

Negaunee Public Schools Athletic Handbook



Athletic Offerings

High School

Basketball, Boys Baseball, Bowling, Cheerleading, Cross Country,
Football, Golf, Gymnastics, Hockey, Girls Softball,
Swimming/Diving, Tennis, Track, Volleyball, Wrestling

Middle School

Basketball, Cheerleading, Cross Country, Football, Track, Volleyball

ATHLETIC POLICIES OF NEGAUNEE PUBLIC SCHOOLS – GRADES 5 – 12

The Negaunee Board of Education recognizes the need for and encourages student participation in extracurricular and interscholastic activities.

The Board further recognizes that participation in these activities carries with it the responsibility of good behavior in and out of school. Failure on the part of any student to meet this responsibility is cause for suspension of the privilege of representing his/her school in extracurricular activities.

All interscholastic athletic events shall be conducted in accordance with Sec. 1289 and 1521, School Code and administrative rules of the MHSAA. Parents of transfer students in secondary schools shall be notified at the time of their enrollment of Provisions R.340.81-92.

All other activities pertaining to this section of the policies of the Board of Education shall be established and implemented by the Superintendent and Administrative staff including the following regulations:

A. ATHLETIC TEAM TRAINING RULES

THE ATHLETIC TEAM TRAINING RULES WILL BE AS FOLLOWS:

IT SHALL BE A VIOLATION OF TRAINING RULES FOR A STUDENT-ATHLETE TO:

1. Use or possess alcoholic beverages, illegal drugs, including but not limited to those substances defined as “controlled substances”, narcotics, tobacco, steroids or other performance enhancing drugs.
2. Use or possess drug paraphernalia, counterfeit or “look alike” drugs, e-cigarettes, or vaporizers.
3. Inhale or ingest any chemicals or products such as glue or other inhalant substances with the intention of bringing about a state of exhilaration or euphoria.
 - a. **First Violation** - If it is determined by the high school principal or his designee that a violation occurred, the athlete will be dismissed from participation in the sport for **one-third** of the season. The building administrator may reduce the loss of extracurricular eligibility provided:
 - i. The student agrees to enroll in the Substance Abuse Program offered by the intermediate school district, OR
 - ii. The student and family agree to a drug and alcohol assessment by a certified alcoholism/drug abuse counselor, and follow his/her recommendations.
 - iii. A letter will be sent to the parent informing them of the infraction of the rules. They will be informed in this letter that on the next infraction the student will receive a one-year suspension. The letter will also contain the appeal procedure.
 1. During this period of suspension the student will receive counseling by coaches or any other qualified person.
 2. The player must continue to practice in their specific sport during the suspension.
 3. Any unused portion of the suspension will carry over into the next regular season of that participant’s following sport. A season is defined as the week of the first regularly scheduled game and includes play-off and tournament games.

- b. **Second Violation** - The student will not be permitted to participate in any interscholastic athletics for one year from the date of the offense. The parent shall be informed by letter. The letter will also contain the appeal procedure.
- c. **Further Violation** - Further violations may result in permanent loss of eligibility and may be subject to review by the high school administration.

B. CODE OF CONDUCT

1. When a student is suspended from school for disciplinary reasons he/she will be automatically suspended from sports until the matter is resolved.
2. His/her general conduct and attitude as a young person, in school and out, must be of such nature as to warrant (in the school's judgment) representing Negaunee High School in athletics. The head coach and the high school principal/designee shall determine an appropriate suspension.
3. The Negaunee Public Schools athlete must respect the purpose of our school by being a good student and citizen.
4. Coaches retain the privilege of insisting on proper grooming and dress of each squad member.
5. Any athlete involved in any activity that would reflect unfavorably on the school's behalf shall be subject to disciplinary action. This could mean complete expulsion from athletics.
6. Gambling, profanity, hazing, and obscene language will be unacceptable at all times.
7. Athletes are expected to conduct themselves in an appropriate manner at all school activities.
8. Athletes must adhere to the training rules.

C. GENERAL REGULATIONS

1. A participant and his parents must sign the form indicating that they have received a copy of the policy. This form must be in the hands of the athletic director before the student is permitted to practice or participate.
2. This procedure applies to every sport and applies to all participants every time they participate in a sport.
3. These rules are intended to be enforced during the calendar year, seven days a week, 24 hours a day.
4. Any student regardless of age is considered an athlete when they have gone out for one or more sports during the school year.
5. The coach of the sport shall give the squad written copies of the training rules and other squad regulations during the first week of practice. Training rules and squad regulations will be discussed verbally with the participating athletes.

D. APPEALS

1. An athlete may appeal any suspension due to training rules to the Superintendent of Schools and then to the Board of Education.
2. An athlete may appeal any punishment due to squad regulations to the Athletic Director, Principal, and Superintendent of Schools.

E. LIMITATIONS

1. All students are limited to either interscholastic or intramural participation in the same sport during a school year.
2. Cheerleading is considered a sport activity.
3. When team cuts are necessary, all finalists will be notified by team listing after all tryouts are completed.
4. Appeals shall be limited to 10 days upon receipts of official parental notification of the violation and its disposition.

F. ELIGIBILITY

1. Previous semester record - You must have passed at least six classes (five with a study hall) taken during your last regular semester enrollment.
2. Students must be passing six classes (five with a study hall) or they will be declared ineligible. Eligibility will be taken on a weekly basis. This is for current eligibility.
3. If a student is declared ineligible for failing work, the student will not be permitted to participate in that particular sport for the following week. Also, during this time, the athlete must attend all practice sessions.
4. The athletic director and coaches will work out a suitable method to check each student for eligibility.
5. A student who competes in any interscholastic athletic contests must be under **nineteen** years of age, except that a student whose 19th birthday occurs on or after September 1 of a current school year is eligible for the balance of that school year.

G. EQUIPMENT

In most cases, you have the finest equipment money can buy. Athletes are responsible for their equipment. You will be required to pay for any loss, damage, or unreasonable wear of equipment.

H. DROPPING OUT OF A SPORT

1. An athlete who quits or is dropped from an athletic team after the first interscholastic contest cannot participate in another sport until the dropped sport has completed its season.
2. An athlete who quits or is dropped from a team, automatically forfeits all athletic awards, letter awards, conference, U.P., and state honors of recognition at the banquet for that sport.

I. AWARDS PROGRAM

Each individual sport will hold their own awards program. The Negaunee High School Booster Club will provide cupcakes for the program. It is at these programs the athletic awards are presented. Each and every athlete is expected to attend. In the event an athlete is unable to attend, he/she must inform his/her coach.

J. PHYSICAL EXAMINATION

1. All athletes must have a current-year MHSAA physical exam card on file in the principal's office in order to try out or participate in practice. A current-year physical is one given on or after April 15th of the previous school year. The physical card must be completely filled out and signed by the student & parent of the athlete.
2. One physical exam per year is all that is required for those who wish to participate in interscholastic athletics.
3. We have made arrangements with Dr. Torreano's office to offer physical exams at a reduced fee. The date is usually early August. Check with your coach for the exact time and date of the exam. You are urged to take advantage of this offer.

K. SCHOOL DAY EXCUSES

1. Athletes will be excused from class if it is necessary to leave for an athletic contest during the school day. The athlete must make arrangements for make-up work with the teachers for classes he/she will miss ahead of time.
2. In order to practice or compete in athletics, athletes must be in attendance on the afternoon (5th, 6th, and 7th hours) of a contest day unless the principal or athletic director are notified and approval given prior to that time. This rule applies to regular practice days also.
3. If school is dismissed because of inclement weather, practice sessions are also called off unless the principal or athletic director gives approval to hold practices.

4. Sometimes due to weather conditions or bus trouble athletes and coaches arrive in Negaunee at a late hour. All athletes are expected to attend school the next day regardless of what time you get home the night before.

L. SEASONS OF COMPETITION

1. Student-athletes may participate in two athletic programs in the same season (Dual Sport).
2. All criteria and guidelines must be met and the appropriate agreement must be completed and signed by all parties involved.

M. TRAVEL

1. All athletes are to travel to and from athletic events in vehicles arranged by the school. The only exception is when parents request to the coach PERSONALLY to allow the student to travel back from a contest with them. A note from a parent should be given to the A.D. for approval prior to the day of the athletic event.
2. No student or groups of students are to be allowed to leave the coaches immediate supervision for any reason. This is to include going to a store downtown, or any other errand not approved by the athletic director before leaving Negaunee. No student should be on the bus without a coach present.

N. BOOSTER CLUB

1. The Booster Club is composed of parents and interested persons that support the athletic programs at Negaunee High School.
2. Meetings are generally held at the high school library on the 2nd Monday of each month at 7pm. Parents of all athletes are encouraged to attend and get involved.

O. SUBSTANCE ABUSE TREATMENT

1. Any student who seeks help for a substance abuse problem shall not have his eligibility jeopardized during assessment and/or treatment.
2. A student must however, seek help before any infraction takes place. Should the student have an infraction before or during the time of assessment or treatment, the regular training rules would be observed.

P. INSURANCE

The Negaunee Public Schools do not carry any insurance to cover injuries that may be caused in athletics. It is up to the parents to assume all financial responsibility for their son/daughter while participating in any athletic program at Negaunee High School. This is in respect to injuries during practice sessions, games, or travel.

Q. ATHLETIC AWARD SYSTEM

Since the Negaunee "N" is an award conferred upon an individual, it follows that the emblem shall be worn or displayed by no one but the individual recipient. Giving or loaning a letter to someone else indicates a cheap regard for its significance and makes the award subject to recall by the high school.

The athletic director will keep a permanent record of all award winners.

Awards will be issued in compliance with the Michigan High School Athletic Association regulations.

The following has been devised by coaches and administrators for conferral of awards to athletes.

1. FRESHMEN LEVEL

- a. In sports where a Freshman team is offered, graduation year numerals will be conferred upon 9th graders who qualify for the first time. If numerals have already been obtained, the 5" chenille letter will be conferred.

2. JUNIOR VARSITY LEVEL

- a. The 5" chenille letter is conferred upon 9th and 10th graders who qualify for the first time. A minor medal is conferred upon participants earning their second JV award.

3. VARSITY LEVEL

- a. Participants competing at the varsity level who, at the coaches' discretion, do not have enough playing time or points earned to qualify for a major award, are awarded the 5" chenille minor varsity letter. They may receive numerals instead.
- b. Participants winning a varsity letter will receive the 7" chenille major varsity letter for the first time. The second major award at the varsity level of competition is a varsity medal. The third major award for a sport is either another 7" chenille or a varsity medal (whichever they choose).
- c. Should an athlete participate in a sport, and win a varsity award for the fourth time in one sport, he/she is eligible for the coveted trophy (4-year plaque).
- d. It is understood that an athlete will receive only one of the chenille awards (numerals, 5" chenille, 6" chenille, 7" chenille) unless it is a third year varsity award – in which case he/she may choose either another 7" chenille or a varsity medal.

Appendix G: Athletic Code of Conduct

Participation in Negaunee Public School's (the "District") athletics is a privilege, not a right. Student-athletes are students first. When participating in District athletics, student-athletes are District representatives and are held to the highest standards. Accordingly, this Athletic Code of Conduct applies 24 hours a day, 365 days a year. Student-athletes and parents should be familiar with this Athletic Code of Conduct. By participating on any school-sponsored athletic team both student-athletes and parents agree to abide by these terms.

Available Sports

Basketball, Boys Baseball, Bowling, Cheerleading, Cross Country, Football, Golf, Gymnastics, Hockey, Girls Softball, Swimming/Diving, Tennis, Track, Volleyball, Wrestling

Communication Protocol

The District has full faith in its coaches to make decisions that are in the best interest of their teams. If parents have questions or concerns about their student-athletes' sports participation, use the following protocol:

1. Wait 24 hours before contacting the coach.
2. Schedule a time to speak with the coach, either via phone or in-person, at the coach's discretion.
3. If the issue is unresolved, schedule a time to speak with the Athletic Director, either via phone or in-person, at the Athletic Director's discretion.

Concussion Protocol

Before allowing a student athlete to participate in any athletic activity, the District will annually:

- A. provide the MHSAA-approved educational materials on concussion awareness to each student athlete and to the student athlete's parent; and
- B. obtain a statement signed by each student athlete and respective parent acknowledging receipt of the MHSAA-approved concussion awareness educational materials. The District will maintain this signed statement for 5 years or until the student is 18, whichever is longer.

The District's complete concussion protocol is in Policy 5712, including information on student removal from activity for possible concussion and return-to-play requirements.

Athletic Code of Conduct

A student-athlete must:

1. Learn and understand the rules and regulations of your sport.
2. Unless otherwise approved by your coach, if school is in session, attend school for the full day to be eligible to practice or play in an event on the same day.
3. Comply with the law, Board Policy, the Student Code of Conduct, the Athletic Code of Conduct, and all team rules. Failure to comply with this provision may result in suspension or removal from a team.
4. Not possess, use, or consume alcohol, tobacco, cannabis, nicotine (including a vape), or controlled substances (other than those prescribed by a physician for the student-athlete).
5. Not engage in conduct that is unbecoming of student-athletes.
6. Negaunee High School uses the required academic eligibility standards set by the Michigan High School Athletic Association.
7. Notify your coach or District athletic trainer of any injury or medical condition that may affect your athletic participation.

If a student-athlete violates any provision of the Athletic Code of Conduct, practice, game, team, or complete athletic suspension may result. Any disciplinary consequences will be at the sole discretion of the Athletic Director or designee.

If a student-athlete is suspended or expelled from school, the student-athlete is prohibited from participating in any practice or game during the suspension or expulsion.

Appendix H: Concussion

MHSAA PROTOCOL FOR IMPLEMENTATION OF NATIONAL FEDERATION SPORTS PLAYING RULES FOR CONCUSSIONS

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The language above, which appears in all National Federation sports rule books, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. This language reflects an increasing focus on safety and acknowledges that the vast majority of concussions do not involve a loss of consciousness.

This protocol is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

1. The officials will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care professional for an exact determination of the extent of injury.
2. If it is confirmed by the school's designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
3. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not be returned to competition that day but is subject to the return to play protocol.
 - a. The clearance may not be on the same date on which the athlete was removed from play.
 - b. Only an M.D., D.O., Physician's Assistant or Nurse Practitioner may clear the individual to return to activity.
 - c. The clearance must be in writing and must be unconditional. It is not sufficient that the M.D., D.O., Physician's Assistant or Nurse Practitioner has approved the student to begin a return-to-play progression. The medical examiner must approve the student's return to unrestricted activity.
 - d. Individual schools, districts and leagues may have more stringent requirements and protocols including but not limited to mandatory periods of inactivity, screening and post-concussion testing prior to or after the written clearance for return to activity.
4. Following the contest, an Officials Report shall be filed with a removed player's school and the MHSAA if the situation was brought to the officials' attention.
5. **ONLINE REPORTING: Member schools are required to complete and submit an online report designated by the MHSAA to record and track head injury events when they occur in all levels of all sports during the season in practices and competitions. Schools with no concussions for a season (fall, winter and spring) are required to report this at the conclusion of that season.**
6. **POST-CONCUSSION CONSENT FORM:** Prior to returning to physical activity (practice or

competition) the student and parent (if a minor student) must complete the Post-Concussion Consent Form which accompanies the written unconditional clearance of an M.D., D.O., P.A or N.P. **This form should be kept on file at the school for seven years after the student's graduation and emailed to or faxed to 517- 332-4071.**

7. In cases where an assigned MHSAA tournament physician (MD/DO/PA/NP) is present, his or her decision to not allow an athlete to return to activity may not be overruled.

SANCTIONS FOR NON-COMPLIANCE WITH CONCUSSION MANAGEMENT POLICY

Following are the consequences for not complying with National Federation and MHSAA rules when players are removed from play because of a concussion:

- A concussed student is ineligible to return to any athletic meet or contest on the same day the concussion is sustained.
- A concussed student is ineligible to enter a meet or contest on a subsequent day without the written authorization of an M.D., D.O., Physician's Assistant or Nurse Practitioner and the signed "Post-Concussion Consent Form."

These students are considered ineligible players and any meet or contest which they enter is forfeited. In addition, that program is placed on probation through that sport season of the following school year. For a second offense in that sport during the probationary period – that program is continued on probation through that sport season of the following school year and not permitted to participate in the MHSAA tournament in that sport during the original and extended probationary period. A school which fails to submit required online concussion reports will be subject to the penalties of Regulation V, Section 4 A. This includes reporting zero if no concussions occurred in a season.