

Ovid-Elsie Athletic Handbook

2022 - 2023



GO MARAUDERS!

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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 or on the way back from the gym, pool, track, field 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."

Coaching Standards & Expectations

The heads of athletic programs in the Ovid-Elsie school district recognize the need to maintain a standard of excellence for our students. As such, we support the adoption of these standards to be used by the Athletic Director as the basis for the evaluation of coaches and programs.

A coach has a role as leader and mentor to student athletes, and is an official representative of the school at interscholastic athletic activities. In such important capacities, these standard behaviors should be practiced (including clubs and those athletic programs not sponsored by MHSAA):

1. Develop an understanding of the role of interscholastic athletics and communicate it to players, parents, and the public.
2. Develop an up-to-date knowledge of the rules, strategies, safety precautions and skills of the sport and communicate them to players and parents.
3. Develop, communicate, and model policies for athletes' conduct and language in the locker room, at practice, during travel, during competition, and at other appropriate times.
4. Develop fair, unprejudiced relationships with all squad members.
5. Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out of season activities.
6. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
7. Give the highest degree of attention to athletes' well being.
8. Teach players strict adherence to game rules and contest regulations.
9. Teach players, by precept and example, respect for school authorities and contest officials, providing support form them in cases of adverse decisions and refraining from critical comments in public or to the media.
10. Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unfounded allegations of questionable practices by opponents.
11. Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.
12. Present a clean professional image in terms of personal appearance, and provide a positive role model in terms of personal habits, language, and conduct. Use of tobacco within sight of players and spectators and use of alcohol any time before a contest on the day of the contest is not acceptable.

Parental Standards & Expectations

When the coaching staff, the athletes, and the parents are working together for the good of the team, a season is successful. Please help us provide the best possible environment for our athletes to have a quality experience. Everyone must play his/her role. The coaches need to coach, the players need to work hard and sacrifice for the good of the team, and parents need to support their children with attendance and encouragement. As models to our student athletes, the following behaviors should be

practiced by parents:

1. Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game.
2. Place the emotional and physical well being of the participants ahead of any personal desires to win.
3. Provide support for coaches and officials working with the participants to provide a positive, enjoyable experience for all.
4. Promote tobacco, alcohol, drug, and violence free sports environment for the participants and agree to assist by refraining from their use at all events.
5. Refrain from comments and actions that are intended to intimidate, bait, anger, or embarrass others.
6. Maintain a position as a **spectator** and refrain from “coaching from the stands”.
7. Support the participants in the appropriately designated areas for spectators.
8. Remember that the game is for the students and NOT for adults.
9. Make youth sports fun for participants.
10. Expect that your child treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.
11. Keep all comments from the stands positive, including those directed towards individuals other than your own child.
12. Promise to help your child enjoy the extra-curricular experience within your personal constraints by being a respectful fan, providing transportation or whatever you are capable of doing.

Extra-Curricular Roles and Responsibilities

Actions by coaches, student athletes, administrators, parents and the board of education are subject to the same standards and expectations as stated in board policy and the contractual agreement between the board and the teacher’s association. The same expectations of teachers, as stated in these documents, are expected of coaches.

Extra-Curricular Participants will:

- Come prepared to work at every practice where he/she is physically able.
- Accept the team rules as established by the coach and the athletic department.
- Attempt to communicate all questions and concerns with the coach in a timely fashion.

- Display a respectful attitude towards his/her teammates, coaches, officials, spectators, and opponents at all times.

Coaches will:

- Abide by MHSAA coaching standards as stated in the MHSAA Handbook.
- Come prepared to practice daily.
- Make a strong effort to run a safe practice and competition area.
- Communicate important information (such as team expectations and important dates) to parents and administration.
- Be responsible for handing out and collecting forms from athletes.

Administrators will:

- Communicate to parents the “conflict resolution process.”
- Enforce the chain of command as outlined in the “conflict resolution process.”
- Review with coaches the expectations as stated in the team’s guidelines.
- The Athletic Director will conduct a meeting in the off season with the coaches to discuss standards and procedures.
- Create a building-use calendars and practice schedules for incimate weather.

Parents will:

- Be supportive of not only their children, but of all competitors.
- Support team guidelines and goals.
- Abide by the code of conduct for parents as found in the Ovid-Elsie Athletic Handbook.
- Communicate concerns directly to the coach while respecting the 24 hour “cooling off period”.

The Board of Education will:

- Recognize athletes and programs for academic and athletic success.
- Serve as an arbitrator in disputes that have exhausted the full grievance process.
- Enforce the chain of command as outlined in the “conflict resolution process”.
- Remain neutral by refusing all requests to become involved in a dispute before the superintendent has been notified and all steps in the “conflict resolution process” have been exhausted.

Extra-Curricular Conflict Resolution Process

- All complaints **MUST** be heard at the lowest possible level **BEFORE** intervention by a higher authority can occur.
- A 24 hour “cooling off” period must be granted before any complaints are initiated.
- Complaints must be made within 10 days of the incident. For the sake of all parties, the entire process must be concluded within 30 days of the incident.

This system works very well so we are committed to abide by it.

Step 1 **Start with the Source**

The player will speak directly to the coach. A cooling off period will be granted for all parties before resolution is sought. This meeting should be done in private, away from practice sites and game arenas, and should be conducted face to face. Students who do not feel comfortable speaking solely to the coach may request a parent be present, however the meeting should be conducted by the athlete.

Step 2 Move to Program Head

This step is necessary only if the issue is in regards to a subordinate or assistant (i.e. an assistant, JV coach, etc.). If going to the source does not resolve the problem, then the head of the program should be notified and he/she should attempt to facilitate a solution. If the “source” is the head of the program, move to step three.

Step 3 Contact Athletic Director

If an agreeable solution is not reached, then the athletic director will conduct a meeting between the parties in an attempt to find resolution.

Step 4 Contact Principal

If an agreeable solution is still not reached, then the principal will conduct a meeting between the parties in an attempt to find resolution.

Step 5 Notify the Superintendent

At this point in the process, individuals who still believe their disputes have not been resolved adequately can submit a written narrative of her complaint to the School Superintendent. A copy of this will be given to all concerned parties, who will be afforded the option of a written rebuttal. After the superintendent has reviewed the documents he/she can conduct a meeting in a final attempt to resolve the dispute.

Step 6 Request Nonpartisan School Board Mediation

This final step is appropriate only in extreme circumstances and shall follow the same process laid down for the Superintendent.

COMMUNICATION BETWEEN COACH AND PARENTS

The purpose of the interscholastic athletic program at Ovid-Elsie High School is to provide an arena in which students can learn and grow in meaningful ways that are not always possible in a classroom setting. Our ultimate success in achieving a positive athletic experience will be measured by our ability to establish lines of communication. Through good communication, people feel valued and understood, even if complete agreement is not always reached. We are all concerned about the *education* of our students. Part of the process of growing up is learning to handle your own difficult situations. If a conflict or misunderstanding between an athlete and a coach occurs, learning to resolve it is an important educational experience for the athlete. Parents should react slowly. Children tend to exaggerate at times, leave out part of the story, or present a skewed version of an incident. Taking responsibility for your part in a conflict is a learned skill. It requires maturity and honest self-reflection. Athletes vent frustration at the dinner table expecting mom and dad to take their side of the issue. Parents, however, realize that they were not present at practice to see how their child behaved, related to the coach, or to evaluate his or her skill and effort. Parents should always seek

more information before drawing conclusions. The most productive long-term help a parent can give a child in awkward situations with a coach is to teach and model the skills of conflict resolution. Help your child resolve his or her own differences. When a student successfully deals with difficult interpersonal conflicts, he or she learns and grows. Parents are encouraged to help their athlete learn the valuable lessons that athletics can teach, even in the “tough lessons” that may be difficult for everyone involved. Of course, a parent always retains the right to intervene on behalf of a child.

Communication all parents can expect from their child's coach or Athletic Director

Team Itinerary: Parents need to know the location and times of all try-outs, practices, games, bus trips, meetings, banquets, team camps, conditioning sessions, et cetera.

Team Rules: Parents appreciate knowing not only the philosophy of the coach but also any team policies, including consequences that the coach established to supplement the code of conduct, rules and regulations.

Criteria for Team Selection: Coaches should develop and distribute written criteria for team selection, including objective criteria such as those measured against the stopwatch or skills completed, as well as subjective evaluations, such as attitude, effort, coach ability, grades, or potential.

Injury: Parents can expect to be immediately informed by the coach when a serious injury occurs.

Discipline: The coach will inform parents within 24 hours of all discipline that results in the loss of contest participation or removal from the team. This contact will be done before the parent is to attend the contest whenever possible.

Communication Coaches Appreciate from Parents

Schedule Conflicts: If you cannot reach the coach directly, it is then appropriate to notify the main office to get a message to the coach. Please check with the coach before the student goes through team tryouts regarding previously scheduled absences.

Emotional Stressors: Coaches appreciate knowing about any unusual event in the life of an athlete that is causing the young person additional stress.

Volunteers: Coaches need help with so many aspects of managing the program (fundraisers, work projects, team dinners, awards banquet, et cetera) that they are always glad to hear from parents who have ideas and are willing to work for the team. The Athletic Department also needs help with many aspects of the athletic program and welcome volunteers willing to give of their time.

Forthrightness: Every coach wants to try to resolve a conflict before it is taken to the athletic director, principal or other higher authority or before it is discussed “in the stands”.

Appropriate Concerns for Parents to Discuss with Coaches:

1. The treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's physical health and welfare, academic progress, or violation of the code of conduct. **(Matters regarding other athletes are to be left to their respective parents.)

Areas of Control that Belong to the Coach, ALONE:

1. Tryout procedures, team placement, team size and selection criteria.
2. Position(s) played, lineups and playing time.
3. Offensive and defensive strategies play calling and style of play.
4. Practice plans, drills and scrimmages.
5. Coaching staff (upon approval of the Athletic Director).

How to Discuss an Appropriate Concern with the Coach

Communication is the most vital aspect of heading off potential problems. Any concern a student or parent has must always be addressed by following the “Extra-Curricular Conflict Resolution Process”, which is the first step of this to contact the source. Whenever possible the student should initiate, but whether the parent or the student begins the process there are some suggestions on how to handle this conversation.

Student contacting the Source: The student should talk directly with the coach, in private, face-to-face, away from the practice site or game arena. A telephone call may be necessary to arrange an appointment. E-mail, voice mail, and letters are good methods for communicating information, but they are **NOT** as effective for communicating feelings and concerns. By their nature they tend to distance coaches and athletes.

Parent contacting the Source: Contact the coach to talk directly, in private, face-to-face, away from the practice site or game arena. Making an appointment, sitting down and listening to both sides is far more productive in reaching a mutually satisfying resolution. Our coaches are expected and encouraged to meet with individual parents to discuss concerns that affect that parent’s child. Our coaches are not expected to meet with groups of parents to discuss issues of concern. Please do **NOT** attempt to confront a coach before or after practice or a contest. These can be emotional times for both the parent and the coach. Our coaches are **NOT** expected to endure yelling, written, verbal or physical abuse from parents (If these actions occur, we ask that the coach stop the meeting or denies a meeting and move to Step 3 with the Athletic Director). Make an appointment. Help teach your child the skills of mature conflict resolution.

Conducting a Meeting:

1. Introduce yourself and vice versa. There is to be no yelling, verbal or physical abuse by either side.
2. When each person is speaking there is to be no interruption. Let each person complete his or her version of the situation before the other person speaks. When stating your concern be prepared with the facts in so far as you understand, or can ascertain them. **Be clear about what you hope will happen as a result of your meeting.**
3. As you talk with the coach, or other authority, repeat back what you hear him or her say to be sure that you understand the important points. Stay calm and friendly as you talk and listen. Take notes.
4. Assist in generating options to resolve the conflict. Make sure there is fairness to the proposed solutions.
5. Before the session ends, have a plan that is clearly understood by all parties. A written document restating the final outcome, what happens if the situation reoccurs, and signatures indicating understanding is appropriate. This written plan will check for mutual understanding. Make a plan to touch base following the initial meeting. Remember that each party has a stake in making the plan work. We always assume that all parties have the best interest of the student-athlete in mind when concerns are discussed. Therefore, we make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a complaint. Parents, rightly so, tend to have single focus and advocate for their own child. Coaches, on the other hand, tend to have multi-focus and must safeguard the needs of every player as well as the team as a whole. Parents and coaches, in order to communicate effectively,

must respect the legitimate perspective of the other.

FORWARD

A sound student activities program is not accidental; it is conscientiously planned and directed by individuals who recognize its importance to the educational environment. The purpose of this student athletic handbook is to explain the philosophies, objectives, regulations, and procedures of the Ovid-Elsie High School athletic program. In establishing these guidelines, the following factors are considered:

- 1. Safeguarding the health of participants in the activities program.*
- 2. Providing opportunities for student participation.*
- 3. Establishing standards that cultivate healthy interpersonal relationships among participants.*
- 4. Maintaining the highest quality of student activity.*
- 5. Promoting a healthy school/community relationship.*
- 6. Promoting congenial relationships with other schools.*

PHILOSOPHY

Ovid-Elsie Area Schools not only works to improve a student-athlete's physical skill and gain an appreciation for physical activity but the student-athlete will also:

1. Learn to work with a person in authority.
2. Learn to work with peers in a team effort.
3. Learn to be to practice and to be on time.
4. Learn the value of good sportsmanship
5. Learn to work with and respect different ethnic and religious groups.
6. Learn to work within a setting with a strict set of rules.
7. Learn to react to competitive, stressful situations.
8. Have fun.

ACTIVITIES SANCTIONED BY OVID-ELSIE AREA SCHOOLS

The following activities are sanctioned by the Ovid-Elsie Area Schools Board of Education and are subject to all considerations presented in this handbook:

FALL

Cross Country (B, HS, MS)
Cross Country (G, HS, MS)
Football (B, HS)
Sideline Cheer (G, HS)
Soccer (B, HS)
Tennis (B, HS)
Volleyball (G, HS)
Basketball (G, MS)
Wrestling (MS)

WINTER

Basketball (B, HS, MS)
Basketball (G, HS)
Bowling (B, HS)
Bowling (G, HS)
Competitive Cheer (G, HS, MS)
Swimming (B, G, HS)
Wrestling (HS)
Pom Pon (G, HS)

SPRING

Baseball (B, HS)
Golf (Boys & Girls, HS)
Soccer (G, HS)
Softball (G, HS)
Tennis (G, HS)
Track (B, HS, MS)
Track (G, HS, MS)
Lacrosse (B, HS)
Lacrosse (G, HS)

➤ B = boys season, G = girls season, HS = high school activity, MS = middle school activity

OBJECTIVE OF THE ATHLETIC PROGRAM

A meaningful athletic program should have defined objectives that apply to all levels. These objectives should be consistent with the philosophical and educational objectives designed to promote personal development and community spirit. The Ovid-Elsie Athletic Program is dedicated to the following objectives:

- 1 – Provide students with quality teaching/coaching personnel;
- 2 – Provide students with facilities that will enhance their skills;
- 3 – Provide opportunity for students to participate;
- 4 – Build a positive image of school activities of which community, parents and students can be proud and supportive.

CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES

Students are frequently involved in multiple school activities. The student should notify the coach and the director of the other activity as soon as a conflict in the calendar occurs which requires the student to be in two places at the same time. The student is not in jeopardy during the resolution of the conflict. The coach and director will notify the Athletic Director if assistance is needed to resolve the conflict.

The commitment of students in extracurricular activities should increase at higher levels of competition. At times, personal interests may need to be sacrificed for the good of the individual and his team members.

During the season, anytime a participant fails to attend practice/event, the student's return to the line-up will be determined by the amount of time necessary to recover lost skills and conditioning. Disciplinary measures by the coach may be enforced when an absence is not connected with the immediate family.

GOALS OF ACTIVITIES PARTICIPATION

The goal of extracurricular participation in Ovid-Elsie Area Schools should be an educational experience developing individual skills and formulating team concepts that can be used for a lifetime.

- 1 – Teamwork: Develop self-discipline, respect authority, work hard and place team objectives above personal desires.
- 2 – Success: Perform at one's best regardless of the final outcome.
- 3 – Good Sportsmanship: Learn to accept winning and losing gracefully. Treat others with respect. Maintain emotional control, honesty, cooperation and dependability.
- 4 – Develop Good Health Habits: Develop good nutritional habits, proper exercise and follow guidelines set up by coaches.

GENERAL ATHLETIC GUIDELINES

1. The overall athletic program is generally administered by the Athletic Director and assisted by the

coaching staff

2. An Athletic Council assists the coaches, particularly in cases of major problems or decisions. The Athletic Council membership includes the Athletic Director (chairperson), High School administrators, all head coaches, non-coaching faculty member, assistant coaches shall function as ex-officio members during the season they are coaching.
3. All students participating in interscholastic athletic competition should be covered by health & accident insurance. Parents/guardians not having insurance must be satisfied that this is sufficient for their son/daughter.
4. All interscholastic athletics are governed by Michigan High School Athletic Association's regulations as well as Ovid-Elsie High School regulations.

ATHLETIC CODE OF CONDUCT

A student who elects to participate in the athletic program is voluntarily making a choice of self-discipline and self-denial. Being a member of these teams is a privilege and must be treated as such. An individual's conduct should reflect positively upon himself/herself, his/her family, school and community. Ovid-Elsie athletes are expected to set good examples in regards to social behavior, physical appearance and training purposes. The best performance an individual is capable of producing comes only after the body and mind have been conditioned through a regular routine. Practice of the code can be a valuable asset both now and all through life. A good showing commands respect. Be a **"TEAM"** person, not a "me" person.

- 1 – In the arena of competition, behavior should reflect good sportsmanship.
- 2 – In the classroom, good citizenship, the highest individual academic effort and social responsibility should exemplify the conduct of a good athlete.
- 3 – The student is responsible for equipment and facilities used in performing the activity.
- 4 – Dropping out of an extracurricular activity is a serious matter. As a courtesy, the student and parents should discuss this decision with the Coach, Counselor or Athletic Director before making a final decision.
- 5 – High School students should use good judgment in emulating only those college and professional performers who display positive qualities of sportsmanship.
- 6 – A student should respect and adhere to the expectations of the individual coach.
- 7 – Athletes may transfer from one sport to another during a season when agreed upon by the player, both coaches and parents (obtain a transfer form from the athletic office). If both coaches and players do not agree, appeals will be made to the Athletic Director.

All rules of this section as well as other sections of the Student Athletic Handbook are in effect from the beginning with the first day of participation in an extracurricular activity and continuing through to the date of graduation or the last date of participation, whichever is later. All infractions will be penalized and be applicable at any time during the calendar year and will carry over from year to year.

The students are at all times representatives of the athletic program of the School District and must not engage in conduct that is disreputable or unbecoming a student of the School District. Conduct which would constitute a violation of any law or ordinance and which involves an act of dishonesty or criminal intent will be subject to the penalties and disciplinary measures of the Athletic Code.

Following are the provisions of the code:

1. Social Behavior
 - a. Display proper respect for those in authority, including teachers, coaches and officials.
 - b. Display outstanding sportsmanship.
 - c. Display a real spirit of cooperation.
 - d. Profanity and obscene language will not be tolerated on or off the field
 - e. Be courteous to fellow students, teammates and adults.
 - f. What you put on social media is a reflection of your social behavior and can be enforced as an aspect of the student athlete code of conduct.

2. Appearance:
 - a. Clothing should be clean, neat, in good taste and worn in a respectable manner.
 - b. On trips, athletes should be dressed so as to be a credit to their school and to their families.
 - c. While at Ovid-Elsie Area Schools a shirt must be worn at all times. Bare chests and undergarments worn without a shirt will not be allowed.

3. Practice Sessions:
 - a. Athletes are expected to attend all practices. Coaches are present to work with the entire team. Only illness, injury and extremely critical family situations will excuse you from practice. If emergencies develop, excuses should be arranged in advance with your coach. Jobs and appointments that conflict with practice sessions and contests should be avoided.
 - b. Injured athletes who are able to attend practice sessions are expected to do so.
 - c. Students staying after school waiting for their practice or event to begin must be under direct supervision of an administrator, teacher, coach or staff member. Students will not be allowed to loiter in the building if the practice/event does not begin by 4:30 p.m.

4. Absences:
 - a. The student may participate in a contest or practice only if in attendance for 4 class hours during the school day, unless approved by the office. If a student participates in a contest or practice and is in violation of the provision and the coach is notified, the student will be suspended from the next day of competition or practice depending upon which they violated.

5. Suspensions:
 - a. Athletes suspended from a class for any reason are not eligible to participate in sports nor attend any school activity until fully reinstated in class.
 - b. Athletes ineligible to participate for any reason shall not wear a game uniform until reinstated as an eligible team member. It will be the coach's discretion whether the athlete is allowed to wear non-uniform attire such as but not limited to: varsity coat, sweatshirt, team shirt, warm-up, etc.

6. Training Rules:
 - a. Use or possession of tobacco, all types, including chewing tobacco, smokeless tobacco, look-alike tobacco products, vapor devices, vapor/electronic cigarettes, and inhalant whether OR not it includes an illegal drug or controlled substance, alcoholic beverages, illegal drugs and beverages, or controlled substances without authority are to be regarded as undesirable practices

for students. Besides the physical damages, the practice creates a very undesirable image for athletics. Therefore, ABSTINENCE IS ESSENTIAL 12 months of the year.

- b. It will be a violation of training rules if an athlete uses or is in possession of any of the aforementioned in **Training Rule a**. This also includes use, possession or distribution of drugs listed as “performance enhancing” (see next item below). It will also be a violation if an athlete is convicted of or pleads guilty to any civil or criminal offense, or otherwise engages in conduct that adversely affects the athletic process or climate.
- c. Banned-Drugs may come from any of the following classes: (a) Stimulants (b) Anabolic Agents (steroids) (c) Diuretics (d) Street Drugs (e) Peptide Hormones & Analogues (f) Releasing Substances. The specific drugs named under each category are subject to constant updating.

This list is to include Creatine and Formula 9, or any other performance enhancing substance. For a complete and up to date listing of banned drugs in each category go to www.ncaa.org/health-safety. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed. **Creatine and substances like Factor 9 ARE BANNED AND ILLEGAL!!!**

- a. Proper food and regularity in sleeping habits are essential to the athlete. A minimum of eight to nine hours of sleep is recommended. Carousing at late hours is undesirable. With this in mind, it seems reasonable during athletic season, squad members should be home by 10:30 on weeknights.

Enforcement Of Athletic Code

1. Violations of the code regarding social behavior, appearance, practice sessions, absences, suspension, and training rule C will be handled by the athlete's coach at that time.
2. A violation regarding training rules A, B and C, when reported by a staff member or when admitted by an offender, will be administered by the Athletic Director and generally will be subject to the following provisions:
 - a. First Offense – For the first violation of the athletic policy, the athlete will be suspended for 50% of the current sport or the next sport that he/she participates in and finishes in good standing. For violations where less than 50% of a season remains, the remainder of the 50% of the suspended games will be carried over to the next sport that the athlete participates in and finishes in good standing.
 - b. Second Offense - Suspension for one year from the date of the violation.
 - c. Third Offense - Permanent suspension from high school athletics at Ovid-Elsie High School.
3. At the discretion of the Athletic Director an offender may be required to attend a counseling session that will be assigned by the Athletic Director at the student's expense.
4. Fighting will not be permitted before, during or after any contest.
 - a. Before and After contest - Athletes will be subject to the student handbook for fighting.
 - b. During contest - Athlete will be subject to athletic suspension through the Athletic Student Handbook
 - i. If athlete is deemed to have thrown a punch
 1. First Violation - 3 game suspension, MHSAA course for ejection if applicable
 2. Second Violation - 1 season suspension or remainder of season, meeting with athlete, parent, coach and Athletic Director, MHSAA course for ejection if applicable
 3. Third Violation - Suspension from all athletics for one year from the date of the

violation.

4. Fourth Violation - Permanent suspension from high school athletics at Ovid-Elsie High School.

NOTE: At the discretion of the Athletic Director, consequences assigned may be more severe in any above category based on the seriousness of the action.

5. Incidents or behavior involving serious infractions of the Athletic Code, or appeals relative to action taken by a coach or the Athletic Director, may be heard and acted upon by the Athletic Council.
6. A student who transfers to Ovid-Elsie High School after becoming ineligible because of a student or athletic conduct code violation(s) at the previously attended school shall remain ineligible at Ovid-Elsie High School for not less than the period of ineligibility imposed by the previously attended school. This would be the case even if the student's situation would otherwise satisfy one or more of the transfer regulation of Ovid-Elsie High School and the M.H.S.A.A.

Miscellaneous Provisions:

- a. The Athletic Council will be an appeal board for any student involved in the athletic program. ***The appeal will initiate with the student requesting an appeal in writing to the athletic director.***
- b. The Athletic Council may call a coach before the council to review disciplinary action. Such action may be initiated by or through any council member.
- c. Fifty percent of the membership will constitute a quorum. Decisions will be made by a majority vote of members present.
- d. The Athletic Director will keep records of all action taken regarding an athlete until termination of the individual's status as a student.
- e. Decisions are subject to appeal to the Board of Education. Appeals must be initiated within five (5) calendar days following council action.
- f. These guidelines may be amended by 2/3 vote of the Athletic Council.
- g. The parents of the involved student will be notified in writing of action as soon as possible.
- h. Action will normally be taken within 72 hours of a report or request.
- i. ***Cancellation of the appeal meeting by the student must take place no less than 24 hours prior to the meeting. This is to give ample time to contact all parties required to attend. Failure to do so will negate any further appeal.***

DUAL SPORT PARTICIPATION

There exist circumstances in which it may be in the best interest of both a particular team and an individual athlete to allow participation on more than one team during a single season. This would allow individual athletes an opportunity to excel in activities that will help both the team and the other individuals grow and develop physically, socially and emotionally while, at the same time, helping the overall growth, development and success of the athletic programs.

A student who wishes to participate in two sports in the same season should write a letter signed by the student and parent stating the desired sports and as to why he/she desires to participate in the sports. The student should request a meeting with the Athletic Director to discuss whether the option exists to pursue dual participation. If the Athletic Director and coaches deem this a possibility, the student-athlete, parent/guardians, and both head coaches will meet with the Athletic Director at least one (1) week prior to the start of the first practice of the primary sport season to review guidelines and

complete the following:

1. A written agreement will be established where all the above parties agree upon training and performance requirements concerning games and practices.
2. The athlete must choose his/her primary sport and would be expected to attend all contests of the primary sport.
3. The athlete will only be able to participate in the secondary sport when there is **NOT** a conflict with the major sport activities. Potential conflicts will be resolved by the parties involved and included in the agreement.
4. The athlete would be expected to abide by all team rules of both sports, unless mutually agreed upon exceptions.
5. If the participating athlete fails to comply with any of the agreed upon criteria, the athlete will no longer be eligible to participate in the secondary sport.
6. If at any time the athlete, he/her parent/guardians, coaches or Athletic Director determine that dual participation is having a negative impact on the athlete or programs, the agreement may be voided and the athlete would return to their primary sport.

All parties are to keep in mind that request will be considered on a case by case basis.

SPORTSMANSHIP

Activities in our schools have earned an outstanding reputation in the area of school and community sportsmanship. Our students, fans and participants have always conducted themselves in a commendable manner. Everyone is very proud of this reputation and works hard at upholding it. Please review the following suggestions for future consideration:

1. A student spectator represents his/her school the same as the athlete.
2. The good name of the school is more valuable than any game won by unfair play.
3. Accept decisions of officials without dispute.
4. Recognize and show appreciation of fine play and good sportsmanship on the part of the opponent.
5. Advocate that any spectator or athlete who continually demonstrates poor sportsmanship may be excused from the athletic program or event.

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.

Acceptable Behavior

- Applause during introduction of players, coaches, and officials.
- Accept all decisions of officials in a respectful manner.
- Applause for **ALL** participants at the end of the contest.
- Show concern for injured players, regardless of team.\
- Encourage surrounding people to display only proper behavior.

Unacceptable Behavior

- Disrespectful or derogatory yelling, chanting, singing or gesturing.

- Booning, heckling or displaying of extreme temper over an official or coach's decision.
- Use of profanity or displays of anger that draw attention from the game.
- Deliberate shouting of derogatory chants or using a player's name in a chant.
- Approaching officials after a contest.

Disciplinary Action

- First ejection - The Fan will not be allowed at any events for that sport for the remainder of the specific season. The Athletic Director, if possible, will notify in writing the fan of this suspension.
- Second ejection - The Fan will not be allowed at any sporting events for the remainder of the school year. The Athletic Director, if possible, will notify in writing the fan of this suspension.
- Third ejection - The Fan will face a lifetime ban for attending athletics at Ovid-Elsie Schools.

NOTE: At the discretion of the Athletic Director, consequences assigned may be more severe in any above category based on the seriousness of the action.

GOLDEN RULE - Cheer for your team, not against the opponent!

Marauder Fight Song

**Go you Marauders on to victory.
We will back you all the way we'll fight for you O-E, rah, rah, rah.
We will be loyal, never let you down.
Cause, we've got the spirit we will win it.
Fight right onto victory, Fight!!!!**

MHSAA MINIMUM REQUIREMENTS

What follows is a condensation of the Michigan High School Athletic Association eligibility standards. Questions as to the details included in these standards should be taken to the Athletic Director.

A. ENROLLMENT:

To be eligible for interscholastic athletics during the first semester a student must be enrolled in a high school not later than the fourth Friday after Labor Day. To be eligible for interscholastic athletics during the second semester a student must be enrolled in a high school not later than the fourth Friday of February. Students must meet MHSAA enrollment requirements to be eligible to compete in a contest.

B. AGE:

A student must be under nineteen (19) years of age at the time of the contest unless the student's birthday occurs on or after September 1 of a current school year. Should the student's birthday occur on or after September 1, the student is eligible for the balance of that school year.

C. SEASONS OF ENROLLMENT:

A student must not have participated in an interscholastic athletic activity for more than four (4)

first semester and four (4) second semester seasons in an interscholastic athletic activity that the student began in the ninth grade.

D. SEMESTER/TRIMESTERS OF ENROLLMENT:

A student must not have been enrolled in grades nine through twelve, inclusive, for more than *eight semesters*, or *twelve trimesters*. **The seventh and eighth semesters or the 10th, 11th and 12th trimesters** must be consecutive. *Students are allowed four first semesters and four second semesters or four first, four second and four third trimesters of enrollment.* Enrollment in a school after the fourth Friday counts as a **semester/trimester**. Participation in one or more interscholastic athletic contests also constitutes a **semester/trimester** of enrollment.

E. PREVIOUS SEMESTER/TRIMESTER RECORD:

The student must have passed 66% of the credit load for work taken during the last regular semester of enrollment, A student who fails to pass 66% of the credit load at the end of any semester period shall be ineligible for the next 60 days unless the deficiencies are made up. Eligibility may be reinstated during the next semester when the school accepts the credit. *A member school may impose more stringent requirements if they so choose. At Ovid Elsie, a student will be ineligible if they fail two or more classes.*

F. CURRENT SEMESTER/TRIMESTER RECORD:

The student must be passing at least *66% of the* credit hours of work during the current semester. *Again a member school may impose more stringent requirements if they so choose.*

Middle School: Student eligibility will be checked by the middle school athletic director after the fourth week of the first semester, weekly checks will begin at this time. Checks will be conducted on each Friday, with students losing eligibility for the following week. (Sunday to Sunday) If a student is able to regain eligibility before the next grade check, they will resume eligibility the following week.

High School: Student eligibility will be checked by the high school athletic director after the fourth week of the first semester, weekly checks will begin at this time. Checks will be conducted on each Friday, with students losing eligibility for the following week. (Sunday to Sunday) If a student is able to regain eligibility before the next grade check, they will resume eligibility the following week. If a student is failing two or more classes at the end of a semester, they will be ineligible for the next 60 school days.

G. TRANSFERS:

The persons with whom the student had lived when moving out of a former school district or service area and into a new school district must accompany the student with all their belongings. The student is ineligible to participate in an athletic contest or scrimmage unless the student qualifies for at least one to the 15 exceptions as stated in the MHSAA Handbook, Section 9, and pages 38-45f

H. AWARDS:

A student may not accept an award for athletic performance that exceeds a value of \$25.00. An award may not include cash, merchandise certificates or negotiable certificates for any value.

I. AMATEUR STATUS

The student must not accept money or any type of valuable consideration (merchandise, etc.) for participating in any type of athletics, sports or games. Nor should the student accept this same type of

consideration for officiating interscholastic athletic contests. A student is not to sign a contract with a professional team.

J. LIMITED MEMBERSHIP:

1. After a student, has represented the school in an interscholastic athletic activity, the student may participate in a maximum of two (2) individual interscholastic athletic meets or contest during the athletic season of the school year while not representing the school only in the sports of bowling, cross country, golf, swimming and diving, tennis, track & field, and wrestling.
2. The student may not participate in any “all-star”, charity or exhibition contests in any interscholastic athletic event not sponsored by the MHSAA before graduating from high school.
3. Parents should always check with the Athletic Director before allowing a student-athlete to participate in any non-school athletic activity. This is important to the student’s future athletic eligibility.

K. REINSTATEMENT OF ELIGIBILITY

A change in status for an athlete who has been ineligible occurs on the first full day of a new **semester/trimester** on which regularly scheduled classes are held, and not on the last day of the previous **semester/trimester**.

L. COMPETITION DISQUALIFICATION:

Note: This is the wording of the Michigan High School Athletic Association – Reg. V, Sec. 3, page 96. *The following policies for disqualification shall apply in all sports:*

1. *When a student is disqualified during a contest for flagrant or unsportsmanlike conduct, that student shall be withheld by his/her school for the remainder of that day of competition and for at least the next day of competition for that team.*
2. *When a coach is disqualified during a contest for unsportsmanlike conduct, that coach shall be prohibited by his/her school from coaching for the remainder of that day of competition and from coaching at or attending at least the next day of competition for that coach’s team. That person shall not be present on site or within sight, sound or communication.*
3. *Failure of the school for any reason to enforce this regulation will prohibit the school from entry in the next MHSAA tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during an MHSAA tournament or during the last regular-season contest.*
4. *Disqualifications from one season carry over to the next season in that sport for undergraduates and coaches, or the next season in any sport for seniors.*
5. *If the playing rules for a sport specify an additional penalty or more rapid progression, or use of such a progression for other violations, the playing rules apply.*
6. *Any coach who is disqualified for unsportsmanlike conduct two or more times during a season, any player who is disqualified for unsportsmanlike conduct three or more times during a season, and any coach or player who is ejected for spitting at, hitting, slapping, kicking, pushing or intentionally and aggressively physically contacting an official at any time during that season, is not eligible to participate in the MHSAA tournament for that sport that season. If the tournament disqualifying ejection for that individual occurs during the MHSAA tournament, that player or coach is ineligible for the remainder of that tournament.*

GENERAL INFORMATION

ATTENDANCE REQUIREMENTS

- A) An athlete must be in school at least (4) hours on the day of the event unless he/she is participating in a school sponsored function.

- B) If there are extenuating circumstances to an athlete's attendance, the Assistant Principal and the Athletic Director will determine eligibility.
- C) If an athlete is absent or late the day following a contest, he/she will communicate the reason to his/her coach before participating in practice or a contest.

EQUIPMENT

- A) Each football player must purchase a protective mouthpiece.
- B) Any individual who has failed to return, in good condition, any equipment issued shall be ineligible for an award and from participation in any other sport until such equipment is satisfactorily returned or the Athletic Department is reimbursed.
- C) The theft of school equipment is larceny and Michigan law regards larceny as a felony.

GOLD CARDS

Prior to the start of each sport season student-athletes desiring to participate in a sport must pick up a Gold Card from the Athletic Office. This Gold Card certifies that a current physical is on file, the student is academically eligible and all previous sport equipment/money has been turned in and taken care of.

FITNESS CENTER

The Fitness Center is available for student use as long as all of the following conditions are met:

- A. An adult/coach must be present and has agreed to oversee the student when working out.*
- B. The student must have a workout plan and be working out when in the Fitness Center. Loitering, misbehavior or not under adult/coach supervision will NOT be allowed and Fitness Center privileges will be revoked.*
- C. When the supervising adult/coach leaves the Fitness Center so must the student.*

FOOT COVERINGS

State Health Department regulations require feet to be covered at all times in public buildings. The only exception should be in locker rooms and on the pool deck. Shoes should be worn in **ALL** practices and at **ALL** times, except for swimming & diving. **No Shoes – No Practice!** “Spikes” and cleats of any kind are prohibited in the hallways or locker rooms. Athletes are to put on and take off this type of shoe outside of the building.

PARKING

All participants are to park in the main student parking lot. No student is allowed to park in the parking lot by the softball, soccer, football practice field at any time.

PHYSICALS

All participants are required to have a completed physical examination submitted to the Athletic Office prior to practicing. Physical examinations for the 2021-2022 school year must be administered after April 15, 2021. **NO PHYSICAL – NO PARTICIPATION!!!**

SNOW DAY PROCEDURES

- 1. If school is called off during the day.
 - a) No team practices

- b) If a varsity team contest is scheduled for the next day:
 - i. Varsity teams only may practice after safety and team arrangements have been considered.
It will not be held against an athlete if they do not practice due to hazardous roads.
 - ii. No ninth grade or junior varsity practices are to be held.
2. If school is called off before the start of the day (first day). Same procedure as above with no practices to begin before noon. The coach should contact the AD to determine time & location.
3. If school is called off before the start of the school day (second day or more) – all teams may practice following the snow day schedule, unless otherwise notified by the administration. The coach should contact the Athletic Director to determine time and location.

NCAA ELIGIBILITY CENTER

Students interested in competing in division one or two collegiate athletics must register with the NCAA Eligibility Center. Students should contact the Athletic Office or Student Services or view the NCAA website at <https://web1.ncaa.org/eligibilitycenter/common/>. It is recommended to enroll early in your high school career.

POTENTIAL DANGERS IN ATHLETIC PARTICIPATION

1. 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.

Also due to the nature of athletics, the possibility of the exchange of body fluids is present in sports. Regardless of how remote the possibility of transmission of diseases such as HIV/HBV is, all athletes should be aware of the inherent risks associated with athletic competition.

2. Risk taking: Participation in athletics is a voluntary extra-curricular activity in which the student participates at the risk of injury. Athletic activities can be hazardous and participation in such activities is a calculated risk on the part of the student and parents.

ATHLETIC INSURANCE

All students participating in interscholastic athletic competition should be covered by health & accident insurance. Students participating in athletics may participate in the athletic accident benefit plan through the Michigan High School Athletic Association. These forms may be obtained from the Athletic Director. Parents/guardians not having insurance must be satisfied that this is sufficient for their son/daughter.

INJURY POLICY

Injury Reporting: Students absent from practice due to extended illness or any athlete who sustains an injury while participating for Ovid-Elsie Middle or High School or on his/her own time needs to report the injury to their coach.

Release to practice/compete following an injury: Any athlete who has sustained an injury and seeks medical attention must be released to return to competition or practice by a physician. Release by the

physician must be in writing and brought to the Athletic Office.

Athlete's Responsibility: It is the responsibility of the athlete to follow the instructions of his/her physician.

PREVIOUS Semester RECORD

A. No student shall compete in any contest during any semester, which has not passed at least six (6) out of seven (7) courses for the last semester during which he/she shall have been enrolled in grade nine to twelve. A student who fails to pass six (6) of the seven (7) courses of the credit load at the end of any semester period shall be ineligible for the next 60 school days unless the deficiencies are made up. Eligibility may be reinstated during the next semester when the school accepts credit. A student entering the 9th grade for the first time may compete without reference to his/her record in the 8th grade.

B. In determining the number of hours of credit received during a semester under this rule, the usual credit allowed by the school shall be given. However, reviews and extra-curricular work, and work for which credit previously has been received, shall not be counted.

C. Deficiencies, including incomplete, conditions, and failures from a previous semester may be made up during a subsequent semester, summer session, night school, or by tutoring. Eligibility may be reinstated during the next semester when the school accepts the credit.

CURRENT TRIMESTER RECORD

No student shall compete in an athletic contest that does not have a passing grade in six (6) out of seven (7) courses of the credit load from the beginning of the semester to the date at which eligibility is checked, the fourth Thursday of the semester. The student is ineligible from the following Monday through Sunday. If the next eligibility check reveals the student is still not passing six (6) out of seven (7) credit load that student is not eligible for competition from the next Monday through Sunday, and so on until the student is passing 6 (6) out of seven (7) courses of full credit load.

ELIGIBILITY EVALUATION PROCESS

It is the belief of the Ovid-Elsie Athletic Department that each student-athlete is a **student first**. With that said, it is our belief that we should do all we can to ensure our student-athletes realize the value of their education. If a student-athlete is in need of academic help we will do all we can to get him/her the help needed to ensure academic success. Students participating in interscholastic athletics will be evaluated every Thursday, beginning on the fourth Thursday of a semester. The "eligibility week" runs from Sunday thru Saturday. Student-athletes not meeting eligibility requirements will sit out the following week of contests.

TRANSPORTATION

Ovid-Elsie Area School will provide transportation for most sporting activities and the athletes are required to ride the bus to all events when a bus is provided. If desired, Saturday sporting events will have transportation to the event but student-athletes must have transportation home from the event with a parent or other designated adult confirmed in writing. In extenuating circumstances a student-athlete may be excused from riding the bus but must have prior permission not to do so

AWARD POLICIES

A) All awards must conform to the regulations of the Michigan High School Athletic Association.

A season is not completed until after the conclusion of the Awards Banquet.

i) All recipients must have conformed to the regulations for attendance at practices and

contests to the satisfaction of the coach for that sport.

- ii) All recipients should have displayed at all times, to opponents, officials and fellow teammates, the type of sportsmanship which his/her school demands.
- iii) All recipients must have conformed to all rules for training as established by the Athletic Department for equipment checked out to them.
- iv) All recipients must have conformed to all rules for training as established by the Athletic Council, Athletic Director and the coach of the designated sport.

B) Award Hardware Policy:

- 1. Freshmen Team – certificate
- 2. Junior Varsity Team – certificate
- 3. Varsity Team
 - i) First year – certificate, letter, and insert. An insert if a letter was previously earned in another sport or academics.
 - ii) Second, Third and Fourth Year – certificate and insert.

C) Trophies and Plaques:

Trophies and plaques may be given out by coaches provided they have the approval of the administration. Usually these awards are: Most Valuable, Most Inspirational, and Most Improved but may be substituted by something else.

D) Mike Maag Award:

This is awarded to a senior boy and girl for outstanding athletic performance, community service, leadership and integrity throughout their high school career. It is voted on by the Varsity coaches from each sport; girls' sport vote for a girls, boys' sport coaches vote for boys. The recipient has their name engraved on a plaque that remains in the showcase at the school and also receives a personal plaque.

F) Tri-Athlete/Iron Man/Iron Woman Award:

Each year a student-athlete completes competition in all three sport seasons, in a school year, he/she will receive a "Tri-Athlete" chevron. When the student-athlete has done so for all four years of high school and competed in twelve consecutive seasons, he/she will receive an "Iron Man" or "Iron Woman" plaque. This award was started in 2012-2013 and is to be earned while participating in the sports sanctioned by the Ovid-Elsie Board of Education.

G) **Letter requirements for all sports**

As head coaches and sport regulations change, the letter requirements that follow may change. The changes will be outlined in each coach's written sport guidelines and reviewed with the Athletic Director.

All participants must:

FOOTBALL: A player is a member, in good standing, of the team for over half of the total number of games and is a member, in good standing, of the team at the end of the year.

CROSS COUNTRY: Earn letter points in 1/3 of the varsity meets, by scoring or making the qualifying time. The qualifying time for boys is under 17:00 minutes and for girls it is under 24:00 minutes.

VOLLEYBALL: Play in half of the varsity matches.

SOCCER: Play in half of the varsity contests.

TENNIS: Play in half of the varsity matches or win 4 varsity matches.

SIDELINE CHEER: A player is a member of the varsity team for over half of the total number of games and is a member, in good standing, of the team at the end of the year.

BOYS AND GIRLS BASKETBALL: A Player is a member of the varsity team for over half of the total number of games and is a member, in good standing, of the team at the end of the year.

COMPETITIVE CHEER: Must compete in half of competitions.

SWIMMING & DIVING: Both boys and girls must average 3 points in dual meet competition.

WRESTLING: Must wrestle in 10 or more varsity matches.

BOWLING: Must bowl in half of varsity matches.

SOFTBALL & BASEBALL: Must play in half of total games (exception is pitcher - if they do not play in half of total games, but pitch in $\frac{1}{4}$ of the games).

TRACK & FIELD: Score 10 points in a season or place in regionals of conference meet.

GOLF: Must compete in $\frac{1}{3}$ of varsity matches.

POM PONS: Must be a member of the team for two years. A senior will receive a letter/insert if it is her first year on the team. Must complete the season in good standing.

LACROSSE: Play in half of the varsity contests.

In addition to the above criteria, an athlete will win a letter if:

1. If an athlete does not meet the above criteria, but has participated in a sport all four years of high school, they will be awarded a letter as a Senior
2. If a player is injured and the coach feels that the player would have met the criteria for winning a letter, they will be awarded a letter.
3. A Senior member of the team that may not have competed for 4 years, but who the coach feels has contributed above and beyond the call of duty may be awarded a letter.
4. To win a letter an athlete must complete the season as a member of the team.