

**CHESANING UNION SCHOOLS
2019-2020
ATHLETIC HANDBOOK**



“HOME OF THE INDIANS”

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FORWARD

The Chesaning Union Schools Athletic Handbook is to be used as a guide for all athletes and parents of Chesaning Union School students.

It is the desire of the Chesaning Athletic Department that all athletes have a quality experience in athletics. Good sportsmanship is expected from athletes, coaches, and fans that participate in or attend events. The staff is dedicated to providing a quality experience to Chesaning High School students. Student welfare and safety are a priority as athletes enter into the spirit of competition. If you would like more information regarding Chesaning Athletics, please contact the Chesaning Athletic office at (989) 845-2040.

ATHLETIC PHILOSOPHY

The interscholastic athletic programs at Chesaning Union Schools are a vital and integral part of the total education program. Research indicates a student involved in extracurricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. The purpose of interscholastic athletics is to make a positive contribution to the development of the participants, spectators, school and community.

As an integral part of the educational process, the athletic program should always conform and support the objectives and standards of the school. **The total educational curriculum must take precedence to the athletic program as it is our primary goal to use athletics as another educational tool that results in student success.** Athletes should strive for educational excellence, playing excellence, and, as well, staying within the boundaries of good sportsmanship.

ATHLETIC DEPARTMENT OBJECTIVES

1. To provide a positive image of school activities at Chesaning Union Schools.
2. To provide students with opportunities for physical, mental, and emotional development.
3. To experience team play by accepting his/her role on the team with loyalty, cooperation and fair play.
4. To create a desire to exceed and excel.
5. To practice self-discipline and emotional maturity while learning to make decisions under pressure.
6. To develop an understanding of the value of extracurricular activities in a balanced educational experience.
7. To demonstrate good sportsmanship at all times.
8. To develop leadership qualities and skills.

THE CHESANING INTERSCHOLASTIC PROGRAM

Chesaning High School offers a varied program of interscholastic athletics. The purpose of this program is to aid the development of leadership, cooperation, sportsmanship, competitive spirit, and physical well being. It is hoped that all Chesaning students have the experience of participating on one or more of the following athletic teams:

Boys Fall Sports

Cross Country	Varsity and Junior Varsity
Football	Varsity and Junior Varsity
Soccer	Varsity
Tennis	Varsity and Junior Varsity

Boys Winter Sports

Basketball	Varsity, Junior Varsity & Freshman
Bowling	Varsity and Junior Varsity
Swimming	Varsity
Wrestling	Varsity and Junior Varsity

Boys Spring Sports

Baseball	Varsity and Junior Varsity
Golf	Varsity and Junior Varsity
Track	Varsity and Junior Varsity

Girls Fall Sports

Cheerleading	Varsity Sideline
Cross Country	Varsity and Junior Varsity
Golf	Varsity and Junior Varsity
Volleyball	Varsity, Junior Varsity & Freshman

Girls Winter Sports

Basketball	Varsity, Junior Varsity & Freshman
Bowling	Varsity and Junior Varsity
Comp. Cheer	Varsity
Swimming	Varsity (Boys Season)

Girls Spring Sports

Soccer	Varsity
Softball	Varsity and Junior Varsity
Tennis	Varsity and Junior Varsity
Track	Varsity and Junior Varsity

MHSAA MEMBERSHIP

Chesaning High School is a member of the Michigan High School Athletic Association (MHSAA). This governing body determines the rules and regulations for all of our interscholastic sports and sponsors tournaments at the end of each season. The MHSAA classifies all schools by enrollment.

MID MICHIGAN ACTIVITIES CONFERENCE MEMBERSHIP

Chesaning High School is also a member of the Mid Michigan Activities Conference (MMAC). The purpose of the conference is to provide interscholastic opportunities for all conference members. Other Mid Michigan Activities Conference schools include Byron, Chesaning, Durand, Lakeville, Montrose, Mt. Morris, New Lothrop, and Ovid-Elsie. Not all sports will follow this conference alignment due to some schools not offering the same sports programs.

CHESANING UNION SCHOOLS ATHLETIC CODE

1) Athlete Defined

- a) An athlete is any student who has expressed an interest in being on an interscholastic athletic team or who is trying out for an interscholastic athletic team or is a member of any interscholastic athletic team.

2) Duration

- a) The athlete is subject to the athletic code at **all times and places during the calendar year**. Even though the Athletic Code is a year-round agreement, athletes and parents will be required to sign an athletic code each year as a reminder and as part of our yearly parent/athlete meeting. Violations will carry over from middle school to high school and from one year to the next in high school. **A student will be under the code at all times.**
- b) The athlete and his/her parents shall be informed of the Athletic Code prior to participation in the school athletic programs. No athlete will be allowed to participate in a game unless a signed athletic code is on file.

3) Chesaning Union Student-Athlete Eligibility Policies

- a) Chesaning athletes must be passing all classes.
- b) Evaluation of student-athlete academic progress will be conducted as follows:
 - i) Weekly after the 2nd week of classes.
- c) Student-athletes who are not passing all classes will be notified by the athletic office or their coach and the student will be ineligible for one week.
- d) It is the student's responsibility to keep up to date with their academic requirements in order to maintain appropriate academic performance. A student may request a progress report at any time from the athletic office.
- e) Students declared ineligible must practice with their teams unless excused by their coaches, but they will not dress for games until they meet minimum eligibility requirements.

4) MHSAA Eligibility

- a) The student must be enrolled in the high school or middle school he/she plans to represent in athletics.
- b) The student can only be eligible for twelve (12) tri-mesters with the 10th, 11th and 12th tri-mesters being consecutive.
- c) The previous tri-mester record for athletics will be based on the MHSAA Handbook.
- d) To meet MHSAA eligibility requirements, a student-athlete must pass **66 2/3% (4 out of 5) classes** in the previous tri-semester. If a student does not pass the minimum stated requirement they will be **ineligible for the entire succeeding tri-mester**. If a student enters credit recovery (i.e. summer school), he/she must obtain the number of required class credits needed to meet the established passing percentage listed above in order to receive full eligibility status.
- e) Enrollment - To be eligible for interscholastic athletics, a student must be enrolled in a high school no later than the fourth Friday after Labor Day (1st 90 days) or fourth Friday of February (2nd 90 days). A student must be enrolled in the school for which he/she competes.
- f) Age - A student who competes in any interscholastic athletic contests must be under nineteen (19) years of age, the exception to

that is a student whose nineteenth birthday occurs on or after September 1st of a current school year.

- g) Transfers - Generally, a student must have had an accompanying change of residence, from his parent, parents, guardian, or other persons with whom he or she has been living during the period of his/her last high school enrollment, into the district or service area of the school he/she now attends to be eligible his/her first semester. (Please check with the Athletic Director on all transfers.)
- h) Awards - A student may accept, for participation in athletics, a symbolic or merchandise award, which does not have a value or cost in excess of \$40.00. Awards for athletic participation in the form of cash, merchandise certificates, or any other type of negotiable documents are never allowed. A violation of this rule may lead to ineligibility.
- i) Amateur Practices - Student will not be eligible to represent his/her high school who has received money or other valuable consideration from any source for participating in athletics, sports, or games sponsored by the MHSAA or has received money or other valuable consideration for officiating in interscholastic athletic contests or has signed a professional athletic contract.
- j) Limited Team Membership - Students who, after practicing with or participating in an athletic contest or scrimmage as a member of a high school athletic team, participates in any athletic competition not sponsored by his/her school in the same sports season shall become ineligible for a minimum of the next three contests and maximum of the remainder of that season in that school year. (Check with the Athletic Director for exceptions.)

5) College Eligibility

- a) If you want to practice and play your freshman year at a NCAA Division I or Division II college, you must satisfy the requirements of NCAA Initial-Eligibility Clearinghouse. Check with your Counselor to obtain a Clearinghouse form and to ascertain Bylaw 14.3 requirements.

6) Attendance

- a) Student-athletes are expected to be in attendance during the normal school day (8:00 a.m. to 2:45 p.m.). No student-athlete will be permitted to practice or play in a game if they are absent for any part of the school day; unless they are **given permission** by the Principal or Athletic Director. If an athlete fails to see the Principal or Athletic Director and practices or plays in a game after missing time in the school day, it will result in the loss of participation in the next event.

7) Physicals

- a) No student shall be eligible to participate, which includes practice and contests, without having a completed physical on file with the athletic director. A physician's statement for the current school year is required certifying that the student has passed an adequate physical examination and, in the opinion of the examining physician, he/she is fully able to compete in athletic contests.
- b) The form must be signed by the MD or DO, Physician's Assistant, or Nurse practitioner who administers the physical examination.
- c) A school may use a locally created card or an M.H.S.A.A. form to comply with this regulation.
- d) Students shall not be allowed to practice until they have been declared fit.
- e) A physician's statement for the current school year is interpreted as any physical examination given after April 15, 2017.
- f) In cases of serious injury or extended illness, students must be re-examined by a physician before again being allowed to participate.

8) MHSAA Athletic Code for Athletes

Athletes should strive to:

- a) Know and adhere to the athletic code of the school.
- b) Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school-sponsored athletics.
- c) Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
- d) Counsel with the Athletic Director over questions of eligibility.
- e) Practice and play, giving complete effort in all circumstances and give credit in victory to teammates and to opponents in defeat.
- f) Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.

g) Demonstrate respect for opponents and officials before, during and after contests.

9) Mid Michigan Activities Conference Sportsmanship Statement

a) The members of the Mid Michigan Activities Conference would like to be the leaders in good sportsmanship and it all begins with you.

b) Every coach, athlete and fan must show respect and support for all those participating, whether they are the home team, our guest or the officials.

i) Treat all opponents as guests.

ii) Greet opposing players and coaches.

iii) Instruct your teams to be grateful to the host at away games.

iv) Encourage parents and students to treat the opposing team and officials with respect.

v) Encourage positive support for your team; discourage negative cheers against your opponents.

c) Cheering

i) Swearing of any kind will not be tolerated.

ii) Chants should not single out any player by name or number.

iii) Chants that degrade the other team are not allowed.

d) Dress

i) Fans are expected to wear appropriate casual attire.

ii) Shirts must be worn at all times.

iii) Face painting/shirt painting/hair coloring is acceptable if done in good taste.

e) Noisemakers

i) Noisemakers of any kind at indoor venues are prohibited.

ii) Noisemakers at outdoor events need to be approved by the home athletic director.

f) Signs

i) Signs must adhere to the same standards as cheering.

ii) The home athletic director must inspect all signs.

iii) The home AD will find a suitable place for all signs.

g) Pre-game Introductions

i) Fans will not be allowed to show disrespect for players, coaches or officials during introductions. (Examples: turning their back, putting newspapers up in front of their faces, etc.)

10) Transportation

a) All athletes must travel to away contests on school provided transportation. After the contest the athletes may ride home with parents **only if parents present themselves to the coach and have signed a travel release form**. Varsity coaches can have a team rule for all players to return to school on the transportation provided.

b) When food is taken on the bus, it will be the responsibility of the coach and athlete to make sure all refuse is picked up and deposited in a container.

c) Athletes are to remain in their seats when on the bus. This means no walking around, standing up and banging on the ceiling, hanging out of the window, yelling out of the bus or making any obscene gestures from inside the bus to a passerby.

11) School Policies

a) All athletes are expected to follow all school policies and regulations. Violations will be addressed by the coach and Athletic Director.

- b) Violation of any state law or municipal ordinance will be addressed by the Athletic Director and Principal.

12) School Property (Including Athletic Equipment)

- a) Athletes are expected to treat school property in a respectful manner. All equipment issued to an athlete must be returned or paid for at the conclusion of a sport season. An athlete will not be allowed to tryout for another sport until this is taken care of.

GENERAL RULES, REGULATIONS AND PENALTIES

The rules governing interscholastic athletes are set forth below. The rules are in addition to the rules established in the student code of conduct. A student may be disciplined for violations of the student code of conduct and the athletic code arising out of the same incident. Students suspended under the athletic code are allowed to practice but may not participate in contests with their athletic teams. Suspensions resulting from infractions of the code will be carried out immediately, i.e., the athlete will be suspended from participation on the first contest date following the declaration of the suspension.

1) Specific offenses/ penalties

- a) Any combination of violations of the following offenses will be cumulative over the life of the contract. Example; after the first offense for smoking, the athlete is caught consuming alcohol or using drugs. This will be considered his/her second offense and he/she will lose 75% of his/her playing time for the violation.
- b) Use, possession, or consumption of tobacco, vapor cigarettes (E-cigarettes), alcohol or behavior-altering non-prescription drugs or substances including substances purported to be hallucinogenic or illegal drugs or substances said to have the effects of such drugs, i.e. look-alikes, or any illegal performance enhancing drugs (Appendix A) at any time would require the athlete to be penalized.
- **First Offense:** The athlete will be suspended for **50%** of the contests or competitions in the current season and/or the next season of competition if the offense occurs out of season.
 - **Alternative Penalty:** the student-athlete and/or parent(s) may choose to have the suspension reduced to **25%** loss of contests or competitions by completing the following additional requirements:
 - Enrolling in a licensed treatment program, which is done so on a voluntary basis. All expenses and arrangements of the program are to be incurred by the athlete and his/her parents. At no time is the school responsible for any financial and/or any other arrangements that may result in participation in such a program.
 - Upon completion of the treatment program, the student-athlete and/or parent must provide the school and athletic director with proper verification of program completion. This verification must be in writing from the provider and must be received by the athletic director before the suspension is revoked.
 - **Second Offense:** The athlete will be suspended for **75%** of the contests or competitions in the current season and/or the next season of competition if the offense occurs out of season.
 - **Alternative Penalty:** the student-athlete and/or parent(s) may choose to have the suspension reduced to **50%** loss of contests or competitions by completing the following additional requirements:
 - Enrolling in a licensed treatment program, which is done so on a voluntary basis. All expenses and arrangements of the program are to be incurred by the athlete and his/her parents. At no time is the school responsible for any financial and/or any other arrangements that may result in participation in such a program.
 - Upon completion of the treatment program, the student-athlete and/or parent must provide the school and athletic director with proper verification of program completion. This verification must be in writing from the provider and must be received by the athletic director before the suspension is revoked.
 - The student-athlete will also be required to complete **20 hours of community service** before he/she may resume competition. Written verification must be completed from the individual where the service was performed prior to restoration of athletic eligibility.
 - **Third Offense:** The student-athlete will be suspended from all team activity and competition for twelve (12) consecutive months.
- c) Sale or distribution of an illegal, controlled, or behavior-altering drug or substance including substances purported to be hallucinogenic or illegal drugs or substances purported to have the effects of such drugs, i.e. look-alikes, or the sale or distribution of alcoholic beverages, or any illegal performance enhancing drugs (Appendix A) at any time would require the athlete to be penalized.

- **First Offense:** Suspension from athletic activities for the rest of the participant's career.
- d) Any inappropriate actions found on internet sites and other social media sources will be addressed by the Athletic Director and/or Principal.
- **First Offense:** Penalties may range from a warning up to suspension from athletic activities for the rest of the participant's career.
- 2) The Athletic Director has the authority to withhold all honors and awards earned during the season as a result of a violation of the athletic code.
 - 3) The Athletic Director has the authority to suspend a student from all activities for a period of one year for misbehavior during athletic contests.
 - 4) All prior offenses of athletes currently in Chesaning Union Schools and any previous school (transfer student) will remain in effect. The next violation will be handled under current code by the number of rules the student has broken (second or third offense).
 - 5) If a violation occurs at the end of the season and the participant cannot fulfill all of the punishment, it will carry over into his/her next season. If the athlete is a senior, the coach and Athletic Director may refer to those penalties outlined in **General Rules, Regulations and Penalties, Section 2** (withholding any awards earned during the season).

REPORTING VIOLATIONS OF REGULATIONS

- 1) Confirmation in writing must be from a school employee, local law enforcement agency or a parent may report a violation by their own child.
- 2) The following information should be noted:

1. Time	4. Rule violated
2. Date	5. Occasion
3. Place	6. Signature of person reporting
- 3) The Athletic Director investigates all rule violations in conjunction with the head coach or coaches of the sport for which the person is a participant. The Athletic Director has the authority to review all evidence presented and based on that evidence will determine disciplinary action, if any.
- 4) If athletes volunteer information on a personal offense, the penalty may be reduced by the Athletic Director. (Excluding 3rd offenses)

APPEALS PROCESS

- 1) Each student athlete has the right to appeal the disciplinary decision of the Athletic Director within three (3) calendar days upon receiving the notification from the Athletic Director following the guidelines below.
 - a) The student athlete shall be informed of the specific reasons which are the basis for the suspension.
 - b) The student athlete has the right to present to the Athletic Director any information in support of his/her defense. The Athletic Director will then review all information presented and will notify the student athlete and the parent of his/her ruling within (3) calendar days.
 - c) When a student athlete is suspended or removed from a team, the Athletic Director will:
 - i) Notify the parent of the student athlete of the suspension and the reason(s) for this action in writing.
 - ii) Notify the administration and the coach of the suspension.
 - d) If the parent or the student athlete is dissatisfied with this action, an appeal may be made in writing to the Principal within three (3) calendar days. The Principal will review all information presented and will inform the student athlete and parent of his/her decision within three (3) calendar days.
 - e) If the parent or student athlete, after appeal to the Principal, is dissatisfied with the outcome, an appeal to the Superintendent or his/her designee may be made in writing within three (3) calendar days after being notified of the final ruling of the Principal. The Superintendent will review all information presented and will inform the student athlete and parent of his/her decision within three (3) calendar days.

- f) The student athlete will remain eligible to participate pending the outcome of the appeal, unless safety is an issue.

DUAL SPORT ATHLETES

A dual sport athlete is defined as a student-athlete who participates in two sports simultaneously during the same season. An example would be a member of the Girls' Volleyball team in the fall also running on the Cross Country team. It is the policy of the district to discourage dual sport participation rather than to promote it. In Chesaning we want as many of our students participating in sports in a meaningful way. However, from time to time there may be a student-athlete who benefits from dual sport participation. It is for the benefit of the student-athlete and not the program that dual sport participation is allowed.

- 1) The following criteria have been established to protect individuals and coaches when a dual sport athlete is being used:
 - a) Any coach may decline to allow a dual sport athlete if he/she believes that missed practice time would hinder the integrity of the sport or if limited participation would hinder the effectiveness of team morale. A coach may not decline participation because he/she believes it will affect the student-athletes' ability to perform at his/her best. The physical well-fare and educational standing of the student will be taken into consideration when considering a dual sport request. Coaches will need to be prepared to defend their position with the Athletic Director. In the case of special circumstances the student-athlete may appeal in writing to the Athletic Director within (3) days of the decision. The appeal will then be heard by a committee consisting of a member of the high school administration, a coach, and a member of the teaching staff. In addition, the physical well-fare and educational standing of the student will be taken into consideration when considering a dual sport request.
 - b) A student-athlete who wishes to participate as a dual sport athlete must fill out the appropriate paper work with all necessary signatures before he/she will be allowed to participate.
 - c) One of the sports must be a varsity sport in order for a student to participate in dual sports.
 - d) A student-athlete must declare a primary sport and a secondary sport. The primary sport has final say on any practice time or games missed. For this reason it is very important that all parameters of the arrangement are established before the season begins.
 - e) No sport that makes cuts may be allowed to be declared the secondary sport.
 - f) A dual sport athlete must practice a minimum of two hours a week in the secondary sport; this may be with or without supervision. (I.e. A student-athlete, who runs cross country, could put in their time on their own during the weekend.)

INJURIES

- 1) If an athlete is injured and needs attention, the coach will contact his/her parents and take the athlete to the trainer, team physician, or a doctor designated by the parent. If an ambulance is necessary, the coach or trainer will call for one. **Chesaning Union School District is not responsible for ambulance costs.**
- 2) The coach will report the injury to the Athletic Trainer and Athletic Director.
- 3) In no instance shall a coach make a medical decision to allow an athlete to return to activity after a serious illness or injury without medical clearance.
- 4) A note from the parents which allows return to activity from serious illness or injury is not adequate. These injuries/illnesses require written clearance from a doctor (MD or D.O.).

MEDICAL CONSENT FORMS

Coaches must have a medical consent card for all athletes in their first aid kits. Parents should complete this form and return it to the coach by the second practice.

INSURANCE COVERAGE

Chesaning Union Schools does not assume financial responsibility for any medical, physician, hospital, or ambulance expenses incurred because of athletic injuries that occur during practice, weight training, or contests. Parents of athletes are required to obtain adequate insurance coverage for their children.

Athletics is a voluntary program in which the student may participate if he/she so desires, but the student does so at his/her own risk of

injury. Inherent risks of injury may include paraplegic or quadriplegic injuries or death. Insurance forms are available in the Athletic office and Principal's office to purchase insurance for your children.

VACATION POLICY

- 1) The Chesaning staff believes that family vacations are an important part of everyone's life. Any students participating in athletics may go on a family vacation if the following considerations for the coaches are made:
 - a) Notification must be made prior to the season if possible.
 - b) At least two weeks notification should be given if pre-season notification is not possible. A discussion between the athlete's parents and coach regarding possible liabilities for the returning athlete should be held.
- 2) "Non Family" vacations are not encouraged. We are trying to teach commitment to the athletes. Because each situation is different in how it affects the team, it will be left to the coach's discretion concerning dismissal or loss of playing time.

ANNUAL REVIEW

There will be an annual review of the Chesaning Union School Athletic Code.

STUDENT-ATHLETE EXPECTATIONS

- 1) The following ten expectations are what a Chesaning student-athletes should encompass:
 - a) Work to excel in academics.
 - b) Be on time and prepared for all classes, practices, meetings, and games.
 - c) Have pride in yourself, your team, your school and your facility.
 - d) Follow all training rules, school rules and regulations.
 - e) Be a role model for all students before, during and after school.
 - f) Exhibit good sportsmanship towards the opponents, officials, teammates and fans.
 - g) Put team goals ahead of personal goals.
 - h) Respect, but never fear the opponent.
 - i) Work harder than the competition both in and out of season, and never quit.
 - j) Accept the results; learn from the mistakes; focus on the goal, and never give up.

ATHLETIC TEAM AWARDS

- 1) Coaches shall set their own standards for the earning of an athletic team award in each sport.
 - a) The freshman, junior varsity, and varsity athletic award certificate shall be white, orange and black in color.
 - b) An athlete shall not receive more than one varsity chenille letter award during his/her school career. Certificates shall be presented to each athlete should he/she earn more than one award.
 - c) The school reserves the right to recall, for just cause, any athletic award granted. It also reserves the right to request that students remove improperly worn letter awards.
 - d) The varsity athletic team award shall be a full block "C" six inches high and orange and black in color. Inserts will be provided for multiple letter winners.
 - e) Conference champions may receive an award.
 - f) Coaches may give team awards along with all conference, all state, and other special recognition awards.

DRESS CODE

We expect our athletes to project a favorable image for our school. Dress must follow the Chesaning Union School coach's rules. All athletes will be required to dress for success at all banquets and award ceremonies unless casual dress is appropriate (e.g., a cookout at a coach's house). Male athletes should wear shirt, tie, or sweater, (NO HATS OR SWEATSHIRTS) dress slacks and dress shoes. Female athletes should wear dresses, skirts or dress slacks. We would also ask our athletes to encourage their parents to dress up for the banquets to help promote an atmosphere of respect for our programs and coaches. If athletes are not dressed appropriately they may not receive their awards.

COLLEGE RECRUITMENT

In the event that a college recruiter contacts an athlete, he/she should work with his/her coach and the athletic department. Inform the coach of such a contact as soon as possible.

TRAINING ROOM AND LOCKER ROOM USE

- 1) The training room is **not** a meeting place or a hang out. Only athletes who are in need of medical treatment, trainer consultation or other medical-related activities are allowed to enter. It is highly suggested that the athlete and his/her parents set up scheduled times with the trainer for treatment during the injury period.
- 2) Athletes are not allowed to get training room supplies or keep them in their lockers or bags - Specifically TAPE.
- 3) Athletes will not be issued school towels or any type of hygienic products.
- 4) Athletes are responsible for keeping the locker rooms and facilities clean after practices and contests both home and away. We expect all athletes to respect and give proper care to all athletic facilities and equipment.
- 5) An athlete shall never use the whirlpool alone. Must seek the Athletic Trainer for permission to use.
- 6) Athletes are not allowed in the coach's office unless given permission.
- 7) Each coach should have the Athletic Trainer, ambulance, and hospital emergency phone numbers in their personal phones. If there is an emergency, please **DIAL 911** to get emergency medical assistance.
- 8) Athletes should not bring large sums of money to school and they should lock their lockers during practices and games. Chesaning Union High School is not responsible for lost or stolen items.

GYM AND WEIGHT ROOM USE

- 1) The gym and weight room is for the students, staff and community of Chesaning Union Schools. People who use these areas must abide by the following rules or they will be dismissed. The gym and weight room will be open **only when supervision from a coach or staff member is available**.
 - a) Please use care when using these rooms and the equipment in them. The user assumes risk.
 - i) High school and middle school athletes are not allowed in the gym or weight room unless a coach is present.
 - ii) Coaches must supervise all activities and employ proper safety and lifting techniques at all times.
 - iii) Coaches and athletes are responsible for making sure the weight bars are cleared, weights are stacked, the weight room is clean, the stereo and lights are turned off and doors locked when leaving.
 - iv) Shirts and athletic shoes must be worn at all times.
 - v) Spotters must be used for all lifts over the head and body.
 - vi) Use weight belts for safety--especially those involving lifts with the lower back.
 - vii) Anyone behaving in an inappropriate manner may be removed from the weight room and have their privileges suspended.

TEAM MEMBERSHIP

- 1) Once an athlete has decided upon a sport he/she wishes to try, he/she may not change to another sport without permission from the

coach of the sport he/she is dropping.

- 2) If an athlete wishes to change from one sport to another, he/she must do so prior to the first game of that season.
- 3) If an athlete is dropped from a team for disciplinary reasons, he/she is not allowed to try out for another sport during the same season.
- 4) If an athlete is dropped from a team for disciplinary reasons, he/she may not go out for a next-season sport until after the last game.
- 5) Athletes are **required** to be in school when school begins on the morning following a previous night's game. Coaches and parents should impress this on their athletes.
- 6) Athletes must travel to away contests with the team. In the event parents have a justifiable reason to have the athlete return with them, they must complete an Athlete Travel Release Form and turn it into the coach prior to the game. The parent must pick up the athlete from the coach after the game.
- 7) During Out of School Suspension, students are suspended from participation in all extra-curricular activities, including athletic practices and contests. Suspended students are not permitted on school grounds without permission from the Principal.
- 8) If a coach suspends an athlete from his/her team, the coach must notify the Athletic Director by the next morning stating the reasons for the action.

TEAM RULES AND POLICIES

All coaches are required to turn in to the Athletic Director their team rules and policies. A copy should also be given to each team member.

SQUAD SELECTION PROCEDURE

- 1) Philosophy
 - a) In accordance with our overall athletic philosophy and our desire to see as many students/athletes as possible participate in the athletic program while at Chesaning Union Schools, we encourage our coaches to keep as many students/athletes as they can without unbalancing the integrity of their sport. Obviously, time, facilities, personal preference and other factors will place limitations on the most effective squad size for any particular sport. Coaches, when developing individual sport policy, should strive to maximize the opportunities for our students/athletes without diluting the quality of the program.
- 2) Limitation of Team Membership Policy
 - a) The coaches of respective sports and the Athletic Director will determine minimum and maximum team membership limits. In cases when the "Squad Reduction Policy" is utilized, the coach should keep the Athletic Director informed concerning the method and time of "cuts."
- 3) Squad Reduction Policy
 - a) Responsibility
 - i) Choosing the members of any athletic team is the sole responsibility of the coaches of those teams.
 - ii) There is no such thing as a final team cut. The athlete's membership on any team is always subject to proper behavior and the following of specified team guidelines.
 - iii) Lower level coaches shall follow the policies as established by the head coach in that particular program when selecting team members.
 - iv) Prior to try-outs, the coach shall provide the following information to all candidates for the team:
 - Extent of the try-out period
 - Criteria used to select team
 - Number to be selected
 - Practice commitment if they make the team
 - b) Procedure
 - i) When a squad cut becomes necessary, the process will include these important elements:
 - (1) Have completed a minimum number of practices.
 - (2) Be allowed, when possible, to compete in a scrimmage situation.

- (3) Be informed by the coach of the cut and the reason for it.
- ii) **Cut lists will not be posted.**
- iii) Coaches will take the opportunity to discuss alternative possibilities for participation in the sport or other sports.
- iv) If a coach foresees difficulties arising as a result of squad cuts, he/she should discuss the situation with the Athletic Director ahead of time.

PLAYING OUT OF LEVEL

Generally speaking, freshman teams are for freshmen, junior varsity teams are for freshmen/ sophomores/ juniors, and varsity teams are for juniors and seniors. If an athlete is moved one or two levels, the following criteria should be adhered to:

- 1) Coaches affected by the moved student athlete should meet to discuss the following, with the outcome being positive for the athlete.
 - a) How will the move affect the academic work of the athlete?
 - i) What kind of student is the athlete?
 - ii) What kind of study habits does the athlete have?
 - iii) Are the length and number of practices going to affect class work?
 - iv) Will the time and number of games affect class work?
 - v) What kind of help is available for the athlete?
 - b) How will the move affect the athlete emotionally?
 - i) What kind of pressure will be on the athlete?
 - ii) Is the athlete emotionally mature enough to play at this level?
 - c) How will the move affect the athlete socially?
 - i) Does the athlete have any friends on the team?
 - ii) How great is the age difference?
 - d) How will the move affect the athlete physically?
 - i) Is the athlete physically mature enough to play at this level.
 - ii) Will the chance of injury be increased greatly?
 - e) How will the amount of playing time affect the athlete?
 - i) Will the athlete contribute to the team during the game?
 - ii) Will playing time be sufficient to justify the move up or down? The athlete is **NOT** to be a bench warmer.
- 2) Parent Contacted
 - a) Coaches involved in the move will contact the parents of athlete to:
 - i) Discuss the pros and cons of the move.
 - ii) Get input from the parent about the move.
 - iii) Obtain a signed Parent Consent Form from the parent supporting the move.
- 3) Re-evaluate
 - a) Any decision to move an athlete should be re-evaluated periodically during the season. Athletes may be moved back to a lower level at any time during the season if the move will benefit the athlete and the team

PARENT-COACH COMMUNICATION PROCESS

Ten Commandments For Parents

- Make sure your child has a positive sports experience by supporting your child's established role for the team.
- Have your child attend and participate in all practices and games.
- Practice with your child at home.
- Come to the games as often as you can to support your child and their team.
- Cheer positively.
- Allow the coach to coach.
- Allow the officials to do their jobs.
- Compliment your child.
- Talk to the coach about how your child may improve.
- Remember that this is your child's game and that this is their time to compete and participate.

Communication you should expect from your child's coach

- Philosophy of the coach.
- Expectations the coach has for your child, as well as, all the players on the squad.
- Locations and times of all practices and contests.
- Team requirements, i.e. practices, special equipment, out-of-season conditioning.
- Discipline that may result in the denial of your child's participation.

Communication coaches expect from parents

- Concerns expressed directly to the coach.
- Notification to the coach of any schedule conflicts well in advance.
- Specific concerns with regard to the coach's philosophy and or expectations.

Appropriate concerns to discuss with coaches

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

Issues not appropriate to discuss with coaches

- Team strategy
- Play calling
- Other students/athletes

When you have a concern to discuss with the coach, this is the recommended procedure you should follow:

- **Call to set up an appointment.**
- **If the coach cannot be reached, call the Athletic Director. A meeting will be set up for you.**
- **Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

What a parent can do if the meeting with the coach did not provide a satisfactory resolution.

- Call and set up an appointment with the Athletic Director to discuss the situation.
- If you are still not satisfied set up an appointment with the principal.

Pay to Participate Fee Structure for Chesaning Union Schools Athletics 2019-2020

1. A Participation fee will be assessed to all student participants in athletic programs for middle or high school levels.
2. The participation fee will be based on the following schedules for:

High School (Grades 9-12)

One-time fee to cover all sports for the 2018-19 school year: \$100.00

Middle School (Grades 7-8)

One-time fee to cover all sports for the 2018-19 school year: \$50.00

****The Following Schedule Is If The Student-Athlete Qualifies For Reduced Lunch (see #3 below).**

High School (Grades 9-12)

One-time fee to cover all sports for the 2018-19 school year: \$50.00

Middle School (Grades 7-8)

One-time fee to cover all sports for the 2018-19 school year: \$25.00

****The Following Schedule Is If The Student-Athlete Qualifies For Free Lunch (see #3 below).**

High School (Grades 9-12)

All sports for the 2018-19 school year: FREE

Middle School (Grades 7-8)

All sports for the 2018-19 school year: FREE

3. Students who qualify for free or reduced lunch according to the Federal standards will pay the participation fee according to the schedules above.
4. Family Caps - \$300.00 maximum at Chesaning High School. \$150.00 maximum at Chesaning Middle School. District Wide Family Cap - \$300.00 maximum.
5. **FEE DATE DEADLINES (if fee is not paid by the following deadlines the student will not be allowed to participate in games until fee is paid):**

Fall Due Date: September 13, 2019

Winter Due Date: December 6, 2019

Spring Due Date: March 20, 2020

****If a payment plan is needed contact the Athletic Office to set up a plan.**

6. Cash or check may pay all fees. Checks shall be made out to: Chesaning Union Schools – Athletics.
7. A \$25.00 fee shall be assessed for any check returned due to insufficient funds.
8. **The participation fee is Non-refundable & does not guarantee playing time.**

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSIONS

Some Common Symptoms

Headache
Pressure in the Head
Nausea/Vomiting
Dizziness

Balance Problems
Double Vision
Blurry Vision
Sensitive to Light

Sensitive to Noise
Sluggishness
Haziness
Fogginess
Grogginess

Poor Concentration
Memory Problems
Confusion
“Feeling Down”

Not “Feeling Right”
Feeling Irritable
Slow Reaction Time
Sleep Problems

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don’t hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don’t let the student return to play the day of injury and until a health care professional says it’s okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can’t recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

The following form must be signed by parent or guardian and athlete and be on file in the Athletic Office before students are permitted to participate in athletic contests.

Parental/Guardian Consent

Having read the Athlete Handbook, which includes the athletic code, regarding a player's responsibilities and the possibility of injury, I (we) hereby give consent for

Name of student

to participate in the athletic program sponsored by Chesaning Union Schools.

PARENT SIGNATURE:

Date:

By signing this form, I acknowledge that I have read and agree to accept the responsibilities outlined in the Athlete Handbook, which includes the athletic code. I also understand and accept the fact that participation may result in injury, as indicated, and I do voluntarily assume the inherent risks in the sport I am participating in.

STUDENT SIGNATURE:

Date:

Appendix A

2019-20 NCAA Banned Drugs List

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following classes of drugs:

1. Stimulants.
2. Anabolic Agents.
3. Alcohol and Beta Blockers (banned for rifle only).
4. Diuretics and Other Masking Agents.
5. Street Drugs.
6. Peptide Hormones and Analogues.
7. Anti-estrogens.
8. Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified. See *exceptions* in the following examples listed for each class.

Drugs and Procedures Subject to Restrictions:

1. Blood doping.
2. Gene doping.
3. Local anesthetics (under some conditions).
4. Manipulation of urine samples.
5. Beta-2 Agonists permitted only by prescription and inhalation (i.e., Albuterol).

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff.

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility from using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.

4. *Any product containing a dietary supplement ingredient is taken at your own risk.*

Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class

***There is NO complete list of banned substances.
Do not rely on this list to rule out any label ingredient.***

1. Stimulants:

2. amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); “bath salts” (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octodrine) etc.

3. *exceptions: phenylephrine and pseudoephedrine are not banned.*

4. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):

5. Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033); etc.

6. Alcohol and Beta Blockers (banned for rifle only):

7. alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

8. Diuretics (water pills) and Other Masking Agents:

9. bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

10. *exceptions: finasteride is not banned.*

11. Illicit Drugs:

12. heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

13. Peptide Hormones and Analogues:

14. growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum); etc.

15. *exceptions: insulin, Synthroid are not banned.*

16. Anti-Estrogens:

17. anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), letrozole; etc.

18. Beta-2 Agonists:

19. bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

NOTICE OF NONDISCRIMINATION

The Chesaning Union School District prohibits discrimination based on religion, race, color, veteran status, age, pregnancy, national origin, sex (including sexual orientation and transgender identity), height, weight, marital or family status, disability, genetic information, ancestry, or any other legally protected category in its programs, services, activities, or employment.

The following people have been designated to serve as the District's Compliance Officers (Civil Rights Coordinators) to handle inquiries or complaints regarding the District's policy of nondiscrimination:

Melinda Soule, Middle School Principal
Chesaning Union Schools
431 N. Fourth Street
Chesaning, MI 48616
989.845.7040

Paula Peterson, Finance Director
Chesaning Union Schools
850 N. Fourth Street
Chesaning, MI 48616
989.845.7020