

# Atlanta Community Schools

## Athletic Policy



**Atlanta Community Schools**

**10500 County Road 489**

**Atlanta, Michigan 49709**

---

**"I will do today what others won't; so tomorrow I can achieve what others can't"** (Jerry Rice)

## **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 guardian 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.
6. Competition will be limited to a geographical area, which will permit players to return home 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 athletic director, the principal 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 are stated below. Please note that the MHSAA rule 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 \$25.

### 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 contest **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 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 superintendent, principal or the athletic director of that school 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, inclusive 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 sports 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**

No student shall be allowed to compete in any athletic contest during any semester who does not have to his/her credit recorded with school representatives at least twenty (20) credit hours of work for the last semester during which he/she shall have been enrolled in grades 9-12, inclusive. 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 twenty credit hours 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 \$25. 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 a 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**

You 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 Athletic Director, Principal 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 anyone other than the parents themselves; this form must be pre-approved by the AD or Principal 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

An unexcused absence will result in a suspension from the next scheduled contest. Athletes will still be required to participate in practices during any suspension due to absences.

## **Concussion Information**

Public Acts 342 and 343 of 2012 requires concussion information to be provided to student athletes and their parents/guardians involved in athletics. Concussion information is provided at the end of this document and the CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGMENT FORM provide at the end of this document must signed and turned in to the Athletic Department before the first day of the students 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.

## **Late Arrivals or Quitting a Sports**

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 practices, but will not be allowed to participate in competitions for 20% of that sports season.

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.

## **Practice Schedules**

Practice schedules for all sports will be determined and approved prior to the start of each season. Any adjustments to practice schedules will be made no less than two weeks before the change is to take effect in order to provide students and parents adequate 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. 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 days contest. If there are habitual issues further suspensions will be enforced.

At no time will males or females wear shorts, tattered clothing, clothing with offensive or questionable writing or pictures, or flip flops/slides as part of their game day attire. Females may wear appropriate length dresses or skirts with sandals....Flip flops/slides are not sandals!

## **School Closings/Weather Conditions/Practices & Games**

When are practices and games cancelled?

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

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

- Only varsity level teams can practice or have a game if the weather advisories and warning have been cancelled 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.

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.

The superintendent and athletic director will make the determination on whether practices and or contests will be cancelled.

## Atlanta Community Schools Standards for Personal Conduct for Athletes

### Suspensions

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.

Second Suspension: Suspended for 50% of the season; if the suspension occurs with less than 50% of the season remaining; the remaining of the suspension will roll over into the student's next sport.

Third Suspension: Suspended from participating in all athletics for one calendar year.

Fourth Suspension: Suspended from participating in all sports for the remainder of the students high school enrollment.

### In-School Suspensions or Disciplinary Actions (Write-Ups) to Include Lunch Suspensions

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: Suspended from participating in any athletic contest for that day or the next scheduled contest if the suspension occurs on a non-contest day or for the length of the in-school suspension.

Second Suspension: Suspended for 20% of the scheduled season.

Third Suspension: Suspended for 50% of the total scheduled games; if less than 50% of the schedule remains at the time of the suspension; the remaining of the suspension will include the rest of the remaining season and carry over to the students next sports season.

Fourth Suspension: The student will not be allowed to participate in any sport for the remainder of the school year.

### Contest Ejections

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 the student's initial sport of their high school athletic career, in and out of all MHSAA seasons, and in and out of the school year, until the student graduates or the last date of the students last sport (whichever is later) including all dates in



between.... In other words ***“Once an Athlete, Always an Athlete.”*** The Administration reserves the right to use discretion for violations in this category.

The use of illegal drugs, alcohol, and tobacco or like tobacco products, 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, 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.

1st Violation: The student will be placed on immediate and continuous suspension from competition for 50% of the current or next season: this is based on the number of scheduled games. the remaining of the suspension will carry over from one season to the next.

2nd Violation: The student will be suspended from all athletics for one calendar year.

3rd Violation: Permanent suspension from athletics.

### **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 discipline while awaiting criminal prosecution.

### **Dispute and Conflict Resolution**

Student athletes and parents/guardians are encouraged to address any concerns at the lowest possible level.

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. If resolution of the issue is not satisfactory the issue should be brought to the attention of the athletic director. **Note:** If an issue is brought to the athletic director first and no extenuating circumstance exist, the student athlete and or parent/guardian will be redirected back to the coach.

The second step of the process is for the student athlete and or parent/guardian to contact the athletic director to set up a meeting if a no resolution was reached with the coach.

The third step of the process if no resolution is found or if the issue involves the athletic director, an athletic counsel will be convened to address the concern(s). A student athlete and parent/guardian must provide a written request to meet with the athletic counsel within three days of any incident.

The athletic counsel will consist of five member depending on the situation when deemed necessary by the superintendent.

1. Athletic Director

2. Principal
3. Head Coach
4. Additional Coaching Staff
5. Faculty Members

If the athletic counsel does not resolve the dispute/conflict an appeal may be made to the superintendent and finally the board of education.

**Note:**

1. All meetings with coaches, the Athletic Director, Athletic Counsel, Superintendent, and the Board of Education will be scheduled meeting; these meetings will remain professional and respectful.
2. Confronting a coach, athletic director, administrator or board member prior to, during or after a practice or contest is not considered a meeting. Confrontations will not be tolerated.
3. 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.
4. This is not a court of law; neither the administration, Athletic Counsel or the School Board has the burdens 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 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."

**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.

**Athlete of the Year Award**

The athlete of the year award shall be given to one male and one female senior for outstanding performance in sports, scholastic achievement and citizenship. The athlete must have participated in 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 principal 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

Homecoming representatives will be selected by each grade level eligible to participate in homecoming. Athletes who are selected as homecoming representatives will be allowed to participate in recognition festivities.

## Atlanta Community Schools Academic Policy

Grading Period	Grades Checked	**Fail 1 or 2 Classes**	Fail 3 or More Classes	Proof
Beginning of the year	Previous Semester (S2 from previous year)	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 Principal
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 Principal
<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 Principal
Weekly Progress Check (S1)	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 Principal
<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 Principal
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 Principal

<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 Principal
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 Principal
<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 Principal

**\*\*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 make 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 Principal.**

**\*\*Weekly progress reports will be emailed to the principal and athletic director each Friday at 3:00PM.**

**\*\*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 may practice with the team and can travel with the team unless the bus is scheduled to leave before the last bell. In the case of early dismissal from school, ineligible students cannot travel with the 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.

## **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. Not throw objects in disgust.
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 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:

1. Accept and understand the seriousness of his/her responsibility, and the privilege of representing the school, family and community.
2. Live up to the standards of sportsmanship established by the school administration and coaches.
3. Learn the rules of the game thoroughly and discuss them with parents, fans, and fellow students.
4. Treat opponents as you would like to be treated.
5. Refrain from the possession, use or distribution of drugs, alcohol or prohibited items listed previously.
6. Refrain from taunting, trash talking, and any kind of derogatory remarks to opponents.
7. Refrain from intimidating behavior.
8. Wish opponents good luck before the game and congratulate them in a sincere manner following either defeat or victory.

9. 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 judgement 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 the site of the event (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 coaches 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 have 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 doesn't guarantee a starting position.



## For the Student-Athlete

1. Know and adhere to the athletic policy.
2. Exceed all attendance and academic requirements as practical evidence of loyalty to the school and your team.
3. Observe completely all policies regarding conduct.
4. Counsel with the athletic director over questions of eligibility.
5. Practice and play fairly, giving complete effort in all circumstances. Give credit to teammates in victory and opponents in defeat.
6. Accept with equal grace favorable and unfavorable decisions in victory and defeat.
7. 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 schools mission – educating boys and girls to become productive members of society; tomorrows 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**

# 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 is 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-Athletes 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