



Grosse Ile Township Schools Athletic Handbook

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THE PURPOSE OF ATHLETICS AT GROSSE ILE TOWNSHIP SCHOOLS

The athletic program shall serve as a potential educational media through which optimum growth - physical, mental, emotional, social, and moral - of the participants will be fostered.

The athletic program shall provide well-planned and well-balanced interscholastic athletic activities for as many boys and girls as possible, consistent with available facilities, personnel, and financial support.

The athletic program shall be concerned with the total development of the student and shall promote competitive activity as a portion of the total educational program.

The athletic program shall be planned so as to present a minimum amount of interference with the academic program.

The athletic program shall have a three-fold value: for the participants, for the student body, and for the community.

The athletic program shall be organized in a manner most consistent with needs, interest, maturity, and abilities of the student.

The athletic program shall provide an educational activity with professional leadership, established educational objectives, and acceptable standards of behavior.

The purpose of this handbook is to help students and parents understand the role of Athletics in the Grosse Ile Township Schools. A student who wishes to participate on an athletic team voluntarily submits to school and team rules, which are in effect 24 hours a day, 7 days a week, 12 months a year, whether on or off school property. Consequently, it is crucial that student athletes and their parents understand the athletic program's expectations, as well as what they may expect from the Athletic Program.

PHILOSOPHY OF ATHLETICS & COMPETITIVE SPORTS

The Athletic Program is an integral part of the extensive extracurricular offerings found at Grosse Ile Township Schools. The Athletic Program offers students a wide variety of opportunities to participate in interscholastic competition. Athletics, like all other extracurricular activities, must fulfill the proper role in the total educational program. It is a privilege, not a right, to represent Grosse Ile Township Schools in athletic competition.

As with other parts of the district's educational program, athletics are governed by the policies of the Board of Education, and all students have an equal opportunity to compete for positions on the athletic teams. Athletic opportunities are available to all, not just a few, and every attempt will be made to encourage as many students as possible to share in the benefits of athletic competition and participation. The athletic program will only succeed when it has the support of the community, parents and students. To merit this support, our athletes must demonstrate good behavior in both school and the community.

When an athlete chooses to participate on a team sport, she/he assumes a role on that team. Many people work together to achieve several common goals. Each person has a specific job. Some will be starters, others will be substitutes, and still others will be practice players. An athlete's role on that team may change throughout the season, based on work habits, attendance, improvement of skills, readiness to play when called, and demonstration of an appropriate attitude at practice and during the game. The coach determines what role an individual will play in the best interest of the team. This is the coach's job. Each athlete will be provided with an opportunity to share in the team's success or failure. In order to participate, an athlete must be willing to assume his/her role on the team.

At the middle school level, every effort is made to spark student interest in athletic participation and competition. As many students as possible are kept on each team. The focus is on learning the fundamentals and the enjoyment of participation. This philosophy is carried through to high school; however, athletes and their parents must understand that the philosophy is different at the more competitive high school level. When competing against other schools at the varsity level, every effort — within the guidelines of good sportsmanship and fair play — will be made to win.

At each level the coaching staff makes decisions based on team needs. The coach employs the team approach. Coaches are willing to spend many hours preparing for competition in order to field the best team possible. Player participation in competition is not guaranteed, but is earned through effort and the development of skills. Participation at the freshman and junior varsity level, does not guarantee you a spot on the varsity team. Athletes who have participated previously on a varsity team are not guaranteed a spot on the varsity team for the next season. Teams are selected at the start of every athletic season.

TITLE IX

Title IX, 20 USC - 1681, et seq., prohibits discrimination on the basis of sex in education programs and activities by recipients of federal funds. Title IX states, in part:

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance....

The regulations provide, in part

No person shall, on the basis of sex, be excluded from participating in, be denied the benefits of, be treated differently from another person or otherwise be discriminated against in any interscholastic, intercollegiate, club or intramural athletics offered by a recipient [of federal funds] and no recipient shall provide any such athletics separately on such basis.

ACTIVITIES FEE AT GROSSE ILE TOWNSHIP SCHOOLS **ADMINISTRATIVE GUIDELINES**

It has been determined by the Board of Education to assess an activity fee concept for athletics in accordance with the following guidelines:

Program Management

The Grosse Ile Township Schools District Administration will manage the athletic programs. In athletics where a selection process is used (i.e. basketball), the fee will not be collected until the squad has been determined. In these cases, payment will be made on the first day after the squad is announced. If an athletic team does not have a squad selection process (i.e. football), the fee must be paid by the first contest. Grosse Ile Schools will allow a payment plan such that 50% of the fee is due before the first contest and the remaining 50% is due by the midpoint of the season.

Program Content

The Grosse Ile School District Administration will determine program content. The administration reserves the right and has the responsibility to evaluate each program based on the following criteria:

- The minimum number of participants needed to make the program cost effective.
- Whether the program/activity has appropriate sponsorship.
- Whether facilities are available to accommodate program need.

Collection of Fees

The District Athletic Director's office will collect all participation fees for the High School and Middle School.

Any student that is eligible for free/ reduced lunch may also be eligible to have their fee waived or reduced in accordance to a sliding scale after completion of the Athletic Fee Adjustment Application.

Minimum Participation Threshold

The Grosse Ile Township Schools Administration will cancel any sport that does not have the prerequisite numbers for cost effectiveness. The administration will set the minimum threshold for each sport.

Refunds

Refunds will not be made for any reason including, but not limited to; drop out, discharge from the team by the coach, academic ineligibility, or transfer. Exception: If an athlete has played less than 50% of the season, a doctor's release stating that the athlete cannot finish the season will be needed for a refund.

Athletic Program

High School--The participation fee for each sport activity will be \$175.00. There are additional charges for those student athletes who choose to play two or more sports; along with any cost associated with all sports who may have, but not limited to, tournaments, travel, personal clothing, or equipment.

Middle School--The participation fee for each sport activity will be \$100.00.

There are additional charges for those student athletes who choose to play two or more sports; along with any cost associated with all sports who may have, but not limited to tournaments, travel, personal clothing, or equipment.

Family Rate--There are no family rates for two or more student athletes in the same family.

Payment of the participation fee in no way guarantees that the student will participate in athletic contests.

STUDENT-ATHLETE ACADEMIC ELIGIBILITY

To be deemed eligible for athletic participation during the season of a sport, the Michigan High School Athletic Association (MHSAA) requires that student athletes earn credit in at least 66% of courses. Grosse Ile students must pass at least 5 of 7 classes the previous semester and be passing 5 classes during the present semester. Additionally, Grosse Ile Township Schools has further requirements for weekly academic eligibility:

The Athletic Department will run weekly grade checks of the students on all athletic teams currently in season. Students must be passing 5 of 7 classes in order to participate.

The Athletic Director will notify the coach with students who are academically ineligible prior to the following Monday's practice.

Athletes who receive three (3) failures in a week will continue to be required to participate in practices, but will be ineligible for participation in that week's contest(s) including scrimmages versus other schools. Athletes who are ineligible a second time, will result in termination from the team.

MAKING THE GRADE – Tips for Academic Success (as seen in the Student-Athlete Handbook)

The three basic tools of education are (1) TIME, (2) TEACHERS, and (3) TEXTBOOKS. Learn to use these tools correctly. Good students come from continuous work and study; they are not "born". Make an academic game plan. The following activities have proven to be successful for many athletes. How many of them are you currently doing? If not all, then you have an idea of where to start in your new commitment to academic success.

- Go to class.
- Get a notebook or a folder for each class.
- Get a calendar and write in all important information such as: due dates for assignments, dates of quizzes and tests, appointments with teachers, counselors, coaches, etc., practice times, game schedule, and work schedule.
- Know your due dates.
- Organize your time.
- Plan and budget the hours in a day.
- Commit to getting organized.
- Analyze your time habits.

- Know your best “work time”.
- Pick a place to study.
- Quiet is far more effective than television or music.
- Study your hardest subject first.
- Study with a friend.
- Do your own work; use a friend for comparison and help.
- Form a study group.
- Use the library.
- Make lists. Devise a schedule.
- Set goals and deadlines.
- Stick with it!!! Don’t procrastinate.
- Take your books to class.
- Listen in class.
- Take notes. Copy everything the teacher puts on the board...and MORE.
- Tune in, ask questions.
- Ignore other students and distractions.
- Take responsibility for becoming interested in your subjects.
- Read your textbooks.
- Study for tests. Pick out the important material. Make up your own questions. Review your notes.
- Short review sessions are better than one long one.
- Get to the test early, ready to go and focused.
- Get enough sleep.
- Take tests with confidence.
- Scan the whole test first. Answer all questions. Check your answers. Answer easy questions first. Stick with your first answer. Budget your time.
- If you don’t know an answer, try to reason it out.
- Before writing an essay jot an outline of major points.
- Be prepared - take your materials to class, arrive early, read the assignment, review your notes.
- Keep ALL class handouts and notes and periodically review them.
- Meet with your counselor for a tutor.
- Get help from a teacher. Get to know your teachers.

STUDENT-ATHLETE ATTENDANCE POLICY

Practices are essential for proper conditioning, improvement of techniques, and acquisition of teamwork skills. Once a student-athlete has chosen to participate and has made the team, that student is expected to commit to attending all team activities. Failure to do so will have consequences. Failure to finish the sport season, whether the student-athlete quits or is removed from the team, except for injury, illness or similar reasons, will result in loss of credit for participation, such as a varsity letter and ineligibility for any local athletic awards for that sport season. Therefore, athletes are required to attend scheduled practices.

Athletes who are excused from school are not excused from practice on the same day as the absence. It is the responsibility of the athlete to communicate with the coach to determine practice or competition participation

Athletes who are suspended from school may not participate in practices or competition until the day they return to school.

All detention hours owed by an athlete will be made up at the first available scheduled opportunity or else the athlete will not be permitted to compete until all time owed has been made up at scheduled detention make-up sessions. NOTE: Detentions not served/completed by the end of one semester will carry over and apply to the next season.

On the day of competition, athletes must attend a full day of classes in order to participate. Any exceptions due to extenuating circumstances require prior written approval from the athletic director or administration.

Students must be present in school on Friday in order to compete on Saturday. Any exceptions due to extenuating circumstances require prior written approval from the athletic director or administration.

DISCIPLINE FOR ATTENDANCE VIOLATIONS

First and second unexcused absence from practice, as determined by the coach, will result in a one (1) contest suspension.

Third and any subsequent unexcused absence from practice, as determined by the coach, will result in a three (3) contest suspension or suspension from the team for the remainder of the season.

Unexcused absence from a contest, as determined by the coach, could result in suspension from the team for the remainder of the season.

Attendance—Vacation Practice: All athletes are required to be aware of their coaches’ vacation practice policy.

Coaches’ vacation practice policies have been developed for the protection of the athlete and for the orderly progression and development of the total team. Athletes who do not train under the direct supervision of their coaches during an extended vacation could be seriously injured if allowed to participate under highly competitive game conditions. Teams cannot be developed to their fullest potential when all members are not present.

STUDENT-ATHLETE CODE OF CONDUCT

NOTE: The Grosse Ile Township Schools Secondary Code of Conduct will supersede the athletic code of conduct.

Interscholastic athletics plays a vital role in the overall education of children, including developing skills, fostering recognition of the essential dignity of people, and building capacity to achieve self-realization. This Athletic Code of Conduct provides guidelines to achieve the kind of environment in which individuals can acquire the skills and the maturity, which will allow each to maximize his/her potential abilities. The delicate balance between the rights of individuals and the well-being of the whole community must be maintained if the school community is going to provide meaningful, positive, educational athletic experiences for students and staff. This requires recognition of the rights of others and the desire on the part of everyone to develop a spirit of respect and cooperation in a common cause-- that being the best educational athletic opportunity possible for all concerned.

Inappropriate actions or behavioral patterns will result in consequences for both athletics and academics. This includes any and all actions, in or out of school, which could bring disfavor to the school. Consequences suggested for offensive behavior are based on the concept that the consequences must be related to the offense and the action taken should be aimed at modifying behavior rather than being merely punitive. To that end, Grosse Ile High School/Middle School will assist students in seeking whatever counseling or behavior modifying treatment is available; however, the cost for these optional programs is the responsibility of the athlete and/or their parent/guardian.

Certain types of persistent or serious behavior problems cannot be tolerated if the goals stated above are to be achieved. Individuals can and will be temporarily or permanently removed from the environment. Such offenses include, but are not limited to, the types of student conduct that administration determines to be inappropriate as is described in the Secondary Code of Conduct.

VIOLATIONS

See violations as listed in the Student Code of Conduct.

Behavior unbecoming an athlete -- behavior on or off the playing field which, in the opinion of the coaching staff, and/or the Athletic Director, is considered insubordinate or inappropriate to standards of conduct, attitude or sportsmanship. This applies to any misbehavior or misconduct before, during or after school whether on or off school grounds.

HAZING – It is simply NOT allowed. HAZING IS A CRIMINAL OFFENSE! On August 18, 2004, the Michigan Legislature enacted legislation that prohibits hazing activities at educational institutions and provides penalties. (Public Act 750.411t) What is hazing?

Hazing is any intentional, knowing or reckless act, occurring on or off school property, by one person who acted alone or with others, that is directed against an individual and that person knew or should have known would endanger the physical health or safety of the individual, and was done for the purpose of affiliation with, participation in, or maintaining membership in any organization. The law does not apply to an activity that was normal and customary in an athletic program sanctioned by the educational institution. Examples of hazing might include, but are not limited to the following:

- Any type of physical brutality.
- Any type of physical activity that subjects a student to unreasonable risk of harm.
- Any type of activity involving the consumption of alcoholic beverages or drugs.
- Any activity that intimidates or subjects a student to extreme mental stress, shame or humiliation.
- Any activity that induces a student to break the Athletic Code of Conduct, Student Code of Conduct, or the law.

If the violation resulted in physical injury, the person would be guilty of a misdemeanor punishable by imprisonment for not more than 93 days, a fine of not more than \$1,000, or both. A violation resulting in impairment of a body function would be a felony resulting in imprisonment of up to five years and a fine up to \$2,500, or both. A violation resulting in death of the person hazed would be punishable by up to 15 years imprisonment and a maximum fine of \$10,000 or both.

What are some myths about hazing?

Unity Builder - Hazing does not build unity. It separates the team into the "hazers" and the "hazees".

Motivator - Hazing does not motivate team members. It hinders achievement, damages self-esteem, causes emotional strain, and physical harm.

Harmless Fun - Hazing damages people and teams. Hazing doesn't just hurt the people who were targets; it hurts everyone!

How do you know if it's hazing?

Is this activity an educational experience?

Does it conform to the values and ideals of high school sports?

Would you be willing to allow your parents to witness this activity?

Would you be able to defend this activity in a court of law before a judge and jury?

Who is responsible for reporting hazing?

You are. If you witnessed a hazing incident or were hazed, you are responsible to report it. Take it to your coach, your parents, your athletic director, your counselor, or some other responsible adult. When you report a hazing incident, you are protected from retaliation. Reporting it is the first step to stopping it.

CYBER-BULLYING --It is against the LAW! PA 478 amended on January 13, 2015

Definition - Any electronic communication that is intended or that a reasonable person would know is likely to harm one or more pupils either directly or indirectly by doing any of the following:

- Substantially interfering with educational opportunities, benefits, or programs of one or more pupils.

- Adversely affecting the ability of a pupil to participate in or benefit from the school district's educational programs or activities by placing the pupil in reasonable fear of physical harm or by causing substantial emotional distress.
- Having an actual and substantial detrimental effect on the pupil's physical or mental health.
- Causing substantial disruption in, or substantial interference with, the orderly operation of the school.

Reporting-An individual who reports an act of bullying (cyber-bullying is a form of bullying) is assured of confidentiality. Any instance of bullying is to be reported to the coaching staff and then administration in a timely manner (preferably within 24 hours).

DISCIPLINARY ACTIONS FOR VIOLATIONS

The athletic director and/or building administrator will meet with the athlete and issue the following disciplinary action upon determining an athlete has committed a violation:

1st offense - Exclusion from all athletics for 25% of the scheduled competition dates and scrimmages OR exclusion from 10% of the scheduled competition dates and scrimmages AND the learning opportunity as described below.

LEARNING OPPORTUNITIES

The following educational opportunity pertains to 1st offenses only.

- If a student chooses the learning opportunity, they are responsible for all costs associated with the program approved.
- Immediate and monitored attendance and completion of a program that supports positive behavior modification approved by Grosse Ile Township Schools i.e. substance abuse, mental health, etc.

2nd offense - Exclusion from all athletics for 50% of the scheduled competition dates and scrimmages.

3rd offense - Exclusion from all sports for one calendar year. The months of June, July and August will count during this disciplinary period.

If any athletic violation occurs during the sports season in which the athlete is participating, the athlete will not be eligible to receive any post-season awards, a varsity letter, or any school athletic honors.

Athletic Consequences for Tobacco, alcohol, and drugs, or other Reportable Offenses:

All offenses will be in effect 24 hours a day, 7 days a week, 12 months a year, whether on or off school property and will accumulate over the student athlete's entire high school career.

SELF-REPORTING

In the cases of a 1st or 2nd offense violation, if the student or student's parent voluntarily informs school officials of the violation, the disciplinary action may be reduced up to 50%. Athletes who, when questioned deny responsibility, and later are found "guilty", may have their penalty increased.

ATHLETIC CONSEQUENCES FOR SUSPENSION FROM SCHOOL

Any student who is suspended from school (in school or out of school suspensions) for behavior punishable under the Grosse Ile Township Schools Secondary Code of Conduct shall be prohibited from any athletic involvement on the days he/she is suspended. Any student who is suspended from school for behavior may also receive additional scrimmage and/or contest suspension.

GUIDELINES GOVERNING DISCIPLINARY ACTIONS

1. In the event an athletic suspension is imposed, the number of contest dates will be determined by multiplying the percentage by the total number of contests (competitions and scrimmages) allowed for that sport.
2. During periods of suspension from competition dates, attendance at team practice and contests is mandatory. Suspended athletes, due to school or team violations, are not to be dismissed from school to attend contests, and they may not be in team uniform at any time during a suspension.
- 3 If a violation under these provisions occurs before the competitive season or during the "off" season, the suspension will begin during the athlete's next competitive season. (If a violation occurs during an interscholastic athletic event, it will be considered an in-season offense.)
4. Failure to complete a learning opportunity, once started, or to attend practices regularly during a suspension period will result in removal from the team for the remainder of the season. The learning opportunity must be completed before joining another athletic team.
5. An athlete who quits a team in order to avoid serving a suspension has not met his/her obligation and is ineligible to compete for any team until the suspension has been fully served. An athlete who completes a suspension must complete the sports season in order to regain eligibility for future sports seasons. In no case shall an athlete incur more than one athletic suspension for the same offense, except as noted above.
6. An athlete suspended for substance abuse cannot join another team during that same season. If an athlete plays more than one sport in a season, the Athletic Code of Conduct will apply to both sports.
7. Athletes are expected to attend the awards program; however, an athlete suspended out of school (OSS) may not attend any awards program during the suspension.

8. If an athletic suspension is not completed in one sport, or detentions are not served in one semester, they will be carried over in the next sport/semester in which the athlete participates. The athlete may try out for a team, but may not begin to compete until the suspension/detentions have been fully served.

IN AND OUT OF SEASON INFORMATION

All athletes must have a physical exam by a medical doctor (MD, DO, PA) in order to be eligible to try out or practice with any athletic team. A signed copy of this physical form must be on file in the athletic office before a student attends tryouts. A physical exam given after April 15th is valid for the next school year.

The Sports Fee Contract confirms that the athlete and parents understand and agree to abide by the Athletic Code of Conduct, policies, procedures and rules set forth within the Secondary Code of Conduct and must be signed by the parent/guardian(s).

Each sport will conduct a pre-season parent meeting, no later than the end of the first week of practice, with the coaching staff or athletic director. Each athlete must be represented by a parent/guardian at this meeting. The agenda for the pre-season meeting will include, at a minimum, introduction of coaches, schedules, practice times, player commitment, player responsibilities, parent responsibilities, costs and expenses, Athletic Code of Conduct, coach's philosophy, trainer's role, methods for addressing concerns, and a question/answer session.

Any athlete who is found to have forged or otherwise faked any of the above documents is subject to disciplinary action up to and including removal from the team.

SPORTSMANSHIP

All individuals attending or participating in athletic events should model good sportsmanship, show integrity, and display ethical behavior. Failing to abide by the school, league, and/or MHSAA expectations for sportsmanship will result in removal from the facility without reimbursement.

Admission to an interscholastic event is a PRIVILEGE, and with the PRIVILEGE comes the RESPONSIBILITY to conduct oneself in a manner where the contest is enjoyable for others. In the athletic arena, there is no place for profanity, booing of players, coaches, or officials. Appropriate behavior includes cheering positively for your team and avoiding negative behavior.

Gate receipts are an important component of the athletic revenue budget. Ticket and season pass sales help balance the budget. Single game tickets at Grosse Ile Middle School are \$2 for adult spectators, \$1 for students. Single game tickets at Grosse Ile High School range from \$1 - \$5 (dependent on the level of play and number of contests). The MOST COST EFFECTIVE way for you to attend athletic competitions is to purchase the All-Sports Pass. Passes can be purchased at the athletic department office. Ticket prices are set by the Huron League. When we participate with schools in other leagues, prices may vary. The All-Sport and season passes are only valid for home games and are not valid at any MHSAA tournament or at tournaments a team uses as a fundraiser.

SCHOOL COLORS

Our school colors center around Red and White; Red and Grey; Red, White & Grey. Black is NOT a school color and should not be used in uniforms or spirit wear without prior approval from the athletic director.

IN SEASON INFORMATION

Academics—The priority for a student athlete is: academics, first; athletics, second. Athletes will be required to meet the eligibility standards described in the, "Academic Eligibility Requirements" section.

Appearance—A Grosse Ile Township Schools athlete should represent the best of Grosse Ile schools. Appearance affects attitude, behavior, and the perception of others. Our athletes are expected to be well-groomed, neat and well-dressed. Coaches may set specific grooming and dress guidelines for the teams. Failure to comply may result in disciplinary action up to and including suspension from the team until the athlete complies. We expect our athletes to dress appropriately and project a favorable image of our schools. The school dress code applies at all athletic events. It is the coaches' responsibility to monitor students' grooming and dress.

Attendance—All team members are required to meet the attendance rules described under Student Athlete Attendance Policy. Additionally, all team members are to be present and on time to all team functions, unless they are excused in advance by the coach. This includes injured, ill, suspended, and ineligible athletes unless their attendance is otherwise prohibited by the Athletic Code of Conduct or unless other arrangements are made in advance.

Dual Sport Participation – Athletes who wish to participate in more than one school sponsored sport per season must have written approval of the head coaches involved, parent/guardians, and the Athletic Director. Dual sport forms are available in the Athletic office.

Facilities—No athlete is allowed to use any facilities (weight room, gym, locker room, etc.) without direct supervision from a member of the coaching staff. No inappropriate behavior will be tolerated in any of the facilities. Athletes found using facilities alone, without permission, or in inappropriate ways will be disciplined per the Athletic Code of Conduct.

Injury & Illness—Grosse Ile Township Schools has a professional athletic trainer available to treat our athletes. The trainer is here to help the athletes when needed, and perform as a member of the athletic staff. All injuries should be reported immediately to the coach and trainer. The trainer will evaluate and treat minor injuries and refer more serious ones to the athlete's doctor or to the sports medicine doctors available through the training service. Athletes returning to competition or practice must be cleared by the trainer for minor injuries and by a doctor for serious injuries (in writing, with a copy to the trainer). Any athlete who sees a doctor for treatment of any injury or illness must obtain written clearance to resume participation.

Training Room—The training room is off-limits unless you are injured or the trainer has invited you into the room. Training facilities and supplies are off limits to all athletes without permission of the trainer. The training room is co-ed and proper dress is required at all times (a minimum of shorts and shirt).

Training Recommendations—Three important areas outside normal team activities through which athletes can improve their performance and their value to their team are sleep, nutrition and conditioning weight training.

- Proper rest is very important for optimal athletic performance. Eight hours per night is the minimum for an athlete in season. This is the time when the body rejuvenates and repairs itself; give your body time to heal itself. Athletes should be in their home resting by 10:30 p.m. on weeknights and 9:00 p.m. on the day before competition. The athletic department recommends a curfew of 11:30 p.m. on weekends.
- Proper nutrition is essential if your body is to run at optimum levels in season. Consuming good food (fruit, vegetable, pastas and rice) can be beneficial for your athletic performance. An athlete should consume as much water as possible. Stay away from soda and heavily sugared beverages. Instead, consider sports drinks and natural fruit juices. If you need help, ask the coach or trainer to set up a program for you.
- The best way to avoid injury, maintain stamina and improve performance is through a year-round program of conditioning and weight training. All athletes can benefit greatly from weight training. Each team should have a weight program specific to the sport. If you need help, ask the coach or trainer to set up a program for you.

Transportation-Grosse Ile Township schools will provide one-way transportation to all athletic events scheduled Monday – Friday.

- Teams with thirty (30) members or more, along with all middle school teams will be provided return transportation.
- It is the responsibility of the parent to provide or arrange transportation for their student when district transportation is not utilized. Coaches or any district representative will not arrange for transportation without athletic director/administration approval. Parents are responsible for transporting their son/daughter to and from all season contests scheduled on Saturdays. If transportation is required for a school activity and the activity has a drop off and pick up location that is not the GITS, the parent is still responsible for the transportation of their child.

Parent Driver/Alternative Driver

In the event that student cannot travel via GITS transportation, a parent/guardian may provide transportation or an alternative designated driver may transport the student athlete to or from an away contest or event provided all school district policies are followed. The alternative driver MUST be 18 or older and be willing to show identification. All drivers must sign-out with the coach or advisor upon departure from the event sight.

General Guidelines

- When GITS provides transportation it is required that all athletes ride to the event with the team and it is highly recommended the athlete ride home on the team bus. In extreme situations, this may be exempt with the completion and submission of the driver approval form to be completed and signed by a parent/guardian, signed by an administrator, and submitted to the coach.
- The school system provides:
 1. School buses
 2. Van and/or car (when available)
- When parents are unable to make arrangements for their child to be transported to the event, it still the responsibility of the parent to get their child to the event.
- Student/athletes are not permitted to drive themselves to a contest, unless accompanied by a parent/guardian. (Disciplinary action may be taken per student handbook if infringed upon.)
- In the event, there is an abundance of athletes that do not have parental transportation, school bussing may be considered at the expense of the parent.

Team Membership

Once an athlete has decided upon a sport he/she wishes to try a sport, he/she may not change to another sport without permission from the coach for the sport he/she is dropping and permission of the coach for the sport he/she is adding. The Athletic Director must also approve the change. The length of the time the athlete has participated in the sport he/she is dropping and/or wanting to participate in will be a factor in deciding if the change will be permitted.

If an athlete wishes to change from one sport to another, he/she must do so prior to the first game of that season.

If an athlete is dropped from a team for disciplinary reasons, he/she may not go out for a next-season sport until after the last game his/her team plays in the dropped sport during that season.

Athletes are required to be in school when school begins on the morning following a previous night's game. Coaches and parents should impress this on their athletes.

National Anthem Etiquette

Proper etiquette includes looking at the flag and standing still. Hands should be down by your sides, together behind your back, or right hand over the heart.

Handshake

Each sport has a different way of acknowledging the opponents / officials either pre-game or post game.

Become familiar with what is expected and customary for your sport and make that part of what you practice with your team. The expectation is that Grosse Ile Township Schools athletes will always demonstrate good sportsmanship by looking the

opponent in the eye and offering a firm handshake. Unsportsmanship behavior by athletes will not be tolerated and may result in suspension or removal from the team.

Overnight Trips

All overnight trips must receive school board approval. The approval process may take up to eight weeks. All expenses associated with trips are the responsibility of the athlete or parent. The coach will make hotel reservations and details will be submitted to the athletic director. The coach will assign rooms and athletes will be given a curfew. Coaches should encourage parents who are also staying in the hotel to set a good example for the athletes (i.e. they should not be partying in the bar all evening/night).

COMMUNICATION GUIDELINES

Parenting and coaching are each rewarding, yet challenging endeavors. Parents want what is best for their children; coaches want what is best for their teams. Communication between parents and coaches is very important to the success of a student participating in extracurricular activities.

The communication parents can expect from their son's or daughter's coach includes:

- Coach's philosophy and expectations;
- Location and times for all practices and contests;
- Team rules and policies;
- Guidelines to earn a varsity letter;
- Procedure if an athlete is injured during participation;
- Special requirements, fees, equipment needs.

The communication coaches can expect from their athletes and their parents includes:

- Advance notice if the athlete is unable to attend practice, competitions, or team functions;
- Notice of all injuries and illnesses and athlete's status for participation;
- Situations or concerns at home which may affect an athlete's performance or participation.

INCLEMENT WEATHER

It is the policy of the Athletic Department that athletic events will be conducted in a manner that provides optimum safety for students during inclement weather.

Prior to the game, the athletic director, with input from the coach, will be responsible for determining cancellations. (They will get input from the principal and/or superintendent if necessary.)

During an athletic contest, the responsibility for continuation of a game during inclement weather will be determined by the officials. If a storm should erupt during a contest and it is deemed a safety hazard, the athletic director will confer with the officials regarding continuation of the contest.

Crowd control will be the responsibility of the athletic director or in their absence the game manager. This responsibility includes giving direction for those in attendance.

During a practice session, the coach will be responsible for determining continuation or cancellation of that practice.

Storm "warning" issued during or prior to practice/contest = practice or contest will be cancelled.

WARNING = there is definitely a storm in the area.

Storm "watch" issued prior to practice = athletic director and coach will determine whether or not to cancel or continue the practice. If "watch" issued during practice = coach will determine whether or not to cancel or continue the practice. WATCH = conditions are right for the possibility of inclement weather.

At the high school level, in the event of school being closed for hazardous weather (snow day, flood, ice storm, etc.) administration and coach will determine if practice is to continue or be cancelled. ALL FRESHMAN and JV PRACTICES AND CONTESTS WILL BE CANCELLED. VARSITY PRACTICE OR CONTEST MUST HAVE ATHLETIC DIRECTOR AND ADMINISTRATION APPROVAL.

At the middle school level, in the event of school being closed for hazardous weather (snow day, flood, ice storm, etc.) PRACTICES AND CONTESTS WILL BE CANCELLED.

POST SEASON INFORMATION

Equipment—The equipment and uniforms issued to our athletes for their use during the season represent an investment of thousands of dollars annually by the school district. The proper treatment and care is the responsibility of the athlete. This equipment is for his/her use only, and is not to be used outside the school team. The athlete will be held financially responsible for replacement of any item that is lost or damaged through negligence.

Athletes who do not return or pay for lost or damaged equipment will be ineligible for any other sport until the equipment is returned or the financial responsibility is met.

Awards—The head coach and Athletic Director will determine the requirements for earning a varsity letter in the sport. The requirements will be provided and discussed at the pre-season parent meeting, and a copy will be maintained in the athletic department office. An athlete must complete the entire season, including post-season play, equipment return, and any post-season award ceremony or banquet, in order to be eligible for an award.

Varsity letter guidelines to be considered but not limited to the following:

Attendance at all practices, scheduled scrimmages, and contests; behavior, criterion based standard achieved during a competition. (Established in writing by athletic director and coach.)

Awards Night--All athletes are obligated to attend the Athletic Booster Club sponsored awards night and remain for the entire program in the name of sportsmanship and to support fellow athletes. Each varsity sport may award a MVP, Most Improved, and Coaches' Award, which is given at the Athletic Booster Club awards night at the conclusion of each season (fall, winter and spring). The criteria for these awards are the responsibility of the coaching staff for each sport.

MHSAA REGULATIONS-AWARDS

The following information has been taken from the most recent MHSAA Handbook.

- Section 11 #116 - A student may accept, for participation in athletics, a symbolic or merchandise award which does not have a fair market value or cost in excess of \$25.
- Section 11 #117 - Awards for athletic participation in the form of cash, merchandise certificates, or any other type of negotiable documents are never allowed.
- Section 11 #118 - Banquets, luncheons, dinners, non-competitive trips, and fees or admissions to be a spectator at events, if accepted in kind, are permitted under this Regulation.
- Section 11 (C) A student shall be ineligible under this Regulation if he/she accepts awards in violation of its provisions only in the following activities: baseball, basketball, bowling, competitive cheer, cross country, football, golf, ice hockey, lacrosse, alpine skiing, soccer, girls' softball, swimming, tennis, track & field, volleyball, or wrestling.
- Section 11 (D) A student violating this Regulation shall be ineligible for interscholastic competition for a period of not less than one full semester from the date of the student's last violation.
- Section 11 #154 A student may remedy a violation of this Section by promptly reimbursing or returning to the originating party the payment, merchandise, gift certificate, valuable consideration and awards in excess of the stated limitations.

OFF-SEASON INFORMATION

Behavior—The Athletic Code of Conduct, all of its disciplinary consequences and other provisions, are in effect and enforced from the first day a student joins a district athletic team. In order to foster development of beneficial character traits such as commitment, dedication, and mutual respect, the Code remains in effect 24 hours a day, 7 days a week, 12 months a year, whether on or off school property (regardless of the time of day, week, month, or year, location of events and/or the particular sports season) until completion of the student's participation in athletics. Making positive decisions and positive behavior during the off-season, when out of daily contact with team and coaches, builds character and integrity which benefits both the individuals and the team.

Conditioning—One of the best ways to stay in condition in the off season is to participate in another sport. Athletes who participate in multiple sports are the most well-rounded and can use techniques learned in one sport to cross over and improve performance in another. If you are a single-sport athlete, it is imperative that you maintain your conditioning year-around.

PERTINENT RULES OF THE MHSAA AND NFHS

The Grosse Ile Township Board of Education has adopted the MHSAA and National Federation of High Schools (NFHS) guidelines regarding eligibility and other aspects of athletic programs. The MHSAA and NFHS governs all high school athletic programs and sets eligibility rules for participation. It is important for athletes, parents and coaches to remain informed of applicable MHSAA and NFHS rules. Sports and activities approved by the Grosse Ile Township Schools Board of Education will abide by the MHSAA and NFHS policies.

COLLEGE BOUND STUDENT ATHLETE

If interested in participating in a Division I or Division II school, please refer to the NCAA Eligibility Center (www.eligibilitycenter.org). Please notify your counselor and Athletic Director in writing if you are interested.