

# Lakeview Athletics

## Programs of Excellence

Handbook / Code of Conduct for High School and Middle School Athletics



# Lakeview

SCHOOL DISTRICT

Adopted by the Lakeview School District Board of Education: March 15, 2010

The Lakeview School District is following all guidelines and mandates from MHSAA regarding COVID-19

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## **Board Of Education End Statements**

The purpose of the Lakeview School District Board of Education is to represent the public's interest in providing educational programs in a safe learning environment that develops knowledgeable, healthy, socially responsible citizens in the global community.

### **KNOWLEDGEABLE CITIZENS**

Lakeview graduates, as knowledgeable citizens, will seek out and use learning experiences, information and ideas throughout their lives.

### **HEALTHY CITIZENS**

Lakeview graduates, as health-conscious citizens, will demonstrate knowledge, attitudes, and skills related to healthy, responsible living.

### **SAFE LEARNING ENVIRONMENT**

Lakeview employees will work diligently and proactively to provide a safe environment for students and employees.

### **SOCIALLY RESPONSIBLE CITIZENS IN THE GLOBAL COMMUNITY**

Lakeview graduates, as workers, world citizens, and persons, will demonstrate their understanding of the importance of social responsibility in a democratic society.

*In the fall of 2008, the Lakeview School District Board of Education asked itself, the administration, and the community whether the Athletic Code of Conduct at that time reflected the intent of their end statements as described above. After considerable consideration, research, and thought, Board of Education members passed the following resolution on September 21, 2009:*

## Lakeview School District Board of Education Resolution

WHEREAS, the Lakeview School District Board of Education represents the public's interest in creating knowledgeable, healthy, socially responsible citizens in the global community; and

WHEREAS, the Lakeview School District Board of Education and administration promote a healthy learning environment by defining a student athletic code of conduct that outlines positive expectations for coaches, parents, and student-athletes based on common values, shared goals, and agreed-upon principles; and

WHEREAS, members of the Lakeview School District Board of Education and administration have spent one year dialoguing with and collecting information from students, parents, community members, coaches, and local and national health education experts on the role and substance of an effective student athletic code of conduct; and

WHEREAS, as a result of these conversations, the following priorities and opportunities for strengthening the current Lakeview School District Student Athletic Code of Conduct were identified:

- Focus on student and parent education,
- Provide opportunities for students to be responsible and learn from their mistakes,
- Increase parent involvement in remediation restorative process,
- Create a multifaceted approach that will impact the largest number of students,
- Empower community members to help support efforts; and

WHEREAS, the American Athletic Institute philosophy for the review and revisions of a student code of conduct speaks to each of these priorities, advocating policies that are proactive rather than punitive in approach and include education, social responsibility, parental involvement, community involvement, and evaluation as critical components for a successful student athletic code of conduct;

NOW, THEREFORE, BE IT RESOLVED that it is the intent and direction of the Lakeview School District Board of Education to review, revise, communicate, and implement the District's Student Athletic Code of Conduct in a manner consistent with the philosophy of the American Athletic Institute.

Adopted September 21, 2009



**Kathleen Moore, President**

Board of Education

## Lakeview School District Board of Education Resolution

WHEREAS, the Lakeview School District Board of Education represents the public's interest in providing educational programs in a safe learning environment that develop knowledgeable, healthy, socially responsible citizens in the global community; and

WHEREAS, members of the Lakeview School District Board of Education and administration have spent one and one-half years dialoguing with and collecting information from students, parents, community members, coaches, and local and national health education experts to develop an athletic code of conduct that sustains district and community standards of excellence; and

WHEREAS, it is the Board's intent that the Athletic Code of Conduct serves as a framework for expanding current efforts to ultimately provide the largest number of students possible with opportunities for growth and success by holding them accountable for the conditions set forth therein; and

WHEREAS, the Board regards the Athletic Code of Conduct as a living document that may benefit from further development during and after its implementation in order to preserve the philosophy and intent for which it was created;

NOW, THEREFORE, BE IT RESOLVED that the Lakeview School District Board of Education adopts this Athletic Code of Conduct as the definitive document expressing to student-athletes, parents, and coaches those expectations that are essential in upholding district and community standards for world-class athletes and athletic programs.

Adopted March 15, 2010



**Kathleen Moore**, President

Board of Education

## **American Athletic Institute**

The American Athletic Institute (AAI) is a sports consulting firm that is committed to helping both athletes and non-athletes. AAI provides programs and services that are designed to help athletes and non-athletes alike. Whether it is in a proactive capacity or in response to a specific problem or incident, the American Athletic Institute can offer valuable insight, education, and strategies to administrators, coaches, and athletes on a vast array of issues ranging from drug and alcohol abuse, to hazing and sportsmanship, to youth sport and childhood obesity.

The American Athletic Institute's primary focus is the education of athletes on the dangers of drugs and alcohol. The AAI staff is made up of substance abuse professionals who were also once professional and world-class athletes. It is this combination of experience, coupled with scientific research, which makes the organization unique in both the prevention/education field and in the world of sport. AAI staff members understand athletes, the dangers of drugs, and the volatile mix of the two when combined.

The American Athletic Institute's approach is proactive, believing that student-athletes will meet clearly stated, positive expectations for their behavior. Consistent with the Lakeview School District Board of Education end statements, the AAI's proactive rather than punitive approach is based on the restorative justice model, which emphasizes education followed by corrective and restorative measures.

### **Restorative Justice Model**

#### Education

Student-athletes are better able to make positive lifestyle decisions when they have chemical health information regarding the effects of alcohol, tobacco, controlled substances, and performance-enhancing drugs on their physiological, psychological, and social development, as well as their athletic performance. Education must include prevention to support students who have already made positive lifestyle decisions and intervention to assist those who have made an incorrect decision in not repeating that decision.

#### Corrective Action

Student-athletes should have a clear understanding of not only what is expected of them but also what will take place in the event they behave in a manner inconsistent with the positive expectations outlined for them. Corrective action must be progressive in nature, seeking results that are measured by how much repair has been done rather than how much punishment has been inflicted.

#### Restorative Action

Student-athletes have a responsibility to themselves, their team, their school, their community, and to younger athletes who look up to them. Student-athletes who make an incorrect lifestyle decision must, in the presence of their coaches and teammates, publically recommit to uphold the expectations of a Lakeview School District student-athlete.

## Programs of Excellence

*Programs of excellence transcend the individuals that comprise teams. Programs are built through pride and reputation. Programs of excellence transcend time.*

It is the intent of the Lakeview School District Board of Education to provide programs of excellence. Athletic programs of excellence are defined by highly successful teams and individuals who achieve success through hard work and great character. Being a member of a Lakeview athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of a Lakeview athletic team, student-athletes have inherited a wonderful tradition that they are challenged to uphold. Like anything of value, it comes with a price tag. That price tag is a commitment from the student-athlete to follow established rules.

The use, abuse, and misuse of drugs, alcohol, and tobacco are major problems for all segments of society. Student-athletes are, in fact, more likely to use or abuse chemical substances than the general student population. The student-athlete occupies a special position in the school and community. Each student-athlete must maintain a high degree of physical fitness and alertness to perform to their optimal capacity and with the greatest degree of safety in his or her chosen sport. They must therefore adhere to self-imposed discipline and demonstrate the highest standards of character in their chosen sport.

Clear and consistent boundaries are established to assist student-athletes in maintaining self-discipline. This Athletic Code of Conduct communicates those boundaries. It is not designed to punish our student-athletes but to deter their involvement in the risky and dangerous behaviors associated with the use, abuse, and misuse of drugs, alcohol, and tobacco. It is a means of communicating clear expectations for students' on and off-field behavior in which our community can take pride.

It is not easy to be part of and contribute to programs of excellence. Programs of excellence have traditions of success. The desire to win comes with the understanding that to do so, to reach individual and team success, student-athletes must work toward and make decisions that help them reach their full potential. This can only be fully realized if student-athletes remain chemical free. When student-athletes put on the purple and white, it is assumed that they understand the traditions of excellence that have been established and accept the responsibilities that go with them.

## Responsibilities of a Student-Athlete

### Responsibility to Self

The most important of these responsibilities is to broaden and develop strength of character. Student-athletes owe it to themselves to derive the greatest benefits from their high school experiences, to live a healthy lifestyle, and to respect their physical and mental health at all times.

### Responsibility to Academic Studies

Academic studies and participation in other extracurricular activities, as well as athletics, prepare student-athletes for life as an adult. Athletics, while very important to many young people, are only a small part of a student-athlete's life. It is important to understand how few student-athletes participate in college athletics and beyond. As a result, academic achievement better prepares a student-athlete for his or her adult life than athletic achievement.

### Responsibility to School

Lakeview Middle School and Lakeview High School cannot maintain programs of excellence unless all student-athletes participate, to the best of their abilities, in every practice, competition, and other activity in which they are engaged.

### Responsibility to Family

Student-athletes who never give their parents and family anything to be ashamed or embarrassed about will have measured up to this ideal. Student-athletes who know in their heart that they have lived up to all the training rules, have practiced every day to the best of their ability, have played the game all out and have displayed good sportsmanship, foster self-respect and the pride of their families, win or lose.

### Responsibility to Community

The community and its financial support make athletic experiences possible. For that reason, student-athletes must remember they hold a clear and substantial responsibility to their community. Student-athletes assume a leadership role when they participate on an athletic team. The student body and citizens of the community know Lakeview's student-athletes. They are visible and judged by their conduct and attitude both on and off the field. Because of this leadership role, student-athletes can contribute significantly to school spirit and community pride. It is the desire and expectation of the Lakeview School District that its student-athletes demonstrate class and sportsmanship, not for the fact that they win, but rather that they are known as participants in programs of character and excellence.

### Responsibility to Younger Athletes

The younger athletes in the Lakeview School District watch and look up to student-athletes on school teams. They know who the players are and what they do. Varsity athletes are role models for those in younger programs, and all student-athletes are role models for those in youth programs throughout our community. Make them proud. Do not do anything to let them down. Set good examples for them.

## **Legal Rationale**

Athletic codes of conduct exist to ensure the health, safety, and welfare of the student-athlete and those they compete with and against. In *Vernonia School District vs. Acton* (1995), the Supreme Court of the United States of America held that drug-testing of athletes is permissible because students "voluntarily participate in interschool athletics" and "drug use by an athlete risks immediate physical harm to users and those with whom they play." For these reasons, further legal challenges to athletic codes of conduct have not been successful, even in the absence of drug testing.

Whether one agrees or disagrees with the Supreme Court's position, the Lakeview School District is obligated, for legal and educational reasons, to maintain and require a "No Use" position when it comes to alcohol and drugs.



## Regulations

The Michigan Liquor Control Act states, “A minor shall not purchase or attempt to purchase alcoholic liquor, consume or attempt to consume alcoholic liquor, possess or attempt to possess alcoholic liquor or have any bodily alcohol content, except as provided in this section. A minor who violates this subsection is guilty of a misdemeanor punishable by the following fines and sanctions and is not subject to the penalties prescribed in section 909” (Sec. 703. (1)).

The possession and use of controlled substances by someone of any age is similarly regulated by the Michigan Public Health Code, Act 368 of 1978, sections 333.7403 and 333.7402. Specifically, section 333.7402 states use of marijuana is “a misdemeanor punishable by imprisonment for not more than 90 days or a fine of not more than \$100.00 or both.”

Controlled substances are not limited to marijuana or other narcotics. The Michigan High School Athletic Association website refers its member schools, their student-athletes, and their parents to the following Michigan laws:

- Public Act 31 – Requires notice that possession/use of steroids is a crime
- Public Act 187 – Prohibits promotion/distribution of performance-enhancing supplements
- Public Act 215 – Possession or use of any NCAA-banned drug is not permitted

For both legal and educational reasons, all Lakeview School District student-athletes are required to maintain drug-free status in order to ensure their continued and uninterrupted participation in their chosen sport(s) and to ensure their health, safety, and welfare of themselves, their teammates, and their opponents.

## Educational

Within the Michigan Merit Curriculum is the requirement for all students in Michigan to complete one credit of health/physical education. The expectations and procedures contained in this Athletic Code of Conduct contribute to the intent of the State Board of Education’s comprehensive school health curriculum for students (specifically student-athletes) to “develop and practice personal and social skills, such as communication and decision making, in order to deal effectively with health-risk situations.”

## **Expectations for the Student-Athlete**

The following expectations for student-athletes are consistent with the educative, corrective, and restorative components of the philosophy of prevention prior to punishment.

Educational Expectations

- Academic Standards – According to the National Collegiate Athletic Association, the likelihood of a high school student-athlete going on to participate in college or professionally is:

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
<b>Men</b>						
Baseball	482,740	36,011	7.5%	2.2%	2.3%	2.9%
Basketball	540,769	18,816	3.5%	1.0%	1.0%	1.4%
Cross Country	269,295	14,303	5.3%	1.8%	1.4%	2.1%
Football	1,006,013	73,712	7.3%	2.9%	1.9%	2.5%
Golf	143,200	8,485	5.9%	2.0%	1.6%	2.2%
Ice Hockey	35,283	4,323	12.3%	4.8%	0.6%	6.8%
Lacrosse	113,702	14,603	12.8%	3.1%	2.5%	7.3%
Soccer	459,077	25,499	5.6%	1.3%	1.5%	2.7%
Swimming	136,638	9,799	7.2%	2.8%	1.2%	3.2%
Tennis	159,314	7,785	4.9%	1.6%	1.0%	2.3%
Track & Field	605,354	28,914	4.8%	1.9%	1.2%	1.7%
Volleyball	63,563	2,355	3.7%	0.7%	0.7%	2.3%
Water Polo	22,475	1,072	4.8%	2.7%	0.8%	1.3%
Wrestling	247,441	7,300	3.0%	1.0%	0.8%	1.2%
<b>Women</b>						
Basketball	399,067	16,509	4.1%	1.3%	1.2%	1.7%
Cross Country	219,345	15,624	7.1%	2.7%	1.7%	2.7%
Field Hockey	60,824	6,119	10.1%	2.9%	1.4%	5.8%
Golf	79,821	5,436	6.8%	2.8%	1.9%	2.1%
Ice Hockey	9,650	2,531	26.2%	8.9%	1.1%	16.2%
Lacrosse	99,750	12,452	12.5%	3.7%	2.6%	6.2%
Soccer	394,105	28,310	7.2%	2.4%	1.9%	2.9%
Softball	362,038	20,419	5.6%	1.8%	1.7%	2.2%
Swimming	173,088	12,980	7.5%	3.3%	1.2%	3.0%
Tennis	189,436	8,596	4.5%	1.5%	1.0%	2.0%
Track & Field	488,267	30,326	6.2%	2.8%	1.5%	1.9%
Volleyball	452,808	17,780	3.9%	1.2%	1.1%	1.6%
Water Polo	21,735	1,217	5.6%	3.3%	1.1%	1.2%

It is much more likely that student-athletes will have a career outside of athletics. Therefore, it is expected that Lakeview student-athletes excel in the classroom first before excelling on the field, court, or in the pool. A student-athlete is expected to pass all classes every trimester.

A student-athlete may not fail more than 66% of their class load. (MHSAA rule) Student-athletes who fail more than 66% of their classes during a trimester are ineligible to participate in athletics for the next trimester and are only eligible once again if they pass 66% of their class load during that new trimester. Summer school can be used to make up for failed classes in the trimester prior in order to be eligible for the fall Trimester.

During the season of participation, the student-athlete's academic performance will be further monitored. The athletic director will conduct weekly eligibility checks for poor and/or failing grades by distributing eligibility lists to instructional staff.

A student-athlete who is failing 66% of their classes by the end of the school day on Friday will have until 3:00 on the following Monday to improve their grades. By the end of school on Monday and the student is still failing 66% of their classes becomes ineligible to participate in one (1) week of competition (Sunday through Saturday). The Athletic Director will notify ineligible students and their immediate coach.

A student-athlete needs to have a 1.7 GPA at the end of a trimester to be eligible to participate in the next trimester. For example, if a student-athlete doesn't have a 1.7 GPA at the end of the 3rd Trimester, they will not be able to participate in 1<sup>st</sup> Trimester of the next school year. If a student doesn't have a 1.7 GPA at the end of 1<sup>st</sup> trimester, they are ineligible to participate in 2<sup>nd</sup> trimester. This is the case at the end of every trimester throughout the school year. The student-athlete can only obtain eligibility by having a 1.7 to finish a trimester.

Spartan Academic Second Chance: A student-athlete below 1.7 but not lower than 1.5 will have the first four weeks of the new semester to show they can attain a GPA of 1.7 or higher. After the 4th week of the new trimester the student-athlete GPA is a 1.7 or higher that student has earned their eligibility for the rest of that trimester. During the 4 weeks the student-athlete may practice with the team but cannot participate in any contest.

Though it is the student-athlete's responsibility to improve his or her grade to a satisfactory level, the athletic director may initiate an intervention with the student-athlete, classroom teacher, and/or guidance counselor to develop a plan of assistance designed to enable the student-athlete to achieve academic success.

Summer School - in addition to assisting students to get back on track for graduation, can also assist students in regaining athletic eligibility for the fall season following their trimester 3 academic performance.

MHSAA guidelines require students to have passed courses greater than or equal to 66% of the equivalent number of courses that equals a typical full-time course load at their institution.

At Lakeview High School, this means that students must have passed at least 4 out of 6 courses in the most recent trimester in order to be athletically eligible.

Lakeview High School students must also maintain a 1.7 GPA.

As mentioned above, the use of summer school for athletic eligibility purposes would pertain to a student's trimester 3 performance.

Lakeview High School students who passed 2 or fewer courses in trimester 3 will not be able to use summer school to become academically eligible as they will not be able to pass enough courses to get to that 66% threshold.

Lakeview High School students who passed 3 courses in trimester 3 can regain athletic eligibility by successfully completing both sessions of summer school and passing 4 out of 4 summer school classes in the process.

Lakeview High School students who passed 4 classes or more in trimester 3, but did not maintain a 1.7 GPA can utilize summer school courses to bring their GPA up to the satisfactory level. If students need summer school only for the purposes of increasing GPA for athletic eligibility (i.e. the student passed 4 or more courses in trimester 3, but had less than a 1.7 GPA), only courses passed during summer school will be used in eligibility calculations.

This means that regardless of summer school performance, students who successfully completed 4 or more courses during trimester 3 will finish summer school still considered having satisfactorily completed at least 66% of their courses in their most recent term. Furthermore, only the courses that were passed during summer school will be included in GPA calculations.

Consistent with other classes taught on a credit/no credit basis, all passed summer school courses will be assigned a GPA point value of 4.0 in calculating GPA for athletic eligibility purposes. Credit/No credit courses will continue to have no bearing on a student's academic GPA.

Mandatory Meetings – Educational programs related to the Board of Education’s healthy citizen end statement will be delivered to athletes in a variety of settings on various topics over the course of the school year, and resources will be available on the District’s website.

Head coaches are responsible for holding team meetings prior to the start of their season for student-athletes and their parents. At this time, head coaches will review the Athletic Code of Conduct and explain any additional team expectations and rules. Student-athletes will commit to the expectations of this Code of Conduct by signing the Athletic Contract during online registration. A student-athlete who refuses to sign the athletic contract – or one whose parent(s) refuses to sign the athletic contract - will not be permitted to practice or compete.

- Application of the Code – The expectations outlined in this Athletic Code of Conduct are in effect from the moment the student-athlete first registers to participate in athletics until they graduate. These expectations must be maintained year-round, in and out of season, and on and off the fields of competition. The District in no way concedes that the expectations outlined in this document end at the confines of its property or outside its supervision or authority, nor shall the District expect student-athletes to meet these expectations during the competitive season and then give them the green light to partake in such behaviors out of season or during the summer. Staff is entrusted with educating and teaching our youth and with maintaining clear and consistent boundaries for them. Out-of-season violations shall be investigated, and consequences for violations shall be faced prior to future participation.
- Attendance – Per the MHSAA rules and regulations, student-athletes MUST be in school at least 50% of the school day in order to participate in a competition that same evening. If the student-athlete must be out of school more than 50% of the day, a note must be brought to the AD excusing them. Only the Athletic Director can approve absences, and all absences are considered for approval based on a case-by-case basis.

- Individual Coach's Team Rules – Coaches, after review and approval by the athletic director, may establish additional rules and expectations for their respective sports. These additional rules and expectations for a particular sport must be stipulated in writing to all team members and parents and explained fully at the start of the season. Penalties for violations of team rules and expectations must also be in writing, a copy provided to the athletic director, and shall be administered by the coach. Copies of all additional individual team rules and expectations are to be on file in the athletic director's office.

It is the expectation that any time a coach withholds playing time from a student-athlete for violation of individual team rules, the coach informs the athletic director of the name of the student-athlete, the circumstances under which the action is being taken, and the length of time the student-athlete is being withheld from competition. It is the expectation that this notification takes place prior to the student-athlete being withheld from the competition, but it is understood that in certain situations, this may not be possible.

- Cyber Image Guideline – Any identifiable image, photo, or video that implies a student-athlete has been in the possession or presence of alcohol or drugs or that portrays actual use or out-of-character behavior or crime shall be considered a confirmation of a violation of the Athletic Code of Conduct.
- Vacations – Vacations that occur during the season and which cause an athlete to miss practice in preparation for that sport must be cleared in advance through the coach. Any athlete who does not follow this procedure jeopardizes the athlete's position on the squad.
- Travel Regulations – Travel to and from all athletic events shall be made by team bus or van during the week. If for some reason, the coach wishes to use automobiles for transporting athletes, this should be cleared with the Athletic Director. Approval for families and students to transport themselves can be given by coaches and the Athletic Director but will depend on distance and circumstance. Each member of the traveling squad should dress according to the coach's directions. Athletes are expected to behave as ladies and gentlemen at all times. **ONLY TEAM MEMBERS AND SCHOOL OFFICIALS ARE TO BE ALLOWED ON THE SCHOOL BUS.**
- Strength and Conditioning Program – Any student who wishes to be an athlete in any of our sports programs is required to be a part of the Lakeview Strength and Conditioning program both in and out of season. This will be explained to the student-athlete at the beginning of each season. When not in-season, our coaching staff will ensure that the student continues to receive strength and conditioning through our program and during the summer months. It is extremely important that our student-athletes are constantly training and improving their young bodies in order to remain healthy, avoid injury, and stay competitive during competition. Weight training classes, before/after school, and during practices are all times that our S&C program will be utilized.
- Athletic/Music/Extracurricular Conflicts – When there is an athletic, music, or other extracurricular conflicts, the coach and teacher will need to resolve the problem at least two (2) weeks in advance, preferably at the beginning of the season, by communicating with each other. Music concerts, due to the limited amount of them and the importance of grades, must be considered a priority for the student-athlete, though athletic events are also very important. This is why the teacher and coach must come to a solution on allowing the student to be where they need to be.

## **Corrective Expectations**

If a violation of this Code of Conduct occurs or is alleged to have occurred, a corrective process must be undertaken by the administration, student-athlete, and his or her parent(s). Parents must be involved in the process. This helps ensure that all parties are informed as to the nature of the violation and are in full understanding that any future violations will result in greater consequences.

Failure of a student-athlete to complete any part of the corrective process or the subsequent restorative process will result in permanent suspension from any future involvement in athletics. Failure by a parent or guardian to comply will result in the student-athlete being able to practice but not compete, provided the athlete completes the process.

### Investigation

The following general procedures will occur if a student-athlete is suspected of violating the expectations outlined in this Code of Conduct:

Any individual or stakeholder may choose to report a violation of the Athletic Code of Conduct verbally or in writing to:

- Building Administrators
- Athletic Director
- Coaches

All employees who receive violation reports concerning student-athletes should immediately report such allegations to the athletic director. An investigation to determine the nature of the allegations shall begin immediately.

- The athletic director will interview the student-athlete as to the reason(s) for the suspected Code of Conduct violation(s) in an effort to confirm or refute the allegation.
- After this initial interview, parental notification will be made by the athletic director regarding the alleged violation, the outcome of the initial interview, and the next steps.
- The building principal will be notified of the allegation and the status of the investigation and will be kept aware of the progress of the investigation.
- In the event the initial interview does not bring resolution to the investigation, the athletic director will further investigate through interviews with those who may be aware of the violation(s) first-hand, those who may have limited knowledge of the violation(s), and/or those who may be involved with such violation(s).
- The approved and appropriate remedies and consequences for the type of violation will be applied and enforced.

### Cooperation

It is important for all student-athletes to understand that involvement in the Lakeview School District athletic program is a privilege. With the responsibility of being a student-athlete comes a commitment to the conditions of this Code of Conduct. In the event that a student-athlete comes under investigation for a possible violation(s) of the expectations outlined in this code, it is expected that the student-athlete:

- Be truthful
- Be forthcoming with information
- Not be deceptive

- Be cooperative

Because education is a major component of the *Life of an Athlete* program, the opportunity to teach that part of one's character is not whether or not you made a mistake but whether you admit to and learn from that mistake. So, to encourage honesty and cooperation, the athletic director has the authority to reduce a Tier 1-Strike one (1) or –Strike two (2) penalty up to half the original number of contests for any student-athlete who admits to a violation of the Athletic Code of Conduct prior to the athletic director finding out a violation has occurred or when initially confronted by the athletic director. No reduction of a Tier 1-Strike three (3) or Tier two (2) penalty will be permitted for a self-admission.

Though it is expected, it is understood that a student-athlete, either one alleged to have committed a violation or one interviewed regarding a violation, does not have to be cooperative during an investigation. It should be similarly understood that the athletic director does not have to allow an uncooperative student-athlete to practice or compete until such time as the matter is resolved or at any point thereafter.

Therefore, if at any time during an investigation, either prior to or after the determination of guilt and/or consequences, it is determined that a student-athlete has lied, been deceptive, untruthful, or withheld information, the athletic director has within his or her power to impose a greater level of consequence. Great weight must be placed on the privilege of representing the Lakeview community, and any student-athlete who would fail to be truthful and/or cooperative would jeopardize the perceived character of Lakeview programs.

#### Confirmation

Confirmation of a violation of the expectations outlined in this Athletic Code of Conduct may be provided by, *but not limited to*, any of the following:

- An admission by the offending student-athlete.
- A positive reading for a restricted substance on a breathalyzer or medically conducted drug screening or test.
- Refusal to take a breathalyzer test or medically conducted drug screening or test.
- Evidence, circumstantial or otherwise, that would support the reasonable conclusion that a violation occurred.
- Other credible evidence.

#### Consequences

It is the responsibility of the athletic director to determine consequences in a manner that is consistent with those described herein. It should be understood that the expectation of consistent application of consequences is not synonymous with the idea of exactly equivalent application of consequences since no two incidents are exactly the same.

It has been known, in prevention theory and practice, that zero-tolerance policies are neither effective nor fruitful with teens. It is, therefore, the obligation of the Lakeview School District, as an educational institution, to offer options so that student-athletes, at an age when they can be influenced in a positive manner, might learn from a mistake they have made so that they do not repeat that mistake later. The primary goal of these consequences is first to put the ownership of the violation(s) with the student-athlete, secondly to offer a process for change, thirdly to involve the student-athlete's parent(s) in the process of education, correction, and restoration, and lastly to give the student-athlete every possible opportunity to rectify such behaviors.

The best possible option for consequences for Code of Conduct violations is a tiered framework with the understanding that the severity of the act, who commits the act, and where the act is committed all have a bearing on the consequences that result.

The athletic director, along with the high school or middle school administration, has the ability to review each violation on a case-by-case basis. It should be noted that the athletic director or administration will not go back more than one calendar year to review allegations of athletic handbook violations.

Spartan Rule- You Get one (1) Spartan Rule Violation in your high school career. If you receive a Spartan Rule you will have a one contest date suspension. The Spartan rule would cover things that did not get you suspended from school but still require action.

### **Tier 1 – Use or Possession of Alcohol, Tobacco or Drugs, Hazing, and Misdemeanor Offenses**

The use or possession of alcohol, tobacco, or drugs (including performance-enhancing drugs) will not be tolerated at any time. Students who use marijuana for medicinal purposes are not eligible to participate in athletics.

Hazing is defined as any activity that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation, membership, or affiliation with any athletic team. Any hazing activity, whether by an individual or by a group, shall be presumed to be a forced activity even if a student-athlete willingly participates. The Lakeview School District does not condone any form of initiation or harassment, known as hazing, as part of any school-sponsored activity. No student-athlete, coach, volunteer, or district employee shall plan, direct, encourage, assist, or engage in any hazing activity.

Nor will acts that result in the student-athlete being arrested by law enforcement be condoned. Since it has been determined that athletic participation is a privilege and not a right, it is to be understood that there will be no obligation on the part of the administration, in response to the arrest of a student-athlete, to wait for the judicial process to run its course. Therefore, even while misdemeanor charges were pending and adjudicated, the athlete will be suspended, and participation will be denied.

- **Strike 1** – Using the number of regular season contests scheduled, the student-athlete will be ineligible to participate in 25% of that sport’s regular or post-season contests. Scrimmages are not considered scheduled contests. The exclusion shall be consecutive, starting with the first scheduled event. An exclusion will carry over to the next season the student-athlete participates in, should the penalty not be completed during the initial season of ineligibility. The student-athlete is expected to continue to practice with his or her team while serving this penalty.
- **Strike 2** – Using the maximum number of regular season contests scheduled, the student-athlete will be ineligible to participate in 50% of that sport’s regular or post-season contests. Scrimmages are not considered scheduled contests. The exclusion shall be consecutive, starting with the first scheduled event. An exclusion will carry over to the next season the student-athlete participates should the penalty not be completed during the initial season of ineligibility. The student-athlete is expected to continue to practice with his or her team while serving this penalty.



- **Strike 3** – The student-athlete is ineligible to participate in athletics in the Lakeview School District for the equivalent of one full season, at which time the student-athlete will meet with administration to discuss why eligibility should be reinstated. Any further violations will result in a repeat of strike 3 corrective expectations.

## **Tier 2 – Distribution of Alcohol or Drugs and Felony Offenses**

The distribution or sale of alcohol or drugs (including performance-enhancing drugs) is viewed as more serious than the use or possession of those substances. Similarly, acts that result in a student-athlete being arrested by law enforcement for felony offenses are viewed as acts that require immediate and permanent suspension from participation. As stated in Tier 1, athletic participation is a privilege and not a right; it is to be understood that there will be no obligation on the part of the administration, in response to the arrest of a student-athlete, to wait for the judicial process to run its course. Therefore, even while felony charges are pending and adjudicated, all forms of participation will be denied.

A student-athlete who reaches Tier 2 is ineligible to participate in athletics in the Lakeview School District for the remainder of his or her high school career.

## **Special Circumstances and Greater Magnitude of Consequences**

The athletic director has, at his or her discretion, the ability to impose a greater magnitude of consequences if they feel a student-athlete has been belligerent or defiant, shows no remorse, or has behaved in ways to significantly hinder the investigation of a violation.

- **Captains**

Student-athletes who are selected and accept the role of team captain should understand that with this honor comes additional responsibility. These young men and women are more than just student-athletes; they are student-leaders. Any violation of the Code of Conduct by a captain will result in the student-athlete losing his or her captainship for one calendar year.

- **Organizing, Facilitating, Promoting, or Hosting**

If it is determined that a student-athlete was involved in the organization, facilitation, promotion, or hosting of any gathering or social event where alcohol and/or drugs are available or where use has occurred, they will be moved directly to Strike 2 for any initial Tier 1 violation. If a student-athlete has already served a penalty for a Tier 1 violation prior to organizing, facilitating, promoting, or hosting, they will be moved directly to Strike 3.

- **Use While Participating**

The use of an illegal substance during a team practice, scrimmage, game, meeting, travel, or any other team function increases the risk to a student-athlete and to those they compete with and/or against. Therefore, a student-athlete who is found to have used alcohol, tobacco, or drugs (including performance-enhancing drugs) in conjunction with any team activity will be moved directly to Strike 2 for any initial Tier 1 violation. If a student-athlete had previously served a penalty for Tier one 1 violation prior to this violation, they would be moved directly to Strike 3.

- Use or Possession on School Grounds

Just as a student-athlete cannot compete at his or her maximum level while under the influence of illegal substances, nor can they learn to the best of their ability while under the influence. In addition, the property of the Lakeview School District is legally considered a drug-free school zone. For both of these reasons, any student-athlete found to be in possession of or having used illegal substances on school property will be moved directly to Strike 2 for any initial Tier 1 violation. If a student-athlete had previously served a penalty for Tier 1 violation prior to this violation, they would be moved directly to Strike 3.

#### Appeal Process

If the parent of a student-athlete disagrees with the disciplinary action that has been implemented, they have the right to appeal that decision to the building principal. The appeal must be made in writing to the building principal. The basis of the appeal must be that written procedures or guidelines were not correctly applied. The decision of whether a student-athlete violated the particular rule is not the basis of an appeal as consequences have been given on the basis of an investigation and determination that the student-athlete has committed the offense in question. The building principal will inform the student-athlete and his or her parent(s) of the outcome of the appeal personally and in writing. The building principal's decision is the final step in the appeals process. The student-athlete may practice during the time of the appeal but may not participate in contests.

#### Out of Season Suspensions

Any student-athlete that is suspended from school or that receives in-school suspension that is NOT in season of any sport at that time will still be held accountable during the season of their next sport. The following tier system will be used in determining how many games/competitions the student will miss:

- 1-3 days: 1 game/competition
- 4-6 days: 2 games/competitions
- 7-10 days: 3 games/competitions
- 10 + days: 4 games/competitions and approval from the AD to participate in athletics

#### In-Season Suspensions

Any student-athlete that is suspended from school during an athletic season will miss any practice/game during that suspension.

## **Restorative Expectations**

Student-athletes serving a Tier 1, Strike 3 penalty for a chemical health violation (alcohol or illegal drugs, including performing enhancing drugs) may need to complete, but are not limited to, the following steps to restore their eligibility:

- Along with the parent or guardian, except in extenuating circumstances, meet with a chemical health specialist to better understand the physiological and psychological implications of the use of the substance for which they were suspended;
- Along with the parent or guardian, except in extenuating circumstances, meet with the school district's Battle Creek Police Department liaison officer to better understand the legal implications of the use of the substance for which they were suspended; and

- Other corrective actions deemed necessary by the administration.

Should the student-athlete, along with the parent or guardian, except in extenuating circumstances, not complete any part of this process by the end of his or her suspension from competition, they will no longer be able to practice or compete, from that point forward, until all parts of the process have been completed.

## **Expectations for Coaches**

Coaches are educators and therefore are to be dedicated to more than the X's and O's of competition. Since less than 2% of high school athletes go on to play sports at the college level, coaches must understand that high school athletics provide student-athletes a unique opportunity for the development of not only physical conditioning and athletic skill but also character traits essential for success in life. Recognizing their role as an educator, coaches are expected to:

- Exemplify the highest moral character as a role model for young people;
- Recognize the individual worth and reinforce the self-image of each team member;
- Establish a realistic team goal or vision for each season and communicate that to the athletes and parents;
- Encourage and assist team members in setting personal goals to achieve their highest academic potential;
- Strive to develop the qualities of competence, character, civility, and citizenship in each team member;
- Provide a safe, challenging, and encouraging environment for practice and competition;
- Gain an awareness of the importance of prevention, care, and treatment of athletic injuries;
- Respect the integrity and judgment of game officials;
- Teach and abide by the rules of the game in letter and spirit;
- Build and maintain ethical relationships with coaches and administrators;
- Strive for excellence in coaching skills and techniques through professional improvement;
- Promote personal fitness and good nutrition;
- Be modest in victory and gracious in defeat; and
- Support and reinforce the expectations set out in the Athletic Code of Conduct.

## **Expectations for Parents/Guardians**

Parents play a vital role in the development of their child's character and decision-making skills, as well as the development of his or her athletic ability. A student-athlete's success, his or her team's success, and ultimately the athletic program's success is a partnership between the student-athlete, his or her parent(s), the coach, and the athletic administration. Recognizing parents' important role in the success of their student-athletes, it is expected parents will:

- Be a positive role model so that, through their actions, they can help make sure their student-athlete(s) has the best athletic experience possible;
- Be a "team" fan, not a "my kid" fan;
- Weigh what their student-athlete(s) says in any controversy, rather than rushing to judgment;
- Show respect for the opposing players, coaches, and fans;
- Be respectful of all officials' decisions;

- Not instruct their student-athlete(s) before or after a game because it may conflict with the coach's plans and strategies;
- Praise their student-athlete(s) in his or her attempts to improve as a student, as an athlete, and as a person;
- Gain an understanding and appreciation for the rules of the sport in which their student-athlete(s) competes;
- Recognize and show appreciation for an outstanding play by either team;
- Help their student-athlete(s) learn that success is experienced in the development of skills and that an individual can feel positive about his or her skill development during the season regardless of the team's record;
- Take the time to talk with coaches in an appropriate manner, including proper time and place, if they have a concern. This includes showing respect for the coach and following the chain of command by not going first to the athletic director or building principal;
- Support the tobacco, alcohol, and other drug-free expectations of the school district by refraining from the use of any such substances before and during athletic contests; and
- Support and reinforce the expectations set out in the Athletic Code of Conduct.

## **Addressing a Concern and Chain of Command Communication**

Student athletes and their parents/guardians should communicate with their coach first for any questions or problems. Concerns that may arise will be of two types.

- First, a student athlete may bring a concern they have with the coach or team to their parents/guardians attention. To deal with this type of concern, the best course of action is to be a good listener, and encourage the student to figure out options and try to deal with the concern on their own. One of the life lessons learned from participating in Athletics is how to deal with challenges. The student athlete should be able to discuss most issues with the coach on their own behalf.
- The second type of concern may come from the parent/guardian. Whether they've been a sounding board for student athlete's concerns, or whether they've drawn conclusions on their own, they may at some point feel that they need to contact the coach directly about their child. Please keep in mind that the coach interacts with the student athletes daily and is the best person to relay information to a person about what's going on. In addition, when a person asks for a meeting with a coach, it is expected that the student athlete will be a part of the meeting. Since the focus of the meeting will be centered on the student athlete, that student athlete needs to be present at the meeting. Getting all parties involved in the discussion will assist in coming up with a plan to address the issue.
- Once a person has met with the coach, if they feel they need to pursue the issue further, they may contact the Athletic Director. At this meeting it is also expected that the student athlete, parent/guardian, and Coach will be present. If the issue is still not resolved, a person may always appeal or address their concerns to the next administrative level. The chain of command goes from the coach, to the Athletic Director, to the School Principal, to the Superintendent.
- **24-Hour Rule**
  - This is a tool for giving "space and time" to allow discussions to occur in a fruitful environment. Students, Parents/Guardians, Coaches, Officials, etc. should wait until 24 hours after the competition, performance, or practice to discuss a situation. Twenty-four hours later it may be discussed in a calm manner, without

the emotions from the day before, and many times, it just isn't as important as it seemed the day before. Lessons are still taught and learned the next day, but all involved have a better chance of doing so in a more constructive setting. The time will give all a chance to search for different perspectives, which may provide a new way to look at the situation. Discussions will be much more productive without intense emotions.

- Students should speak with coaches regarding most issues, not involving safety or security, before parents or administrators get involved.
- Make an appointment after 24 hours with the coach so all parties are prepared to discuss concerns in an appropriate time and place.

Direct and open communication between students, parents/guardians, coaches, and the Athletic Department is encouraged. Skipping these steps, citing fear of loss of playing time or other retribution, will not adequately address the miscommunications or concerns at hand. Indirect complaints (such as posting on social media or sending anonymous emails) are difficult, if not impossible, to address and only cause increased frustration for all parties. Setting a positive example for our students by directly addressing problems, be they large or small, is our goal.

### Sports Registration

All paperwork and Final Forms requirements must be satisfied before a student can participate in athletics. This consists of physicals, fees, and paperwork. If the student is trying out for an athletic team that conducts “try-outs,” you must wait to pay the participation fee until after your child has been announced as a team player. If your child is cut, please know that our coaches evaluate the kids based on talent and character and usually have very high numbers. No fee is required if your child is cut. We do hope the student continues to pursue other athletic opportunities or continues to try out from year to year! **YOU MUST PAY THE FEE AT THE HS ATHLETIC OFFICE.** Fees cannot be accepted at the HS or MS front offices.

PLEASE DO NOT PAY A PARTICIPATION FEE BEFORE YOUR CHILD HAS MADE THE TEAM AND ACCEPTED TO PLAY. WE CANNOT ISSUE REFUNDS!

### Injuries and Fee Reimbursement

Fees will be reimbursed to the parent if their child is severely injured within the first two weeks of the season. If it occurs beyond the two-week mark, then no reimbursement will be available. The injury must be deemed a “season-ending” injury in order to receive a fee reimbursement. This new rule was established with the 19-20 school year and on due to the inability and difficulty of reimbursing fees weeks into the season. Special circumstances can be considered and approved by the Athletic Director.

## **MHSAA Standards**

### MHSAA Enrollment

Lakeview High School, along with more than 700 Michigan high schools, is governed by the Michigan High School Athletic Association (MHSAA), which has its headquarters in East Lansing. All 23 interscholastic sports compete for state honors in post-season tournaments, which are sponsored by the MHSAA. The MHSAA issues the following summary of ELIGIBILITY RULES in order for high school athletes to be eligible to represent their school in interscholastic athletics.

### Prior Sports Determining Future Eligibility

This is a new rule starting in 19-20. All transfer students cannot play any sport that they played at a prior school in 9<sup>th</sup>-12<sup>th</sup> grade unless they meet one of the 15 exceptions. They are immediately eligible in all sports NOT played at a prior school regardless of when they enroll in the new school. Please contact the athletic office when determining eligibility and for the 15 exception rules.

### Seasons of Competition

A student-athlete must not compete in any of the three (3) trimester seasons for more than four (4) years.

### Trimesters of Enrollment

A student-athlete must not have been enrolled in grades nine to twelve (9-12), inclusive, for more than twelve (12) trimesters. The eleventh and twelfth (11th and 12th) trimesters must be consecutive. Participation in one (1) or more interscholastic athletic contests constitutes a trimester of enrollment.

### Undergraduate Standing

A student-athlete must not be a high school graduate.

### Transfers

In order to be eligible, a student-athlete must have moved to a new school district accompanied by the person(s) with whom they were previously living. Check with your principal or athletic administrator regarding transfer eligibility rules. There are many other transfer rules.

## **Lakeview School District – Miscellaneous Information**

### Dress

Student-athletes, at all home and away athletic contests, are expected to dress in a manner that represents the Lakeview School District and the Lakeview community well. The coach will determine specifically what student-athletes will wear to, from, and during contests. In addition, each coach, with input from the captains, will determine what the student-athletes will wear during school on the day of an athletic contest. This may include team members wearing their game jerseys at school on the day of the game. Student-athletes MAY NOT wear athletic uniforms outside of the times designated by the coach.

### Dropping a Sport

A student-athlete quitting any sport may not immediately participate in another sport until the two head coaches and the athletic director grant permission.

### Being dismissed from a Team

Regardless of the level (9<sup>th</sup>, JV, or Varsity), it is the varsity coach's decision as to whether or not a student-athlete is to be dismissed from a team. Should that athlete be a member of a 9<sup>th</sup> grade or JV team, the 9<sup>th</sup> grade or JV coach must confer with the varsity coach and present his or her rationale for recommending the student-athlete be dismissed from the team. The varsity coach, along with the 9<sup>th</sup> grade or JV coach, if the dismissal is at that level, will meet with the Athletic Director

to inform them of the situation and the recommended course of action. The varsity coach and Athletic Director will meet with the student-athlete and their parent(s) to inform them of the recommended course of action.

### College Signings

If a student-athlete commits to a collegiate-level athletic program, the athletic office is more than happy to conduct a “signing day” with the student and their family. Please contact the athletic office for information on one of our three signing dates. (Fall, winter and spring)

### Equipment

Student-athletes will be issued equipment with the provision that it will be returned at the end of the season. Student-athletes will accept responsibility for the cost of the lost equipment. A student-athlete may not receive any awards until all issued equipment (or payment for equipment) has been returned to the coach.

- Game and practice uniforms will be issued prior to the start of a season (or by contest) and are not to be worn at any time other than an athletic contest or practice unless approved by the coach. The rule for “lost equipment” as aforementioned (under equipment) applies to all game and practice uniforms.
- The athletic department will not provide athletic shoes for practices or games. An athletic booster group MAY provide shoes.
- Assignment of available lockers in the locker rooms will be made prior to the start of the season. Because all lockers need to be available for the start of the next season, student-athletes are to remove equipment, return locks, and clean lockers immediately after their season ends.

### Games and Practices

Interscholastic contests are necessary for our young men and women to best meet their potential as student-athletes. It is through cooperation with teammates and competition against other schools that opportunities for achieving the benefits of interscholastic athletics are achieved.

Practices are conducted on a five-day-a-week basis – Monday through Friday. If an athlete is to miss a practice for any reason, the student-athlete should notify his or her coach in advance. An unexcused absence from practice may result in the loss of playing time during contests. Repeated unexcused absences will result in suspension from the team for the remainder of the season.

Snow-day practices called by the coach and approved by the administration will always be held on an optional basis for the student-athlete

### Medical Release

Once a student-athlete is under a doctor’s care for any extended injury or illness, they must obtain a written release from a physician indicating “fitness to return” to practices and/or games. This release must be on file with the coach.

Participation in More than One Sport or Extracurricular Activity. A student-athlete may participate in one or more sports in the same season under the following conditions:

- The student-athlete chooses to participate in two sports
- The parents approve
- Both coaches involved approve.
- The administration is aware of the details and approves
- Any conflicts with events are worked out within the first two weeks of the season and/or school year

- All of the above conditions are met prior to the first regular season contest of the two sports in question

### Participation Fee

Student-athletes are assessed an \$80 (1<sup>st</sup> sport) and \$75 (2<sup>nd</sup> sport) participation fee when they register. The 3<sup>rd</sup> and 4<sup>th</sup> sports are free. The fee is to be paid prior to the start of participation but after the “try-out” period if the sport conducts try-outs. The accumulated fees may not exceed \$400 for any family with more than one student-athlete participating in middle school and high school athletics. The student-athlete fee max is \$150. Please see our office for Free and Reduced Lunch Fee prices.

### Physical Examination

Student-athletes must pass a satisfactory physical examination for the school year in which they are participating. A record of this examination must be on file in the high school office. A student-athlete may not practice until a valid Lakeview School District physical examination form (signed by physician and parent) is on file with the coach. Exams for the next school year must be completed after April 15<sup>th</sup>.

### Weather Alerts

Each district school building will hold a minimum of 10 fire drills and two tornado drills during the school year as required by State Law. Teachers will review the procedure for fire and tornado drills with student-athletes during the first days of school. The procedures will be posted in each classroom.

### **Severe Weather Terms:**

TORNADO WATCH: Conditions are favorable for the formation of a tornado.

TORNADO WARNING: A tornado has been sighted in the area.

During a “Watch” building principals will monitor the weather conditions provided by the Emergency Broadcasting System, and the following will occur:

- Pupils will be dismissed at the regular time;
- K-8 after-school activities will be canceled; and
- 9-12 activities may continue with the coaches and athletic director monitoring weather conditions.

During a “Warning”

- Pupils will not be sent home but will be kept in their respective buildings and stationed in designated “safe areas” until the warning is lifted;
- If the warning is received during the time busses are loading, pupils will be returned to the buildings until the “All Clear” is announced;
- Parents are asked not to telephone the school or drive to buildings during the “Warning” condition because of the need to keep lines of communication open;
- Parents are urged not to pick up student-athletes during a warning because student-athletes are required to remain in a designated tornado shelter area; and
- 9-12 activities will be canceled, and a safe shelter will be provided.



## Lakeview High School – Miscellaneous Information

### Age

High School student-athletes must be under nineteen (19) years of age at the time of the contest unless the student-athlete's nineteenth (19th) birthday occurs on or after September 1 of the current school year, in which case the student-athlete is eligible for the balance of that school year.

Middle School student-athletes must be under fifteen (15) years of age at the time of the contest unless the student-athlete's fifteenth (15<sup>th</sup>) birthday occurs on or after September 1 of the current school year, in which case the student-athlete is eligible for the balance of that school year.

### Awards

Student-athletes must not accept any award for athletic performance other than an emblematic award. The value of an emblematic award may not exceed twenty-five dollars (\$25). Student-athletes must meet the following standards before receiving an award:

- Complete the season as a team member in good standing – as determined by the head coach; and
- Participate and contribute to the success of the squad – as determined by the head coach. The head coach will determine specific criteria for participation and contributions necessary to earn an award in any sport.

Receiving an award in any sport is at the discretion of the head coach.

Varsity Awards for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> year award winners will be provided. All first-year Varsity award winners will receive a varsity block "L" the Spartan head, and numerals will be available upon request and are presented one time in a student athlete's high school career.

### Scholastic Athletic Award

This award goes to the senior student-athlete who best exemplifies achievement in the areas of athletic participation, scholarship, and citizenship. Guidelines for this award are as follows:

- Significant contributions during athletic participation.
- An outstanding GPA over a four-year high school career.
- Excellent citizenship in and out of school.

The recipients of this award, both male and female, are determined by a vote of the coaching staff and administration and are recognized at the Senior Awards Assembly each spring.

### Athlete of the Year Award

This award goes to a male and female student-athlete having earned varsity letters during their high school careers. Generally, this award goes to seniors. Guidelines for this award include:

- Exemplary athletic ability and contribution to the total athletic program at Lakeview High School.
- A person displaying high character and who is in good standing with the school athletic department.
- The student-athletes who have contributed most to the overall success of athletics at Lakeview High School,

whether participation has been in one, two, or three sports.

The athletic department endorses four “special” awards for each VARSITY team. These “special” awards have been determined as follows:

- Duane Stebleton MVP

This award is presented to the team’s most outstanding student-athlete as defined by contributing the most to the overall success of the team while demonstrating an exemplary attitude.

- Ted Thomas Sportsmanship

This award is presented to the student-athlete who best demonstrates the concepts of sportsmanship and fair play.

- Karl Randalls Best Competitor

This award is presented to the student-athlete who “comes to compete” from start to finish, never gives up, and demonstrates tenacious determination.

- Gary Beard Most Improved

This award is presented to the student-athlete who displays the most improvement from the beginning to the completion of a season.

#### Limited Team Membership

A student-athlete who, after participating in an athletic contest or scrimmage as a member of a school athletic team, participates in any athletic competition that is not sponsored by his or her school and that is in the same sport during the same season shall immediately become ineligible for a minimum of three (3) contests/days of competition and potentially the remainder of that season in that school year. The following exceptions to this regulation will apply:

During a season, an individual may participate in a maximum of two (2) individual sport meets or contests in that sport while not representing his or her school.

A student-athlete participating in any sport under MHSAA jurisdiction shall not compete, at any time, in any of the following events:

- “All-Star” contests, regardless of the method of selection;
- “All-Star” fund-raising events or similar exhibitions that involve contestants other than the student-athletes and faculty of the student-athlete’s school;
- Any event that is, or purports to be, a national high school championship or the qualification thereof; participation in such a contest by a high school student-athlete shall cause that student-athlete to become ineligible for all interscholastic athletics for a maximum period of one year of school enrollment from the date of the athlete’s last violation of this regulation.

## **Conferences**

### Michigan High School Athletic Association (MHSAA)

Lakeview High School is a member of the Michigan High School Athletic Association (MHSAA) and abides by all of its rules and regulations. Application for membership in the MHSAA is made by individual Boards of Education. Participation in this organization is voluntary. The MHSAA, in its modern form, was founded in 1924 to exercise control over the interscholastic athletic activities of all schools in the state through an agreement with the Superintendent of Public Instruction. In 1977 an Attorney General's opinion indicated that by the action of local school districts, their schools may join an association, but the District is responsible for rule enforcement. All public school districts and nearly all non-public schools have voluntarily joined the MHSAA on an annual basis and have agreed to enforce the rules and regulations. The fourteen elected and four appointed members of the Representative Council of the MHSAA represent many segments of the state's secondary schools. The primary function of the Council is to maintain rules and regulations that ensure fairness in competition for the student-athletes and a balance with education. The Council continues to respond to requests for rule modifications from member schools, appointed committees, and coaches associations. The Representative Council has attempted to seek the greatest good for the greatest number and to ensure that competition is conducted in a sportsmanlike atmosphere.

### Southwestern Michigan Athletic Conference (SMAC)

Lakeview High School is a voluntary member of the SMAC Conference. The value of membership in the conference is the aid it renders in the arranging of schedules, equalizing competition, conducting league championships, and generally upgrading the program of member schools through the establishment of conference standards and goals. Membership in this conference provides high schools the opportunity for local competition without excess travel and aids in inter-school relationships while promoting good sportsmanship.

## **Differing Policies at the Middle School Level**

This handbook acts as a district-wide handbook. All of the athletic policies stated throughout this handbook are meant for both the HS and MS athletic programs. However, per the MHSAA, a select few policies differ slightly between HS and MS. Those policy differences are listed below for your reference.

### Strength and Conditioning

MS students will be provided various alternative ways to gain strength and conditioning through their PE classes and other workouts throughout the year via their coaches. MS kids will have opportunities in the 8<sup>th</sup> grade to come and do select workouts with HS (9<sup>th</sup> grade) coaches as well.

### Awards

The MS athletic programs will offer their own awards at their end-of-the-year assembly. The awards will consist of the Spartan Award (3 Sport Athletes), Male and Female Athlete of the Year, and other awards that coaches may want to present. MS athletes and programs do not have to follow the mandated awards listed above. MS athletic teams usually end the year with some sort of party/gathering for parents and students.

### Conference

Our MS programs are MHSAA sponsored but scheduled and compete in the KAMSL, which stands for the Kalamazoo Area Middle School League. The league consists of Lakeview MS, Hillside MS, Maple Street MS, Milwood MS, Linden Grove MS,

Mattawan MS, BCC MS, Portage North MS, Portage West MS, Portage Central MS, Gull Lake MS, and Vicksburg MS.

### Participation Fees

The fees at the MS level are not the same at the HS level. MS fees are \$65 (1<sup>st</sup> sport) and \$60 (2<sup>nd</sup> sport). 3<sup>rd</sup> and 4<sup>th</sup> sports are free for that student. The family max is still \$450 per family.

### Academic Policies

There is **NO** difference in the HS and MS academic policies for our student-athletes here at Lakeview. Please understand that we do conduct weekly and trimester checks on all student-athletes to determine eligibility.

### Behavior Issues

They are to be reported to the coach, who will then report them to the AD. Consequences will be determined on the same basis as are HS student-athletes.

### Transfer Rules

Please contact the athletic office when transferring into the District to ensure all proper processes are followed.

### Age

Any student who will be too old to participate in HS athletics in their senior year in HS can be approved to participate in 9<sup>th</sup>-grade athletics during their 8<sup>th</sup>-grade year in order to ensure they receive four (4) years of HS athletic programming. Please contact the athletic office when determining this.

**Lara VanDis – Athletic Secretary**

**269-565-3711**

**Shawn Aimesbury – Athletic Director**

**269-565-3792**

**Go Spartans!**