Director.)

#### **Eligibility**

To be eligible, a senior high school student must comply with the following rules:

#### **A. Enrollment**

Must be enrolled in a high school no later than the fourth Friday after Labor Day (1st semester) or the fourth Friday of February (2nd semester). A student must be enrolled in the school for which he or she competes.

## Age

Be under nineteen (19) years of age, except that a student whose nineteenth (19th) birthday occurs on or after September 1st of a current school year is eligible for the balance of that school year.

## Physical Examination

Have passed a current year physical examination. Record must be on file in the athletic office. Current year commences the first day after the school year closes and in the spring for summer vacation. A physician's statement for the current school year is interpreted as any physical examination given on or after April 15th of the previous school year.

## Semesters of Competition

Have not more than four first semester and four second-semester seasons of competition in a sport in a four-year high school, or three first-semester and three second-semester seasons in a three-year high school, including present season. When two seasons leading to a State championship or the same sport are offered, an athlete may participate in only one.

## **B. Semester of Enrollment**

Not have been enrolled for more than eight semesters in grades nine to twelve, inclusive. Seventh and eighth semesters must be consecutive. Three weeks enrollment or participation in one or more athletic contests constitutes a semester of enrollment.

## **C. Undergraduate Standing**

Not be a high school graduate.

## **D. Transfers**

Generally, have had an accompanying change of residence by the student's parent, guardian or other person with whom the athlete has been living during the period of his or her last high school enrollment into the district or service area of the school to be eligible during the first semester in attendance.

## **E. Awards**

Not have accepted any award or merchandise exceeding \$15.00 in value for athletic performance. Athletes accepting memberships, privileges, services, negotiable certificates or money are in violation. For amateur practices, may not have accepted money, merchandise, memberships, privileges, services or other valuable consideration for participating in any form of athletics, sports, or games; or for officiated inter-scholastic athletic contests; or have signed a professional athletic contract. (Reinstatement will not be considered for one year.)

## **F. Limited Team Membership**

A student who, after practicing with or participating in an athletic contest or scrimmage as a member of a high school athletic team, participates in 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) contests/days of competition and maximum of the remainder of that season in that school year. There are exceptions to this MHSAA policy-please see your coach or Athletic Director for clarification.

## **5. Academic Athletic Eligibility Guidelines**

### **MHSAA Policy**

- Previous Semester Record
- Current Semester Record

Students must maintain academic eligibility in order to be eligible to participate in athletics. High school students must be passing 66 percent of their classes. (**3of4 classes**) Students ineligible by MHSAA standards at the semester's end will be withheld from athletic competition for **sixty days** (failed more than one class)

### **Grass Lake High School Policy**

- Pass 3/4 Classes

#### **• 2 D Grades (D+, D, D-) will Equal one Failure**

For the purpose of athletic eligibility, a student's grade must be considered his cumulative grade in the class from the first day of the semester. The Athletic Director will monitor grades at each marking period, at interim report time, and weekly between these dates. If a student is ineligible at interim then he/she will be re-evaluated weekly. If a student is ineligible at the end of the nine weeks then that student will be withheld from competition until the mid-term grade report for the succeeding nine-week period. If a student is eligible (at semester) by MHSAA standards, but ineligible by Grass Lake High School regulations, such student-athlete will be withheld from competition until mid-term grade report for the succeeding nine-week period. If eligible, student athletes may begin competing. If still ineligible at the mid-term check, student athletes will be re-evaluated weekly.

### **Grass Lake Middle School Policy**

- Pass 6/7 Classes

#### **• 2 D Grades (D+, D, D-) will Equal one Failure**

The first eligibility of all athletes will be done after an initial probationary period. Grades will be reviewed on a Wednesday and then weekly thereafter. If at any time during the season an athlete is determined to be academically ineligible, the athlete must “sit-out” one week of contests. “Contest” shall be defined as an official game or meet. “One week of contest” shall be considered to be any and all official games or meets played from Monday through Sunday.

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## **6 Parent Consent and Physical Examination**

A parental consent form and a physical form must be on file at the school in order for the student to participate in athletics (this includes practice and playing in contests).

The consent form gives the parents or guardians consent for the named student to participate in athletics as well as for the student to accompany the team as a member on its out-of-town trips.

The medical examination is required by the MHSAA for every athlete. The physical is good for one school year and must be taken on or after April 15 of the previous school year in order for it to be valid for the following school year.

### **7. Equipment and Lockers**

All equipment issued to the student for athletic participation is the property of the Grass Lake School District. The student is financially responsible for all that is issued.

Keep all your equipment clean. Wash your practice gear every week, if not more frequently. Protective pads should also be cleaned on a regular basis.

Keep your locker clean. This will help keep your equipment aired and also help reduce a major cause for theft-the messy locker. You are responsible for maintaining the condition of your locker.

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### **8. Training Room**

All athletes are required to report any injury to the trainer/coach.

The coach and trainer are to know if the athlete is taking any type of medication.

The coach and trainer need to know of any medical problems or concerns such as diabetes or epilepsy, etc.

When a student-athlete sees a doctor, a progress report as to practice capabilities is to be given to the coach/trainer.

Tape and training room supplies are expensive. They are to be used properly and with the permission of a coach or trainer.

Take care of your body: shower properly and report any skin infections to the trainer and your coach.

Put all refuse and used tape in trash containers.

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### **9. Participation**

Students may compete in more than one sport at a time during the same athletic season. Students must fill out a dual sport enrollment form. A student who quits one sport (in good standing) may join another team in the same athletic season if the change is made prior to the first athletic contest. Also, coaches must recommend the change to the Athletic Director, who must then act on the transfer.

A student who quits a sport may not practice for any sport during the same season without permission from both coaches and the Athletic Director.

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### **10. Travel**

The standards of good conduct as established by the coach are expected at all times while on trips.

All rules and regulations pertaining to Grass Lake bus codes are to be adhered to on athletic trips.

Appropriate dress, which is established by the coach, is a must on all trips.

All athletes are to travel to and from athletic events by transportation provided by the school district.

If a parent desires to take his/her son or daughter home with him/her after an athletic event, a note from the parent must be approved by a school administrator and coach

before the student leaves the contest with his or her parent. This practice should be used for special extenuating circumstances only.

If this policy is violated, the following penalties will be enforced

- a) **First Offense: Suspension from two consecutive contests.**
- b) **Second Offense: Suspension for the remainder of season.**

### **Attendance**

The athlete must be present at all games and practices as designated by the coach unless absent from school due to personal illness or excused by the coach prior to the absence.

The athlete must be in classroom attendance all day in order to dress and participate in an athletic contest that day, unless excused by a prearranged special excuse. Under emergency circumstances, exceptions to this rule may be granted by the Athletic Director, Principal or Assistant Principal. The coach is to be notified of the granting of the waiver.

In order to practice, a student must be present (in school) all day. Exceptions to this rule must be approved the Athletic director or Principal of that building.

- Tardy/Absent Policy
- A student missing more than 10 minutes of a class is considered absent from the class.
- If a student is absent, yet plays in a competition, he/she would be withheld from the next date of competition.
- It is the coach's responsibility to find out what kids are cleared to practice and participate in contests

Students in attendance at school who miss a practice or game without personally informing the coach or the athletic director shall be assessed an unexcused absence from practice. Absences from a contest and/or practice sessions are excused only for illness, death in the family, and other emergencies at the discretion of the coach. For unexcused absences (minimum penalties):

- a) **First Offense: Coach's discretion, based on team rules.**
- b) **Second Offense: Suspension from one contest.**
- c) **Third Offense: Suspension from the team.**

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## **12. General Training Rules**

You are required to live by and abide by the standards set forth in the Grass Lake School Student/Parent Handbook. You may not participate in any athletic contests or practices until all school suspensions (including in-school suspensions: ISS) have been served for violation against the standards of conduct.

You are required to observe the curfews that may be established by your coaches. Coaches may establish team rules. The Athletic Director must approve these rules.

Student-athletes are representing the Grass Lake School District and must maintain a standard of exemplary conduct. You are required to exhibit good sportsmanship and citizenship at all times. Failure to do so may be cause for disciplinary action by the coach or Athletic Director.

### **13. Violations and Athletic Suspensions**

Athletic Code of Conduct violations may result in up to dismissal from the team for the duration of the season or permanent removal from athletics. These violations include:

- Buying or selling alcohol or drugs
- Weapons violation
- Theft/stealing
- Destruction of property
- Violations of the law
- Violations of the Student/Parent Handbook
- Insubordination
- Vandalism
- Falsifying excuses or records
- Conduct injurious to the proper discipline and general welfare of the school district, its students, property, or staff
- Conduct injurious to the proper operation and conduct of the schools
- Travel and attendance infractions
- Team rule infractions

Disciplinary action will be based on the severity of the infraction as determined by the administrator responsible.

The above violations are not considered to be a complete list. Any conduct deemed detrimental to the Grass Lake Schools or its athletic program is grounds for disciplinary action. Disciplinary action may be taken whether or not legal proceedings or action are pursued outside of school district authority.

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### **14. Tobacco, Alcohol and Other Drugs**

Use and/or possession of illegal drugs, volatile substances and/or banned substances, such as alcohol; banned drugs, including stimulants, anabolic agents, diuretics, peptide hormones, tobacco, including marijuana and smokeless tobacco and street drugs. Please note that even though many of the banned substances may be sold over the counter, these substances are nevertheless illegal. For a complete list of specific banned substances go to: [www.athletes.com](http://www.athletes.com) and click on NCAA Banned Substance Lists.

The training rules run in or out of season this includes incidents that happen over the summer.

#### **A. Training Rules**

##### **1 Violation**

- a. Smoking, Chewing, or possession of tobacco
- b. Use or possession of alcoholic beverages
- c. Use or possession of any form of substance abuse chemicals or look a likes (Marijuana, cocaine, pills, anabolic steroids, etc)
- d. Law violations will be handled on an individual basis

- e. Student athletes who choose to remain in the presence of a minor violating (a-d) will be subject to the same penalty (i.e. Parties)
- f. If a student is found to have hosted a party their penalty will be 100 percent of a season.
- g. Students must leave a party immediately upon arriving and observing training rules being violated. If a student did not drive they need to contact parent, coach, or other adult and leave as soon as possible

## B. Penalties

1. A. First Offense – Athlete has notified the Athletic Director and his/her coach of the violation. In addition, the athlete will be suspended from athletics for **50 percent of the contests**. If the offense occurs near the end of the season, the suspension will be in effect the concurrent season in which the athlete participates.  
B. First Offense – If an athlete does not notify the athletic director and his/her coach of an infraction, and it has been confirmed that the athlete violated the above rules, the athlete will be suspended for **100 percent of a season**. If the offense occurs near the middle or end of a season, the suspension will be in effect the concurrent season in which the athlete participates.
2. Second Offense: Suspension from athletics for **one calendar year**
3. Third Offense: Loss of athletic eligibility for the remainder of their high school career at Grass Lake.

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## 15. Investigation of Training Rules Violations

If a student-athlete is reported in violation of these rules, one or more of the following will investigate the case: the Athletic Director, the Principal, or those hired or appointed by the same. If the circumstances of the investigation do not substantiate the accusations, the source of the accusation will be notified and the case will be dropped.

If the circumstances of the investigation substantiate the accusations, the following process will take place:

- The student-athlete/parents will be notified of the accusation.
- The student-athlete/parents may present information or evidence regarding the accusations.
- The student-athlete/parents and the coach will be notified of the decision and any disciplinary action.
- The student-athlete/parents may appeal. The appeal is made to the building Principal, and then to the Superintendent of schools. Final appeal is to the Board of Education.

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## 16. Behavior unbecoming to an athlete

All athletes shall conduct themselves in a manner becoming an athlete from the first athletic participation until the conclusion of the athlete's school career. This expectation

will apply in season, out of season, and over the summer. If any offense results in an issued ticket by law enforcement, it is the athlete's responsibility to notify the Athletic Director and his/her coach regarding this infraction. Failure to do so will result in a more severe penalty. In the above cases, plus cases of conduct which discredit the team, the school, or the community, determination of disciplinary action shall be decided by the Principal and the Athletic Director.

### ATHLETIC CONTRACT

Acknowledgement:

I acknowledge that I have received a copy of and have read and understand this Athletic Code of Conduct, which governs athletes at Grass Lake Community Schools.

Student \_\_\_\_\_ Date \_\_\_\_\_

Student/Print Name \_\_\_\_\_

Parent \_\_\_\_\_ Date \_\_\_\_\_

Parent/Print Name \_\_\_\_\_

This contract must be turned in prior to this first competition