

# CENTREVILLE PUBLIC SCHOOLS

# ATHLETIC CODE

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# ATHLETICS

Centreville High School provides a variety of athletic activities in which students may participate, providing they meet eligibility requirements. Participation in athletic sports includes the potential risk of injury. Each sport is unique in its potential risk for injury. Please be careful, follow coaches' training rules and report all injuries to your coach immediately. For further information, contact the athletic department at 467-5235.

|                           |                      |   |
|---------------------------|----------------------|---|
| <b>Senior High Sports</b> | <b>Fall</b>          | Boys and Girls Cross Country, Football, Sideline Cheer, Girls Volleyball                                    |
|                           | <b>Winter</b>        |   |
|                           | <b>Spring</b>        | Boys and Girls Basketball, Sideline Cheer, Wrestling Baseball, Golf, Softball, Boys and Girls Track & Field |
| <b>Junior High Sports</b> | <b>Fall</b>          | Boys and Girls Cross Country, Football, Girls Volleyball  |
|                           | <b>Winter</b>        | Boys Basketball, Sideline Cheer   |
|                           | <b>(early)</b>       | Girls Basketball, Wrestling   |
|                           | <b>Winter (late)</b> | Boys and Girls Track & Field  |
|                           | <b>Spring</b>        |   |

## MISSION STATEMENT

Centreville Athletics will succeed with integrity in competition and in life by building a program of hard work, positive relationships, and commitment.

## CORE VALUES

Commitment | Accountability | Integrity | Responsibility | Respect

## PHILOSOPHY

The philosophy of the athletic program at Centreville Public Schools is to provide opportunities for student-athletes to participate in athletic competitions. In addition, it is believed that the individual dedication and discipline required of a student-athlete will assist the student-athlete in developing excellent habits for the individual's future.

Student-athletes shall at all times represent Centreville Public Schools with behavior that shall bring credit to the individual and the school.

Our athletic program will be directed so that the welfare of all students will be the primary concern. All students will be encouraged to participate in the athletic program. While broad participation in the program is to be stressed, students will be made aware that it is a privilege to participate.

We will continue to develop and improve programs that enhance our student's athletic performance. High standards, integrity, and sportsmanship will be promoted. Our goal is that each and every athlete will bring pride to the entire community.

# OBJECTIVES

- To develop strong minds and healthy bodies in young men and women.
- To develop student-athletes who learn to relate well to teammates, coaches, parents, opponents, and other adults. To develop a good working relationship with their fellow man and to become a productive individual in society.
- To help the student-athlete learn responsibility and leadership.
- To develop a respect for the democratic principles upon which this nation was founded.
- To give the student-athlete a knowledge and control of physical skills which may be used in life for recreational and leisure time.
- To give opportunities for maturing and learning as a young person beyond the academic world and to learn more about life from athletic competition.

# MHSAA RULES AND REGULATIONS FOR ATHLETES

As a member of the MHSAA, athletes at Centreville are required to adhere to the following rules of the MHSAA:

- A) **Enrollment**: A student must be enrolled by the fourth Friday after Labor Day for first semester and by the fourth Friday in February for second semester.
- B) **Age**: High school students become ineligible if they reach their 19th birthday on or before September 1st of the current school year.
- C) **Physical Examinations**: Students must have passed a current year physical examination (dated on or after April 15th). The record must be on file in the school office. An athlete may not practice with a team until having a physical examination card on file in the athletic office.
- D) **Maximum of Enrollment**: Students may not have been enrolled for more than eight semesters in grades 9 to 12, inclusive. Seventh and eighth semesters must be consecutive. Enrollment in a school beyond the fourth Friday after Labor Day (1<sup>st</sup> semester) or the fourth Friday in February (2<sup>nd</sup> semester), or competing in one or more interscholastic contest, shall be considered as enrollment for a semester under this rule.
- E) **Maximum Competition**: A student, once enrolled in grade 9, shall be allowed to compete in only 4, 1<sup>st</sup> semester and 4, 2<sup>nd</sup> semesters.
- F) **Undergraduate Standing**: Students may not be high school graduates, including early graduation.
- G) **Transfer**: A “sport-specific” transfer rule proposal has been adopted by the MHSAA Representative Council for 2019-20. It has two major components:
  - a. **More Lenient**: Students in grades 9 through 12 who have not participated in an interscholastic scrimmage or contest on a school-sponsored team in Michigan or elsewhere in an MHSAA sport one season may transfer from one school to another with no delay in eligibility at any level in that sport the next season. No MHSAA action is required.
  - b. **More Restrictive**: Unless one of the 15 stated Exceptions applies, students in grades 9 through 12 who have participated in an interscholastic scrimmage or contest in an MHSAA sport on a school-sponsored team in Michigan or elsewhere during the previous season for a sport, and then transfer to an MHSAA member school, are ineligible at all levels of that sport at that school through the next complete season in that sport, including the MHSAA tournament. Students who transfer during a season in which they are participating, and do not meet one of the 15 stated Exceptions, are ineligible at all levels of that sport for the remainder of that

season, including the MHSAA tournament; and they remain ineligible at all levels of that sport through the next complete season in that sport, including the MHSAA tournament.

- H) **Undue Influence:** The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes will cause the student to become ineligible for a minimum of one semester.
- I) **Amateur Status/Awards:** Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA Handbook. Students may accept, for participating in MHSAA sponsored sports, a symbolic or merchandise award which does not have a value over \$40.00.
- J) **Limited Team Membership:** After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the same season. Students in individual sports may participate in a maximum of two non-school individual meets or contests during the school season while not representing their school.
- K) **Concussions:** “A Return to Activity & Post-Concussion Consent Form” is to be used after an athlete is removed from and not returned to activity after exhibiting concussion symptoms. MHSAA rules require:
  - a. Unconditional written authorization from a physician (MD/DO/Physician’s Assistant/Nurse Practitioner) Consent from the student and parent/guardian.

## CHS RULES AND REGULATIONS

Student-athletes are representatives of the school on and off the field or floor. They are expected to conduct themselves at all times so they are a credit to their family, school and community. The following rules and regulations outline these expectations:

- A) **Proof of Insurance:** Proof of Insurance will be required before each sport season. Third party insurance packets can be picked up in the Athletic Office. Centreville Public Schools does not cover insurance for athletes.
- B) **Team Membership:** Once an athlete has participated in a full week of practice or made a team through cuts, he/she may not change to another sport without permission from the coach of the sport he/she is dropping and the athletic director. If an athlete is dropped from a team for disciplinary reasons, he/she is not allowed to try out for another sport during the same season.
- C) **School Attendance:** All student-athletes are expected to have satisfactory school attendance. They are expected to be in attendance ALL DAY the “day of” the competition. In case of Saturday competition, they are expected to be in attendance ALL DAY the “day before” competition. Any absence during the day will make the student ineligible for competition for the day of absence or the next day with Saturday contest. An absence is considered to be ten (10) or more minutes late for a class. Any exceptions shall be administratively approved by the principal or athletic director prior to the absence. Repeated absences the day after an event shall be considered a chronic minor violation.
- D) **Practice Attendance:** Student-athletes are expected to be at practice unless ill, or for some personal reason that has been presented to, and accepted by the coach PRIOR to practice.
- E) **Practice Policy:** The Athletic Department will not hold mandatory practices on major holidays including Labor Day, Thanksgiving, Christmas Eve, Christmas, New Year's Eve, New Year's Day, Memorial Day. Coaches will be able to hold non-mandatory practices on these dates. Students-athletes will not be penalized for missing non-mandatory practices or for missing practice due to a medical appointment.

- F) **Equipment**: Coaches are responsible for issuing equipment to the athlete. It is the responsibility of the athlete to return equipment to the coach. If an athlete fails to return equipment in a timely fashion, the athlete's awards, diploma, etc. may be held. When equipment is damaged, lost and/or stolen while in care of the athlete, it is the athlete's responsibility to pay the replacement cost of the equipment. If the athlete is a graduating senior and fails to return equipment, his/her diploma may be withheld until such items are returned to the athletic office. If the athlete is an underclassman, he/she will not be allowed to practice or participate in other sports until such time the equipment is returned to the athletic office.
- G) **Riding Home with Parents**: Students who wish to ride home with their parents from an athletic event must have a parent or representative on their emergency form sign them out with the coach before departing.
- H) **Good Standing**: Each athlete must finish the season in good standing before being able to start a new season/sport. This includes uniforms being turned in and fees being paid.
- I) **Athletic Awards**: Requirements for athletic awards are developed by each head coach with the approval of the athletic director. These requirements will be reviewed with interested students by the coach.
- J) **Quitting**: The athlete must meet with the AD to discuss being released in good standing. If the athlete does not meet with the AD, he/she will sit out a minimum of 20% of the next sport season in which they participate. **If the athlete is not released by the AD, it is quitting!** Quitting is a major violation. Some examples of quitting are as follows:
  - a. The athlete stops showing to practices and contests.
  - b. A parent "removed or pulled" their athlete from a team.
  - c. A parent tells an athlete that "they don't have to participate anymore".
- K) **Bus Conduct**: Students in Grades 7-12 are permitted to ride buses for athletic events. Student-athletes are subject to the same rules and expectations outlined in the Student Code of Conduct. In addition to the regular school expectations for transportation, when male and female students travel on the same bus, one gender will sit in the front of the bus and the other will sit in the back of the bus.

## ATHLETIC VIOLATIONS

Being a member of an athletic team is regarded as an honor and privilege. At no time should a student-athlete's conduct and/or behavior reflect poorly on the team, school, or community. If poor conduct and/or behavior are exhibited, disciplinary action may be issued by the coach and/or the administration.

### A) VIOLATIONS

#### a. **Misdemeanors and Felonies**

If a student-athlete commits an act that is labeled as either a misdemeanor or felony crime, an immediate athletic suspension may occur. If a student-athlete is convicted of a misdemeanor or felony crime, the student-athlete may be suspended until the athletic director, and/or administration, can meet and review the circumstances which may result in further suspensions.

#### b. **Minor Violations**

Minor violations shall be defined by the Student Code of Conduct in the student handbook and/or within the Athletic Code. Minor violations will follow the Progression of Discipline outlined below.

#### c. **Major Violations**

Major violations shall be defined by the Student Code of Conduct in the student handbook

and/or within the Athletic Code. Some examples of major violations **include but are not limited to:**

- i. Possession, use, and sale of tobacco, vaping device(s), alcohol, marijuana, or illegal drugs.
- ii. Knowingly attending a gathering of students where the athlete knows or should reasonably know that alcohol or drugs are being used.
- iii. Committing acts of gross misconduct.
- iv. Hazing.
- v. Violent physical acts.
- vi. Quitting.
- vii. Tier 3 Violations per the Student Code of Conduct Progression of Discipline as outlined below.

## **B) INFORMATION REGARDING SUSPENSIONS**

- a. A sport's regular season total is used to calculate the number of contests for the suspension. The percentage will be rounded up to the nearest whole number.
- b. The suspension will be served immediately for the number of contests regardless of regular season or postseason. The postseason is not excluded from suspensions served.
- c. If the suspension overlaps seasons, it will be prorated for each sport/season.
- d. In the event of a dual sport athlete, the suspension will apply fully to both sports.
- e. A canceled game is not considered a competition.
- f. For a suspension contest to count, the student-athlete must be physically able and academically eligible.
- g. The head coach of the sport involved will decide whether the student-athlete may continue to practice or scrimmage with the team for the period of the suspension.

## **C) APPEALS PROCESS**

- a. The **Athletic Appeals Committee** will consist of the high school principal, athletic director, counselor, one head coach, and one non-coaching staff member.
  - i. Current Committee: Allen Meyer (principal), Jill Peterson (AD), Valerie Roe (counselor), Kelsey Smith (head coach), Brenda Hiemstra (non-coaching member).
- b. If a student wishes to appeal a suspension, the appeal must be filed with the AD within 48 hours (excluding weekends) of the notification. An Athletic Appeals Committee will meet and decide to deny or uphold the suspension within 48 hours (excluding weekends). All decisions by the Athletic Appeals Committee may be appealed to the superintendent in writing within 48 hours (excluding weekends). The superintendent will decide to deny or uphold the suspension within 48 hours (excluding weekends).
- c. Students serving a one-year suspension or probation could ask for reinstatement by the Athletic Appeals Committee after six months.
  - i. If a student-athlete is reinstated after 6 months, they will continue to be on probation for a year from that date. If an additional Tier 3 Violation happens, the student-athlete will be out of sports for one (1) calendar year.

## **D) PROGRESSION OF DISCIPLINE**

- a. **Tier 1 – Staff Managed**
  - i. 1<sup>st</sup> Offense: Coach will be informed.
  - ii. 2<sup>nd</sup> Offense: Coach will be informed.
  - iii. 3<sup>rd</sup> Offense: Tier 2 Violation
- b. **Tier 2 – Office Managed**
  - i. 1<sup>st</sup> Offense: Coach enforced consequence.
  - ii. 2<sup>nd</sup> Offense: 1 contest day suspension.
  - iii. 3<sup>rd</sup> Offense: Tier 3 Violation.

- c. **Tier 3 – Illegal Behavior & Additional Major Violations**
  - i. 1<sup>st</sup> Offense: 20% of contests.
  - ii. 2<sup>nd</sup> Offense: 50% of contests.
  - iii. 3<sup>rd</sup> Offense: One calendar year suspension.
- d. The Tier 1 and Tier 2 progression accumulation will be reset at the semester break.
- e. Tier 3 violations are independent and do not reset at semester breaks.

## ACADEMIC ELIGIBILITY

Student-athletes are expected to maintain a high scholastic standard. If you are having trouble, see your teacher. Do not wait until it is too late.

- A) Eligibility: Grades for student-athletes will be pulled weekly beginning the third Monday of each semester:
  - a. **Two “E’s”** in different subjects, will result in an athlete being ineligible for one week until eligibility is run again the following Monday.
  - b. **One “E”**
    - i. Will result in the athlete being put on probation for one week.
      - *The student-athlete can practice and play in games.*
    - ii. When eligibility is run the following week, the student-athlete will become ineligible if they still have one “E” (regardless if that class has changed).
      - *The student-athlete can attend games, but will not be eligible to play in games but can still practice.*
    - iii. If a student-athlete is still on the E list after a third consecutive weekly check, the student-athlete can no longer attend practices or games until they are off the E list. If this is corrected after one week, the student-athlete may still be a part of the team. If the process is extended or happens more than once, it will be up to the coach whether or not the student-athlete continues to be a part of the team.
- B) A student who fails two classes in a semester will be ineligible for athletics the following semester.

## NCAADIVISION 1ELIGIBILITY

To participate in Division 1 athletics or receive an athletic scholarship during the first year of college, a student-athlete must:

- A) Complete the 16 core-course requirements in eight semesters:
  - a. 4 years of English
  - b. 3 years of math (Algebra 1 or higher)
  - c. 2 years of natural or physical science (including one year of lab science if offered by the high school)
  - d. 1 extra year of English, math or natural or physical science
  - e. 2 years of social science
  - f. 4 years of extra core courses (from any category above, or foreign language, non-doctrinal religion or philosophy)
- B) Earn a minimum required grade point average in core courses.
- C) Earn a combined SAT or ACT sum core that matches the core course grade-point average and test-score sliding scale. (For example, a 3.00 core-course grade-point average needs at least a 620SAT).

Students-athletes enrolling in college in August 2016 and later must meet all of the above requirements to receive aid in the first year and practice in the first term. In order to compete in the first year, prospects must



meet all of the above and:

- A) Earn at least a 2.3 GPA in core courses
- B) Meet an increased sliding-scale standard
- C) Complete 10 core-courses prior to the start of the seventh semester, a least seven in English, math and science.

PLEASE be sure to contact your Guidance Counselor if you have ANY interest in the possibility of participating in college athletics (Division I, II or III; NAIA; Junior College, etc.)

## PROPER “CHAIN OF COMMAND” FOR ATHLETES AND PARENTS

When student-athletes or parents feel they have a concern or complaint they must proceed as follows:

- A) Set up a time to talk with the coach. Immediately after a contest is not an ideal time to discuss concerns. Parents need to wait a day or more before approaching a coach with issues from a contest. This gives ample time for both the parent and coach to reflect on the contest and be able to discuss the issue rationally. If a resolution to the problem isn't found:
  - a. Meet with head varsity coach (if a sub. Varsity sport)
  - b. Meet with the athletic director
  - c. Meet with the principal
- B) Your student-athlete may bring a concern he/she has with the coach or team to your attention. To deal with this concern, the best course of action is to be a good listener and encourage your child to figure out options and try to deal with the concern on his/her own. One of the life lessons learned from participating in athletics is how to deal with challenges.
- C) The varsity head coach is ultimately responsible for their entire program. All questions and concerns should first be discussed with the varsity head coach **before** coming to the AD. The varsity head coach's decision is final even if it affects a sub-varsity team under their direction.

## PLAYING TIME

Centreville Public Schools is committed to offering an athletic program that will benefit our students. Consequently, we have developed the following playing time guidelines. We believe these will best enhance our athletic program and best serve our student-athletes.

**Middle School and Freshmen Level** - The goals of middle school and freshmen team level sports include teaching fundamentals of the sport, emphasizing sportsmanship, and providing practice and competition for all participants. Winning, as a goal, should be balanced with participation. At this level playing time may NOT be equal.

**Junior Varsity Level** - Coaches should balance student-athletic participation with the success of the team. Fundamentals of the sport, emphasizing sportsmanship, and providing practice and competition for all participants are goals. Coaches should stress to all participants that each athlete is an important contributor to the team, but that playing time may not be afforded equally to all. Maximum student-athletic game participation is stressed but not mandated at this level.

**Varsity Level** - The success of the team is the main goal at this level. Student-athletes should learn that all participants are working together for the good of the team. Game participation is handled exclusively by the coaching staff. Although playing time will be provided for as many student-athletes as possible, the success of the team will be paramount.

Coaches should stress to all participants that each athlete is an important contributor to the team, but that playing time cannot be afforded equally to all. Maximum student-athletic game participation is stressed but not mandated at this level.

## FRESHMAN ON VARSITY TEAMS

The following procedure will be used when a freshman student-athlete is being considered for participation at the “varsity team” level at Centreville Schools. *\*In the event there is only one combined team, this form will be waived.*

- A) The varsity coach will discuss with the athletic director and the freshman student-athlete in question and provide a rationale for this request.
- B) With the athletic director’s approval, the varsity coach will discuss with the parents of this student-athlete the possibility of “varsity level” competition.
- C) If the parents and the student-athlete are in agreement that this freshman is physically, mentally, and emotionally ready for varsity level competition, then a letter of agreement will be placed on file and copies given to all parties involved. The student, parents/guardians, varsity coach, and AD will sign the agreement. It is to be understood that at each level of the above procedure, the most important concern is to always do what is in the best interest of the student-athlete in question.

## ATHLETIC DOUBLING

Any student who desires to participate in two sports at the same time must:

- A) Obtain an approval form from the athletic director,
- B) Seek academic approval from the counselor,
- C) Choose a primary and secondary sport,
- D) Secure parental approval,
- E) Get signature of acknowledgement from the coaches of both sports, and
- F) Get approval from the athletic director.

The signatures of the counselor, parents/guardians, the coaches, and athletic director are required.

The student-athlete will think through the seasons and determine a contest and practice schedule that will be approved by the AD and communicated to both coaches. Any changes from this must be communicated by the athlete throughout the season. Skipping practices/contests entirely could terminate this agreement.

The athletic director and the coaches have the responsibility to oversee this agreement.

## OUT OF SEASON PARTICIPATION IN SPORTS

We encourage total commitment to current sport programs but understand the need for practice/competition in non-season sports. Athletes currently participating in a school-sponsored sport season wishing to practice/play an unsponsored/out-of-season sport that they are not currently “in season” for may do so as long as it doesn’t interfere with practice and game schedules of their in-season sport. The use of the school’s athletic facilities for this purpose can be used but only after a Facilities Usage Form has been filled out and granted permission. These forms can be found in the High School Athletic office.

# OVERNIGHT EVENT

In the event an athletic team, or individual members of an athletic team, attends an overnight event representing Centreville Athletics, chaperone(s) of the same gender as the participant(s) must be in attendance.

# SPORTSMANSHIP EXPECTATIONS FROM THE MHSAA

Student-athletes are expected to:

- Accept and understand the seriousness of your responsibility and the privilege of representing your school and community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
- Treat opponents the way you would like to be treated, as a guest or friend. Who better than yourselves can understand all the hard work and team effort that is required of your sport?
- Refrain from taunting, trash talking or making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature. Refrain from intimidating behavior.
- Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive improvement of you and your team in the eyes of the officials and all people at the event.
- Win with humility; lose with grace. Do both with dignity. Avoid excessive celebrating after a play or end of a game.