

MARIAN HIGH SCHOOL

Athletic Policy Handbook

2019-2020



MARIAN

Marian High School Mission and Vision Statement

Marian High School is a Catholic college preparatory high school for young women sponsored by the Sisters, Servants of the Immaculate Heart of Mary.

The mission of Marian High School is to ensure, within a Christian environment, an excellent education built on a strong academic curriculum, which will enable young women value human diversity and live responsible lives of leadership and action based upon gospel values.

We also believe in the mission and vision of Sister Servants of the Immaculate Heart of Mary. The mission of as urged by the love of God, we chose to work others to build a culture of peace and right relationship among ourselves, with the Church and with the whole earth environment and the vision of the IHM community to envision and be committed to bringing about the dream of God on planet Earth through respect for, nurturing of and promoting the liberation and well-being of all persons and all of nature as God's good creation.

ATHLETIC PHILOSOPHY

An interscholastic sport enriches a student's high school experience. Sport activities are an extension of our educational program providing lessons in teamwork, sportsmanship, and self-discipline. Through athletics the development of self-confidence, loyalty, perseverance, and leadership skills happen. It is our goal to contribute to the developing character of each individual athlete through participation in organized sport.

As a member of the Michigan High School Athletic Association and the Detroit Catholic League, Marian sponsors:

- 18 Varsity Level Sports- Basketball, Bowling, Cross Country, Dance, Equestrian, Field Hockey, Figure Skating, Golf, Ice Hockey, Lacrosse, Sailing, Skiing, Soccer, Softball, Swim and Dive, Tennis, Track and Field, and Volleyball
- 14 Junior Varsity Level Sports – Basketball, Bowling, Cross Country, Dance, Field Hockey, Golf, Lacrosse, Sailing, Soccer, Skiing, Softball, Swim and Dive, Tennis, Volleyball
- 5 Freshman/JVB Sports- Basketball, Field Hockey, Soccer, Tennis, and Volleyball

Participation is limited to Marian students abiding by the M.H.S.A.A. and Catholic League guidelines. Catholic League regulations restrict participation on freshman to those students who are freshman at school and Junior Varsity teams to those who are freshman, sophomores, and juniors. (Seniors may not compete on the J.V. team)

GOALS AND OBJECTIVES

In accordance with Marian High School athletic philosophy and the Marian High School Mission Statement, the following goals and objectives have been established:

1. To adhere to the athletic code of Marian High School (MHS), the Catholic League (CHSL) and the Michigan High School Athletic Association (MHSAA).
2. To exceed all attendance and academic requirements of MHS as practical evidence of loyalty to the proper attitude and philosophy of the MHS athletic program.
3. To practice fairly and play fairly, giving complete effort in all circumstances demonstrating sportsmanship at all times.
4. To demonstrate respect for opponents and officials before, during and after contests.
5. To maintain the academic standards of MHS, keeping in perspective the priority of academics over athletics.
6. To maintain the high level of competitiveness and outstanding athletic tradition of MHS.
7. To promote life skills in relationship to competitiveness, discipline, responsibility, and accountability in MHS athletics.
8. To promote school spirit by supporting other teams during the season.
9. To uphold the Mission of the IHM sisters.

POLICIES AND REGULATIONS

The following policies and regulations are not all inclusive. The Catholic League Manual and the M.H.S.A.A. manuals are available from the Athletic Director upon request.

1. To observe all policies regarding self-discipline as described in the MHS Student-Parent handbook.
1. An athlete must maintain a quarterly 2.0 GPA with no failures and a semester 2.0 GPA with no failures. (Marian Athletic and Team policy see Student and Parent Handbook)
2. Athletes must be in school a minimum of 4 class periods in order to participate that day. In the event of a noon dismissal, students are required to attend all classes, etc. in order to participate that day. Exception: school field trips or funerals. (MHSAA and MHS policy see Student and Parent Handbook)

3. During the season an individual may participate in a maximum of three individual sports meets or contest in that sport while not representing her school. Example: a member of the MHS swim team can participate in 3 swim meets outside MHS meets that are not interscholastic. (MHSAA policy)
4. Any award given to an athlete may not exceed \$35.00 and may not be in the form of cash, merchandise certificates, or any other type of negotiable documents. (MHSAA policy)
5. No student shall be eligible to represent a high school for which there is not on file in the office a record of a current yearly passed physical examination on a MHSAA form. (MHSAA policy)
6. A student transferring from one high school to another high school is not eligible to participate in an interscholastic athletic contest for two full semesters in any sport they previously played at the other school. They are immediately eligible in any sport they did not play at the other school. All transfers must be reported to the MHSAA through the Athletic Director. (MHSAA policy)
7. Full or partial scholarships to athletic camps may be accepted by students, providing the funds are paid by: A) the student's parents, grandparents or siblings; B) school approved fundraisers and are not on the basis of athletic ability or potential. (MHSAA policy)
8. A student is discouraged in playing two sports in the same season, as academic grades could be jeopardized. In order to play in two sports during the same season, the student must fill out the dual sport form and have her parents and each coach sign the form. The student must also designate a primary sport and must attend at least one practice a week of the secondary sport. (MHS policy)
9. Outside of the MHSAA defined season for a sport, a coach may coach in that sport a maximum of four students from the same school, during the school year. (MHSAA policy)
10. Picture phones and cameras of any kind are not to be used in the locker rooms or training rooms. (MHSAA, CHSL and MHS policy)
11. Hazing is now prohibited by state law. These 2 laws, a misdemeanor and a felony, make hazing punishable by imprisonment for not more than 93 days and/or a fine of not more than 1000.00 (misdemeanor) or 5-15 years in prison and/or fine of 2500.00 to 10,000.00. (felony)
12. The use of undue influence for athletic purposes by any person or persons directly or indirectly associated with the school to secure or encourage the attendance of a student or the student's parents or guardians as residents of the school district, shall cause the student to become ineligible for a minimum of one semester and a maximum of one year and offending coach or coaches not be permitted to coach for a one year period. Examples of undue influence would include but not be limited to offers of or acceptance of: financial aid to parents, guardians, or student; reduced or eliminated tuition and/or

- fees; any special privileges not accorded to other students, whether athletes or not; transportation allowances; preference in job assignments; room, board, or clothing. (MHSAA policy)
13. Social get togethers with parents, athletes, and coaches are permitted if conducted in an appropriate and professional manner. When athletes are present, refrain from smoking and/or drinking of alcoholic beverages. (MHS policy)
 14. Any illegal action or inappropriate behavior on the part of an athlete during her season will result in sanctions from Marian High School and in addition her coach may take further appropriate action. Example: drinking, stealing, smoking, fighting, performance enhancing drugs, etc. (MHS policy)
 15. Transportation will be arranged by Marian High School for all away games when the team leaves during school hours.
 - Marian can provide a rental bus and driver or the coach, or approved driver, may drive the Marian minivan or Minibus, with a chauffeur's license, for all such away games. Away games will include league, non-league, regular season tournaments and/or state tournaments.
 - All participating athletes will be required to meet at Marian to ride together as a team to the away game if a bus is provided. A coach or designated parent must ride the bus. At least two adult supervisors are recommended.
 - Most bus transportation will be drop-off only. On these occasions, students will be dropped off at the game site and will need parental transportation after the contest.
 - Coaches are responsible to communicate with the Athletic Director regarding the need for a bus. Such communications must be at the beginning of the sport season so sufficient time for bus rental and arrangements may be made by the Athletic Department. (MHS policy)
 - All Marian community members acknowledge that Marian High School shall be held harmless for any incidents that occur during transport provided to students other than one's own daughter(s) by any non-related party.
 16. Each athlete must have paid a player participation fee (\$170.00 per sport) and properly compete and submit the following forms online in order to be eligible:
 - ASSUMPTION OF RISK-PROOF OF INSURANCE
 - RELEASE OF LIABILITY FORM
 - PHYSICAL FORM
 - WEIGHT ROOM CONSENT
 - TEXT/EMAIL RELEASE
 - CONCUSSION ACKNOWLEDGEMENT

17. Individual coaches will provide specific guidelines in a handbook in that specific sport. These guidelines will include information on the following:
 - dates and practice times,
 - transportation schedules,
 - varsity letter requirements,
 - team rules regarding discipline procedures and expectations.
18. It is very important that Marian athletes do not question calls or use inappropriate language. It is the coach's responsibility to enforce this. (MHS policy)
19. Student athletes need to make positive decisions. With every decision comes consequences. Positive decisions get rewarded and should be the norm. However, when negative decisions are made, there will be consequences at the coaches' discretion that can include suspensions and even removal from the team. (MHS policy)
20. Athletes are not allowed to be in the weight room or gym area using equipment unless supervised by their coach or designated adult supervisor. It is the coach's responsibility to make sure that all athletes are "picked up" after a contest or practice; the coach will leave no student unattended. (MHS policy)
21. Practices will be no longer than 3 hours in actual practice time. Stretching and team meetings are practice. No practices may go later than 10:00 p.m. (MHS policy)
22. At the completion of one season, an athlete must take a short break from athletics before a new season begins, this break should be at least 3 practices days but not more than 5 practice days in length. This is up to the discretion of the athlete. (MHS policy)
23. Athletes cannot be considered by Division I or Division II Colleges without properly completing and submitting the appropriate forms to the NCAA. This information should be obtained from their counselor. (University Recruiting Regulation)
24. Collegiate information will be passed on to the athlete or completed by the coach when appropriate. Discussion about opportunities should be held with the coach. (MHS policy)
25. If the Athletic Director feels that any spectator is acting inappropriately before, during or after the athletic event, then the Athletic Director can enforce individual sanctions above and beyond those called for in the MHSAA or CHSL rules.
26. School sponsored "open gym" is permitted. The new policy is the 4 player rule and that open gyms can be sport specific. (MHSAA policy)

27. School sponsored conditioning programs are permitted out of season if they do not involve equipment, which is specific to a sport in which the student participates or wishes to participate in and is conducted on an interscholastic basis. (MHSAA policy)

28. CONCUSSION POLICY

Marian High School will follow the State of Michigan Concussion Laws that became effective June 30, 2013.

(See www.michigan.gov/sportsconcussion) To that end:

- MHSAA sponsored sports are already covered by their current concussion policy and Marian High School follows this policy as a member of the MHSAA.
- Non MHSAA sports and activities (intramurals, gym classes, field day, senior football, etc.) are not covered by the MHSAA, so Marian High School will provide all parents and students with Concussion Awareness information.
- A Concussion Awareness Educational Material Acknowledgement form must be filled out by all Marian families and turned into the Main Office.
- Students will not be allowed to participate in any activity including but not limited to intramurals, gym classes, Field Day, Senior Football, etc. without a signed Concussion Awareness Education Material Acknowledgement form on file with the school.

Concussion educational materials and forms are sent out in the annual August mailing to Marian families and can also be found on the Marian web site and the Marian sports website.

www.marian-hs.org or www.mariansports.com .

(MHS, CHSL, MHSAA and State of MI policy).

New concussion regulation from MHSAA includes that if all protocols are followed that MHSAA will have insurance to cover the cost of treatment for the concussion.

29. SOCIAL MEDIA

Student-athletes are not restricted from using any on-line social network sites and digital platforms. However, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal government, state of Michigan, Marian HS, CHSL and NCAA rules and regulations. Marian student-athletes must be aware of Student Handbook regulations. Ignorance of these regulations does not excuse student-athletes from adhering to them.

Guidelines for Student-Athletes

These guidelines are intended to provide a framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a student-athlete at Marian you should:

Be careful with how much and what kind of identifying information you post on social networking sites. Remember the information posted

becomes property of the website.

Be aware that potential current and future employers and college admissions offices often access information placed on social networking sites.

Do not have a false sense of security about the rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where one can say and do whatever they want without repercussions.

Remember photos put on the social network site's server become their property.

Things student athletes should avoid:

- Derogatory language or remarks about teammates or coaches; other Marian student athletes, teachers, or coaches; student-athletes, coaches, athletics administrators or representatives of other Schools.
- Demeaning statements about or threats to any third party.
- Incriminating photos or statements depicting violence; bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported felony theft or felony criminal damage to property.
- Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

30. CAPTAINS

Being a Marian Team Captain is a prestigious honor and a privilege. The Marian Team Captain becomes a member of the Marian Captain Council. The Captain's Council is a student centered athletic advisory committee that assists the Athletic Director in maintaining a high performing Athletic Program both inside the classroom and as competing members of the CHSL Conference.

A Marian athlete will be expected to exhibit the following leadership qualities while holding the title of "Captain" of her team.

- Honest, strong focus on academics, dedicated, leads by example
- Inspiring, good communicator, strives to be her best
- Good Listener, recognizes and values team needs
- Enthusiastic, is not afraid to speak her mind
- Hard Working, selfless
- Respectful, appropriate behavior and conduct in and out of school
- Dependable, helps the team set goals
- Positive, will motivate others

Based on these criteria, Marian Coaches have the sole responsibility of choosing the team captains for their respective teams.

A Marian Athlete who is a team captain will immediately lose the title of "Captain" if the athlete fails to meet the above listed leadership expectations. (MHS policy)

31. **OVERNIGHT TRIPS**

All teams staying overnight will use the overnight permission form. This should be completed one week prior to travel and approved by the Athletic Director. (MHS policy)

32. Each team/program will be required to do an outreach project where 50% of the team or program must participate!

ATHLETE RECOGNITION PROGRAM

It is very important that Marian athletes are promoted and recognized for their outstanding athletic achievement. Therefore, athletes are eligible for nomination for the following awards:

STATE - All Area, All District, All Region, All State, MHSAA scholarship

LEAGUE - Scholar Athlete Award, Athlete of the Year, All League, All Catholic, All Academic

SCHOOL - Scholar Athlete, Most Valuable Player, Most Improved, Coach's award, George DuFour Scholarship (seniors only).

GENERAL INFORMATION

Tryouts

Tryouts will be announced at least two weeks in advance through communications placed on the Athletic Bulletin Board and online. Each student attending Marian High School has the right to try out for any team. Preseason meetings, activities and conditioning must have the Athletic Director's approval. Failure of a student to participate in preseason activities does not bar them from trying out for a team.

Equipment

All items supplied by the school must be returned at the completion of the season. If an athlete fails to return the equipment, the school has the right to deny grade or transcript requests until all items are returned or paid for.

First Aid Supplies

Basic first aid supplies are purchased by the Athletic Director, e.g. Tape, under wrap, spray, band-aids. Coaches are not allowed to give out aspirin, Tylenol, etc. Ice is available in the cafeteria area, or in the coach's office.

Trainer

Marian High School employs a licensed athletic trainer through Henry Ford Hospital. The trainer is available 20 hrs a week throughout the year; a schedule is posted in the gym office. Any athlete is welcome and encouraged to visit the trainer about any medical problems that might arise.

Uniforms

When competing for Marian, athletic uniforms and pre-game apparel must only be in these colors: Royal Blue, Gold, or White. The school provides uniforms for the following sports: basketball, tennis (T-shirts only), field hockey, swimming and diving (caps only), volleyball, ski (helmets only), lacrosse, soccer, golf (shirts only), dance (poms) and softball. These uniforms are the property of Marian High School and must be returned at the completion of the season. Coaches are responsible for collecting uniforms. The athlete is responsible for returning the uniform in good condition – if not the athlete is responsible for the replacement cost of the article.

Individuals are responsible for purchasing their own uniform in the following sports: tennis (top & skirt), swimming (suit), golf (shorts/pants), cross country (same uniform used for 4 years), track and field (same uniform used for 4 years), and ski.

Additions to uniforms must be cleared through the Athletic Director – the intention is to keep cost for individuals at a minimum. Example: sweats, t-shirts.

End of season recognition event

Every team is entitled to a banquet. It is customary at Marian that banquet planning is the responsibility of each coach along with the parents of seniors and/or captains on their respective team. In keeping with that tradition and our athletic and educational philosophy at Marian High School, the guidelines for banquets are as follows:

1. Generally, one banquet is held for each sport/activity regardless of level – i.e., one basketball banquet for all 3 levels including Varsity, Junior Varsity and Freshman.
2. Banquets should be held at a facility that is affordable to all. The total price for the banquet should not exceed \$30.00 per person. The Marian Student Dining Area is available upon request.
3. The date, location, and cost of the banquet must be cleared with the Athletic Director/Moderator and Head Varsity Coach before final decisions are published.
4. The price of the banquet must include:
 - all food and beverages
 - tax and tip (if appropriate)
 - guest meals
 - decorations (if planned)
 - programs (if desired)
 - speaker (if used)
5. Alcohol may not be available at the banquet.
6. Invitations (flyers, etc.) should be available to all members of the team(s) – passed out at a meeting/practice, mailed or made available at school (announcements can be made at school). Include as guests the Head of School, Assistant Head of School, Athletic Director, Moderator,

- Athletic Trainer and anyone else it is appropriate to include.
7. Coach(es) gift(s) or money should not be included in the cost of the banquet. The price of any gift(s) should not exceed \$10.00 per student and is the responsibility of the team/club and their captains/officers.
 8. The program, prayer, master of ceremonies, etc. should be planned under the direction and approval of the Moderator/Head Varsity Coach.
 9. All season endings dates - i.e., State Districts, Regionals and Finals should be given consideration before a banquet date is determined.

Fees

For the 2019-2020 school year the participation fee has been set: \$170 per individual for each sport.

Team Sportswear

An athletic bag is provided for each athlete the first time she participates in the Marian interscholastic athletic program. Additional bags are available for purchase from the Athletic Director.

Marian is now sponsored by Adidas. All pre-game, game and post-game attire will be Adidas.

Team Picture

Team pictures will be taken by a photographer hired by the A.D. and may be order and purchased by each individual athlete.

OUTSIDE PARTICIPATION IN ATHLETICS

Character is developed through participation in a variety of opportunities; therefore, it is the belief that Marian athletes participate in as many sports as possible, avoiding specialization in one sport. It is recommended that students participate in a variety of the opportunities available. When a student makes a commitment it takes precedence over the “outside” sport activities. While “in season” it is recommended a student forego other outside organized sports, fully dedicating her energy and time to the Marian sport. Should conflicts occur, it is expected the Marian sport “comes first”.