



Eagles Athletics

Handbook



**GRAND RAPIDS
CHRISTIAN SCHOOLS**
GRAND RAPIDS CHRISTIAN HIGH SCHOOL

Staff

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Principal: Brad Mockabee
Athletic Director: Jason Heerema
Asst. Athletic Director: Kevin Broene
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Table of Contents

Overview	3
Coaches	7
Athletes	9
Parents	12
Appendix A: Undue Influence	13
Appendix B: Athletic Code	14
Appendix C: MHSAA Concussion Protocol	16

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Overview

Statement of Foundations

The purpose of interscholastic athletics at Grand Rapids Christian High School is to provide students with opportunities for athletic competition consistent with the mission of Grand Rapids Christian Schools. That is, to prepare students to be effective servants of Christ in contemporary society.

It is the responsibility of the administration, staff, and coaches to provide the Christian leadership and training necessary for our athletics program to achieve these essential FOUNDATIONS:

1. Honor Jesus Christ in all things – this is the most important measure of our success.
2. Christian character defines who we are – in and out of school and the athletic arena. God-honoring behavior, good sportsmanship, and adherence to the Athletic Code are required.
3. Good grades and conduct lead the way – successful athletes are first successful students.
4. Team > Me – what is best for the team always comes first.
5. Compete at the highest level with integrity – competing within the rules at the highest possible level will always be the goal.
6. We are all in this together – student-athletes, coaches, parents, fans and administrators.
7. Commitment to the process – We cannot control our results but we can control our timeliness, work ethic, attitude, resilience, mindset, perseverance, integrity, kindness, and character, so we must commit to being successful in this process.
8. Support others - Athletes and coaches support other athletes and teams in order to build community and sense of togetherness – we all in this together and share Eagle pride.
9. Grow & improve in and out of season – commitment does not end when the season ends.
10. Positive attitudes will influence outcomes – play with passion, encourage those around you, cheer with enthusiasm.

History

When Grand Rapids Christian High School opened its doors in 1920, three different sports were offered: girls and boys basketball, tennis and “indoor” — a version of softball, played with a bat and ball.

When the boys teams began playing in the City League for the 1938-39 season, GR Christian became the eighth member of the league. The others were Catholic Central, Central, Creston, Davis Tech, Ottawa Hills, South, and Union. Davis Tech (usually referred to simply as “Tech”) was a vocational school located just North of Fountain St. on Bostwick – now occupied by Grand Rapids Community College. Tech closed in 1945.

In the early ‘60s, West Catholic split off from Catholic Central. In 1964 Grand Rapids Christian split into Central Christian and East Christian, and the City League consisted of nine schools. In the late ‘60s or early ‘70s, South was closed. South had been located at Hall St. and Jefferson in the building now occupied by the Job Corps. In 1972, Central Christian and East Christian combined to once again become Grand Rapids Christian. The City League again was a seven-school conference, and remained that way until it disbanded at the end of the 2007-08 school year.

Beginning in the 2008-09 school year, GRCHS joined the OK Conference. All OK divisions are reviewed for expansion every two years and re-aligned every four years.

- 2008-2009 — White division with Creston, East Grand Rapids, Greenville, Lowell, and Northview.
- 2012-2013 — White division with Caledonia, East Grand Rapids, Forest Hills Central, Jenison and Lowell,
- 2016-2017 — Gold division with East Grand Rapids, Forest Hills Eastern, South Christian, Thornapple Kellogg, Wayland, and Wyoming.
- 2020-2021 — White division with Byron Center, East Grand Rapids, Greenville, Forest Hills Central, Forest Hills Northern, Lowell, and Northview.

Currently, students at Grand Rapids Christian have the opportunity to play on any of the 27 varsity sports offered with 55 total teams. Over 60% of students participate in at least one sport.

Governance of High School Athletics

The interscholastic athletic program is administered by the Athletic Director and the Principal.

The Athletic Director will meet with the Eagle Athletic Boosters Executive Committee, which serves as the Athletic Advisory Committee.

MHSAA

Grand Rapids Christian High School is a member school of the Michigan High School Athletic Association. As a member school it is the responsibility of the school administration and coaches to adhere to the policies and procedures published annually in the MHSAA handbook.

Head coaches are responsible to follow MHSAA policy related to completing an online rules meeting for their sport. It is the head coach’s responsibility to determine that JV, and assistant coaches are following MHSAA policies and procedures. Coaches of baseball, basketball, competitive cheer, football, hockey, soccer, softball, volleyball and wrestling are required to submit online officials ratings to the MHSAA at the conclusion of the season.

Coaching Appointments

Coaching appointments are the responsibility of the Superintendent in consultation with the Athletic Director and others of their choosing. Head coaches will make recommendations to the administration as to selection of JV, Freshman, and assistant coaches with the final decision resting with the Athletic Director. Appointments are for a one year period with evaluation at the conclusion of each season. Evaluation of head coaches will be made by the Athletic Director. JV, Freshman, and assistant coaches will be evaluated by the head coach and Athletic Director cooperatively. Varsity coaches are to meet with the superintendent prior to beginning coaching responsibilities.

Sunday Policy

Grand Rapids Christian Schools does not sponsor curricular or extra-curricular competitions or allow teams or school-sponsored groups to participate in Sunday competitions or practices. Grand Rapids Christian athletic facilities are not used on Sundays, unless determined appropriate or necessary. Sunday events and practices are not to interfere with a family’s Sunday observance and students may not be required to participate.

Inclement Weather

On days when school is cancelled due to weather, sub-varsity will not practice but varsity coaches may arrange practices at the school in conjunction with the Athletic Director. These are

optional workouts and the safety of the athlete is of foremost importance. Decisions about games on days when school is cancelled will be made by the principals and the athletic directors of the schools involved.

Purpose (MHSAA Publications)

High school athletics primarily serve to prepare young people for the next level of life – not the next level of sports – that defines high school sports as a unique and positive force in the lives of our young people and communities.

There is nothing wrong with striving to be the best. School sports programs must strive to develop all the kids who want to participate to be their best – their best as individuals, as students, as teammates, as members of the community – not just their best as athletes.

In school sports, we win if we develop winners. We may very well lose if all we care about is winning. This is one of the most exciting experiences of a young person's life – the privilege of participating in high school sports. Our goal is to all maintain the proper perspective in our journey through this educational experience.

Sports Specialization

The question of whether a student athlete should play multiple sports or specialize in one sport is an important one for students and their parents to consider. Some student athletes may have hopes of playing at the collegiate level one day, while others are participating simply for the joy of playing and being part of a team. We do not suggest that there is one right answer for every student or situation.

We believe that there is a great deal to be gained from participating in multiple sports, particularly in the early years of high school. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport. Together, each sport works to build a better overall athlete. The athlete's social, emotional, and mental well-being also benefit from the variety of teammates, coaches, and competitive situations provided by multiple sports.

While most athletes probably enter high school with a favorite sport or one that they believe they are most suited to play, much can change over a few years. Enthusiasm about a particular sport can increase or decrease. In addition, it is impossible to accurately predict the physical development of a young man or woman, which will greatly impact their ability to compete in certain sports. The starting lineups of our varsity teams often look much different than would have been predicted based on the abilities of the athletes several years earlier. This suggests that choosing a single sport early in high school can sometimes lead to a disappointing experience.



We believe that the decision to participate in multiple sports versus a single sport should ultimately be decided by the parents and student, and should include consideration of a wide range of factors, such as the student's other interests and activities. Coaches can provide important information and offer a valuable perspective, but their proper role in the decision-making process is that of an advisor.

Interscholastic Sport – Co-curricular Conflicts

The athletic department recognizes each student's need for a wide range of experiences in his or her education. Faculty members, coaches, and administrators work diligently to minimize conflicts between school-sponsored activities. However, it is impossible to avoid all conflicts and students will sometimes be faced with difficult decisions about activities. When conflicts between school events arise, the sponsors, advisors, and coaches will work together, along with the parents and student, to arrive at the best possible solution. Students must also guard themselves from being "over-scheduled" or involved in too many in-school and out-of-school activities.

The general guideline is that competitions or performances take precedent over practices or rehearsals. If there is a conflict that cannot be resolved – a basketball game and a band concert, for instance – the student along with the parent can make a decision about which event in which to participate, with no penalty assessed from either teacher or coach.

Undue Influence

Grand Rapids Christian High School adheres to the MHSAA policy regarding the recruitment of athletes and undue influence (Appendix A). No

person directly or indirectly associated with the school can offer any special privileges to students because of athletic ability. Academic and athletic scholarships are not available from, nor provided by Grand Rapids Christian.

Awards

Grand Rapids Christian High School presents certificates to all athletes who complete the season in good standing on a team and are recommended by the coach for this honor. Members of varsity teams who meet the necessary requirements established by the coach will receive a varsity "C" certificate. Members of the J.V. and freshman teams are awarded participation "minor C" certificates. Commemorative varsity "C" letters are available to eligible athletes upon request in the athletic office.

- Team MVP: At the conclusion of each varsity team's season, the coach conducts a secret ballot to select the teams M.V.P. A small plaque is presented to the honoree at the annual athletic banquet at the team's end-of-season social event. The coach must notify the Athletic Director so the plaque can be made available for presentation.
- Eagle Award: At the conclusion of the school year, varsity coaches select from a list of senior nominees a female and male athlete to receive the annual Eagle Award.
- Scholar Athlete: Two seniors (male and female) are recognized and presented scholar-athlete medals. These individuals have earned at least 2 varsity letters in their senior year and have the highest cumulative GPA for their gender.
- Baarman Award: Coaches may nominate and select senior athletes who have overcome significant physical challenges to participate





Coaches

Characteristics

1. The coach is a spiritual mentor and a Christian role model for the athletes they coach, helping the students in their Christian walk by allowing them to develop their God-given gifts, using them to glorify Him.
2. The coach is able to relate to student-athletes, enjoys being around and communicating with high school students, and is willing to invest in the lives of these students – in and out of the athletic arena.
3. The coach has a passion for and a love of the sport they coach.
4. The coach has the knowledge and ability to teach the technical skills required and the teamwork involved to create an atmosphere to develop the team to play at the highest possible level.
5. The coach conducts him or herself in a professional manner and fosters healthy relationships with athletes, parents and officials. The coach is expected to be a leader in exhibiting Christian values and responsibility. As a highly visible representative of the school and the community, the coach must accept a special role in demonstrating positive and responsible leadership.

Responsibilities

- **Faith Formation:** Coach is a spiritual mentor. Faith formation can take a variety of shapes, but it is a coach's responsibility to engage the team in weekly faith formation activities and conversations. It is strongly encouraged that every team, at every level, participate in a service project within the community.
- **Grit Development:** Coaches will be teachers and leaders that use the classroom of athletics to teach students how to become gritty, more resilient students who can thrive in contemporary society. It is the responsibility of the athletic department to provide leadership and training for coaches in developing and administering a program marked by Grit Leadership.
- **Athletic Code:** Our staff and coaches are held accountable to ensure that every student athlete understands and abides by the Athletic Code of Grand Rapids Christian High School. We consistently and fairly enforce the disciplines of the School's Athletic Code, which is included as Appendix B in this handbook.
- **Parent Meeting:** Coaches are required to hold an informational meeting for the parents at the beginning of the season to address scheduling, expectations, conduct, discipline, and any other areas of interest that the coach deems necessary.
- **Coaching Appointments:** Head coaches will make recommendations to the administration as to selection of JV, 9th, and assistant coaches with the final decision resting with the Athletic Director. Appointments are for a one-year period with evaluation at the conclusion of each season

- **Evaluation:** Evaluation of the head coaches will be made by the Athletic Director. JV, Freshman, and assistant coaches will be evaluated by the head coach and Athletic Director cooperatively. Athletes' coach opinion surveys will be administered at the conclusion of each season and a summary prepared for the head coach. Formal narrative evaluations will be completed annually.
- **Team Selection and Tryouts:** In sports where tryouts are necessary to achieve the desired team size it is imperative that athletes be aware prior to tryouts of the criteria being used to select the team. It is recommended that multiple coaches be involved in the evaluation of athletes. Informing athletes as to whether or not they have made the team should take place in a private area with a person-to-person conversation between the athlete and the coach. Team size varies between sports. Any deviation, either larger or smaller, from the traditional team size should be brought to the attention of the Athletic Director. The advancement of the athletes to a higher-level team than is typical for their grade level should be made with the approval of the parents of the athletes and the individual athletes. If either the parents or the athlete object to the advancement, consultation with the Athletic Director should take place in order to resolve the difference.
- **Program Building:** Head coaches are responsible for other coaches in the program. In some cases, this includes JV and Freshman coaches and all assistants. The head coach should give the sub-varsity and assistant coaches direction while also allowing some freedom and discretion. Whenever possible, the head coach should conduct clinics and/or camps for younger athletes to teach sport-specific skills, to begin to train the athletes and to form relationships between student-athlete and coach.
- **Equipment and Uniforms:** The coaching staff will collect any school-issued equipment

and uniforms in a timely manner following the completion of the season. Coaches need to hold athletes accountable to return items in good condition. Payment for the season's work will be issued after all uniforms, equipment, and season summaries are collected and returned. Good stewardship of equipment is essential to our programs.

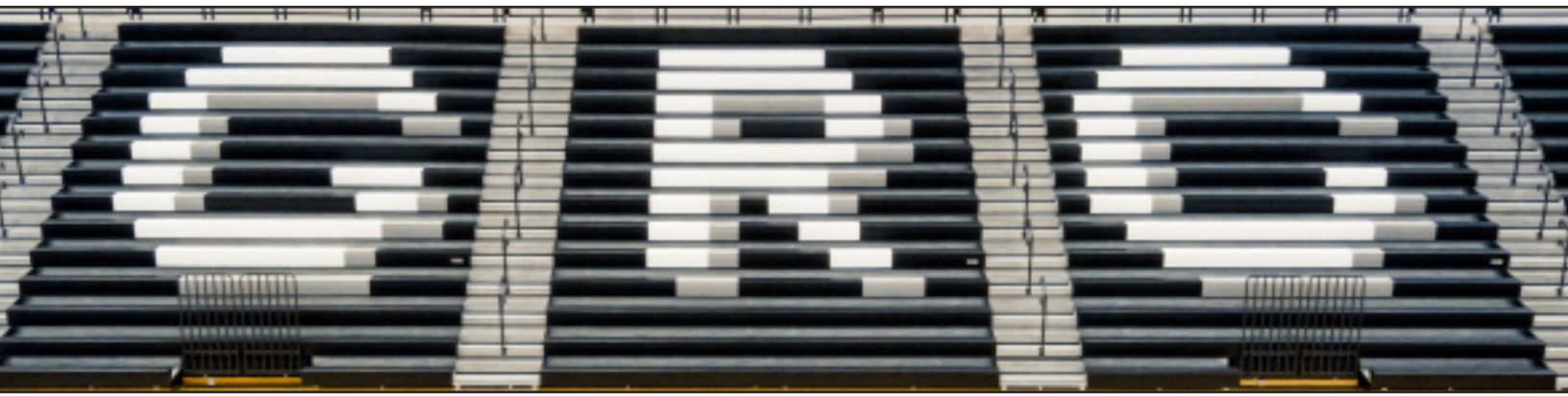
- **Weekly Email:** All coaches (varsity, JV, and freshman) are required to send weekly communication through email to parents of players on their team.
- **Monitoring Academic Progress:** It is required that coaches make every effort to hold their athletes academically accountable.
- **Applying for Academic All-State:** It is required that coaches nominate their team and individual students for Academic All-State recognition.
- **Score Reporting:** All coaches are required to enter scores from their athletic contests into grchristiana website by 10:00 am the day after each contest.
- **Service Project:** It is recommended that coaches schedule and participate in a service project with their team. They should provide a report and photos to the athletic office following their event.

Schedules

The schedule of interscholastic contests is the responsibility of the Athletic Director in consultation with the head coach. The Athletic Director will contract with opponent schools and hire officials when required. Scheduling of scrimmages is the responsibility of the coach. The Athletic Director must be notified of scheduled scrimmages.

The coach, in consultation with the athletic department, schedules practice times. The main office does not routinely keep track of practice times. Coaches are responsible for informing athletes and parents as to practice schedules.





Miscellaneous Information

- **Director of Athletic Medicine:** Grand Rapids Christian Schools contracts with NovaCare for a Certified Athletic Trainer who is available to see athletes at school. The trainer is present at many, but not all home contests. The trainer, coach, athlete and parent should all work together when an athlete is injured to determine the best option of therapy, recovery and timeframe of returning to active participation. The operation of the training room is under the supervision of the trainer. The training room is to be used by athletes needing treatment or therapy for injuries only. It is not a place to socialize before or after practices or games. Athletes should never be in the training room without the trainer or another coach present. Athletes should see the trainer or coach in the event of an athletic training need.
- **Director of Sports Performance:** Grand Rapids Christian Schools employs a Certified Sports Performance Director who is responsible for developing and maximizing the strength, speed, and agility of all GRCHS athletes. It is an expectation that our coaches schedule time and regularly engage their teams in the sport performance program. If utilizing the weight room without the help of the sport performance director, athletes must be supervised by a coach.
- **State Finals Meal Allowance:** If a team or any individual from a team qualifies for State Finals level of competition, the Athletic Department will provide up to \$15.00 per day of competition for each athlete and coach. Any additional expenses are to be covered by the athlete or coach. For clarification, please see the Athletic Director before any expense is incurred.
- **Athletic Boosters Party Allowance:** All teams are offered \$5.00 per player/coach for a post season party. Coaches are to purchase the food they want and then submit the receipt to the Athletic Director for reimbursement up to the equivalent of \$5.00 per player/coach.

Athletes

Expectations

By being a participant in a sport at GRCHS, athletes are accepting the expectations for academic performance listed below, and for behavior, which is outlined in the athletic code (Appendix B). As an athlete the behavioral expectations apply during all 12 months of a calendar year.

Academic Eligibility

GRCHS Requirements We regularly check to make sure our student athletes are meeting the MHSAA standards for participation in school athletics. To maintain eligibility our students must:

1. Pass at least $\frac{2}{3}$ of their credited classes for the previous semester.
2. In June athletics runs report to give students the opportunity to take summer classes to reinstate eligibility and lets ALL student know if they are ineligible
 - a. Start of each sports seasons athletics receives rosters from varsity coaches and will run reports of previous semester to determine eligibility
 - b. Athletics notifies any ineligible student
3. Be passing at least $\frac{2}{3}$ of their current credited classes
 - a. Any student receiving 3 or more Es at any given time will be ineligible for that week's competitions.
4. Maintain at least a 2.0 GPA in current credited classes
 - a. Wednesday mornings
 - i. Counseling office produces a "Warning list — If ineligibility were run today, you would be ineligible."
 - ii. Letters will be sent to parents and students warning them of possible ineligible status.
 - iii. Athletics will notify coaches to allow coaches to follow up with students.
 - b. Monday: We will re-run the list to determine eligibility.

- i. Counseling office will calculate current GPA of all student athletes. If found to be below 2.0, parents and students will be notified that they are ineligible for that week of athletic competition. Students are allowed to fully practice, but not participate in competitions.
- ii. Athletics will notify coaches of ineligible athletes.

MHSAA Requirements

To be eligible for participation in any sport, the Michigan High School Athletic Association requires that a student shall have passed at least two-thirds of their classes during the previous semester. Athletes who do not meet this requirement are ineligible for athletics for one semester. The MHSAA does not allow appeals or reinstatement reviews for this penalty.

Athletic Physicals

Athletes are required by the MHSAA to have a current physical examination form on file in the Athletic office before they are declared eligible for participation.

Uniforms and Equipment

Uniforms and equipment provided by GRCHS must be returned to the school at the end of the season. No parent or student will be obligated to purchase extra equipment in order to participate as a member of the team. Players are held financially responsible for any lost, stolen, or damaged GRCHS-issued uniform or equipment. Athletes can be assigned a locker and a lock while they are in season. The athletic department is not responsible for lost or stolen items.

Two-Sport Participation

Grand Rapids Christian High School allows for the participation in two school sports at one time in the same season if all interested parties agree and if schedules allow. Contact the Athletic Director if you are interested in participating.

Due to the popularity of club teams, the possibility exists that athletes may participate on a school team and a club team of another sport during the same season. These cases should be brought to the attention of the coach of the school-sponsored sport. Should conflicts exist in schedules between the club sport and the school sport, the school sport practices and contests take priority over the club sport.

Transportation

Grand Rapids Christian High School provides transportation to scheduled contests when requested by the coach. The coach decides whether athletes are required to ride school transportation to and from contests. Any exception from this requires parental permission.



Out of Season Expectations

During the school year, athletes are expected to give the in-season sport in which they are participating first priority and are not expected to train for another school sport during that time period. Any organized training for another sport during the season in which the athlete is participating (such as an open gym) should be cleared with the head coach.

Summer offers an opportunity for players to work on and develop their athletic abilities. Many coaches offer various opportunities for skill and strength development such as lifting workouts, team camps and summer leagues. Athletes are free to attend as many or as few of these opportunities as they wish. However, it should be noted that these opportunities provide the athlete with excellent ways to further develop skills, improve conditioning, bond with other athletes and demonstrate the commitment required for participation on varsity teams.

Our coaches work together to schedule open gym times and team camps so that multi-sport athletes can be involved in each sport. There may be times when an athlete must choose one activity over another, especially when participating in a summer league. Summer is a time for vacations and other family activities, and we encourage families not to sacrifice these important times. A reasonable amount of down-time is important for the wellness of the body and mind of everyone involved.

Daily Attendance

In order to participate in any extracurricular practice or event, students must be in attendance at school by 10:00 am of the day of the practice or event. Exceptions would include a doctor's appointment, college visit, or funeral. Students should clear these absences with the attendance office prior to missing school.

If a student needs to leave school for health or other reasons during the school day, the student must report to the attendance supervisor prior to leaving. Consistent with the restricted campus policy, failure to report may result in penalties being imposed.

Before the student is allowed to leave school during the day, for any reason, a call will be made to the parent/guardian. If the school is unable to contact a parent/guardian, the student will remain in the health room.

Practices

Members of a team are expected to be at every scheduled practice unless absent from school or previously arranged with the coach.

Playing Time

Varsity athletics at Grand Rapids Christian are conducted with the goal of producing quality teams. Equitable practice time, though not equal, should be available to all team members. The amount of playing time in contests will vary with the skill level of the individual and the game situation.

At the J.V. and Freshman level, the development of individual athletic skills and team play is emphasized. For that reason, every effort is made to give participation time to each of the team members. Playing time may vary throughout the course of the season based on the development of individual athletes. This may also vary between sports and is defined by the coaching staff.

Lockers

All athletes are expected to store their equipment in an athletic locker during the school day. The athletic department is not liable for lost or stolen items.



Parents

Parents are an important part of the athletic program at Grand Rapids Christian High School. The support and encouragement given to coaches and athletes is highly valued. Parents, as well as coaches and athletes, represent the school to the community.

Guidelines for a Successful Season

1. Be encouraging. Your attitude is contagious.
2. Encourage your athlete to speak directly with the coach if there is a problem. Empower your athlete to speak up for themselves.
3. Around the dinner table, please keep your conversations about the coach and other teammates positive.

Communicating With Coach

It is appropriate to contact coach regarding issues of safety, clarifying details of the schedule or team functions. Parents should expect a weekly email from their coach and are welcome to respond to coach about the information in those emails.

Conflict Resolution

There is a policy regarding parent-coach communication. If there is an issue a parent wants to discuss with coach, please respect a 24-hour time frame before following the adopted policy.

In resolving conflicts with coaches the following steps of communication should be followed. The next step should occur only if the conflict is not resolved:

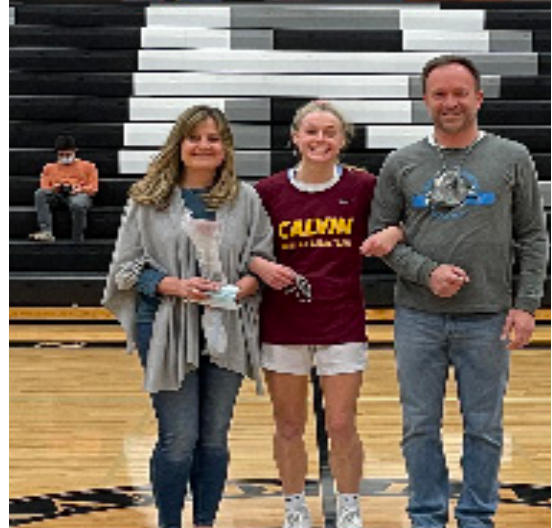
1. Player – Coach
2. Parent & Player – Coach
3. Parent & Player – Coach & Athletic Director
4. Parent & Player – Principal, Coach & Athletic Director
5. Parent & Player – Principal, Coach, Athletic Director and Athletic Advisory Team

Eagle Athletic Boosters

The Eagles Athletic Boosters are a support and fund-raising organization of parents interested in GRCHS Athletics. Funds raised in support of GRCHS athletics are available to athletic teams by means of coaches' requests via the Athletic Director. Requests for support should be made in writing and given to the Athletic Director for review prior to being forwarded to the Eagles Athletic Booster Board. All parents of athletes are required to serve in the concession stand during their season.

Insurance

Payment for treatment of athletic injuries is first the responsibility of the parent's insurance company. In the event of no coverage or partial coverage by the parent's insurance, the school provides supplemental coverage. The necessary forms for applications for reimbursement may be obtained from the Athletic Director. It is the parent's responsibility to complete this application.



Appendix A

Undue Influence

Recruiting in high school sports is a violation of rules. The following information outlines guidance for parents, students, staff and others who support Grand Rapids Christian Schools.

In 2007, the United States Supreme Court issued a rare unanimous decision that state high school athletic association rules should prevent and penalize the recruiting of students into high schools because of athletics. Grand Rapids Christian High School has agreed to follow the rules of the Michigan High School Athletic Association (MHSAA) which apply equally to public schools, charter schools and nonpublic schools. A long-standing rule, undue influence involves cooperation and compliance by more than just the athletes and coaching staff. The anti-recruiting rule states that a violation can occur if a person “directly or indirectly associated with the school” encourages or secures the attendance of a student because of athletics. “Directly or indirectly associated with the school” may include but not be limited to parents of players, booster club members, alumni and representatives of non-school athletic programs. Often it is the non-school environment (AAU or youth sports) where inappropriate recruiting rule violations occur and where vigilance is needed.

Parents or others should not attempt to encourage or secure attendance by a student because of sports. They should not attempt to build up the roster by encouraging a good athlete to enroll at one school or another, or target the best athletes for enrollment. Athletic recruiting is a violation, whether to a middle school student beginning the 9th grade or a high school student transferring between schools.

Attempting to encourage a student or parent to attend Grand Rapids Christian High School because the student is an athlete risks our reputation, our entire program and the future involvement of adults with our high school. Violation of the anti-recruiting rule can result in penalties to the school and athletic program and ineligibility for a coach or a recruited athlete and can also result in a parent, alumnus or supporter being banned from attendance and involvement with the school. We strongly urge all those who support our school to follow the spirit and letter of the athletic anti-recruiting rules.

In the present day, schools of all types often market or advertise to either retain or attract students. The athletic anti-recruiting rule must be understood and followed by those who support our school to protect legitimate school-wide efforts to attract students who make their decisions free from athletic recruiting. Decisions about what school to attend would involve many factors, including athletics. But because athletics is based on competition, discussions about sports are only allowed as part of general school presentations. Non-athletic department school administrators and staff deal with admissions and are assigned to provide information to students and parents about our school. People interested in enrollment should be referred to administrators responsible for admissions.

Grand Rapids Christian High School follows the rules of the MHSAA. We insist our staff follow these rules in letter and spirit. Anti-recruiting rules require the awareness and adherence of our entire school community to ensure a level playing field in school sports. Thank you for your cooperation and attention to this important matter.

Appendix B

Athletic Code

Guidelines for Student Athletes

Athletes at Grand Rapids Christian High School are highly visible in the school community and in society. Grand Rapids Christian and our community have high standards and great expectations for the conduct, performance, and commitment of our athletes. At GRCHS, we expect the following:

- The athlete is expected to exhibit Christian values and conduct at all times. As a GRCHS student athlete, you are a representative of GRCHS not only during contests, but also after school hours and throughout the calendar year. Athletes are to realize that actions and attitudes reflect on individuals and on GRCHS.
- The athlete is expected to maintain top physical condition by eating properly, getting sufficient rest, and observing other good health and fitness habits. As athletes, it is essential to abstain from the use of tobacco products, alcohol, illegal drugs, anabolic steroids, and other performance-enhancing substances.
- The athlete is expected to be committed to team goals. This implies that personal performance is not focused on the individual but is directed toward achieving team goals and team unity.
- The athlete is expected to be loyal to the coach. The quality of athletic experience and success depends on loyalty and a good working relationship between team members and coaches. If a problem between coach and athlete arises, both have the responsibility to work out a solution through good communication.
- The athlete is expected to attend every practice and to give full effort both in practice and in competition. Any exception to attendance at practice and contests must be resolved by the athlete, the athlete's family, and the coach.
- The athlete is expected to accept responsibility for the care and maintenance of all school-issued equipment.

Violations of the Athletic Code

Adherence to the Athletic Code is important for the good of each athlete and the success of the team. It is important to note that the code of conduct is not confined to school time or school functions, but reflects an expectation and commitment to an everyday lifestyle in and outside school during all 12 months of a given year. Team members who violate the rules of the Athletic Code are subject to discipline by the coach and/or Athletic Director. Coaches reserve the right to determine tougher penalties for their athletes.

Violation Categories

Category I violations include, but are not limited to:

- Use or possession of tobacco in any form
- Repeated school behavior referrals

Category II violations include, but are not limited to:

- Use, possession, or being under the influence of alcohol or a controlled substance (other than prescribed by a physician)
- Actions which would be deemed misdemeanors under the criminal code (e.g. minor theft, vandalism)

Category III violations include, but are not limited to:

- Sale or distribution of a controlled substance or alcoholic beverage
- Actions which would be deemed felonies under the criminal code

Disciplinary Actions — percentage of contests suspended

	Category I	Category II	Category III
1st Offense	10%	20%	12 months
2nd Offense	20%	12 months*	Permanent
3rd Offense	50%	Permanent**	Permanent

*If the violation involves alcohol or a controlled substance, this penalty may be reduced to 50% of contests in the next full season of participation if the athlete completes a school-approved substance abuse program.

**The student may rejoin the athletic program after 12 months only after completing a school-approved substance abuse program.

Notes

1. Any suspension from competition will be applied to the contests in which the athlete would participate immediately following the administrative discipline. If the suspension exceeds the remaining contests in a season, the remainder of the suspension will be served during the next season in which the athlete participates.
2. During any suspension which is less than a full season, the athlete is expected to participate in all team practices and attend contests dressed in appropriate street clothes.
3. Should a student athlete bring the issue to the athletic department's attention prior to an official report, the department reserves the right to reduce the disciplinary action by up to 50% the stated penalty.
4. The athlete must complete the entire season during which he has been suspended. For instance, he or she may not serve a suspension for a particular sport and then quit that team.
5. Appeals related to disciplinary action may be brought to the Athletic Director.

Appendix C

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 school, 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.

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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.