



Coloma Athletic Department
Coloma High School
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ATHLETIC HANDBOOK

Updated December 1, 2025

ATHLETIC PHILOSOPHY

Interscholastic athletics are a voluntary part of the total educational program, designed to contribute to the complete education of the individual through physically wholesome, mentally stimulating, socially acceptable, emotionally invigorating, and satisfying activities. It is a privilege to participate in athletics at Coloma Community Schools. They are presented in an environment conducive to the optimum development of the individual's powers to act intelligently and cooperatively as a good citizen, even under emotional stress.

The successful participation in this privilege depends upon the cooperation of players, parents, coaches, and administrators. It is necessary to follow both the spirit and the letter of the rules. For the athletic program to have a positive impact, the program must be consciously planned and directed by administration, coaches, athletes, and parents who understand that their leadership is essential.

The objectives of our athletic program are to teach sound citizenship in a competitive atmosphere through good sportsmanship, emotional control, honesty, cooperation, personal responsibility, dependability, and desirable social traits.

For the athlete, the most important purpose is to provide a wholesome outlet for athletes, respect for authority and others, learn the spirit of hard work and commitment, attainment of physical fitness through good habits, the experience of keen competition, and the desire to excel.

It is the policy of Coloma Community Schools that no person shall, on the basis of race, color, religion, national origin or ancestry, sex, disability, height, weight, marital status, or any other status covered by federal, state, or local law shall be excluded from participation in, be denied the benefits of, or be subjected to, discrimination during any program, activity, service, or in employment. Any person suspecting a discriminatory practice should contact our compliance officers, Wendy Tremblay and Craig Fisher at 302 W. St. Joseph Street, Coloma, MI 49038, 269.468.2424 or via email at complaint@ccs.coloma.org.

ATHLETE'S RESPONSIBILITIES TO SCHOOL

A responsibility you assume as a team member is to your school. Coloma cannot be an outstanding school unless you do your best in whatever activity you wish to engage in. By participating in athletics to the best of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic squad; the student body and citizens of the community know you. You are a symbol of our school. The student body, the community, and other communities judge our school by our conduct and attitude, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Use your efforts and conduct to make your school and community proud of you.

At all times, Coloma athletes will support their coaches, teammates, opponents, and officials.

COLOMA SCHOOLS ATHLETIC CODE

Athlete Defined: Any student participating on an athletic team in any capacity shall be considered an athlete. This will include: members of any athletic team, team managers and statisticians, cheerleaders and dance teams, representing Coloma Community Schools.

Eligibility Rules: As a voluntary member of the Michigan High School Athletic Association, Coloma Community Schools adheres to all regulations outlined in the MHSAA Handbook. This handbook can be found at MHSAA.com.

Weekly Academic Eligibility: Weekly eligibility will be conducted in both Coloma Junior High and High School every Friday morning -- beginning with the second Friday of each 9-week marking period. Eligibility for students in grades 6-12 requires passing 5 out of 6 of his/her classes. Students not meeting this standard will be deemed academically ineligible for a period of seven days running from Sunday through Saturday of the following week. Should students meet the requirement the ensuing week, they would become eligible to return to competition the following Sunday through Saturday. Extenuating circumstances MAY be subject to review by the building principal.

An athlete's participation in practice while deemed ineligible due to a weekly eligibility report is left to the discretion of the individual coach. Any athlete who appears on three consecutive weekly ineligibility reports during the season **will be removed** from that team for the remainder of the season. Furthermore, academically ineligible student-athletes will not be permitted to travel with the team to road contests.

Semester Academic Eligibility: (In conjunction with the Michigan High School Athletic Association (MHSAA) Handbook Regulation I, Section 7)

No student shall compete in any athletic contest who does not have to his or her credit in the official records of the school to be represented, having passed 6 out of 6 classes of a full credit load potential for a full-time student for the last semester during which he or she shall have been enrolled in grades 6 to 12, inclusive. A student entering the 9th grade for the first time, except those who participated under *Regulation I, Section 1 (D) or who had eligibility advanced under **Regulation III, Section 2 ©, may compete without reference to his/her record in the 8th grade.

*High schools having a total enrollment of less than 100 in grades 9 to 12.

**8th grade students who turn 15 years of age prior to September 1 of the current school year.

MHSAA Handbook: REGULATION III, SECTION 7--PREVIOUS ACADEMIC CREDIT RECORD (Grades 7-8)

SECTION 7 (A) -- No student shall compete in any junior high athletic contest during the current semester who does not have in the official records of the school represented for the last semester, credit in at least 50 percent of the total periods of work carried. 7th-grade students may compete without reference to his/her record in the 6th grade; however, a student who repeated grade 7 is subject to the previous semester's academic requirements.

Academic Eligibility Policy for Student-Athletes

At the conclusion of **1ST AND 3RD MARKING PERIODS**, all student-athletes must meet the following academic requirements to maintain eligibility for athletic competition:

- **Grades 9 -12** Students must be passing all 6 of 6 classes to be eligible.
- **Grades 6 - 8** Students must be passing 5 of 6 classes to be eligible

However, if a student has one or more F's or NC's, but the failing grade is 50% or higher, they have the opportunity to regain eligibility. After three weeks (15 school days), if they are passing all six classes, they become eligible.

During the 15-Day Period: Students may practice with the team, but may not play in games or travel with the team.

At the conclusion of each **SEMESTER**, all student-athletes must meet the following academic requirements to maintain eligibility for athletic competition:

- **Grades 9–12** Students must be passing all 6 of 6 classes
- **Grades 6–8** Students must be passing at least 5 out of 6 classes

If a student is deemed academically ineligible, they will be unable to participate in athletic competitions for **60** designated school days. (MHSAA Policy)

However, if a high school student (9-12) has received an F or NC, they have the opportunity to regain eligibility by completing credit recovery and/or summer school with a passing grade in the course that was failed/NC.

During the ineligibility period, student-athletes may continue to practice with their team but may not compete in games or travel with the team until eligibility is restored.

GENERAL REGULATIONS

- Use, possession, distribution, or sale of alcoholic beverages, tobacco, vaping/accessories, marijuana, and/or illegal drugs constitutes a violation of the athletic rules. The parent is advised to seek counseling for the student/athlete in a drug abuse program.
 - **Penalty for first violation**
 - Off-season infraction: Suspension from 25% of scheduled athletic contests during the next season in which the athlete competes. Based upon the severity of the violation, a more severe penalty may be imposed.
 - In-season infraction: Beginning with the first day of practice, suspension from 25% of scheduled athletic contests. If less than 25% of the contests remain, the penalty will carry over to the next sport or participation until the 25% penalty has been met. The athletic director will determine the number of games necessary to meet this percentage. Further, coaches for that sport have the authority to impose a more severe penalty than 25% of the season, and the student-athletes' position on the team could be altered.

- **Penalty for second violation** - Suspension from participation in the athletic program, in any manner, for one calendar year.
- **Penalty for third violation** - Permanent suspension from athletic participation. Extenuating circumstances may result in less than permanent suspension. Severe violations of the general regulations may result in application of the third offense penalty at an earlier stage.
- An athlete's conduct both in school and in the community shall not bring discredit to the athlete, parents, team, or Coloma Community Schools. Unsportsmanlike behavior, including trash-talking to officials and/or opposing players, is also prohibited.
- No acts that constitute a civil or criminal violation of community or state law, excluding minor traffic offenses.
- Athletes in violation of both the athletic student handbook and/or JH/HS student handbook policies shall be subject to normal school discipline. If suspended off campus, they shall not participate in or attend any practices and may not play in any contests.
- There will be no forms of hazing and/or discrimination tolerated within any athletic program.
- Under the general regulations, a student who voluntarily seeks assistance for a substance abuse problem, before a reported violation, may be exempt from penalty. This voluntary admission may be made to a Coloma coach, administrator, or counselor. Any violation reported after assistance has begun will be treated as a regular violation. Subsequent violations will automatically fall under the criteria for a second violation (see below).

POLICY FOR TRANSFERS FOLLOWING VIOLATIONS OF A SCHOOL'S STUDENT/ATHLETIC CODE

A student who transfers to Coloma High School after becoming ineligible because of a Student or Athletic conduct Code violation(s) at the previously attended school shall remain suspended at Coloma High School for 50% of the first sports season the athlete participates in, or serve the period of suspension imposed at that student's most recent previously attended school (whichever is less).

The student-athlete will be required to participate in the practice sessions and attend the scheduled events during the season, while fulfilling the suspension.

SPECIFIC REGULATIONS

(Effective during the season of participation)

- 1) Absences from practices or contests are excused for illness, death in the family, or other emergencies at the discretion of the coach or athletic director.
- 2) All athletes must travel to and from away contests with the team. A parent may take his/her own son/daughter only after personally notifying the coach. The coach may (and is encouraged by the athletic department) require a written note of release.
- 3) An athlete shall be in attendance no less than 4 of 6 classes during the school day on the day of the contest, or the day before in the case of Saturday events, except as excused by the principal or his/her designee. Penalty - Athletes may not participate in athletic contests on that date. More than two (2) violations may result in dismissal.

- a) Exceptions may be made in advance through the building principal and athletic director (ie, doctor/orthodontist appointments, family emergency).
 - b) Consideration may be given by the building principal and athletic director if advance notice was not possible.
- 4) Athletes must be in attendance the day after a contest unless falling under items 3(a) or 3(b).
 - 5) Athletes are expected to demonstrate personal responsibility. Normal attendance in school is expected on school days following an evening contest; failure to comply may be subject to suspensions from contest/game participation.
 - 6) During team practices and competitions, athletes should conduct themselves in a manner that brings no discredit to the school and/or team. Determination of disciplinary action shall be left to the judgment of the athletic director, building principal, and the affected coach. Each offense could result in suspension from one (1) contest or up to the remainder of the season.
 - 7) Additional rules set by coaches must be checked by and on file with the athletic director. Once set, and given to players in writing, these rules are considered part of the athletic handbook and must be followed by the athletes. The coach will determine penalties for violations of team rules. In no case may these penalties exceed the penalties of the general regulations.

Quitting a Sport

Students are expected to honor their commitment to their team for the duration of the season. However, the school recognizes that circumstances may arise that require a student-athlete to discontinue participation. The following rules apply:

- 1. **Two-Week Grace Period:**
 - Athletes have a **two-week grace period** from the official start of the season to decide if they wish to remain on the team.
 - If a student chooses to quit within this two-week period, no penalty will be applied.
- 2. **Coach/Player Agreement:**
 - After the two-week grace period, the athlete must meet with the **coach** to discuss their decision before quitting.
 - The coach and player should attempt to reach an understanding about the decision.
- 3. **Official Release:**
 - Any athlete quitting a sport **after the grace period** must obtain a **letter of release** signed by the **coach**, confirming that the player has been released from the team.
 - This letter must be submitted to the **Athletic Director**.
- 4. **Penalty for Quitting Without Release:**
 - Athletes who quit without an official release will incur a **20% loss of eligibility** for the **next athletic season** in which they participate.
- 5. **Injury Exception:**
 - If the athlete is **unable to continue due to injury**, the coach may release the player without penalty, pending documentation if necessary.

INCIDENTS NOT COVERED

Policy statements cannot cover or address all of the possible circumstances that may occur during a sports season. Therefore, the coaches, athletic director, building principals, and administration of Coloma Community Schools may interpret and apply, holding the intent of the handbook as necessary, to build and maintain a positive athletic program.

REPORTING VIOLATIONS OF GENERAL OFFENSES

A report of the violation must be given to the athletic director. The athletic director will determine the validity of the reported violation and notify the athlete and parent/guardian within a reasonable amount of time.

APPEALS

The first appeal may be made to the athletic director within one (1) school day of the notification of the penalty.

The second appeal may be made to the building principal and/or his/her designee within one (1) school day of the decision of the athletic director.

The third appeal may be made to the Superintendent of Schools, whose decision will be final within one (1) school day of the decision of the building principal.

There will be no disciplinary action taken during the appeal process.

SCHOOL EQUIPMENT

Each student is financially responsible for all equipment assigned/checked out to the student-athlete and should treat all equipment as if it were personal property. If the equipment turns up missing or is returned in a form no longer usable, the student-athlete will be charged the full replacement cost.

Team uniforms are issued for team usage. Warm-ups, competition jerseys, practice jerseys, etc., are not to be worn as personal clothing. Coaches may approve the wearing of jerseys on specified occasions.

IN-SEASON VACATIONS/PRE-ARRANGED ABSENCES

Vacations occurring during the course of the season (ie, Christmas Break, Spring Break), and which cause an athlete to miss practices in preparation of any respective sport, must be cleared in advance through the coach. Any athlete who does not follow this procedure will jeopardize his/her position on the squad. Further, even by following this procedure, there is no guarantee that a student-athlete's position will not be affected. The coach has the final decision in determining an athlete's status on a respective team.

PHYSICAL EXAMINATIONS

(Per the Michigan High School Athletic Association (MHSAA) Handbook)

Section 3 (A) - No student shall be eligible to represent a high school/junior high/middle school for whom there is not on file in the offices of the superintendent or principal or athletic director of that school, statements for the current school year certifying that (1) the student has passed a physical examination and is physically able to compete in athletic tryouts, practices and contests and (2) there has been consent for disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility for interscholastic athletics.

Interpretations - Section 3

16. The physical examination form must be signed by the MD, DO, Physician's Assistant, or Nurse Practitioner who administers the physical examination.
17. Athletic equipment should not be issued, and students must not be allowed to try out or practice until an acceptable signed statement of physical examination and consent has been provided
18. A statement for the current school year is interpreted as any physical examination given on or after April 15 of the previous school year.
19. In cases of serious injury or extended illness, students should be re-examined by a physician (M.D. or D.O.) before again being allowed to compete.

It is the responsibility of the student-athlete to have a signed statement of physical examination and consent submitted to the athletic office prior to the first day of try-outs. The Coloma Athletic Department will make every attempt to schedule and sponsor a common date for athletic physicals with a local health clinic on a specific date after the date of April 15.

The Coloma Athletic Department uses [MHSAA Form A, which can be downloaded](#) or picked up in the Coloma Athletic Office. All portions of this card must be completed by student-athletes, MD, DO, PA, or NP, and parent or guardian before the Athletic Office will clear the student-athlete for participation.

DRUG TESTING

Coloma Community Schools has an ongoing random Drug Testing Program ([Policy 2431](#)) in effect for all student-athletes in grades 9 through 12. Athletes and their parents or guardians will be required to sign a Drug Authorization Form and Consent for Release Form in order to participate in interscholastic athletics sponsored by Coloma Community Schools.

ATHLETIC INSURANCE

Parents and athletes are responsible for any athletic injury occurring during or from athletic team practices, open gyms, weightlifting, and/or interscholastic competition.

Coaches are required to complete an accident form when an injury occurs.

Title IX/Compliance Officers

Craig Fisher Principal Coloma High School 300 St. Joseph St. Coloma, MI 49038 269-468-2400 cfisher@ccs.coloma.org	Wendy Tremblay Principal Coloma Junior High School 302 St. Joseph St. Coloma, MI 49038 269-468-2405 wtremblay@ccs.coloma.org
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Wendy Goodline -- Athletic Director

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ATHLETIC HANDBOOK AGREEMENT

We have received and/or read a copy of the Coloma Athletic Handbook and agree to abide by the regulations outlined in it. Further, it is our understanding that participation in interscholastic athletic activities will not occur until this form has been signed and returned to the Coloma Athletic Office.

Signature of Parent or Guardian

Date

Signature of Student-Athlete

Date

PLEASE DO NOT WRITE IN THE SPACE BELOW, FOR ATHLETIC DEPARTMENT ONLY

Signature of Athletic Director

Date Received

#COMETPRIDE