

# CENTRAL MONTCALM MIDDLE SCHOOL



## ATHLETIC HANDBOOK 2015-2016

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## REQUIREMENTS FOR PARTICIPATION

All of the following must be completed and turned in to the Central Montcalm Middle School office before a student-athlete will be eligible to participate in any athletic contests or practices:

- A completed physical card following the completion of a physical examination by a physician after May 15 of the current calendar year.
- Proof of Health insurance.
- Signed Athletic Code.
- Emergency card.
- Signed Concussion Awareness Acknowledgement Form

In addition, each student-athlete must meet the following guidelines:

1. Academic eligibility as determined by the Central Montcalm Middle School Athletic Handbook
2. Age requirements as determined by the Michigan High School Athletic Association (MHSAA)

Furthermore, all participants are expected to be in the best possible physical, mental, and emotional condition. By doing so, they will increase their chances to participate, as well as strengthen the team.

- A. The following behaviors constitute a violation of the Activity Code and are subject the student to penalty as outlined in the “Penalties” section of the Activity Code.
  1. Violation of applicable federal, state, or local laws (misdemeanors and/or felonies).
  2. Use, possession, concealment, distribution, sale or being under the influence of:
    - a. Tobacco or tobacco products in any form;
    - b. Alcohol or alcoholic beverages in any form;
    - c. Illegal drugs, including but not limited to those substances defined as “controlled substances” pursuant to federal and/or state statute;
    - d. Steroids, human growth hormones or other performance enhancing drugs;
    - e. Substances purported to be illegal, abusive or performance enhancing, ie. “look-alike” drugs.
  3. Guidelines for Student Participants
    - a. Board policy indicates that students privileged to be selected by either the student body or school staff to represent the school district and community in activities, incur in addition to this privilege, responsibility. That responsibility is to conduct themselves in a manner that reflects well on the school and community.
    - b. Attendance and/or participation in any activity where alcoholic beverages and/or drugs are present is sufficient cause for suspension from the school sponsored activity. The intent of this rule is to insure that a student does not attend any such activity where the illegal use of alcoholic beverages and/or drugs may occur. It is expected that students will remove themselves immediately form the activity if such substances were found to be present.
    - c. Examples of activities that violate this requirement are: parties of any type where illegal use of drugs or alcohol is occurring, vehicles inside which drug or alcohol are being consumed or transported, “keg” parties, “beer” parties, graduation parties, etc.
    - d. This section is directed toward activities exempted from these requirements. Examples are: restaurants, family gatherings, wedding receptions of family members or friends of the family. The student should seek counsel from the principal/athletic director before attending wedding related activities or other functions where legal use of alcohol occurs.
    - e. It shall not be a violation of the Activity Code for a student to use or possess a prescription or patent drug when taken pursuant to a legal prescription issued by a licensed physician for which permission

to use in school has been granted pursuant to Board Policy. A student shall notify his/her coach or principal/athletic director if he/she is taking a prescription medicine, which could alter the student's behavior or affect the student's ability to participate in physical activity.

B. Penalties & Recommendations for Violation of Requirements for Participation.

• 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 school careers. The penalties shall also overlap seasons if necessary.

1. First Violation

- 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 an awareness-counseling program provided by the school and facilitated by the school social worker for a minimum of one semester (18 weeks).
  - \* The student may practice and attend the contests but will not be allowed to dress.
- Option #2:
- \* After the confirmation of the first violation, the student will be suspended from participation for twenty (20) weeks.

2. Second Violation

- Option #1:
- \* After the confirmation of the second violation, the student shall lose eligibility for the next twelve (12) consecutive interscholastic events/performances or twelve (12) weeks of the season, whichever is greater.
  - If the student chooses option #1 and becomes involved in an outside treatment program (at their expense), the student may be certified for reinstatement after each six (6) weeks period. Such certification must be issued by the director or a counselor of the treatment center.
  - \* The student must remain in the treatment program for one year in order to remain eligible to participate in activities.
  - \* The student may practice and attend the contests but will not be allowed to dress.
- Option #2:
- \* After the confirmation of the first violation, the student will be suspended from twenty-two (22) interscholastic events/performances or twenty-two (22) weeks, whichever is greater.

3. Third Violation

- \* After confirmation of the third violation, the student will be suspended from participation in all interscholastic activities for the remainder of their school career.
- Note: If a student chooses Option #1 in both their first and second violations, they may apply to the Activity Council for reinstatement to activities after one full year of suspension.

## **ATHLETIC ELIGIBILITY REQUIREMENTS**

Eligibility will be determined weekly from Wednesday to the following Wednesday based on:

1. If a student-athlete has any failing grades in any subject he/she will be ineligible for one (1) week. Academic eligibility will be checked on Wednesdays after 10:00am. Students that are found to be ineligible will miss all athletic contests for the following week (Wednesday-Wednesday).
2. Students who fail one or more classes in a term (9 weeks) as determined by their end of term report card will be ineligible for the entire next term(9 weeks). Students who fail one or more semester as determined by their two term average will be ineligible for the entire following semester.
3. Academic eligibility will carry over to the next school year if necessary.
4. If a student-athlete has received two RTC referrals or is suspended from school, he/she will be unable to participate in one contest. A third RTC referral will result in the student-athlete being unable to participate in two contests. A fourth infraction will result in a permanent disqualification for the remainder of the season.
5. If a student is absent the day of a game without a signed physician's excuse, he/she will not play in that game. Students are also required to be at school to participate in any team activities.
6. Eligibility concerning other types of absences (i.e. Funerals, emergencies, etc.) will be determined by the principal/athletic director.

## **ATTENDANCE INFORMATION**

Student-athletes are required to attend all practices and games. When missing practice or a game is unavoidable, inform your coach prior to the day of your absence. In addition, a written excuse or note from your doctor must be given to your coach to excuse the absence. If a practice or game is scheduled for a day in which school is canceled, the practice or game is also canceled.

## **SCHOOL ATTENDANCE THE DAY OF A CONTEST/PRACTICE**

Student-athletes must be in school one-half day the day of a contest and/or practice. Student-athletes leaving school early or arriving late because of illness will not be allowed to participate that day. Occasionally, a student must be absent the day of a contest and/or because of pre-arranged extenuating circumstances. To be able to participate in that day's contest, he/she must clear his/her absence prior to being gone with the principal/athletic director.

## **EQUIPMENT**

School equipment issued to or checked out by a student-athlete becomes the responsibility of the student-athlete. Within this responsibility is keeping equipment clean and in good repair. It is the responsibility of the student-athlete and his/her parent(s)/guardian(s) to pay for equipment that has been lost, stolen, or damaged.

## **TRANSPORTATION**

Central Montcalm Public Schools will only provide transportation to and from athletic events held on normal school days (Monday-Friday). For athletic contest held on the weekends, parents are expected to provide or arrange transportation to and from the events for their child. When Central Montcalm Public Schools provides transportation, all student-athletes are expected to travel to and from out of town contests in transportation provided by the school. If parent(s)/guardian(s) choose to provide transportation home for their student-athlete after away contests, the parent(s)/guardians(s) are required to fill out a form provided by the coach. The student-athlete is then required to ride home with his/her parent(s)/guardian(s). Under no circumstance are students allowed to ride to or from an event with anyone other than their parent(s) or guardian(s).

## **BUS RULES**

All team members are expected to follow the rules for proper bus behavior. Any players who have lost bus privileges on regular bus routes will not be permitted to ride the bus to away games.

## **SPORTSMANSHIP**

Central Montcalm Middle School is dedicated to providing a healthy atmosphere, which generates the highest level of sportsmanship. All persons involved (student-athletes, parent(s)/guardian(s), coaches, students, teachers, fans, board of education members, and school administrators) have a part in making sportsmanship a successful venture. In order to

make a healthy athletic atmosphere a reality, the CMMS athletic department asks all persons involved to adhere to the following:

1. Treat opponents and officials with respect.
2. Cheer for our team from a positive approach.
3. Applaud opposing athletes when they make outstanding plays.
4. In general, treat our opponents and officials, as we would like to be treated.

### **CONDUCT AT OPPOSING SCHOOLS**

Central Montcalm Middle School student-athletes are required to be examples of good sportsmanship while in attendance at athletic contests hosted by opposing schools. Our expectations include leaving locker rooms clean and not damaging facilities in any way. In addition, student-athletes should not leave the building for any reason. Inappropriate conduct at opposing schools falls under the jurisdiction of CMMS and will result in appropriate consequences, up to disqualification for the remainder of the season.

### **ATHLETIC INJURY POLICY**

Parent(s)/guardian(s) and student-athletes should be aware that, as in all phases of life, the possibility of serious injury, and even death, are possible while participating in athletics. To minimize the possible risks involved with participation in athletics, the following precautions should be followed:

1. Listen carefully to instructions regarding correct technique for fundamental skills.
2. Check your equipment from time to time and ask for repair or replacement if you feel there is a defect.
3. Be sure that an adequate physical has been given prior to the beginning of each year.
4. Report all injuries to your coach.
5. Do not return to practice or competition on your own after an injury until cleared by a doctor.

In addition, student-athletes who are injured in a sport and go to doctor must have a doctor's permission to play before returning to practice or competition. It is also required that student-athletes who are ill or injured for an extended period of time have a doctor's permission before returning to practice or competition.

### **CONCUSSION/HEAD INJURIES**

Effective June 30, 2013, all coaches and athletic personnel are required to receive training in recognizing and responding to students athletes suspected of suffering a concussion and/or head injury. The coaches and/or athletic staff have a duty and obligation to remove from competition any player they suspect has suffered a concussion or other head injury. The coach and/or athletic staff will inform parents of the suspected concussion and/or head injury and advise parents to seek medical attention for their child. If a student is withheld from competition due to a suspected concussion, he or she may not return at all on that day and only on a subsequent day with the written clearance of an MD or DO. A release form to be completed by a MD or DO may be obtained from the coach and/or the athletic director.

### **STUDENT-ATHLETE TEAM/INDIVIDUAL PARTICIPATION**

A student who becomes a member of a Central Montcalm Middle School athletic team may not participate with any club, team, or in any individual competition in the same sport during the same seasons as the student is participating in at Central Montcalm. The student is not permitted to participate in any event, game, or contest that is in the same sport during the same season that is not sponsored by Central Montcalm Middle School. Students may however participate in sports other than those they are currently participating in at Central Montcalm Middle School.

### **CUTTING OF ROSTERS**

It may be necessary to make cuts to limit teams to manageable numbers. The cut of teams will be as follows: boys/girls basketball teams will cut to 12 players and volleyball teams will be cut to 12 players.

**CENTRAL MONTCALM MIDDLE SCHOOL ATHLETIC DEPARTMENT  
ATHLETIC REGULATIONS ACKNOWLEDGEMENT FORM**

**I. RESPONSIBILITY FOR ATHLETIC INJURY**

Central Montcalm Schools will not assume any responsibility or liability relative to doctor or hospital expense. Athletics are a voluntary program in which students may participate if they so desire. But, they do so at their own risk of injury. Therefore, all athletes must have a Statement of Responsibility for Athletic Injury on file.

**II. STATEMENT OF RESPONSIBILITY FOR ATHLETIC INJURY**

I assume responsibility for any medical expenses incurred for an athletic injury to

\_\_\_\_\_. Also, I grant permission to those in charge to seek medical attention when it seems reasonable to do so.

\_\_\_\_\_  
Parent(s)/Guardian(s) Signature

\_\_\_\_\_  
Date

Please complete the following information:

Family Doctor \_\_\_\_\_

Preferred Hospital \_\_\_\_\_

Special Medical Need(s) \_\_\_\_\_

Where you may be reached \_\_\_\_\_

**III. SIGNATURE OF STUDENT-ATHLETE AND PARENT(S)/GUARDIAN(S)**

I have read and understand the athletic regulations contained in the Athletic Handbook provided for student-athletes and their parent(s)/guardian(s). I accept my personal responsibility for following these guidelines.

\_\_\_\_\_  
Student-Athletes Signature

\_\_\_\_\_  
Date

I acknowledge receiving the Central Montcalm Middle School Athletic Handbook for student-athletes and their parent(s)/guardian(s) and accept my responsibility in helping my son/daughter live up to these responsibilities and obligations of an athlete.

\_\_\_\_\_  
Parent(s)/Guardian(s) Signature

\_\_\_\_\_  
Date