

# ATLANTA COMMUNITY SCHOOLS



2024-2025

ATHLETIC POLICY

***“I will do today what others won’t; so tomorrow I can achieve what others can’t” (Jerry Rice)***

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## **Atlanta Community Schools' Athletic Philosophy**

While maintaining consistency with the Atlanta Community Schools mission and the underlying philosophies of the MHSAA, we believe that athletics are voluntary by participation, are secondary to academics, and are vital to the overall development of our students.

We believe that athletics is an important part of the educational process that allows students to experience, foster, and develop the values of sportsmanship, fair play, sacrifice, hard work, discipline, self-discipline, commitment, and dedication. We believe that these values will translate throughout their adult lives.

It is our belief that the primary goal of all athletic programs is to foster the continuing development of our students into productive members of society. Our success is not measured by wins and losses; it is measured by the demonstrated values and character of our students as a result of their participation in the Atlanta Community Schools' athletic program.

## **Atlanta Community Schools' Athletic Policy**

1. ACS believes opportunities for instruction and participation in sports should be included in the educational experience of as many students as possible.
2. ACS believes in the importance of physical activity in the maintenance of general health of all students.
3. ACS believes that participation in sports contributes to the development of self-confidence, interpersonal communication, and leadership skills.
4. Written permission for participation from parents or guardians must be on file in the athletic director's office before a student will be allowed to practice or compete as a representative of the school. This written permission must be obtained prior to the first day of practice.
5. A physician's certificate (Sports Physical) must be on file with the athletic director prior to the first day of practice or tryouts. Physicals must be dated after 15 April of the prior school year per MHSAA guidelines.
6. Competition will be limited to a geographical area which will permit players to return to the school at a reasonable hour. Safe transportation will be provided to and from sporting events.
7. Loss of class time for preparation for competition will be kept to a minimum. Scheduling will be completed to ensure minimal amounts of classroom time are missed. Passes to leave school or early dismissal will be discontinued except for away games in which one-way travel exceeds 60 miles.
8. ACS believes coaches should instill a genuine respect for the rules of sportsmanship.

Student athletes are expected to be of the highest moral character, good citizens in and out of school, and they will conduct themselves at all times in an appropriate manner. Students must remember they are a direct reflection of their school, family, and community. A student athlete who violates these standards is subject to discipline by the administration or the Board of Education.

*Participation in athletics at Atlanta Community Schools is voluntary. No credit is given for graduation. Athletes are students first and athletes second.*

## Michigan High School Athletic Association

Atlanta Community Schools is a member of the MHSAA and agrees to abide by the rules and regulations of that organization. A brief overview of the major MHSAA rules is stated below. Please note that the MHSAA rules below are the minimum standards; Atlanta Community Schools reserves the right to set and maintain a higher standard where it sees fit to do so; for example, eligibility etc.

1. Be properly enrolled in school.
2. Be under 19 years of age unless the birthday is on or after September 1st. The executive committee may consider an exception to the maximum age limitations for up to one year only (student not to exceed age 20 prior to September 1st ) for students who, following a medical documentation sufficient to establish that they had a disability, were delayed in their education progress prior to their initial enrollment in the 9th grade in any school solely by reason of such disability (2012-13). (See MHSAA Handbook (section 2) for complete changes to this eligibility rule).
3. Have passed a current physical examination after April 15th of the previous school year.
4. Have not participated in more than four (4) first semester and four (4) second semester competitions.
5. Have not enrolled in more than eight (8) semesters in grades 9-12.
6. Pass at least five classes of the previous semester (7-hour day). Pass at least four classes the previous semester (6-hour day).
7. Carry and pass at least four classes during the present semester.
8. Meet all requirements if a transfer student.
9. Accept no awards valued over \$40.

### Enrollment

To be eligible for interscholastic athletics, a student 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 a high school for which he/she competes.

### Age

A student who competes in interscholastic athletics contests **must be under 19 years of age**, with the exception being a student whose 19th birthday occurs on or after September 1st of a current school year, and is eligible for the balance of that school year. This may be waived by the Executive Committee if a student provides medical documentation sufficient to establish that he/she had a disability....prior to their initial enrollment in the 9th grade. Students are not to exceed the age of 20.

## **Physical Examinations**

No student shall be eligible to represent a high school for whom there is not on file in the office of the administration a statement for the current school year certifying that the student has passed a physical examination and is physically able to compete in athletic practices and contests. (A physician's statement for the current school year is interpreted as a physical examination given after April 15th of the previous school year.) Physical examination forms are available at the athletic office.

## **Semesters Enrollment**

A student shall not compete in any branch of athletics who has been enrolled in grades 9-12, inclusivity for more than eight semesters. The seventh and eighth semester must be consecutive. Enrollment must take place prior to fourth Friday count dates.

## **Semesters Competition**

A student, once enrolled in grade nine, shall be allowed to compete in only four first semesters and four second semesters. A student shall be limited to participation in one sport's season when that sport is sponsored twice during a school year.

## **Undergraduate Standing**

A student who is a graduate of a four-year high school shall not be eligible for interscholastic athletics.

## **Previous Semester Record**

Any athlete who did not pass five classes (7 period day) or four classes (6 period day) the previous semester will be ineligible for 60 school days.

## **Current Semester Record**

In accordance with the MHSAA academic eligibility, checks of not more than ten weeks are required. If any student is not passing at least five classes (HS) or four classes (MS) when checked, that student is ineligible for competition until the next check, but no less than the next Monday through Sunday. **(Current semester record check will be conducted every quarter.)**

## **Transfers**

A student enrolled in grades 9-12 who transfers from one high school to another high school is ineligible to participate in an interscholastic athletic contest or scrimmage for one (1) full semester in the school to which the student transfers unless they qualify under a transfer exception. (All transfers must have their eligibility cleared with the athletic office).

## **Awards**

A student may accept, for participation in athletics, a symbolic or merchandise award, which does not have a value or cost in excess of \$40. Awards for athletic participation in the form of cash, merchandise certificates, or any other type of negotiable documents are never allowed. A violation of this rule may lead to ineligibility.

### **Amateur Status**

After once representing an MHSAA member school in competition in any sport, a student shall not be eligible to represent his/her school if that student receives money or other valuable consideration from any source for participating in athletics, sports or games, or has signed a professional athletic contract to participate in that sport.

### **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/her school in the same sport during the same season, shall become ineligible for a minimum of the next three days of competition and a maximum of the remainder of that season.

### **Seasons of Competition**

A student must not have competed for more than four (4) first and four (4) second semester seasons in a sport beginning in the ninth grade, unless the MHSAA has approved (a small school exemption) that allows 8<sup>th</sup> graders to participate at the high school level.

If an athlete is on a team roster at the time of the first competition, that will count in the seasons of completion rule.

# Atlanta Community Schools Athletic Rules for Participation

## Travel

All members of athletic squads/teams must travel to and from all out of town trips in school-authorized transportation unless approved by the Administration or Coach. Coaches will have on hand an approved sign out sheet that allows parents only to sign out a player and transport them home. By parents signing out a player and transporting them, that parent assumes all responsibility/liability. In extenuating circumstances, parents can complete an Atlanta Community Schools Athletic Return Route Form if they are requesting that their student be given permission to travel with another adult other than the parents themselves; this form must be pre-approved by Administration prior to the contest.

## Attendance

No athlete is to report to practice or a contest if he/she is absent from school unless an excused absence was granted. Absences from practice must be called in by the parent/guardian and state the reason for the absence. An excused absence will be given for the following reasons:

1. Personal Illness
2. Illness in the home
3. Death in the immediate family
4. Doctors appointment with a note

## Concussion Information

Public Acts 342 and 343 of 2012 require 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 and the CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGMENT FORM provided at the end of this document must be signed and turned in to the Athletic Department before the first day of the student's scheduled practice/tryout.

## Insurance

Atlanta Community Schools assumes no responsibility for medical attention resulting from an injury sustained while participating in any athletic practice, athletic contest, or any activity that is considered an extracurricular activity.

## Dual Sport Athletes

Students are eligible to participate in more than one sport at a time **as long as both coaches involved agree**. It is the student's responsibility to declare which sport is their "primary" sport prior to the start of a season; if there are any scheduling conflicts and the student has more than one contest in two different sports on the same day, the student will be required to attend and participate in his or her primary sport. If there is a conflict between a practice and a scheduled event, the scheduled event will take precedence regardless of which sport the student-athlete listed as their "primary sport." Student-athletes are not allowed to dual sport when one of



the sports is a Junior High sport and one is a Varsity sport. Sports that are eligible under the dual sports agreement are: Football, Basketball, Baseball, Softball, Track, Volleyball, and Wrestling. See the dual sport agreement in the appendix for further information.

### **Participation in Athletics and Extracurricular Activities**

Extracurricular activities for the purpose of this rule are activities that are not recognized as sports by the Michigan High School Athletic Association.

A student who makes the decision to join a sport/team will be required to attend any and all scheduled activities for that team, to include scheduled contests, re-scheduled contests, practices, meetings, and awards. A student who makes the decision to participate in athletics must realize that the decision comes with many responsibilities and affects many people.

Our school is a member of the Michigan High School Athletic Association and we must abide by the rules and regulations set forth by that organization. We are a member of the North Star League Conference whose rules and regulations we also have to abide by. Within the rules and bylaws for the conference there are punishments for schools who fail to show up at an event or who show a propensity to cancel out of events.

Our schedules for all levels of sports are set in advance which means so are the schools that we are contracted to participate against. Officials are also contracted for scheduled events in advance, as well. Finally, the team and its members are all counting on each student-athlete to fulfill their commitment to be present and accountable for the entire season. A student-athlete's failure to fulfill their commitment affects multiple organizations, other schools, officials, our athletic department, and their team which is simply unacceptable.

Although participation in extracurricular activities is encouraged and will be supported by the administration as much as possible, those activities and their schedules do not outweigh the student-athlete's responsibility to their team/sport. To avoid and or identify conflicts, it is expected that:

1. Coaches and those in charge of extracurricular activities submit their entire schedules to the administration and athletic department no less than one month prior to their first practice, and or scheduled activities. Schedules will include the dates and times of all scheduled practices/games/activities for the entire season.

In a situation where a student-athlete's sports schedule and extracurricular activity schedule conflict, the expectations are as follows:

2. The coach or coaches affected and the extracurricular leader will meet with the athletic director and a member of the administration who will attempt to mediate a solution and or compromise to the conflict. In this meeting, it will be determined if the schedule conflict is temporary in nature (one day) or if the conflict affects multiple dates (multiple dates, one week or longer). It will also be determined what effect the absence of the student will have on each program.
3. If a suitable resolution cannot be reached, the expectation is that the student-athletes attend the contest for their sport since failing to do so has a negative effect that reaches outside of our school district, puts us in jeopardy of breaking league rules, may force us to break signed contracts with

other schools and officials (we must pay them once the contract is signed if the cancellation is not considered an act of God, i.e. weather related), and may even force a cancellation to the entire team's season.

4. If the student-athlete makes the decision to not attend the current sports activity that is scheduled, that student has effectively made the decision to quit that sport and will no longer be a member of that team. The student will not be eligible for awards and will fall under the late arrival or quitting a sport policy below.

“Think before you commit.”

### **Late Arrivals or Quitting a Sport**

Athletes who are not in attendance at the first practice of the season or make the decision to join a team late will be required to participate in all practices, but will not be allowed to participate in competitions for 20% of that sports season. The Athletic Director will review cases of those who wish to join late and believe that they have a viable reason for doing so. If a viable reason is presented the 20% wait can be waived by the Athletic Director.

Athletes who begin a season with a team and later decide to quit that team will be required to sit out 20% of the season if they choose to join another team during that season or 20% of their next sport's season. Students will be allowed a five day tryout period at the beginning of each season, starting on the first day of practice. If after that five days the student informs the coach that they no longer wish to participate in that sport, there will be no consequences for that student. The Athletic Director will review cases of those who quit a sport and believe that they have a viable reason for doing so. If the Athletic Director determines that a viable reason is presented, the 20% wait can be waived. If the Athletic Director determines that a viable reason does not exist, then the 20% suspension will be enforced.

### **Removal from a Sport or Team**

An athlete may be removed from a team by a coach or a member of the administration for:

1. Failing to follow the rules set forth in the Athletic Policy.
2. Failing to follow the rules set forth in the Student Handbook.
3. Failing to follow written and acknowledged team rules.
4. Failing to display acceptable levels of sportsmanship.
5. Disrespectful attitudes or behavior (words or actions) towards a coach, administrator, staff, fans, officials, opposing team members, opposing coaches, or members of the general public.
6. Threatening or intimidating behavior or actions of any kind.
7. Refusal to participate. This means joining a sport, but failing to attend practices, contests, refusing to enter a contest, failing to follow a coach's instructions, and or refusing to participate in practices or practice drills, etc.

8. Any display of questionable character; meaning any character not normally acceptable in a school or athletic setting.

In all cases where an athlete is removed from a team, an athletic counsel will be formed to determine the appropriate level of consequence.

**NOTE: The administration reserves the right to impose harsher consequences than those stated above depending on the severity of infraction regardless of the number of previous offenses. For example only: if an athlete makes physical contact with a coach or displays threatening behavior, the administration is not bound to imposing only the consequences listed based off of the number of offenses incurred.**

### **Practice Schedules**

Practice schedules for all sports will be determined and approved prior to the start of each season. It is each coach's responsibility to turn in a complete practice schedule to the Athletic Director 30 days before the start of their first practice date. In addition, it is the coach's responsibility to provide each student-athlete and parent/guardian and the Athletic Director a printed copy of the practice schedule. Any adjustments to practice schedules will be communicated to both players and parents as soon as possible in order to give them time to make the necessary adjustments to their schedules.

### **School Uniforms and Equipment**

All uniforms and equipment will be issued by each sport's coach; students will sign for each piece of equipment and uniforms and a sign out sheet will be maintained by each coach. The wearing of or use of any school owned and issued uniform/equipment by any student at anything other than school sponsored events is strictly prohibited. All articles lost or damaged beyond normal wear and tear will be paid for by the athlete. No athlete will be allowed to participate in another sport until all equipment is turned in.

### **Dress Code**

Student athletes are expected to be well groomed and well dressed. Athletes traveling to and from competitions are a direct representation of our school and community. Players who fail to comply with the dress code will not be allowed to participate in that day's contest. If there are habitual issues, further suspensions or removal from the team will be enforced.

At no time will males or females wear tattered clothing, even if purchased with rips or tears, clothing with offensive or questionable writing or pictures, or flip flops/slides as part of their game day attire. Acceptable game day attire is:

- Males: Team Shirts, team jerseys (other than basketball or track; no tank tops), team travel suits if issued, team shooting shirts, and polo shirt or button up dress shirt are acceptable game day attire. T-shirts are not acceptable game day attire unless it is an approved team shirt. In this case the entire team must wear the same shirt .

- Khaki pants, jeans without holes, rips, or tears, or appropriate length Khaki shorts, or approved team travel pants when worn with team travel suits are approved game day attire. Sweatpants or wind pants, are not acceptable game day attire.
- Dress shoes, dress boots, and clean tennis shoes are acceptable game day footwear. Sandals, flip flops, slides, or work boots are not acceptable game day attire.
- Females: ○ Team Shirts, team jerseys (other than basketball or track), team travel suits if issued, team shooting shirts, polo shirts, or blouses are acceptable game day attire. T-shirts are not acceptable game day attire unless it is an approved team shirt. In this case the entire team must wear the same shirt.
  - Dress pants, khaki pants, jeans without holes, rips, or tears, or appropriate length khaki shorts, appropriate length dresses/skirts, and approved team travel pants when worn with team travel suits are approved game day attire.

Sweatpants or wind pants are not acceptable game day attire.

- Dress shoes, dress boots, clean tennis shoes, dress sandals are acceptable game day footwear. Flip flops or slides are not acceptable game day attire.

**School Closings/Weather Conditions/Practices & Games** When are practices and games canceled?

- If our area is under a winter storm warning, all practices and games will be canceled.
- If our area is under a high wind advisory, with blowing and drifting snow, all practices and games will be canceled.
- When there is early dismissal because of weather, all practices and games will be canceled.

When can practices and games be held on school cancellation days?

- Only varsity level teams can practice or have a game if the weather advisories and warning have been canceled and the roads are plowed by 12p.m. Practices on these days are considered voluntary due to the fact that some students live in areas where the road commission cannot get to by 12p.m. All practices and games on these days must be approved by the Athletic Director.

What happens on cold related school closings?

- Practices and games can be held in the afternoon, starting at 12:30PM, if the temperature no longer presents a danger to students. All practices and games on these days must be approved by the Athletic Director.

The administration and athletic director will make the determination on whether practices and/or contests will be canceled and inform coaches once the decision has been made.

## Atlanta Community Schools' Standards for Personal Conduct for Athletes

### Lunch Suspensions

Lunch suspensions are issued by the administration and cannot be challenged under the athletic policy's dispute and conflict resolution procedures.

Note: The consequences for lunch suspensions only will be enforced from season to season, and will start over at the beginning of each season.

Any athlete who receives a lunch suspension will be subject to the following consequences:

**First Suspension:** The athlete will be verbally counseled by the administration and the athlete's coach will be notified.

**Second Suspension:** The athlete will be required to sit for no less than one-half of the next contest; or, in a case involving softball or baseball, one game of a doubleheader.

**Third Suspension:** The athlete will be suspended from participating in the next scheduled day's contest or for the length of their lunch suspension if the suspension is longer than one day. Athletes are still required to attend practices and contest (not dress) during the period of their lunch suspensions.

All suspensions after the third lunch suspension will result in the student-athlete being suspended from the next scheduled contest or for the length of their suspension if the suspension is longer than one day.

### In-School Suspensions

In-School suspensions are issued by the administration and cannot be challenged under the athletic policy's dispute and conflict resolution procedures.

In-school suspensions for violating the Code of Conduct set forth in the student handbook will be considered suspensions by the Athletic Department as well. If a student athlete incurs an in-school suspension for any reason, the following consequences will be enforced:

**First Suspension:** The athlete will be required to sit for no less than one-half of the next scheduled contest; or, in a case involving softball or baseball, one game of a doubleheader. Athletes are still required to attend and participate in practices and attend contests (not dress) during their in-school suspension period.

**Second Suspension:** The athlete will be suspended from participating in all of the next scheduled contest.

**Third Suspension:** Suspended for 20% of the total scheduled games; if less than 20% of the schedule remains at the time of the suspension, the remainder of the suspension will include the rest of the remaining season and carry over to the student's next sport's season. Even if an athlete is suspended for 20% of the season that athlete is still required to attend all practices and contests once the length of the suspension from school has been satisfied. An athlete who fails to attend practices will fall under the "Quitting a Sport" policy and an additional 20% contest suspension may be added to either their current sport or roll over into their next sport.

**Fourth Suspension:** Suspended for 50% of the total scheduled games; if less than 50% of the schedule remains at the time of the suspension, the remainder of the suspension will include the rest of the remaining season and carry over to the student's next sport's season. Even if an athlete is suspended for 50% of the season, that athlete is still required to attend all practices and contests once the length of the suspension from school has been satisfied. An athlete who fails to attend practices will fall under the "Quitting a Sport" policy and an additional 25% contest suspension may be added to either their current sport or roll over into their next sport.

### **Out of School Suspensions**

Out of School suspensions are issued by the administration and cannot be challenged under the athletic policy's dispute and conflict resolution procedures except in the case of banned substances.

Suspensions from school for violating the Code of Conduct set forth in the student handbook will be considered suspensions by the Athletic Department as well. If a student athlete is subject to a suspension from school, the following consequences will be enforced:

**First Suspension:** Suspended from participating in any athletic contests or practices for the length of the suspension. In addition, if there are no contests scheduled during the suspension period, athletes will be suspended for the next scheduled contest once the period of their suspension is completed. In a case involving baseball or softball, the athlete will be required to sit both games of a doubleheader.

**Second Suspension:** Suspended for 20% of the season; if the suspension occurs with less than 20% of the season remaining, the remainder of the suspension will roll over into the student's next sport. Even if an athlete is suspended for 20% of the season, that athlete is still required to attend all practices and contests once the length of the suspension from school has been satisfied.

An athlete who fails to attend practices will fall under the "Quitting a Sport" policy and an additional 25% contest suspension may be added to either their current sport or roll over into their next sport.

Third Suspension: Suspended for 50% of the season; if the suspension occurs with less than 50% of the season remaining, the remainder of the suspension will roll over into the student's next sport. Even if an athlete is suspended for 50% of the season, that athlete is still required to attend all practices and contests once the length of the suspension from school has been satisfied. An athlete who fails to attend practices will fall under the "Quitting a Sport" policy and an additional 25% contest suspension may be added to either their current sport or roll over into their next sport

Fourth Suspension: Suspended from participating in any athletics for one calendar year.

### **Contest Ejections**

Contest ejections cannot be appealed through the MHSAA. Therefore, contest ejections do not fall under the Athletic Policy's dispute and conflict resolution procedures.

Students ejected from a contest by an official will fall under the rules set forth by the MHSAA. **Please Note:** There are no appeals!

### **Banned Substances**

This section will be in effect starting from the first practice/tryout date of each school year and covers incidence that occur on or off of school grounds. *As stated, this policy begins on the first practice date of or the first day of school each year, whichever comes first and goes through the last day of school each year, or the last contest date, whichever is later.* **The Administration reserves the right to use discretion for violations in this category.** The administration will consider all of the circumstances and available information in each case such as the substance in question, where the incident took place, and other surrounding circumstances. The administration WILL NOT divulge any information or engage in discussions concerning a case that they have investigated or the reason for the level of consequences imposed. Each case will be handled and evaluated on its own merit.

The use of illegal drugs, alcohol, and tobacco or tobacco-like products, vapes, steroids, human growth hormones and other performance enhancing drugs is strictly forbidden.

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

- Possession, use, sale, or distribution of any intoxicating beverages.
- Possession, use, sale, or distribution of tobacco in any form.
- Possession, use, sale, or distribution of any controlled substances, drugs, counterfeit drugs, look-a-like drugs, e-cigarettes, vapes, look-a-like cigarettes, prescription medication that is not issued to the individual in possession, or paraphernalia.

If a student violates the banned substances policy the following will be enforced:

## 1<sup>st</sup> Violation

The student-athlete will continue participating in all practices and contests as scheduled while the administration investigates the incident and while all appeals are being heard. - If the investigation finds that the student-athlete did not commit a violation of the banned substance policy, he/she will continue to participate in their sport as normal.

- If the administration determines that the student is in violation of the banned substance policy; Option #1: Attend a 1 hour class directly related to the substance in question or Option #2: The student-athlete will be suspended for 10% of the scheduled games.

## 2<sup>nd</sup> Violation:

The student-athlete will continue participating in all practices and contest as scheduled while the administration investigates the incident and while all appeals are being heard. - If the investigation finds that the student-athlete did not commit a violation of the banned substance policy, he/she will continue to participate in their sport as normal.

- If the administration determines that the student is in violation of the banned substance policy, the student must: Option #1 Sign up for and attend a three hour "Prime for Life" Zoom course with a licensed agency.
- Option #2 If the student refuses to sign up for or fails to attend the class or refuses to attend the class, that student will be placed on a 20% season suspension beginning the day after the class was scheduled.

## 3rd Violation:

The student-athlete will continue participating in all practices and contests as scheduled while the administration investigates the incident and while all appeals are being heard.

- If the investigation finds that the student-athlete did not commit a violation of the banned substance policy, he/she will continue to participate in their sport as normal.
- If the administration determines that the student is in violation of the banned substance policy, the student must: Option #1 complete five hours of community service directed by the administration, and will be suspended for no less than two weeks of competitions.
- Option #2 If the student fails to or does not agree to complete the community service hours, that student will be placed on a 50% season suspension beginning the Monday after the community service was scheduled.



#### 4<sup>th</sup> Violation

The student-athlete will continue participating in all practices and contests as scheduled while the administration investigates the incident and while all appeals are being heard.

- If the investigation finds that the student-athlete did not commit a violation of the banned substance policy, he/she will continue to participate in their sport as normal.
- If the administration determines that the student is guilty of violating the banned substance policy, the student will be required to undergo an assessment program by a licensed agency and participate in their recommended courses or treatment. Students and parents are responsible for coordinating the sign-up process and for all fees associated with the assessment program. Successful completion requirements and or satisfactory ongoing participation must be verified by the licensed agency to the school in writing.
- If the student fails to provide proof of successful completion of or satisfactory participation in the assessment program, the administration could impose a suspension that bans the student from participating in sports for the remainder of the school year.

#### **Law Violations**

Students convicted of misdemeanor/felony violations will be immediately suspended from athletic participation and dealt with on an individual basis. In addition, students may be disciplined while awaiting criminal prosecution.

#### **Dispute and Conflict Resolution Process**

Student athletes and parents/guardians must attempt to address any concerns at the lowest possible level first and are required to follow the steps below in resolving conflicts or concerns. If a student-athlete and or parent/guardian attempts to skip steps in this process, i.e. attempts to contact the superintendent or principal or Assistant Principal before meeting with the coach, the dispute and conflict resolution option will no longer be available in their case and the consequences will follow the athletic policy as written. Even if a dispute, conflict, or concern involves a coach, that coach still deserves an opportunity to meet with the athlete and or parents to hear the complaint and attempt to resolve the complaint in a timely and acceptable manner prior to any complaint being escalated to the next level. Who to contact when you have a dispute and or complaint.

Step 1: Contact the Student-athletes coach. If not satisfied, move to step two.

Step 2: Contact the Athletic Director. If not satisfied move to step three

Step 3: Make a written appeal that an athletic counsel be formed. If not satisfied move to step four

Step 4: Make a written appeal to meet with the Superintendent. If not satisfied, move to step five.

Step 5: Make a written appeal to the superintendent and ask to speak to the school board.

Also review the steps below for more details.

The only exception to not meeting with a coach first is if an extenuating circumstance exists, such as allegations of mental, physical, or emotional abuse. Once any policy violation is brought to the administration's attention, the administration will send a letter home to the athlete and the parents/guardian. The administration will include the date that step one below must be completed by (three days to be delivered by USPS and three additional days to complete step one). If step one is not completed by that date, the dispute and conflict resolution process stops and will no longer apply to the concern in question. In this case, the consequences will revert back to the Athletic Policy as written (Add).

The following is a list of possible disputes and or concerns that are covered in the dispute and conflict resolution process and a list of possible concerns that are not covered by this process.

**Disputes/Concerns Covered**

Late Arrival/Quitting a Sport

Removal from a Sports Team

Banned Substances

**Disputes/Concerns Not Covered**

Any direct MHSAA violations

Lunch Suspensions

In-School Suspension

Out-of-School Suspension

Contest Ejections

Dress Code Violations

Law Violations

Eligibility

The first step of the process is for the student athlete and or parent/guardian to set up a meeting with the coach to discuss the issue. This meeting must be completed by the date on the administration's letter. If the resolution of the issue is not satisfactory the issue should be brought to the attention of the athletic director.

The second step of the process is for the student athlete and or parent/guardian to contact the athletic director or administration if the athletic director is the coach involved to set up a meeting if no resolution was reached with the coach. The request to meet with the athletic director can be made by phone or by email or in person at the school during normal business hours (7am -4pm). This request must be made within three business days of meeting with the coach. If the athlete and or parent fails to request this meeting within three days of meeting with the coach, the coach's decision on the issue will stand as the resolution to the issue.

The third step of the process, if no resolution is found through the athletic director, is the formation and convening of an athletic council to address the concern(s). A student-athlete and parent/guardian must provide a written request to meet with the Athletic Council within three business days after meeting with the Athletic Director. The Athletic Council will have 10 business days from the day the request is received to meet, investigate the incident, and to make a final decision on the issue. The committee's final written decision will then be brought to the superintendent for review, required changes if needed, and final approval.

The written request to have an athletic committee formed, investigate, and decide on an issue must contain the following:

- A detailed summary of the incident and or situation in question to include witness statements if witnesses exist, and any other evidence that the athlete and or parent have in their possession.
- A brief summary of the results of the scheduled meeting with the coach.
- A brief summary of the results of the scheduled meeting with the athletic director.

If the student-athlete and or parent/guardian wish to attend the Athletic Council's meeting and present their concerns, both the student-athlete and parent/guardian must be in attendance. If the student-athlete and or parent/guardian do not wish to attend the council's meeting, the council will base their discussion and recommendation off of the written evidence/statements provided.

All written requests must be turned in to the athletic department within three business days after the meeting with the Athletic Director. If a written request is not received within three business days, the incident will be considered closed and the decision made by the Athletic Director will stand as the final resolution of the issue.

The Athletic Council will consist of a minimum of five members. . The athletic counsel may consist of members from the following groups, but all efforts will be made to build a counsel of as many coaches as possible not directly involved with the concern/incident first.

1. Athletic Director (unless directly involved in the incident)
2. Assistant Principal
3. Principal
4. Head Coach (unless directly involved in the incident)
5. Additional Coaching Staff from the same or different sport.
6. Faculty Members

If the Athletic Council does not resolve the dispute/conflict, a written appeal may be made to the superintendent within three days of the superintendent's final review of the Athletic Counsel's recommendation. If the superintendent does not resolve the conflict, a written appeal to meet with the

school board may be made within three days of the meeting with the superintendent. This appeal must be made to the superintendent in order for the appeal to be put on the Board of Education's agenda.

**Note:**

1. It is the athlete's and/or parent's responsibility to initiate the dispute and conflict resolution process and to follow the steps as written above: not the Coaches, Athletic Directors, Athletic Council, Principal, Superintendent, or School Board's responsibility.
2. All meetings with coaches, the Athletic Director, Athletic Council, Administration, and the Board of Education will be a scheduled meeting; these meetings will remain professional and respectful.
3. Confronting a coach, Athletic Director, Administrator, or Board of Education member prior to, during, or after a practice or contest or in a public place is not considered a meeting. Confrontations will not be tolerated.
4. Intimidating language, verbal abuse, or any actions perceived to be threatening will not be tolerated at any time; these actions may result in being removed from school property, being banned from school property, and if need be, the local authorities will be called. If any of the behaviors listed above are exhibited, the athlete's and/or parent's appeals process will be terminated at that time and previous decisions will stand as the final resolution.
5. Issues such as playing time of an athlete, the position an athlete plays, a coach's in-game strategies and/or decisions, or how a coach instructs a skill do not fall under the "dispute or conflict resolution" category. These are decisions made by a coach and fall within his or her authority only and will not be entertained at a higher level.
6. At no time will the coach, Athletic Director, Administration, or Board of Education share information or entertain conversations concerning the actions of other students or the decisions made in their specific cases.
7. This is not a court of law; the Administration, Athletic Director, Athletic Council, or the School Board does not bear the burden of proving beyond a reasonable doubt that the student-athlete committed an offense or violated a rule or policy. Decisions can and will be made on a preponderance of the evidence provided.

**Awards and Honors**

Letter Awards will be made by the Athletic Department under the following conditions:

1. Each athlete must attend all practices and competitions, unless excused by the athletic director or the head coach.
2. The award must be recommended by the head coach.
3. Each athlete must complete the season as a member of the squad and participation accounted for. Since players have no control over the amount of playing time they receive, participation for a letter

award will be defined as: "Meeting the requirements stated in conditions one and two above, and having played one play of a varsity level contest."

Coaches may request that the Athletic Department order three plaques. These three awards will be ordered and paid for by the athletic department; any and all additional awards that the coach wishes to hand out will be ordered and paid for by the program that wishes to order additional awards.

### **Most Valuable Player Award**

Each year recognition is given to athletes for outstanding contributions to each of the school-sponsored sports. The determination of the award winner shall be made by the coaching staff of each respective sport. Coaches may choose to not name a Most Valuable Player based on his or her team's circumstances and may substitute the MVP award with an Offensive Player of the Year, Defensive Player of the Year, Coaches Award, etc., as examples.

### **Award Ceremonies**

There will be three awards ceremonies held per year:

#### Fall Sports (involving)

- Varsity Football
- Cheer
- JV and Varsity Volleyball
- JH Volleyball

#### Winter Sports (involving)

- Varsity Boys Basketball
- Varsity Girls Basketball
- Wrestling
- Cheer
- JH Girls Basketball
- JH Boys Basketball

#### Spring Sports (involving)

- Varsity Baseball
- Varsity Softball
- Varsity Track
- JH Track

- ✓ Coaches are responsible for turning in an updated roster and a list of all requested awards (plaques) and certificates to the Athletic Director two weeks prior to the end of their season. Double check the spelling of the students' names and of the awards requested. This roster must also include the level of

award each student-athlete is receiving, i.e. Baseball second bar or Varsity Letter and Baseball pin. Double check the level of their award is correct.

- ✓ Coaches must be present at the awards ceremony and are responsible for presenting the awards for their program.
- ✓ If All-Conference and/or All District meetings have not been held yet, coaches must provide the Athletic Director with the names of those students who have earned those awards as soon as those meetings are completed.

### **Athlete of the Year Award**

The Athlete of the Year award shall be given to one male and one female for outstanding performance in sports, scholastic achievement, and citizenship. The athlete must have participated in at least two varsity sports. Duration and amount of participation should also be considered for this award. The coaches of all varsity level sports, athletic director, and administration will determine the Athlete of the Year.

### **Huskie Hustler Award**

The Huskie Hustler award shall be given for outstanding dedication, sportsmanship, enthusiasm, determination, and attitude. The athlete must have completed one complete season in a varsity sport. The coach of each individual sport will determine the Huskie Hustler recipient.

### **Homecoming Selection**

Athletes who are selected as homecoming representatives will be allowed to participate in recognition festivities.

### **Team Pictures**

The Athletic Department is responsible for setting up a picture day for each sport and distributing those pictures once delivered to the school. The Athletic Department is not responsible for the quality of the photos or mistakes in orders. If a student-athlete and or parent/guardian is unsatisfied with the quality of their photos, missing photos, ordering mistakes, etc., it is their responsibility to contact the company directly to handle the dispute.

### **Right to Know Meetings**

Each year the Athletic Department will hold a mandatory Right to Know Parent Meeting (date TBA). The first meeting will always be held in August and additional make up dates will be scheduled throughout the year. Once a parent and student attend a Right to Know meeting, they are not required to attend any additional scheduled meetings that school year. Parents are required to attend a Right to Know meeting prior to the student-athlete participating in any contest; i.e. a football and or volleyball parent must attend a right to know meeting before their son or daughter participates in their first contest in the fall. A parent of a student-athlete that only plays basketball can wait until the winter meeting or attend the meeting in August to fulfill the commitment.

## Atlanta Community Schools Academic Policy

Grading Period	Grades Checked	Fails 2 Classes	Fail 3 or More Classes	Proof
Beginning of the year	Previous Semester (S2 from previous year)	Must show weekly improvement in all failed classes with teachers input/data  Ineligible for <b>One</b> week of Competition (Monday - Sunday)	Ineligible for <b>60</b> Scheduled School Days	Example: assignments turned in, after school tutoring, student/academic growth  Weekly progress reports will be emailed each Friday @ 3:00PM to the AD and Administration
Weekly Progress	Current Term Grade	Ineligible for <b>One</b> week of Competition (Monday - Sunday)		Weekly progress reports will be emailed each Friday @ 3:00PM to the AD and Administration
<b>T1 - First Marking Period</b>	Marking Period One Final Grade	Ineligible for <b>One</b> week of Competition (Monday - Sunday)		Weekly progress reports will be emailed each Friday @ 3:00PM to the AD and Administration
Weekly Progress Check (S1)	Semester One Grade	Ineligible for <b>One</b> week of Competition (Monday - Sunday)		Weekly progress reports will be emailed each Friday @ 3:00PM to the AD and Administration
<b>T2 - Second Marking Period</b>	Semester One Grade	Ineligible for <b>One</b> week of Competition (Monday - Sunday)	Ineligible for <b>60</b> Scheduled School Days	Weekly progress reports will be emailed each Friday @ 3:00PM to the AD and Administration
Weekly Progress Check	Semester One Grade	Ineligible for <b>One</b> week of Competition (Monday - Sunday)		Weekly progress reports will be emailed each Friday @ 3:00PM to the AD and Administration

<b>T3 - Third Marking Period</b>	Marking Period Three Final Grade	Ineligible for <b>One</b> week of Competition (Monday - Sunday)		Weekly progress reports will be emailed each Friday @ 3:00PM to the AD and Administration
Weekly Progress Check	Current Term Grade	Ineligible for <b>One</b> week of Competition (Monday - Sunday)		Weekly progress reports will be emailed each Friday @ 3:00PM to the AD and Administration
<b>T4 - Fourth Marking Period (S2)</b>	Semester Two Grade	Ineligible for <b>One</b> week of Competition (Monday - Sunday)	Ineligible for <b>60</b> Scheduled School Days	Weekly progress reports will be emailed each Friday @ 3:00PM to the AD and Administration

**\*\*Deficiencies in credit of the previous semester/trimester (not current semester/trimester) including incompletes, conditions, and failures from a previous semester/trimester may be made up during a subsequent semester/trimester, summer sessions, night school, correspondence courses, online, or by tutoring, as long as the school’s policies are applied equally to all student-athletes.**

**\*\* An athlete deemed ineligible could return to the team if he/she receives before or after-school help and makes satisfactory progress for three days or completes an approved special project. This option must have the teacher’s approval and is used in unforeseen circumstances related to injury or family emergencies ONLY that are approved by the Athletic Director and Administration.**

**\*\*Weekly progress reports will be emailed to the administration and athletic director each Friday at 3:00PM. Once the Athletic Director receives the report, it will be sent to each coach. If a student is considered ineligible, the coach will be expected to inform the player and enforce the rules for ineligibility.**

If identified as “ineligible,” the student-athlete will not be allowed to participate in any contest or scrimmage for one week. Even though the athlete is identified as ineligible on Friday at 3pm, he/she is still eligible to participate in any and all contest on that day (Friday) and any contest schedule on the following day (Saturday). His or her ineligibility period runs from that Sunday through the following Sunday.

The Athletic Director and Coaches will not contact teacher or the administration to question the results of the ineligibility report; it is the students’ and parents’ responsibility to contact the teacher and or administration if they have questions concerning the report.



**\*\*8th Grade students transitioning to a varsity sport start their freshman year with a clean slate, even if they played a varsity sport as an 8<sup>th</sup> grader.**

Students who have a current IEP or 504 plan are eligible for play under the same regulations as students who do not have an IEP or 504 plan, unless a modification of grading is provided for in the student's plan. It is the responsibility of the teacher to be sure that the grade reflected in the SIS (Student Information System) used to determine eligibility is correct and follows the criteria set forth in the student's plan.

Ineligible student-athletes are still required to attend all team practices, meetings, contests, and are required to travel with the team, unless the bus is scheduled to depart before the last bell. In the case of early dismissal from school, ineligible student-athletes cannot travel with the team and are therefore exempt from attending those contests only.

If an ineligible student-athlete fails to attend team practices, meetings, contests, or fails to travel with the team when allowed, that student-athlete will fall under the team's "missed practice" or "missed contest" rule. If the ineligible student-athlete shows a propensity of missing practices and or contests, the coach will report these facts to the Athletic Director who will decide if further action must be taken, to include removing the student-athlete from the team. If this is the case, the student-athlete will fall under the consequences and punishments stated for being removed from a team.

Any student who is ineligible for three consecutive weeks in one season will not be allowed to participate for the remainder of that season. Removal from the team means that the student-athlete will no longer attend practices, team functions, or contests. This rule is in place to ensure that student-athletes have adequate time to focus on their academic standing.

## Important Athletic Dates for School Year 2024-2025 (Add)

Dates and activities listed subject to change if necessary

12 August, 2024	First day of fall sports practices
12 August 2024	Mandatory Fall Right to Know Meeting (7:00pm High School Gym)
17 September 2024	JH/JV/Varsity Volleyball Picture Day (5:00pm High School Gym)
26 August 2024	Football/Cheer Picture Day (5:45pm Football Field)
4 October, 2024	Football Homecoming (7pm)
10 October, 2024	JH Volleyball Parent Night (6pm)
11 October, 2024	Football Parent Night (6:30pm)
15 October, 2024	Volleyball Senior Night (6pm)
17 October, 2024	JV/Varsity Volleyball Parent Night (6PM)
11 November, 2024	First Day of Varsity Boys Basketball Practice
13 November, 2024	JH Boys and Girls Basketball Pictures (5:45)
18 November, 2024	First Day of Varsity Girls Basketball Practice
20 November, 2024	Make-Up Right to Know Meeting (6:30 High School Gym)
21 November, 2024	Varsity Boys/Girls Basketball/Wrestling/Cheer Pictures (5:45)
26 November, 2024	JH Boys/Girls Basketball Parent Night (6pm Elementary Gym)
27 November, 2024	Fall Sports Awards Night (6:30 High School Gym)
11 February, 2025	Varsity Boys/Girls Basketball Senior Night (6pm High School Gym)
18 February, 2025	Varsity Boys/Girls Basketball Parent Night (6pm High School Gym)
10 March, 2025	First day of practice for spring sports
13 March, 2025	Baseball and Softball Pictures (5:45)
26 March, 2025	Make-Up Right to Know Meeting (7pm High School Gym)
27 March, 2025	Winter Sports Awards Ceremony (7pm High School Gym)
15 April, 2025	Open Physical Date for 2025-2026 School Year
19 May, 2025	Baseball/Softball Senior Night (4pm)
19 June, 2025	Spring Sports Awards Night (6:30 High School Gym)

## **Atlanta Community Schools Sportsmanship Expectations for Coaches**

Each coach is expected to:

1. Exemplify the highest moral character, behavior, and leadership. Adhering to strong ethical and integrity standards. Practicing good citizenship is practicing good sportsmanship.
2. Respect the integrity and personality of the individual athlete.
3. Abide by and teach the rules of the game in letter and spirit.
4. Describe and define respectful and disrespectful behavior. Stress that disrespectful behavior, especially taunting, trash talking, and intimidation, will not be tolerated. Coaches who encourage or allow these types of behaviors are subject to dismissal.
5. Set a good example for players and spectators.
6. Refrain from open arguments in front of players and spectators.
7. Refrain from intimidating behavior including but not limited to fighting, "cheap shots," threatening language, comments, statements, etc.
8. Shake hands with the officials and opposing teams after each contest.
9. Respect the integrity and judgment of game officials.
10. Display modesty in victory and graciousness in defeat in public and in meetings/talking with media.
11. Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the number one priority.
12. Develop a program that awards participants and spectators for displaying sportsmanship and enforcing penalties on those who do not abide by sportsmanship standards.
13. Be no party to the use of profanity or obscene language, or improper actions.

## Atlanta Community Schools Sportsmanship Expectations for Players

Each Player is expected to:

14. Accept and understand the seriousness of his/her responsibility and the privilege of representing the school, family, and community.
15. Live up to the standards of sportsmanship established by the school administration and coaches.
16. Learn the rules of the game thoroughly and discuss them with parents, fans, and fellow students.
17. Treat opponents as you would like to be treated.
18. Refrain from the possession, use, or distribution of drugs, alcohol, or prohibited items listed previously.
19. Refrain from taunting, trash talking, and any kind of derogatory remarks to opponents.
20. Refrain from intimidating behavior.
21. Wish opponents good luck before the game and congratulate them in a sincere manner following either defeat or victory.
22. Respect the integrity and judgement of the officials.

**Any form of unacceptable behavior by any student is subject to discipline which may include removal from the event, suspension from participation in all athletic events for a season or school year, suspension from school, and/or referral to the local authorities.**

## Atlanta Community Schools Sportsmanship Expectations for Spectators

Each spectator is expected to:

1. Remember that he/she is at a contest to support and yell for the team and to enjoy the skill and competition, not to intimidate or ridicule the officials, coaches, opponents, or the opponent's fans.
2. Remember that school athletics are learning experiences for the students and that mistakes are sometimes made. Praise student athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in a classroom.
3. Remember that purchasing a ticket to an athletic event is a privilege to observe the contest, not a license to verbally assault others or to be generally obnoxious.
4. Learn the rules of the game so he/she may understand and appreciate why certain situations take place. Show respect to opposing players, coaches, other officials, and other spectators. Treat them as you would treat a guest in your own home.
5. Refrain from taunting or making any kind of derogatory remarks to the opponents during the game.
6. Respect the integrity and judgment of the officials. Understand that they are doing their best to promote the student-athlete and admire his/her willingness to participate in full view of the public.
7. Recognize and show appreciation for an outstanding play made by an opponent.
8. Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, during games, and afterwards on or near school property (i.e. tailgating).
9. Recognize and compliment the efforts of school and league administrators in emphasizing the benefits of educational athletics and the role of good sportsmanship.
10. Be a positive role model in his/her behavior and by censoring the bad behavior of those around them.

## **Ten Commandments for Parents with Athletic Children**

1. Make sure your children know that win or lose, scared or heroic, you love them, you appreciate their efforts, and you are not disappointed in them. Allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, sportsmanship, and actual skill level.
3. Be helpful, but do not coach them; it's tough not to coach, but it's a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them develop the feel for competing, for trying hard, and having fun.
5. Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted.
6. Try not to "relive" your athletic life through your children in a way that creates pressure; you fumbled too, you have lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
7. Don't compare the skills, courage, or attitudes of your children with other members of the team.
8. Get to know the coach so that you can be assured his/her philosophy, attitudes, ethics, and knowledge make you comfortable having your child participate under his/her leadership.
9. Always remember that children, regardless of age, tend to exaggerate, both when praised and criticized. Temper your reaction and investigate before overreacting. There are at least two sides to every story; hold your final decision until you know both.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and be afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened by certain things. Explain that courage is not the absence of fear, but a means of doing something in spite of fear. Parenting an athletic child can be difficult. It is worth all of the effort when you hear your child say, "My parents helped me, I was lucky."

## Keys for the Back-up Athlete and Parents

1. Know your role on the team; if you do not know what or how you are supposed to be contributing to the team, ask the coach.
2. Prepare in practice to make an immediate and positive impact on the field or court at the coach's request. Prepare yourself to make a maximum impact in a minimum amount of time.
3. As a backup, you do not have the luxury of quietly settling into the game over a long period. Your job is to immediately contribute.
4. Staying in the game mentally is definitely tougher as a backup, but that's what the team needs you to do.
5. Always have supportive body language. Slouching on the bench and rolling your eyes at the actions of the court/field will do little to support the team or for your chances to gain playing time,
6. When leaving the game, come out as fired up as you were before the game started.
7. Push yourself and your teammates to get better.
8. Emphasize the value of athletic participation over playing time and the importance of the team of individual players.

Both parents and athletes must understand that when entering into high school sports, a change in magnitude must exist. We are a small school and we do not always have the option of having a junior varsity program in every sport; this is a tough situation for many freshman and sophomore athletes and their parents where playing time becomes a concern. As a freshman or sophomore you are competing with juniors and seniors that have, at many times, been playing at this level for three to four years. With that being said, your playing time may in some cases be limited, but it is also an opportunity to participate at a higher level earlier in your career. Participate, learn, develop, compete, and go out and earn your playing time.

On the flip side of that, just because a junior or senior has been on the team and maybe even started for most of their careers, they still have to earn their playing time. Being beat out of your position by a talented freshman or sophomore may be a reality that you have to adjust to. Again: participate, continue to learn, develop, compete, and earn your playing time; being a junior or sophomore **or senior** doesn't guarantee a starting position.

## For the Student-Athlete

Know and adhere to the athletic policy.

1. Exceed all attendance and academic requirements as practical evidence of loyalty to the school and your team.
2. Observe completely all policies regarding conduct.
3. Counsel with the athletic director over questions of eligibility.
4. Practice and play fairly, giving complete effort in all circumstances. Give credit to teammates in victory and opponents in defeat.
5. Accept with equal grace favorable and unfavorable decisions in victory and defeat.
6. Demonstrate respect for all at all times.

High School sports are a privilege unique to American education. Unique in what it does for schools, kids, and communities. However, in our sport-crazed society, some people want what happens in educational activities to be defined by “edutainment” and entertainment levels of athletics – major collegiate and professional sports. That’s not the primary focus of high school sports.

Only in America is this after-school activity so tightly entwined with, but yet secondary to, a school’s mission – educating boys and girls to become productive members of society: tomorrow’s leaders.

It’s in understanding that high school athletics primarily serve to prepare young people for the next level of life – not the next level of sports – that defines high school sports as a unique and positive force in the lives of our young people and communities.

The opportunities to play organized athletics beyond high school come to only a select few. College athletic scholarships are earned by one in a hundred participants, and the stories of people like Tiger Woods and LeBron James are one in a million

**-From the MHSAA**





## 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	Balance Problems	Sensitive to Noise	Poor Concentration	Not "Feeling Right"
Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	"Feeling Down"	Sleep Problems
		Grogginess		

#### 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:

- 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.
- 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.
- 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](http://www.cdc.gov/concussion).

**Parents and Students Must Sign and Return the Educational Material Acknowledgement Form**

**2022-2023**

**Atlanta Community Schools Dual Sport Agreement**

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

As a student at Atlanta High School, it is my request to be an active participant in the (season) sports of

\_\_\_\_\_ (Priority Sport)

\_\_\_\_\_ (Second Sport)

I understand that this decision must be agreed upon by my coaches, my parents/guardians, and myself and must be approved by the Atlanta Community Schools Administration.

The following is a list of criteria included in this option.

1. I understand that scheduling may result in conflicts between events in all sports.
2. If there is a conflict between practices in one sport versus a game/meet/competition in the other sport, the competition has priority.
3. I understand that any and all practices missed in one sport may result in having to make up practices if deemed necessary by a coach.
4. I agree that I will not switch the priority sport during the course of the season. If one sport becomes a better situation for the team or for me personally, I will still adhere to my decision that my priority sport stated above remains my priority sport for the entire season.
5. Academics are the priority. This request to be a part of two or more teams (dual-sport athlete) will only be considered if the student-athlete is in good academic standing at the time of the request. If the dual sport athlete is ineligible for two consecutive weeks, the student will discontinue participation in the second sport as listed above.
6. I understand that suspension or removal from a team due to a disciplinary reason will result in removal from any other sport the athlete is participating in. The circumstances will be reviewed by the school administration and both coaches to determine if the student-athlete will be allowed to resume participation at all or in only one sport.
7. Athletes agree and acknowledge that playing time and their level of participation for any of their teams may be affected by choosing to be a dual sport athlete.
8. If an athlete quits one of the sports listed above, the administration will review the circumstances to determine whether or not to allow the student-athlete to participate in dual sports in the future.

This decision is mine. I have not been coerced, influenced, or intimidated by any coach of any of the sports listed above and my decision has been agreed to by all respective parties:

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Coach: \_\_\_\_\_

Date: \_\_\_\_\_

Coach: \_\_\_\_\_

Date: \_\_\_\_\_

Administrator: \_\_\_\_\_

Date: \_\_\_\_\_

## Athletic Consent Form

I have been given a copy of the current Atlanta Community Schools Athletic Policy. I have read and understand the policy. I have attended a rules meeting at which the policy was explained to me. I am hereby voluntarily consenting to abide by its rules and policies. This signature page must be signed by both the parent/guardian and the student and returned to the coach or athletic director before the student is 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 risk. Atlanta Community Schools are not liable for expenses incurred for physical examinations or medical treatment for injuries. Parents are responsible for all insurance and medical coverage of student athletes.

Parent/Guardian Printed Name	Parent/Guardian Signature	Date
Student Printed Name	Student Signature	Date

Please note: This athletic policy will be enforced whether you have signed this form or not. Your signatures are to reinforce understanding of the policies set forth by Atlanta Community Schools.



Complete all sections below. This information is required by the Michigan High School Athletic Association for eligibility.

Student-Athlete's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Check the sport(s) you will be participating in:**

<u>Fall Sports</u>	<u>Winter Sports</u>	<u>Spring Sports</u>
<input type="checkbox"/> Football	<input type="checkbox"/> Boys Basketball	<input type="checkbox"/> Track
<input type="checkbox"/> Volleyball	<input type="checkbox"/> Girls Basketball	<input type="checkbox"/> Baseball
<input type="checkbox"/> J.H. Girls Basketball	<input type="checkbox"/> J.H. Boys Basketball	<input type="checkbox"/> Softball
	<input type="checkbox"/> J.H. Girls Volleyball	

Dates of enrollment this semester: \_\_\_\_\_

(Only required for transfer students)

Number of seasons participating in the sport(s) checked above, including the present season:

\_\_\_\_\_

## Concussion Awareness Educational Material Acknowledgment Form

By my name and signature below, I acknowledge in accordance with Public Act 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheets for parents and students provided by Atlanta Community Schools.

Parent/Guardian Printed Name	Parent/Guardian Signature	Date
Student Printed Name	Student Signature	Date

