

CENTRAL MONTCALM HIGH SCHOOL ACTIVITY CODE

Introduction

It is a great honor and privilege to be a Central Montcalm Hornet and being an athlete at Central Montcalm High School carries with it a tremendous amount of responsibility. It must be understood that students who choose not to follow the rules set forth by the Central Montcalm Public School District, the Central Montcalm Athletic Department, and the Michigan High School Athletic Association may be denied the privilege of participation in athletics. Student athletes should strive to represent their school and community with pride and dignity at all times. Your conduct at school, practice, and games affects the image people have of the Central Montcalm Public School system and the Central Montcalm community.

To The Parents

This handbook is intended to keep both you and your student informed about our athletic program and to make you aware of the expectations we have for our coaches, athletes, parents, and spectators. It is our goal to establish an athletic program that we can all be proud of and a program that supports the educational process of Central Montcalm High School.

We are concerned with the physical, social, emotional and educational development of your child through athletics. We feel that a properly controlled, well-organized athletic program meets the students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and that will enhance our students' educational experience.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline, dedication and sacrifice. This necessitates a strong emphasis on good training habits. Training regulations outlined in this handbook are established with the athletes' well being in mind. Athletes who will not train their own bodies and minds for rigorous competition are certainly destined for failure and injury. We are striving for excellence. We do not want our athletes to settle for mediocrity.

As a parent of a student, we expect that you will understand and support the policies set forth in this book and all policies established for the students at Central Montcalm High School. As an adult member of this community, you are a role model for our students. Students will emulate your behavior. It is, therefore, very important that you lead by positive example. We expect parents to display good sportsmanship at all times and to adhere to program, school, conference, and state guidelines at all events.

Permission/Acknowledgement Form

By signing the Central Montcalm Public Schools Acknowledgement Form, the athletes and the athlete's parents/guardians acknowledgement they have received and agree to abide by the rules and procedures outlined in the Central Montcalm High School Athletic Handbook and Athletic Penalties which is in effect 365 days a year on or off school property. In addition, a student athlete is expected to be honest about his/her involvement in an unacceptable behavior. A student participant and his/her parents/guardians must sign and return the acknowledgement form at the beginning of your first sport in high school. If there are changes to the Athletic Handbook, then student-athlete and parent/guardian will have to sign a new acknowledgement form before the athlete can participate in their next sport season.

Athletic Philosophy

Athletics are a part of the educational process of Central Montcalm Public Schools, and an extension of the classroom, serving as an arena for learning. At no time will the program place the total educational curriculum secondary in emphasis to athletics.

We strive to provide a positive experience for every student athlete while developing competitive teams. Within this framework, the participation of all student athletes is encouraged, without compromising that competitive nature.

The Central Montcalm Board of Education believes individual students will benefit from opportunities to grow physically and intellectually through their experience in self-discipline and their contribution to team effort made possible through competitive inter-school sport activities.

The purpose of school athletics is educational, competitive and recreational. The athletic program encourages participation by as many boys and girls as possible and is carried out with the best interest of the participants as the first consideration.

It is recognized that a well-organized and well-conducted athletic program is a potent factor in the morale of the middle school or high school student body and an important phase of good community/school relations.

It is the philosophy of the Central Montcalm High School to encourage all students and athletes to utilize and develop their talents and abilities by participating in multi-athletic endeavors.

Athletic Programs

Fall Sport Teams

Cheer/Sideline (Girls) – Varsity
Cross Country (Boys and Girls) – Varsity
Football (Boys) – Varsity and Junior Varsity
Golf (Girls) – Varsity
Volleyball (Girls) – Varsity and Junior Varsity

Winter Sport Teams

Basketball (Boys and Girls) – Varsity and Junior Varsity
Bowling – Club (Boys and Girls) – Varsity
Wrestling (Boys) – Varsity

Spring Sport Teams

Baseball (Boys) – Varsity and Junior Varsity
Golf (Boys) – Varsity
Track (Boys and Girls) – Varsity
Softball (Girls) – Varsity and Junior Varsity

Coaches' Expectations – What Should You Expect From Your Coach

1. Coaches should strive to develop good rapport with all involved members of the program; parents, athletes, faculty, staff, administration, boosters, media and community.
2. Coaches should work in cooperation with the district, conference, MHSAA, and community to develop and promote a program that supports and enhances the educational experience for students at Central Montcalm Public Schools.
3. Coaches should maintain high standards of discipline at all times. Coaches are role models for the young people that they work with. Further, coaches hold high profile position in the community. It is essential that our coaches set a good example for students by enforcing and following our school and athletic rules.
4. Coaches should be an example of good sportsmanship and fair play. We want our athletes to compete passionately with dignity and great character. Our coaches must set the example.
5. Coaches should be an example of good leadership. Diligence, enthusiasm, honesty, and a love for education and athletics are all part of a professional pride that should be exhibited by our coaches. Professional appearance and preparation should be evident in practice and competition.
6. Coaches should engage in constant professional development. We want our students to become life-long

learners and coaches must set an example. A coach must constantly take advantage of opportunities presented for self-improvement. Attendance at league meetings, rule meetings, and clinics is a must.

7. Coaches should strive to establish outstanding communication. Coaches should develop methods to communicate within the specific program and the school community. Season schedules should be developed and readily available so that families can plan around participation. Coaches should have practice schedules. They should communicate the schedule to those involved in the program and stick to the schedule as much as possible. Coaches should also develop written documents that communicate the expectations for their specific program. Changes should be well communicated (in advance whenever possible) to athletes and parents.
8. Coaches should strive to develop a coherent program from the youth level through the high school. Coaches should work with established youth programs, coordinate middle school programs, and run camps and clinics that promotes their sport in our community.

Athlete's Expectations – What We Expect From Our Athletes

1. Athletes should abide by all training rules established by the Central Montcalm Athletic Program.
2. Athletes should be proud of our school's reputation and work hard to protect it. The good name of our school is more important than any contest won by unfair play. Good sportsmanship and fair play is of utmost importance at all times. Remember, you are an ambassador representing Central Montcalm.
3. Athletes should accept decisions of officials without dispute. Officials are seldom responsible for your success, so do not blame them for your failures.
4. Athletes should strive for excellence on and off the field. Remember, you are a student first. Athletes are expected to meet high expectations in the classroom.
5. Athletes are expected to abide by rules, and expectations set forth by each individual coach.
6. Athletes should treat team members, opponents, coaches, and officials with respect and dignity at all times.
7. Athletes should recognize their role within the team. Always encourage others to achieve.

Parent Expectations – What We Expect From Parents

1. Parents should support school, program, and team rules and policies at all times.
2. Encourage your student athlete to be the best that he or she can be while accepting your athlete's strength and limitations.
3. Show good sportsmanship as a supporter of Central Montcalm Athletics. Refrain from negative comments about decisions made by contest officials, never criticize or verbally attack any student athlete or coach, and cheer positively for our teams.
4. Teach your athlete by precept and example respect for school authorities and contest officials. Provide support for them in cases of adverse decisions and refrain from critical comments.
5. Follow the established procedures for voicing complaints or concerns. Be mature and respectful in this process.

Parent/Coach Relations

Both parenting and coaching are extremely difficult vocations in today's world. By establishing an understanding of each position, we are better able to accept the actions of the other and we will, provide greater benefit to our student-athletes. As parents, when your son or daughter becomes involved in our programs, you have a right to understand what expectations are placed on your student-athlete. You also have the responsibility to accept decisions made in the program and follow the procedures and guidelines set forth in this handbook.

You should expect the following communication from your coach:

1. Expectations the coach has for your athlete and the team.
2. Locations and times of all practice and contests.
3. Team procedures, expectations and requirements.

The coach will expect the following communication from the student athlete:

1. Notification of any schedule conflicts in advance.
2. Special concerns regarding coach's expectations or philosophy.

*Athletes should be encouraged to address issues and/or concerns directly with their coach. The high school years are a period of developing maturity and independence. We want to teach our student-athletes to take responsibility for their own life situations. As your son or daughter become involved in the athletic programs at Central Montcalm, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your student wishes. Athletes are encouraged to discuss concerns with their coach especially at these times.

Appropriate concerns for parents to discuss with coaches:

1. The treatment of your student-athlete, mentally and physically.
2. Ways to help your son or daughter to improve.
3. Concerns about your student-athlete's behavior.

It is very difficult to accept your son or daughter's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other issues, however, must be left to the discretion of the coach.

Issue that are not appropriate to discuss with coaches:

1. Playing time.
2. Team strategy/play calling.
3. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged, but should always be done by appointment. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach, you should follow this procedure:

1. Call the coach to set up an appointment. **Never approach a coach before or after practice or a game to discuss a concern.** These can be emotional times for both parent and coach. Meetings of this nature do not promote resolution.
2. If the coach cannot be reached, contact the Athletic Director and the meeting will be set up for you. The student-athlete should be present for the meeting
3. Plan to discuss appropriate concerns only. Coaches are instructed that they should not discuss those issues listed above.

*A conference that is set up with a coach and a parent using the appropriate procedure shall not result in a disciplinary action against the student-athlete due to the meeting

Sportsmanship

You can help us establish an outstanding reputation for good sportsmanship. We must all work hard in conducting ourselves in a commendable manner. A display of unsportsmanlike conduct can result in sanctions against the offending school, team, or athlete. Always observe the following guidelines for good sportsmanship.

1. The good name of our school is more important than any contest won by unfair play.
2. Accept decisions of officials without dispute. Officials are seldom responsible for our success, so do not blame them for our failures.
3. Recognize and show appreciation for the fine play of your opponent.
4. Be proud of our school's reputation and work hard to protect it.
5. Remember, as a member of our athletic program you represent more than yourself. Never conduct yourself in away that brings discredit to the Central Montcalm Athletic Program.

Potential Dangers In Athletic Participation

Parents and athletes should fully understand and appreciate the risk of serious injury associated with participation in sports programs provided by Central Montcalm Public Schools. Athletic activities can be hazardous and taking part in such activities is calculated risk-taking on the part of the athlete and parents. While reducing injuries to a minimum is a goal of our coaching staff and administration, the possible dangers must not be overlooked.

Central Montcalm Public Schools **does not** assume financial responsibility for medical, hospital, or ambulance expenses incurred because of athletic injuries. Athletics is a voluntary program in which students participate at their own risk. Our school does not provide insurance. Each student-athlete must have family insurance to be able to participate in Central Montcalm Athletics.

Eligibility Requirements For Athletics

The following forms must be handed into the Athletic Office for each student-athletes to participate in the first organized practice.

1. MHSAA Physical Form
2. Emergency Form
3. Athletic Code – Student/Parent Acknowledgement Form
4. Concussion Form

Academic Eligibility

In order to participate on a Central Montcalm athletic team, each athlete must have satisfied all of the academic eligibility requirements of the MHSAA and Central Montcalm Public Schools.

Elastic Clause

The school administration reserves the right to amend any provision in this handbook, which he/she deems to be in the best interest of the educational process. The school administration retains the right to issue penalties for acts of discipline not specifically stated herein and to alter penalties, as he/she considers necessary.

Code Of Conduct Training Rules

1. Athletes shall not possess or consume alcoholic beverages or any illegal or controlled substances/drugs. This rule also prohibits the sale, distribution, or the improper or unauthorized use of legal drug(s).
2. No athlete shall possess or use tobacco in any form including chewing tobacco.

3. Athletes shall not conduct themselves in a way that brings disfavor to them, the athletic program, Central Montcalm Public Schools, or the Central Montcalm community.
4. The above list is not all-inclusive. If not stated in the above, the matter should be discussed with the Athletic Director, and Principal.

Penalty Procedures

1. The Athletic Director will inform the student-athlete of the alleged violation in person or by phone.
2. The role of the Athletic Director is to determine if a violation has occurred and, if so, the penalty under the Central Montcalm High School Activity Code of Conduct.
3. The decision by the Athletic Director concerning that violation and penalty will be written and mailed to the parent/guardians and athlete.
4. An athlete must complete the entire season of the sport in which he/she is suspended. Failure to complete the season will transfer the penalty to the next sport in which the athlete chooses to participate.

Appeals Process

The purpose of the Activity Council is to handle appeals of disciplinary decisions made by the Athletic Director. The Activity Council will have five (5) members selected from the following groups: Principal, (3) Coaches/Teachers (excluding coaches from athletic teams in which the student participates) and (1) School Board Member.

The Activity Council will be chaired and the meetings facilitated by the High School Athletic Director, who will NOT be a voting member of the Council.

1. The student-athlete and their parents/guardian may appeal any disciplinary decision of the Athletic Director to the Activity Council. The request for an appeal must be made in writing within five (5) days of receipt of the written decision of the Athletic Director.
2. The Activity Council will review the decision of the Athletic Director within five (5) school days of the request. The Council can affirm or reduce the disciplinary action of the Athletic Director. The decision of the Council will be provided in writing to the student, parents/guardians and the Athletic Director.
3. A final appeal of the Activity Council decision may be made to the Superintendent of Central Montcalm Schools within five (5) school days of the receipt of the decision. The Superintendent can affirm or modify the decision of the Activity Council and will provide a written response within one week of the request to the student, parents/guardian, Athletic Director, and Activity Council.

Jurisdiction

This Activity Code will be enforced for all athletes during the entire calendar year both on and off school property. This code will also be enforced at all athletic related functions both during and outside the school year.

An athlete is defined as any student who has begun participation on any athletic team. That student is considered an athlete (for the purpose of enforcing the Athletic Code) for the remainder of his/her school career.

When an athlete who is not presently participating commits a violation, the penalty shall be enforced during his/her next season of participation. The athlete must complete the season in which the penalty is served or the penalty will carry over into the next season of participation.

Penalties For Violation

1. Violation of applicable Federal, State, and Local Laws (misdemeanors and felonies).
2. Alcohol or alcoholic beverages in any form (possession, concealment, sale, being under the influence, and/or distribution of alcohol).

3. Tobacco or tobacco products in any form (possession, use, or distribution in any form including chewing tobacco).

For the purpose of this policy by Board Policy 5512 use of tobacco,

- a. "tobacco product" means a preparation of tobacco to be inhaled, chewed, or placed in a person's mouth.
 - b. "use of a tobacco product" means any of the following:
 1. the carrying by a person of a lighted cigar, cigarette, pipe or other lighted smoking device,
 2. the inhaling or chewing of a tobacco product,
 3. the placing of a tobacco product within a person's mouth
 4. and/or the smoking of electronic, "vapor", or other substitute forms of cigarettes, clove cigarettes or other lighted smoking devices for burning tobacco or any other substance.
4. Drugs in any form (possession, concealment, sale, being under the influence, and/or distribution of drugs).
- a. Illegal drugs, including but not limited to those substances defined as "controlled substances" pursuant to federal and/or state statute;
 - b. steroids, human growth hormones or other performance enhancing drugs;
 - c. substances reported to be illegal, abusive or performance enhancing, i.e., "look-alike" drugs.

The following is a list of banned-drug classes, with examples of substance under each class:

Stimulants:

Amiphenazole	Amphetamine	Bemigrade
Benzphetamine	Bromantan	Caffeine(1) (guarana)
Chlorphentermine	Cocaine	Cropropamide
Diethylpropion	Dimethylamphetamine	Doxapram
Ephedrine (ephedra, ma huang)	Ethamivan	Ethylamphetamine
Fencamfamine	Meclofenozate	Methamphetamine
Methylenedioxyamphetamine (MDMA, ecstasy)		Methylphenidate
Nikethamide	Pemoline	Pentretazol
Phendimetrazine	Phemetrazine	Phentermine
Phenylpropanolamine (ppa)	Picrotoxine	Pipradol
Prolintane	Strychnine	
Synephrine (citrus aurantium, zhi shi, bitter orange)		and related compounds.

Anabolic Agents:

Anabolic Steroids	Androstenediol	Androstenedione
Boldenone	Clostebol	
Dehydrochloromethyl-testosterone	Dehydroepiandro-Sterone (DHEA)	Dihydrotestosterone (DHT)
Dromostanolone	Epitrenbolone	Fluoxymesterone
Gestrinone	Mesterolone	Methyltestosterone
Nandrolone	Norandrostenediol	Norandrostenedione
Oxandrolone	Oxymesterone	Oxymetholone
Stanozolol	Testosterone (2) and related compounds	
	Trenbolone and related compounds	

Other Anabolic Agents:

Methandienone

Methenolone

Clenbuterol

Substances Banned for Specific Sports:

Alcohol

Atenolol

Metoprolol

Nadolol

Pindolol

Propranolol

Timolol

and related compounds

Diuretics:

Acetazolamide

Bendroflumethiazide

Benzthiazide

Bumetanide

Chlorothiazide

Chlorthalidone

Ethacrynic Acid

Flumethiazide

Furosemide

Hydrochlorothiazide

Hydroflumethiazide

Methyclothiazide

Metolazone

Polythiazide

Quinethazone

Spirolactone (canrenone)

Triamterene

Trichlormethiazide

and related compounds

Street Drugs:

Heroin

Peptide Hormones and Analogues:

Corticotrophin (ACTH)

Human Chorionic Gonadotrophin (hCG) Luteinizing Hormone (LH)

Growth Hormone (HGH, Somatotrophin)

Insulin Like Growth Hormone (IGF-1)

All the respective releasing factors of the above-mentioned substances also are banned:

Erythropoietin (EPO)

Darbepoetin

Sermorelin

Definitions of positive depends on the following:

- (1) for caffeine – if the concentration in urine exceeds fifteen (15) micrograms/ml.
- (2) for testosterone – if administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

Penalties For Violations

Note: Offenses to the “requirements for participation” and the corresponding penalties and recommendations shall be accumulative beginning with and throughout the student’s participation in activities for the duration of their high school careers. The penalties shall also overlap seasons, if necessary.

1. First Offense:

Option #1:

- After the confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic events/performances or two (2) weeks of the season, whichever is greater.

- The student will be involved in school service for twenty (20) hours.
- The student may practice and attend contests, but will not be allowed to participate or dress out for contests.
- Penalties shall not be considered served unless the student ends the season/activity in good standing. Quitting or being removed from the team is not considered "serving the penalty."

Option #2:

- After the confirmation of the first violation, the student will be suspended from participation for ten (10) interscholastic events/performance or ten (10) weeks, whichever is greater.
- The student may practice and attend the contests, but will not be allowed to participate.
- Penalties shall not be considered served unless the student ends the season/activity in good standing. Quitting or being removed from the team is not considered "serving the penalty".

Self-Disclosure:

A student who, by himself/herself or together with his/her parent or legal guardian, voluntarily discloses to the Principal or Athletic Director a violation prior to any reports, charges, complaints or investigation under the Activity Code will face the following disciplinary actions. The student shall lose eligibility for the next interscholastic event/performance or a week of the season, whichever is greater, and shall be required to follow the school service hours outlined under first offense option #1 of the Activity Code. This self-disclosure exemption is available to a student only on the first offense during his/her high school career. Failure to be totally forthcoming, or lying about the actual event, will result in the forfeiture of the "Self-Disclosure" and will result in full disciplinary action.

You cannot appeal the penalty after you self-disclose the incident.

2. Second Offense

Option #1

- After the confirmation of the second violation, the student shall lose eligibility for the next ten (10) consecutive interscholastic events/performance or ten (10) weeks of the season whichever is greater.
- If a student chooses option #1, they will be involved in an awareness-counseling program provided by the school and for a minimum of nine sessions.
- The student may practice and attend the contest, but will not be allowed to participate in game/event.
- Penalties shall not be considered served unless the student ends the season in good standing. Quitting or being removed from the team is not considered "serving the penalty".

Option #2

- After confirmation of the second violation, the student will be suspended for twenty (20) consecutive interscholastic events/performance or twenty (20) weeks of the season, whichever is greater.

3. Third Offense

- After confirmation of the third violation, the student will be suspended from participation from all

interscholastic activities for the remainder of their school career.

Note: If a student chooses Option #1 in the both the first and second violations, they may apply to the Activity Council for reinstatement to activities after one full year of suspension.

Transfers Following Violations Of A School's Student/Athletic Code

Central Montcalm Public Schools will enforce upon a transfer student any period of ineligibility to which that student would have been subject as a result of a student or athletic code violation at a previously attend school.

A student who transfers to Central Montcalm High School after becoming ineligible because of a student or athletic code violation at a previously attended school shall remain ineligible at Central Montcalm for not less than a period of ineligibility imposed by the previously attended school. This would be the case even if the student's situation would otherwise satisfy one or more of the exceptions to the transfer regulations of Central Montcalm Public Schools and the Michigan High School Athletic Association, and even if the act, which caused the student's ineligibility at the previous school would not be a violation or cause the same period of ineligibility at Central Montcalm High School.

Academic Eligibility Requirements/Procedures

1. Eligibility will be checked every two (2) weeks during each semester.
2. At the end of the first two weeks students who are failing one or more classes will receive a written warning.
3. If after four weeks when the eligibility is checked again, the student is not passing five (5) out of six (6) classes, they are academically ineligible for one (1) week.
4. Student will have one week to bring up their grades to a minimum of passing five out six classes.
5. If after one week the student is still failing two (2) classes they will remain ineligible for one week.
6. Grades will be checked on Wednesday after 8 am, for any athlete that is failing one or more classes.
7. Coaches and Teachers will be notified by Friday which students are ineligible for the upcoming week.
8. A week is defined as Sunday thru Saturday.
9. This academic requirement is for **ALL STUDENTS** who participate in any Athletic or Academic team(s).

The Athletic Director will compile a list of students not meeting the academic requirements and will notify both the student and their coach/advisor. A letter sent from the Athletic Director will notify the parents/guardians of the ineligible athlete.

Students who are declared ineligible may practice and attend games or events while establishing his/her eligibility but will be prohibited from participating until the Monday of the next eligibility check.

Transfer students must meet the high school academic standards to be eligible. If they are taking more than six classes, they will only be allowed to be failing one class.

Any student rendered academically ineligible may appeal his/her case. All rules stipulated in the appeal procedure section of the activity policy shall apply.

Participation in school district sponsored clubs and activities shall be part of an individualized education program (I.E.P.) for a student with a disability. The activity code will be enforced consistent with the implementation and administration of the student's I.E.P.

Online Class Eligibility

Students each week must complete 5% of their online class (es) and be passing the online class(es) to be eligible for athletics.

Michigan High School Athletic Association Academic Requirement

Students in athletics must meet the academic requirements set forth by the MHSAA. Student-athletes must pass four

out of six classes at the end of each semester to be eligible. If the student-athlete is not passing four out of six classes at the end of the semester, they will be ineligible for the following semester.

Citizenship

For purposes of this activity code, unsatisfactory citizenship is defined as the violation of applicable school disciplinary policies stated in the student handbook.

1. Any student receiving an unsatisfactory report in citizenship shall, on the first occasion, be placed on probation from the reported date of unsatisfactory behavior for the duration of the school year.

Note: Students placed on probation are entitled to fully participate in all activities in which they are involved. However, the student, parents/guardians, teachers, coaches, and administrators are encouraged to work together to assist the student in maintaining eligibility standards.

2. Any student who while on probation, receives a second unsatisfactory report in citizenship, shall be ineligible to participate for one interscholastic event or one week (whichever is greater) for all activities the student is currently involved in. (The week must include at least one event.)
3. If a student receives a third unsatisfactory report in citizenship, the student shall be ineligible to participate in four interscholastic events or four weeks (which ever is greater) for all activities the student is concurrently involved in. If the student is not able to fulfill their consequences during their current activity, it will carry over to the next activity.
4. If a student receives a fourth unsatisfactory citizenship, the student shall be ineligible to participate in any activity for the remainder of the academic year.

Note: Students ineligible due to unsatisfactory citizenship may practice, attend games, contests, or events while establishing his/her eligibility at the coach's discretion.

Quitting

Dropping out of a sport without a valid reason is always considered a serious matter. If an athlete wants to quit any sport, he/she should notify the coach and return all equipment. If an athlete does quit a sport, he/she will not be permitted to try out or use school facilities to work out for another sport until the conclusion of that sport season they quit.

Miscellaneous Rules and Requirements

A. School Equipment

The student is responsible for all equipment checked out to him/her. A fee will be assessed for any equipment unreasonably damaged or not returned by the individual participant. The student will not be able to participate in subsequent activities until all equipment is returned or paid for.

B. Duration of Implementation

A student should realize that the Activity Code applies at all times throughout the student's school career, including off-season and all vacation periods. Any violations of Part III of this code are accumulative from one school year to the next, throughout the student's entire school career. The student and his/her parent or guardian must sign and return the activities director the Student/Parent Acknowledgment Form which states that the student and his/her parents or guardian understand and agree to abide by the Activity Code.

- C. Pursuant to the requirements of the Michigan School Code health/medical insurance will be required for student participation in interscholastic athletics.

- D. Students must comply with M.H.S.A.A. requirements in regards to having a legal physical card on file in the athletic office. This physical must happen after April 15, the spring prior to participation in athletics for the next school year.

E. Student participation in district sponsored clubs and activities, is conditioned upon school attendance. Students must be marked present in all classes on the day of the activity in order to participate in the activity. The administration may grant exceptions in cases of prearranged absence, medical, court appearance, or emergency situations.

Note: There must be signed written office documentation for medical appointments and court appearances if exceptions are to be made to the mandatory attendance rule. Weekend participation in activity events will be based upon the preceding school days attendance.

F. Parent and/or Guardian Consent to film/photograph Student:

By signing the activity code you hereby consents to allow his/her/their child to be filmed or photographed individually or as a group in school-related activities and further consents to the publication of said photographs/film and the identification of the student in the Athletic Website and /or other school publications, including placement on the district website (www.central-montcalm.org). This consent form is only valid for four school years.

The Central Montcalm Activity Code applies to all district sponsored clubs and activities in which participation does not result in earning a grade or credit. Here is the following list, but are not limited to:

**Athletics
School Plays/Musicals**

CSAA Academic Competitions

Dual Participation

- A. A parent/guardian of a student who wishes to participate in two concurrent sports must request a meeting in writing to discuss their wishes and review guidelines.

Note: Dual participation documents may be picked up in the athletic office.

- B. The person requesting must fill out and submit the following information to the athletic office at least four (4) weeks prior to the official season start date for practice as determined by the M.H.S.A.A. If the start dates for both sports are not the same, the four (4) weeks will apply to the earliest start date.

I wish to request a meeting to discuss the possibility of my son/daughter participating in two (2) sports in the same season.

Student's Name: _____ **Date:** _____

Address: _____

Phone: _____

Primary Sport: _____

Secondary Sport: _____

Parent/Guardian Signature: _____

- C. A meeting between student, parent/guardian, coaches of both sports, and an administrator/activity director must be held to review the guidelines and complete the following:
 - 1. A written contract will be established wherein all the above named parties agree upon training and performance requirements concerning the games and practices.
 - 2. The athlete must choose his/her primary sport and would be expected to attend all contests of the primary sport.
 - 3. The athlete will only be able to participate in the secondary sport when there is not a conflict with the primary sport activities. Potential conflicts will be resolved by the parties involved and included in the contract.
 - 4. The athlete would be expected to abide by all team rules for both sports, unless mutually agreed upon.
 - 5. If the participating athlete fails to comply with any of the agreed upon criteria, the athlete will no longer be able to participate in the secondary sport.

Note: A contract will be drafted to clarify guidelines set forth and signed by all people stated above. This must be completed at least four (4) weeks prior to the official M.H.S.A.A. season start date (for practice). If the start dates for both sports are not the same, the four (4) weeks must be for the earliest start date.

CENTRAL MONTCALM PUBLIC SCHOOLS

Appeal of Activity Ineligibility

(Use only for appeals under Section I, "The Responsibilities of a Participant")

Student's Name: _____ **Age:** _____

Address: _____

Home Phone: _____

Activity: _____

Name of Coach: _____

Briefly explain why an exception to the eligibility standards should be granted. (Use reverse side if needed)

Signature of Parent/Guardian*

Date

*Note: This signature also authorizes that the student's records may be released to the members of the Activity Council. Pertinent information needed for a proper Activity Council hearing should be attached to this form by a counselor.

Rules Concerning Appeal:

1. This Appeal must be made by a parent/guardian unless the student is legally emancipated. In that case, the student may make the appeal. Also, a teacher, coach or counselor may initiate an appeal on behalf of the student.
2. The student, his/her parents, principal, coaches or teachers may appear before the Activity Council to observe or present pertinent information.
3. The Activity Council will render a decision within five (5) days of hearing the appeal. The parent/guardian will receive a written notice of the disposition of the appeal.
4. This form must be completed and submitted to the Director of Athletics by the parent/guardian.
5. The Activity Council cannot change Board Policy.

**Note Do not return this page unless you are requesting an appeal. Appeals under Section III, "Requirements for Participation" must follow the procedure listed in that section.

STUDENT/PARENT ACKNOWLEDGEMENT FORM

A student should realize that the Activity Code applies at all times throughout the student's school career, including off-season and all vacation periods. The Activity Code is not limited to the time period in which a student participates in an activity, nor is the Activity Code just limited to student behavior at school-sponsored activities or on school property. A student who violates the Activity Code will be subject to disciplinary action as outlined in the penalty provisions of the Code. In addition, the student and his/her parent/guardian must sign and return to the activity director the Student/Parent Acknowledgement Form which states that the student and his/her parent/guardian understands and agrees to abide by the Activity Code. Furthermore, students will not be allowed to participate in any extra-curricular activities until such time.

I have read and agree to abide by the Code policies as set forth by the Central Montcalm Public School.

Signature of Student

Date

I have read and understand that _____ will have to abide by these policies in order to participate in Central Montcalm Activities.

Signature of Parent

Date

****Please sign and return this form**