

# Eaton Rapids High School Athletic Department Handbook

(Revised 2023-2024)



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## TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN

- 1) Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- 2) Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
- 3) Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
- 4) Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
- 5) Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
- 6) Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
- 7) Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within his/her hearing.
- 8) Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
- 9) Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
- 10) Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky, in this."

# EATON RAPIDS HIGH SCHOOL STUDENT-PARENT ATHLETIC HANDBOOK

## INTRODUCTION

### To the Parent

Your child has indicated an interest in participating in interscholastic athletics offered by Eaton Rapids High School. Students who chose to participate in athletic programs also choose to discipline and govern their behavior in accordance with the rules and policies established for our student/athletes. The rules established in our athletic code have been established to help our athletes perform to the highest levels of their ability by fostering sound behaviors related to athletic training, behavior (including social media), academic performance and teamwork. As participation upon our athletic teams is considered to be a privilege, failure to comply with the rules and policies provided within our athletic code may result in an athlete's exclusion from participation.

Our athletic department accepts the responsibility to provide the following for each of our student/athletes:

- well maintained equipment and facilities
- well trained coaches
- equalized contests with skilled officials, and
- a well organized competitive arena in which our students may grow and develop in physical and emotional safety

It is the mission of the department of athletics to foster the healthy physical and emotional growth of each of our student/athletes in the context of interscholastic athletic competition. We are striving for excellence and do not want our student-athletes to compromise or accept mediocrity. Parents can assist and support the mission of the athletic department by encouraging their children to comply with the rules contained within our athletic code and by enthusiastically supporting their student/athletes whenever and however they compete.

### To the Athlete

Representing your school and community as a member of one of our athletic teams can be a very enjoyable and positive learning experience. The lessons and opportunities for self-improvement gained through the course of athletic participation and competition can last a lifetime and include the following:

1. **SELF-RESPONSIBILITY:** The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible benefit from your high school experience. Your academic studies, your participation in other extracurricular activities as well as sports prepare you for your life as an adult.
2. **RESPONSIBILITIES TO YOUR SCHOOL:** Another responsibility you assume as a team member is to your school. Eaton Rapids High School cannot maintain its reputation as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

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

3. **RESPONSIBILITIES TO OTHERS:** As a team member you also bear a heavy responsibility to your family. When you know that you have lived up to all of your commitments, that you have practiced with great enthusiasm and that you played the game to the best of your ability, you can keep your self-respect and your family can be justly proud of you.

The younger students in the Eaton Rapids school system are watching you. They will copy you in many ways. Do not let them down. Set good examples for them.

<p style="text-align: center;"><b>EATON RAPIDS HIGH SCHOOL ATHLETIC PHILOSOPHY</b></p>
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**Statement of Philosophy**

The Eaton Rapids Athletic Program is designed to offer our students positive life experiences within the context of competitive interscholastic athletic activities. Students will learn the value and importance of teamwork, self respect and respect for others, hard work, discipline and the significance of positive attitudes. At all times the athletic program must be conducted in such a way as to justify it as an educational activity.

**FRESHMEN**

We believe that athletes competing on the freshmen level are still learning the fundamentals and developing the skills that will become increasingly important as they mature and progress athletically. Opportunities for participation are weighed more heavily upon skill development than upon the importance of winning and losing.

**JUNIOR VARSITY**

Players selected for participation at the junior varsity level have already demonstrated levels of skill development and commitment that allow greater emphasis upon team concepts and competitiveness. Though the development of skills and fundamentals will remain a primary focus on the junior varsity level, the balance between playing time and demonstrated skill begins to shift to the formulas that will offer the team the greatest competitive advantage.

**VARSITY**

Athletes selected for participation at the varsity level understand that varsity sports are the most demanding in terms of the levels of ability, athleticism, commitment and competitiveness. Much greater emphasis is placed upon fielding teams that are highly competitive and decisions for participation are based upon the competitive abilities and contributions that individual athletes can offer which will enhance the team's chances of winning.

**Athletic Objectives**

The student athlete will learn:

1. To work with others – In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. To be successful – Our society is very competitive. We do not always win but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with perseverance. Develop a desire to excel.
3. To develop sportsmanship – To accept defeat knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
4. To improve – Continual improvement is essential to success. As an athlete you must establish a goal and you must constantly try to reach that goal. Try to better yourself in the skills involved and those characteristics set forth as being desirable.
5. To enjoy athletics – It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics.
6. To develop desirable personal health habits – To be an active contributing citizen it is important to obtain a high degree of physical fitness through exercise and good health habits and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

## SPORTSMANSHIP

### Standards of Sportsmanship

- The reputation or image of Eaton Rapids High School or the Capital Area Activities Conference should never be placed in jeopardy because of unsportsmanlike behavior. Students and fans attending athletic contests are encouraged to demonstrate positive enthusiasm and spirit which does not cause harm or embarrassment to our opponents and guests.
- Language which is offensive to others such as verbally abusing players, coaches or officials is always unacceptable and will not be tolerated. Vulgarity in any form will always be considered unacceptable.
- Obscene/inflammatory gestures or materials (i.e. signs, t-shirts) are unacceptable.
- Dangerous and boisterous behaviors such as pushing, shoving or fighting are not acceptable.
- The throwing of objects is unacceptable and could result in an injury or the team being penalized by the game officials.
- Respect is the key to good sportsmanship. Opponents should be respected. They are not enemies, but teenagers who happen to attend other schools
- Acknowledge good plays by both teams.
- Work together with cheerleaders for positive chants and avoid obscene or degrading cheers.
- Respect the rights and property of others when hosting or visiting other schools.
- *Win with character and lose with dignity.*

**Unsportsmanlike Conduct, Disqualification, Technical Fouls:** Unsportsmanlike conduct is governed by the MHSAA and states "...a student/athlete or coach will be removed from the present contest and shall miss the next scheduled day of competition." Depending on the severity of the unsportsmanlike conduct, the student/athlete from Eaton Rapids could be declared ineligible for additional days of competition by the high school athletic director.

**Adult Fan/Student Fan Behavior Guidelines:** If a fan is acting in an unsportsmanlike manner, he/she will be approached and be advised of the inappropriate behavior by a staff member or the game management, with a follow up letter sent by the Athletic Director. A **second offense** will result in a suspension of two home contests and any other athletic event during the suspension time period. A **third offense** will result in a suspension from all athletic contests for the remainder of the school year. This process may be accelerated if the administration deems it necessary.

## MHSAA Essential Eligibility Requirements/Senior High School Students

To be eligible for interscholastic athletics a student must meet the following minimum state regulations:

1. **ENROLLMENT** – Students must be enrolled in school prior to the fourth Friday after Labor Day (1<sup>st</sup> semester) or the fourth Friday of February (2<sup>nd</sup> semester). A student must be enrolled in the school for which he or she competes.
2. **AGE** – High school students become ineligible if they reach their nineteenth (19) birthday before September 1<sup>st</sup> of a current school year.
3. **PHYSICAL EXAMINATION** – Students must have on file in the school's office a physician's statement for the current school year (after April 15 of the previous school year) certifying that he/she is physically able to compete in athletic practices and contests.

4. **SEMESTERS OF COMPETITION** – You must not have competed in 4 first and 4 second semester seasons in a sport in a 4 year high school; or 3 of each in a 3 year high school.
5. **SEMESTERS OF ENROLLMENT** – Students cannot be eligible in high school for more than eight semesters and the seventh and eighth semesters must be consecutive. Enrollment in a school for a period of 3 weeks or more counts as a semester. Participation in 1 or more athletic contests also constitutes a semester of enrollment.
6. **UNDERGRADUATE STANDING** – Student must not be a high school graduate.
7. **SEMESTER RECORDS** – Students must have passed 66% of the credit load potential for a full-time student in the previous semester of enrollment and must be currently passing 66% of the credit load potential for a full-time student. **(Eaton Rapids has higher standards - See Eaton Rapids Athletic Eligibility pg. 10)**
8. **TRANSFER STUDENTS** – A student in grades 9 through 12 who transfers to another high school is not eligible to participate in an interscholastic contest in a sport previously played for one full school year unless the student qualifies for immediate eligibility under one or more of thirteen published exceptions. Students and parents anticipating a change of schools should first seek advice from their high school athletic department.
9. **UNDUE INFLUENCE** – The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes shall cause the student to become ineligible for a minimum of one semester.
10. **AWARDS** – Students must not accept any award or merchandise exceeding \$40.00 in value. The award can be a trophy or merchandise but cannot be cash or a gift certificate.
11. **AMATEURISM** – Students must not have accepted money, merchandise, memberships, privileges, services, or other valuable consideration for participating in any form of athletics, sports, or games or for officiating interscholastic contests, or have signed a professional athletic contract.
12. **LIMITED TEAM MEMBERSHIP** – After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the **same** sport during the same season.

Exceptions include ice hockey and all individual sports which apply the rule from the point of a student's first participation in a contest or scrimmage, rather than practice.

During a season an individual may participate in a maximum of 2 individual sports meets or contests in that sport while not representing his or her school. Statistics earned shall not count toward any qualifying requirement for MHSAA meets or tournaments. Meets or tournaments entered under the above provisions shall not affect the number of games, contests, or days of competition specified for each school team and individual under Regulation II, Sections 10 and 11.

Example: A student playing basketball for Eaton Rapids High School cannot participate in a Gus Macker or on a church league team during that basketball season.

13. **ALL-STAR COMPETITION** – Students shall not compete at any time in any sport under MHSAA jurisdiction in all-star contests or national championships regardless of the method of selection. Participation in such a contest shall cause that student to become ineligible for a maximum period of one year of school enrollment.

**NOTE:** Consult the MHSAA HANDBOOK or call the athletic office for detailed regulations and/or interpretations.

<b>EATON RAPIDS REQUIREMENTS FOR PARTICIPATION</b>
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The following are requirements that shall be completed prior to full participation on any Eaton Rapids athletic team:

**A. Physical Examination**

A yearly physical examination is required. **THE PHYSICAL CARD MUST BE COMPLETED BY THE PHYSICIAN AND SUBMITTED TO THE COACH PRIOR TO ANY FORM OF PARTICIPATION.** The physical covers all sports for the entire school year provided the examination occurred after **April 15** of the previous school year. The form will be kept on file in the athletic director's office.

**B. Emergency Care Permission and Release**

Each athlete's parents shall complete an Emergency Care Permission and Release form giving permission for treatment by a physician or hospital when the parent(s) is not available. The form will be kept and carried by the head coach of each team for each practice and contest.

**C. Eaton Rapids Athletic Code of Conduct**

Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics. Each athlete and parent or guardian shall read all of the enclosed material and certify that they understand the athletic eligibility rules, code of conduct and policies of the school district. This signed consent form must be filed and will remain in the athletic director's office.

**D. Insurance**

The school district does not carry insurance to cover student athletic injuries and does not intend to reimburse or pay for medical bills of students who sustain injuries while participating in school activities. Parents will need to sign the area on the physical card stating they have purchased insurance or possess a family insurance plan.

**E. Informed Consent**

By its nature, participation in interscholastic athletics includes risk of injury which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

**F. Scholastic Eligibility**

In order to participate on an Eaton Rapids High School athletic team each athlete must have satisfied all of the scholastic eligibility requirements of the MHSAA and Eaton Rapids High School prior to participation.

**G. Financial Obligations and Equipment**

1. School issued uniforms, warm-ups and equipment – All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will subject the student-athlete to a financial penalty. *Athletes who have not turned in equipment or paid the financial penalty from a previous sport will not be allowed to participate in any athletic events or receive any athletic awards until they have met their obligation.*
2. Uniforms purchased by athletes – In cases where athletes purchase a portion of the game uniform the portion of the uniform purchased by the athlete will become their property.
3. All athletes will be required to purchase various pieces of sport specific equipment. Examples include but are not limited to shoes, cleats, socks, various gloves, practice jerseys, etc. All athlete supplied equipment will remain the property of the athlete.
4. Student/athletes may be assessed an athletic support fee for each season of participation to help offset the costs associated with the financial maintenance of the Eaton Rapids High School athletic program.

NOTE: Eaton Rapids athletics are for everyone. If financial conditions exist that make it difficult for a team member to contribute an athletic support fee, purchase mandatory equipment, uniforms or warm-



ups, please contact the athletic office (663-2217) so that confidential arrangements can be made to supply such equipment, uniforms or warm-ups.

<p style="text-align: center;"><b>EATON RAPIDS ATHLETIC DEPARTMENT PROCEDURES AND GUIDELINES</b></p>
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**Parent/Coach Communication:** The roles of parents and coaches are uniquely different yet can be mutually supportive in the context of interscholastic athletics. By accepting and understanding these roles we are able to work together to create an environment that is both healthy and beneficial for the student/athlete. As students become actively involved in the athletic programs at Eaton Rapids High School, they will experience some of the most rewarding moments of their lives. They may also experience some challenging circumstances. Coaches and parents will play significant roles in helping student/athletes successfully contend with these experiences. To assist in the communication and proper interaction that should occur between parents and coaches the following guidelines are offered:

1. Communication a parent can expect from the coach
  - a. Basic philosophy of the coach
  - b. Expectations the coach has for your child as well as all the players on the team
  - c. Locations and times of all required practices, bus departures, scrimmages and contests
  - d. Conditions that could/will result in the denial of your child's participation
2. Communication that a coach should expect from parents
  - a. Personal notification of any schedule conflicts well in advance
  - b. Special concerns that involve your child expressed directly to the coach at the appropriate time
3. Appropriate concerns to discuss with coaches
  - a. Concerns about your child's educational progress as related to athletic participation
  - b. Ways to help your child improve
  - c. Concerns about your child's behavior, on and off the field or court
  - d. The treatment of your child, mentally and physically by your child's coach or team
4. Issues not appropriate to discuss with coaches.
  - a. Playing time
  - b. Team strategy
  - c. Play calling
  - d. Other student-athletes
5. Procedure for parent-coach discussions.
  - a. Call the coach to set up an appointment. All coaches may be reached through the athletic office by calling 663-2217. If the coach can not be immediately contacted, a message will be delivered and your phone call will be returned in a timely fashion.
  - b. Please do not attempt to confront a coach just prior to, during or immediately after a contest or practice session. These are emotional and stressful times for the parent, athlete, coach and team. Confrontations of this nature do not promote healthy resolutions.
6. Procedure for unsatisfactory parent-coach discussions.
  - a. If after meeting with the coach of your child's team, you still have unresolved concerns, call and set up an appointment with the athletic director to further discuss the situation (663-2217).
  - b. At this meeting the appropriate responses to all concerns can be determined.

**Participation:** A student may be allowed to participate in two sports per season. Please contact the athletic department for more information.

**Squad selection:** In accordance with our philosophy of athletics and our desire to see as many as possible participate in our athletic program, we encourage coaches to keep as many students as possible on their respective teams. However, time, space, facilities, equipment, and other factors will place limitations on the most effective squad size for any particular sport.

Prior to trying out, the following information will be made available to all candidates for the team.

1. Extent of try-out period (a minimum number of practice sessions)
2. Criteria used for team selection
3. Number of participants to be selected
4. Practice commitment if they make the team (including possible holiday conflicts and/or commitments)
5. Game commitments
6. Season commitments

**Cutting policies:** Choosing the members of athletic squads is the responsibility of the coaches with the approval of the athletic director. When a squad cut becomes a necessity, the process will include three important elements. Each candidate shall:

1. Have a predetermined minimum number of practice sessions
2. Have performed in at least one game-like setting (unless extenuating circumstances prevent such a setting e.g. – weather and spring sports)
3. Be personally informed by the coach (no posting lists) who will explain the rationale for the selection

Coaches will discuss specific alternative possibilities for continued participation in the sport, or in other areas of participation within the athletic program with the athletes.

**Playing of out of level:** Students will usually begin practice with their own age level. After consultation with the assistant coaches, the head coach may recommend any level change (up or down) to the athletic director for approval. If approval is granted, the head coach will discuss the move with the player and parents of the player. The physical, emotional, and social well-being of the athlete will be the main criteria used and will be evaluated periodically throughout the season when any level change occurs.

**Dropping or transferring sports:** Quitting is a less than desirable habit to acquire. On occasion, however, a student-athlete may find it necessary to drop a sport for good reason. If this is the case, the student-athlete will be responsible for informing the coach in person and to check in all equipment issued within 24 hours of the decision. A student-athlete who quits a sport may not be allowed to participate in preseason workouts for another sport until the sport season they quit is complete.

If a student-athlete wishes to change sports after having won a letter or award in one sport, he/she should consult with both head coaches concerned. This procedure assures a smooth transfer which is in the best interest of all parties involved.

**Conflicts in extracurricular activities:** We believe that the opportunity for participation in a wide variety of student activities is a vital part of the student's educational experience. A comprehensive and balanced activities program is an essential complement to the basic program of instruction offered at Eaton Rapids High School and will enable the student-athlete to take maximum advantage of his/her education. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community and to the student-athlete. Participation in these activities will provide student-athletes with the opportunity to develop personal values, skills and a positive attitude toward work and leisure time activities.

The student-athlete should exercise caution when gaining membership on teams and in activities where conflicts are likely to exist. **When a conflict does arise THE STUDENT MUST IMMEDIATELY NOTIFY THE SPONSORS/COACHES INVOLVED.** An individual student who attempts to participate in several activities simultaneously may be in a position of conflicting obligations. If it becomes obvious that a student cannot fulfill the obligation of one activity without conflicting with another that student may be asked to withdraw from one of the conflicting activities.

Since the athletic and fine arts departments recognize that each student should have the opportunity for a broad range of experiences in the area of co-curricular activities, they will attempt to schedule events in a manner that minimizes conflicts.

When a conflict occurs, the student, sponsors, coaches and athletic director will work out a solution that minimizes pressure on the student (who feels allegiance to more than one activity) according to the following criteria:

- The relative importance of each event (performance/contest vs. practice.)
- The importance of each event to the student
- The relative contribution the student can make
- The length of time the events have been scheduled
- Discussion between the school and the parents
- Any other contributing factors

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either faculty sponsor or coach.

**Missing practice:** Perfect attendance for all practices is the expectation for all Eaton Rapids High School student-athletes. If it is necessary for a student-athlete to miss a practice, the coach of that team shall be notified prior to the absence. Unexcused absences are unacceptable and may lead to the student-athlete's dismissal from the team (forfeiture of awards and no participation in another sport that season).

**Daily School Attendance:** *All student-athletes are expected to be in attendance the **entire school day** in order to participate in that day's practice or contest(s).* Parents are not to excuse student-athletes from school for non-emergency situations during a student's athletic season. Student-athletes absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is an excused absence.

A student-athlete who is suspended from regular classroom attendance for 3 class hours or longer (this applies for both in-school and out- of-school suspension) may not practice or participate in an interscholastic competition during said suspension.

A student-athlete, after signing out of school due to illness, will not be allowed to return after school for a practice session or competition.

Exceptions to the attendance requirement must be approved in advance by the athletic office and prior to the absence and/or participation.

**Vacation/Trips policy:** Vacations by athletic team members during a sport season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event that an absence due to a vacation is unavoidable, an athlete should:

1. Be accompanied by her/his parents while on vacation
2. Contact the head coach as soon as they are aware of the vacation
3. Be willing to assume any consequences related to their status on that squad

NOTE: The head coach at each level will communicate with the team any consequences for missing practice during vacation. This communication will take place before tryouts and again before the vacation break.

**Restricted Practice Days:**

1. Weekend practices: All practices are to be held on school days if at all possible. Saturday and Sunday practices will be permitted only:
  - a. by varsity level teams upon permission of the athletic director and/or;
  - b. when a varsity contest has been scheduled the following day.
2. Holiday practices: Holiday practices are to be discouraged, especially by non-varsity level teams. Holiday practices will be permitted only:
  - a. by teams upon permission of the athletic director and/or;
  - b. when a contest has been scheduled the following day and/or;
  - c. when a practice is optional with no penalty for an absence from practice.

**Inclement weather:**

PRACTICE - If school is canceled prior to the start of school because of inclement weather, all practices are canceled. If weather should permit, the **varsity** teams may have the possibility of practicing (non-mandatory) later in the day after receiving authorization from the athletic director. If school is canceled during the school day because of inclement weather, all practices will be canceled.

CONTEST – On days of inclement weather, the athletic director will announce whether and when contests will be held as quickly as possible.

**Team Travel:** Varsity team athletic trips which take place during the season are a valuable team experience and all members of the team are expected to participate. However, Eaton Rapids Public Schools recognizes the importance of family values and acknowledges that if a student-athlete chooses to spend vacation with their family (while the team is traveling) the student-athlete will remain in good standing with the athletic team. Should that occur, everyone must fully understand that the student-athlete missing training must return to the team prepared to earn their place back into the lineup.

Before the trip, the coach needs to provide the estimated number of student-athletes going on the trip, a list of chaperones, an itinerary of the trip, the mode of transportation, goals to be achieved by taking the trip, and the approximate cost of the trip. The athletic director will then forward this information to the board of education as necessary.

**Bus Travel:** On school days, all team members will travel to and from contests by means of transportation provided and organized by the Athletic Director. When special circumstances require that student-athletes travel to or from athletic contests with parents or legal guardians, approval must be received in writing and in advance from the athletic director or his/her designee. School provided transportation will not be available on Saturdays and Sundays.

**Reporting of injury:** All injuries which occur while participating in athletics should be reported to the trainer and/or coach. Once student-athletes are treated by a physician, the athlete must obtain the doctor's permission in order to return to the activity.

**Grooming and dress:** Appearance, expression and actions always influence a person's opinion of student-athletes, the team and the school. Once you have volunteered to be a member of a team, you have made a choice to uphold certain standards.

**Awards:** Participants on a 9<sup>th</sup> grade/Freshmen team will receive a certificate. Participants on the junior varsity level will receive a certificate. At the varsity level, student-athletes will be awarded a varsity letter, chevron and numerals upon meeting the criteria set by the coach (student-athletes will receive the criteria at the beginning of the season). A student-athlete will receive only 1 varsity letter and will receive chevrons depicting the sport each succeeding season. A student-athlete who earns 3 varsity letters in one sport will receive a special certificate. A 4<sup>th</sup> year varsity letter winner will receive a plaque. Captains will receive pins, and varsity coaches are allowed to award a most valuable player and most improved player plaque.

**Non-discrimination notice:** It is the policy of the Eaton Rapids School District not to discriminate on the basis of race, religion, color, national origin, sex, disability, height, weight or marital status in its programs, activities or services. The following person(s) have been designated to handle inquiries regarding the nondiscrimination policy: Brent M. Watkins

Director of Special Education  
912 S. Greyhound Drive, ER, MI 48827  
(517) 663-8155

## ACADEMICS/ ELIGIBILITY

Athletic eligibility for all student/athletes is conditioned upon meeting the following academic requirements:

- Student athletes must follow the rules and regulations of Eaton Rapids High School and the Michigan High School Athletic Association.
- Previous Academic Credit Record – No student athlete shall compete in any athletic contest during any semester that does not pass 4 out of 6 classes of the last semester during which he or she shall have enrolled in grades nine to twelve, inclusive.
- Grade Checks: Grades will be checked every three weeks during the semester on Friday. Each student-athlete must be passing **four** of **six** classes in order to play the following week (*Weekly ineligibility will run from the Monday after grade checks until the following Sunday.*) If a student becomes ineligible, their eligibility will be checked on a weekly basis thereafter.
- Academic Probation: Each student-athlete that meets the above requirement must have a cumulative grade point average of at least **2.00**.
  - student-athletes who have failed to establish a cumulative grade point average of 2.00 will be placed on probationary status. To maintain eligibility these student-athletes must demonstrate academic progress on a weekly basis indicating that they are passing all of their classes. After the semester, their probationary status will be reviewed.
- Beginning **Fall 2024** all student athletes must be on track to graduate in order to be eligible to participate in sports. Credit Deficient student/athletes will be reevaluated at the beginning of each semester. Eligibility will not be reinstated as credit are made up during a semester.

At times, individual coaches may have requirements in addition to the above. These additional requirements, if approved by the Athletic Department, will be provided in writing before the first contest and shall apply throughout the given season.

## NCAA QUALIFICATIONS

**NCAA:** All potential college athletes should contact the high school counseling department during their freshmen year for assistance in selecting appropriate classes so as to meet the NCAA eligibility requirements before graduation. NCAA eligibility packets are available in the guidance office.

Note: Pass/Fail credits do not qualify for NCAA eligibility. Any specific questions regarding NCAA qualifications should be directed to either the guidance office or the athletic office.

## EATON RAPIDS HIGH SCHOOL ATHLETIC CODE OF CONDUCT

### PREAMBLE

Representing Eaton Rapids High School in interscholastic athletic competition is regarded as a privilege and not a right. Students who participate in interscholastic athletics at Eaton Rapids High School are expected to represent the highest ideals of character by exemplifying good conduct, good sportsmanship, good citizenship and good training, which includes abstaining from the use of tobacco, alcohol, and other drugs. Separate and apart from a student's performance as an athlete, the student's conduct, sportsmanship, citizenship and training reflect at all times on the student-athlete, his or her team, our school and our community. Accordingly, this athletic code has been established for all students who aspire to participate in interscholastic athletics at Eaton Rapids High School.

### APPLICATION OF THE ATHLETIC CODE

**Student-athletes are subject to the Athletic Code at all times and at all places (24/7/365).** When a student-athlete voluntarily participates in interscholastic athletics, he/she agrees to abide by the Eaton Rapids High School Athletic Code throughout his/her high school career. A student-athlete may neither attend tryouts

nor practice with a team until he/she has submitted a signed acknowledgment form agreeing to abide by the Athletic Code. This Athletic Code applies to candidates, members, and managers of all athletic teams.

In the event that the Athletic Code or other school policies or procedures do not cover situations that arise, the administration reserves the right to establish such rules, conditions, and penalties to respond effectively to unanticipated or unique circumstances.

### **TIME/PLACE APPLICATION OF THE ATHLETIC CODE**

The Athletic Code is not limited to student conduct at school-sponsored activities or on school property. Rather the Athletic Code applies on a 24 hr. basis and has no limitation as to the place of conduct.

### **VIOLATING THE ATHLETIC CODE**

A student-athlete is considered to have violated the athletic code if observed participating in behaviors which violate the code by a coach, school employee, adult, or police officer who reports the violation to the athletic director. Other forms of evidence of a convincing nature as determined by the principal, assistant principal and athletic director may be used as proof of violation of the athletic code resulting in disciplinary action. Possession of tobacco (including vaping products), an alcoholic beverage or illegal drug shall be considered the same as use.

### **STANDARDS OF CONDUCT**

The following behaviors constitute a violation of the Eaton Rapids High School Athletic Code and subject the student-athlete to discipline as outlined under “consequences.”

### **TOBACCO OR TOBACCO PRODUCTS IN ANY FORM OR VAPING PRODUCTS:**

The use, possession, concealment, distribution and sale of tobacco products (cigarette, pipe, cigar, chew, look-alikes, vaping materials, etc.) by student-athletes is prohibited (even if student-athlete is 18 years of age).

#### **1<sup>st</sup> OFFENSE - CONSEQUENCES**

Suspension from competition for 20% of contests (may practice). If the offense occurs with less than 20% of the contests remaining, the balance of the suspension will be served in the student-athlete’s next regular season beginning with the first official contest.

#### **2<sup>nd</sup> OFFENSE - CONSEQUENCES**

Suspension from all athletic contests for the remainder of the season and forfeiture of school athletic awards for that sport. If the 2<sup>nd</sup> offense occurs with less than 20% of the contests remaining, the suspension will also apply to the student-athlete’s next regular season beginning with the first official contest.

#### **3<sup>rd</sup> OFFENSE – CONSEQUENCES**

Termination of participation in the Eaton Rapids High School athletic program for one calendar year.

#### **4<sup>th</sup> OFFENSE – CONSEQUENCES**

Termination of participation in the Eaton Rapids High School athletic program for the remainder of the student-athlete's high school career.

### **ALCOHOL OR ALCOHOLIC BEVERAGES/ILLEGAL DRUGS:**

The use, possession, concealment, distribution (hosting of a party), sale of, or being under the influence of alcoholic beverages (malt beverages labeled as “non-alcoholic” may contain alcohol) or illegal drugs (including but not limited to those substances defined as “controlled substances: pursuant to federal and /or state statute) by student-athletes is prohibited.

The use and/or possession of steroids, human growth hormones or other performance-enhancing drugs purported to be illegal, abusive, or performance enhancing is prohibited. Look-alike drugs or misused prescription drugs will be considered violations of this policy, as well.

### **1<sup>st</sup> OFFENSE - CONSEQUENCES**

Nine-week suspension from team membership (no practice)

OR

Voluntarily seek chemical assessment and suspension from competition for 20% of contests (may practice). If the offense occurs with less than 20% of the contests remaining, the balance of the suspension will be served in the student-athlete's next regular season beginning with the first official contest.

1. Satisfaction of the assessment must be verified in writing by the licensed agency.
2. Any student-athlete to whom this section applies will not be permitted to participate in any athletic activities until the chemical assessment requirement is completed.
3. Any expenses incurred for the chemical assessment and/or treatment program will be the responsibility of the student-athlete and not the Eaton Rapids Public Schools.

### **2<sup>nd</sup> OFFENSE - CONSEQUENCES**

Suspension from all athletic contests for 18 school weeks (1/2 of the school year) and forfeiture of school athletic awards for that sport.

### **3<sup>rd</sup> OFFENSE – CONSEQUENCES**

Termination of participation in the Eaton Rapids High School athletic program for the remainder of the student-athlete's high school career and forfeiture of all school athletic awards for that sport.

Note: It shall not be a violation of the Athletic Code for an athlete to use or possess a prescription or patent drug when taken pursuant to a legal prescription issued by a licensed practitioner for which permission to use in school has been granted pursuant to Board Policy. An athlete shall notify his or her coach if he or she is taking a prescription medicine which could alter the student-athlete's behavior or affect the student-athlete's ability to participate in physical activity.

### **HAZING, BULLYING, HARASSMENT:**

Hazing shall be defined as any act coercing another to perform **any act of initiation into any class, group or organization** or any behavior that harasses a student by virtue of their status or identity. Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy.

#### **1<sup>st</sup> OFFENSE**

Conference with the student-athlete to discuss policies and offensive behavior, parent contact, and discipline appropriate to the situation.

#### **2<sup>nd</sup> OFFENSE**

Suspension may range from one (1) full season of competition to a permanent ban in participation.

### **APPLICATION OF PENALTIES**

1. Penalties shall not be considered served unless the student-athlete fully completes the season. Quitting the team is not considered "serving the penalty".
2. If a subsequent offense is committed while a previous penalty is being served, the penalty for the subsequent offense will not begin until the penalty for the first offense has been served.
3. The offenses will be cumulative during a student-athlete's high school career, rather than on a yearly basis.

### **CONDUCT STANDARDS**

- The violation of federal, state or local law/ordinances - other than minor traffic offenses – shall be considered as violations of the athletic code. Conviction of said act is not necessary to establish a

violation of the Athletic Code but will be determined through an independent school investigation and may result in a penalty.

- Cumulative or gross misconduct, including behavior which school officials consider conduct unbecoming a student-athlete and a representative of the Eaton Rapids High School, including social media use/abuse, may result in a penalty. Examples include but are not limited to: Insubordination, excessive tardies, excessive absences, lunch detentions, ISS, etc.
- Violation of the Student Code of Conduct as set forth in the Greyhound Student-Parent Handbook which results in a school suspension.
- Violation of any team conduct or training rule as may be established by the coach and approved by the Athletic Director.

**CONDUCT OFFENSES:** Violation of Conduct Standards in school, on the athletic field, or off the athletic field.

1. First Conduct Offense: Violations will be addressed as set forth in the Greyhound Student-Parent Handbook and by team rules established by the coach and approved by the Athletic Director.
2. Second and Subsequent Conduct Offenses: Violations will result in disciplinary actions as determined by the coach and the Athletic Director.

### **DISCIPLINARY PROCESS**

The disciplinary process for violations of the Athletic Code shall be administered as outlined below. Before any suspension takes effect, the coach (for team rules and conduct standards) and/or Athletic Director (for conduct standards and tobacco, vaping, alcohol, or drug violations) shall verbally advise the student-athlete of the alleged violation and the student-athlete shall have an opportunity to respond to the allegations. The coach and athletic director will notify the parents/guardians in a timely fashion.

All suspension periods shall begin from the date of notification of the Athletic Code violation. Should there be an appeal; the student-athlete shall be excluded from participation in practices, as appropriate, and contests pending the outcome of the appeal.

#### **A. Coach/Athletic Director**

After providing the student-athlete an opportunity to respond to the allegation(s) and if it is determined that the student-athlete has violated the Athletic Code, the team coach and/or Athletic Director will provide notification of the Athletic Code violation and penalty to the student-athlete and his/her parent(s)/guardians. Written notification of the athletic code violation will follow.

#### **B. Athletic Appeal Board Committee**

An athlete may only appeal to have the circumstances of his/her violation of the Athletic Code reviewed, and not the disciplinary consequences. An appeal shall be submitted to the Athletic Appeal Board Committee within three school days of notification of the violation.

The Athletic Appeal Board Committee will be comprised of the high school principal (or their designee), and one male and one female varsity head coach (selected from the off-season coaches who are on the high school teaching staff, if possible), and two teachers who don't presently have the student in class. Head coaches from the sport(s) in which the student-athlete participates shall not be eligible to be involved in any way of the student-athlete's appeal. The 6 coaches (2 first semester with 1 alternate, 2 second semester with 1 alternate) and three teachers (1alternate) will be named at the beginning of the process.

The Athletic Appeal Board Committee shall attempt to conduct a hearing within three school days of the filing of the appeal. The hearing will consist of a presentation from the student-athlete and a presentation from the athletic director. Written notice of the Athletic Appeal Board Committee's decision shall be presented to the athlete, parents, and Athletic Director within three school days of the hearing.

The decision of the Athletic Appeal Board Committee is final.



# ***CODE OF CONDUCT***

## **EATON RAPIDS ATHLETIC CODE - ACKNOWLEDGEMENT FORM**

The Eaton Rapids High School Code of Conduct is on the Eaton Rapids Public Schools website. Please read the Code of Conduct thoroughly and refer to it as needed. Online access can be found at: [www.greyhoundathletics.com](http://www.greyhoundathletics.com); select the 'More' tab; then select 'ERHS Athletic Handbook' under 'Forms'. If you are not able to access the website, please contact the ERHS Athletic Department at 663-2217 or [jzubal@erpsk12.org](mailto:jzubal@erpsk12.org) and we will supply you with a copy of the Code of Conduct.

After reading the Athletic Code of Conduct, please sign the form below and return to the Athletic Office before the first day of practice.

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By signing this acknowledgement form, the athlete and the athlete's parent/guardian agree to abide by the rules and procedures set forth in the Eaton Rapids High School Athletic Code throughout the athlete's career at Eaton Rapids High School. Prior to team try-outs, a student participant and his/her parent/guardian must sign and return to the team's coach this acknowledgement form.

### **Student-Athletes Acknowledge:**

I wish to try-out for and/or participate in school-sponsored interscholastic athletics. I have read the Eaton Rapids High School Athletic Handbook & Code of Conduct and agree to follow the standards of conduct and procedures contained therein as a condition of my participation in interscholastic athletics at Eaton Rapids High School. I understand that if I violate the Athletic Code's standards of conduct that I will be subject to penalty as provided in the Athletic Code, including exclusion from the opportunity to participate in interscholastic athletics.

### **Parents Acknowledge:**

I agree to permit my son/daughter to try-out for and/or participate in school-sponsored interscholastic athletics. I have read the Eaton Rapids High School Athletic Handbook & Code of Conduct and agree to support the standards of conduct and procedures contained therein as a condition of my son/daughter's participation in interscholastic athletics at Eaton Rapids High School. I understand that if my son/daughter violates the Athletic Code's standards of conduct that he/she will be subject to penalty as provided in the Athletic Code, including exclusion from the opportunity to participate in interscholastic athletics.

### **We understand:**

- The philosophy of the freshmen, JV, and Varsity levels
- The applicable MHSAA regulations
- That appropriate physical forms must be on file and that there is risk of injury when participating
- That school attendance is required the entire day to participate
- That the athletes must be meeting academic expectations established in the athletic handbook to be eligible
- That eligible athletes contact the guidance or athletic office for NCAA eligibility requirements
- The disciplinary consequences for failure to abide by the requirements of the Athletic Code
- The expectations of both student athlete and fan/parent sportsmanship.
- At times, individual coaches may have requirements in addition to those stated within. These additional requirements, if approved by the Athletic Department, will be provided in writing before the first contest and shall apply throughout the given season

\_\_\_\_\_  
Print Student Participant Name

\_\_\_\_\_  
Graduation Year

\_\_\_\_\_  
Student Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date