

SHEPHERD HIGH SCHOOL  
ATHLETICS CODE OF CONDUCT  
STUDENT/PARENT HANDBOOK



“Bluejay Pride”

## POSITIVE PRACTICES FOR PARENTS WITH 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."

## ATHLETIC CODE OF CONDUCT

1. **PHILOSOPHY OF ATHLETICS-** Interscholastic athletics in Shepherd Public Schools are considered to be an extension of the physical education program, and in turn, an integral part of the overall educational program of the school. As part of the educational program, each individual sport will be conducted so that the physical, social, and mental well-being of each student is its top priority.
2. **Coaching Standards & Expectations-** 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 those clubs and athletic programs not sponsored by MHSAA):

- A. Develop an understanding of the role of interscholastic athletics and communicate it to players, parents, and the public.
- B. Develop an up-to-date knowledge of the rules, strategies, safety precautions and skills of the sport and communicate them to players and parents.
- C. 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.
- D. Develop fair, unprejudiced relationships with all squad members.
- E. Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out of season activities.
- F. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
- G. Give the highest degree of attention to athletes' physical well being.
- H. Teach players strict adherence to game rules and contest regulations.
- I. Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.
- J. Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unfounded allegations of questionable practices by opponents.
- K. Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.
- L. 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.

**3. 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:

- A. Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game.
- B. Place the emotional and physical well being of the participants ahead of any personal desires to win.
- C. Provide support for coaches and officials working with the participants to provide a positive, enjoyable experience for all.
- D. Promote tobacco, alcohol, drug, and violence free sports environments for the participants and agree to assist by refraining from their use at all events.
- E. Refrain from comments and actions that are intended to intimidate, bait, anger, or embarrass others.
- F. Maintain a position as a spectator and refrain from "coaching from the stands".
- G. Support the participants in the appropriately designated areas for spectators.
- H. Remember that the game is for the students and not for adults.
- I. Make youth sports fun for the participants.
- J. Expect that your child treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- K. Keep all comments from the stands positive, including those directed towards individuals other than your own child.
- L. 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.

4. **OVERVIEW-** Each athlete should understand that participation in Shepherd athletics is a privilege that should be held with high regard. The conduct of each athlete on and off the field is a direct reflection of his or her self, school, family, and community. Therefore, an athlete's conduct should reflect the highest values and standards of his or her school and family. It must be understood that the privilege of participation may be taken away in part or as a whole should an athlete's conduct not be satisfactory. The rules and regulations governing an athlete's conduct are listed in this athletic code. Should an athlete be found to be in violation of this athletic code, the corresponding discipline will be applied.

## 5. ELIGIBILITY

- A. **Academics:** Students must have received credit in 66% (4/5 classes for high school, 4/6 classes for middle school) of their classes in the previous trimester in which they were enrolled. Students must also be passing at least four (4) classes to remain eligible for the week. Records will be kept on a weekly basis and ineligible students will be notified by the Athletic Director or head coach on the Friday before the week that they are ineligible. Since grades are based cumulatively by marking period, it is possible for a student to move back and forth between being eligible and ineligible from week to week. Once students are notified, they are ineligible for that entire week (Monday through Sunday). If a student is ineligible on the report that is run on a Friday, then they can still compete in competition the Saturday and Sunday that follows but will be ineligible from Monday-Sunday of the following week. The student athlete may still be required to attend practice and accompany the team to contests.
- B. **Age and Residency:** There are many guidelines governing "Age and Residency" in the "Michigan High School Athletic Association (MHSAA) Rules of Eligibility". Shepherd Public Schools is a member of the MHSAA and its rules regarding age and residency where applicable to student-athletes. Any questions regarding this area should be directed to the Athletic Director for explanation.
- C. **Transfers Following Violations of a School's Student/Athlete Code:** Shepherd High School will enforce upon a transfer student any period of ineligibility to which that student would have been subject as a result of a student or athletic code violation(s) at that student's most recent, previously attended school. A student who transfers to Shepherd High School after becoming ineligible because of a student or athletic conduct code violation(s) at the previously attended school shall remain ineligible at Shepherd High School for not less than the period of ineligibility imposed by the previous school.
- D. **Attendance:** Students must be in school and attend their scheduled classes for the entire day to be eligible to attend practice or games on that day. Student-athletes must be in attendance all day Friday in order to participate on a Saturday and/or Sunday. Pre-arranged absences such as funerals, doctor and dentist appointments, etc., will allow participation, if it is arranged with the proper building administrator 24 hours prior to the absence. If multiple absences occur a physician's letter may be required.
- E. **Training Rules:** Rules must be adhered to by all athletes, at all times, regardless of location. Training rules are in effect for all athletes for the entire calendar year. The athletic year constitutes a full year (365 days) when an individual chooses to participate in the athletic program. All reported training violations will be investigated by school administrators and the affected sport coach. Penalties will be implemented from the date that school administrators are notified, not the date the incident occurred. In addition the athlete will be given the opportunity to respond to the charges by giving his or her side of the story.

## 4. RESPONSIBILITY OF ATHLETES

- A. **Athletics/Fine Arts Participation Agreement:** Despite all scheduling efforts by the administration, conflicts will develop between co-curricular activities. When a conflict occurs between two scheduled activities the student's first duty is to notify both coach/sponsors as early as possible. The student will then be advised of the recommendation OR propose an equally acceptable alternative for the coaches'/sponsors' consideration. When a conflict occurs between a competition/performance and a scheduled practice, students will be expected to attend the competition/performance (without loss of group membership or standing in the other activity). When a conflict occurs between

competitions/performances, students may participate in one activity without loss of group membership or standing in the other activity. There may be times when students may participate in one activity and part of another by arrangement with the sponsors.

- B. Weight Room Rules of Conduct/Safety:** Weight workouts must be conducted with a coach or supervisor present. Athletes are not to be in the weight room unsupervised. Shirt/shoes must be worn at all times, hats are not allowed. Athletes must be on an approved program. Athletes should follow their workout. We want this to be a fun and productive time, however, this is not a place of social gathering. Other people also need to use the facility. Loitering is not allowed in the weight room area. Music should be played at a moderate volume-if allowed. Use weight belts for safety-especially with lifts involving the lower back. All weights must be put back on weight stacks after workouts. Turn out the lights and make sure the door is locked before leaving.
- C. Equipment:** Athletes are responsible for the care and cleaning of all school issued equipment. Lost or damaged equipment will be charged to the athlete and financial retribution will be made to replace the equipment. Unless purchased by the student, uniforms are not to be worn anytime other than competition.
- D. Physicals:** All students participating in athletics must have a current physical card on file in the Athletic Director's office. Physicals are generally offered in the spring by local physicians to Shepherd athletes. Students must also have a signed parent acknowledgment form on file in the Athletic Director's office before competition begins.
- E. Injuries:** All injuries shall be reported to coaches and to the Athletic Director. All athletes should have an emergency treatment waiver on file with the coach so treatment can be given in case of an emergency if a parent is not present.
- F. Locker Room Usage:** All athletes will dress in the locker room and all lockers must be locked. The school is not responsible for lost or stolen items. ***Cellular phones may not be used in locker rooms under Board Policy.***
- G. Social Media:** The popularity of social networking web-sites, especially with teenagers, continues to grow. Inappropriate use of the internet or technology may include but is not limited to posting, posing, promoting and/or forwarding inappropriate content via electronic communication devices. Any images of student athletes posted on the internet or using technology to threaten or intimidate others may result in disciplinary action up to and including expulsion from the team and/or school. Remember, as a student of Shepherd Public Schools you represent your school at all times. Before you post or comment on any social-networking website, ask yourself if that comment or action would be acceptable on school grounds—if the answer is no, you shouldn't exhibit that behavior online either.
- H. Transportation:** Shepherd Public Schools will provide transportation to and from all athletic events in which its teams are competing, unless otherwise arranged by the coach. It is the responsibility of the athlete to maintain proper conduct on school provided transportation. It is expected that the athlete will ride the bus to and from the athletic event. If a parent wishes to have their son or daughter ride home with them occasionally, they must have it in writing to the Athletic office 24 hours in advance. Coaches will not release student athletes to neighbors, cousins, friends, etc.

## 5. MISCELLANEOUS INFORMATION

- A. Participation in Two Sports Concurrently:** Students in the past have participated in more than one sport during the same season (dual participation). This is done to give students many different opportunities during their high school experience. Caution should be given when deciding this, since it will take up almost **all** of the free time a student has, and will put a strain on students' academics. If a student wishes to dual sport, the following criteria must be met to accomplish this:
  - 1. Coaches of both sports must **agree** to allow this and sign the dual sport contract.
  - 2. Athletes will name his or her primary sport, (if games/contests

- conflict on the same date, the athlete will attend primary sport). However, a secondary sport contest takes precedence over a primary sport practice.
3. Athletes will be expected to practice with both teams if possible.
  4. Athletes must maintain passing grades in **all** courses.
  5. If the student/parent/coaches together determine balancing the dual sport responsibility is not working, the primary sport will take precedence.
- B. Awards:** There are two types of awards for athletes from Shepherd Public Schools; Participation Certificates and Varsity Letter Awards.
1. Participation Certificates - are given to members of J.V., Freshman, and non-lettering Varsity members on teams who complete the season with the team.
  2. Varsity Letters - Block "S" Chenille letters are given to athletes who earn their first varsity letter, after receiving this, athletes will then be given pins for each additional letter they earn.
- C. Act of God Days:** There will be no scheduled practices or games on act of God days. However, school administrators reserve the right to grant the coach permission to hold an afternoon optional practice for varsity athletes only. Also, if the schedule is near the end of the season and there is no other date to make up the game, school administrators may choose to play a scheduled game if: the opposing school is in session and the road conditions will be improved by game time.
- D. Team Rules:** Each coach of each sport will have on file in the Athletic Director's office an approved list of general rules used to govern the team. The rules will identify such areas as: attendance, rules and consequences, award criteria, team expectations, criteria for cutting, etc. Each athlete will be given a copy of their rules when they are discussed at one of the first team meetings or practices. Athletes must abide by team rules and may be subject to discipline for violation of those rules as set forth the team rules and/or this policy.
- E. Insurance Coverage:** Shepherd Public Schools does not have insurance coverage for its students/athletes. However, the MHSAA provides Catastrophic Accidental Medical Insurance which pays up to \$500,000 for medical expenses left unpaid by other insurance after a deductible of \$25,000 per claim in paid medical expenses has been met. All students enrolled in grades 7 through 12 at MHSAA member schools who are eligible under MHSAA rules and participating in practices or competition in sports under MHSAA jurisdiction are covered by this policy for injuries related to their athletic participation. Beginning with the 2015-16 school year, the MHSAA began providing eligible participants at each MHSAA member junior high/middle school and high school with additional insurance that is intended to pay accident medical expense benefits resulting from a suspected concussion. The injury must be sustained while the athlete is participating in an MHSAA covered activity. The policy limit is \$25,000 for each accident. Covered students, sports and situations are identical to the catastrophic accidental medical insurance which, if the \$25,000 threshold is reached, would require a separate claim to be made.

## COMMUNICATION

1. **Communication all parents can expect from their child's coach or the Athletic Director**
  - A. **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, as well as directions to away contests.
  - B. **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.

- C. **Criteria for Earning an Award:** Coaches should determine and distribute written criteria to parents and athletes as soon as the squad has been selected if the criteria is something more than simply completing the season as a member of the team.
- D. **Injury:** Parents can expect to be immediately informed by the coach when an injury occurs that requires medical attention. Parents may call the athletic trainer for additional information on care.
- E. **Problem Behavior:** Coaches should call parents whenever an athlete exhibits atypical behavior that persists longer than 48 hours.
- F. **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.

## 2. Communication Coaches Appreciate from Parents

- A. **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 trying out 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.
- B. **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.
- C. **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.”

## 3. Appropriate Concerns for Parents to Discuss with Coaches

- A. The treatment of your child
- B. Ways to help your child improve
- C. 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)

## 4. Areas of Control that Belong to the Coach, Alone

- A. Tryout procedures, team placement, team size and selection criteria.
- B. Position(s) played, lineups and playing time.
- C. Offensive and defensive strategies play calling and style of play.
- D. Practice plans, drills and scrimmages.
- E. Coaching staff (upon approval of the Athletic Director).

## 5. 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.” The first step of this is 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.

- A. **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.

- B. **Parent Contacting the Source:** Contact the coach to talk directly, in private, face-to-face, away from the practice site or game area. 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, verbal or physical abuse from parents. Make an appointment. Help teach your child the skills of mature conflict resolution.

## 6. Conducting a Meeting:

- A. Introduce yourself and vice versa. There is to be no yelling, verbal or physical abuse by either side.
- B. 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.
- C. 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.
- D. Assist in generating options to resolve the conflict. Make sure there is fairness to the proposed solutions.
- E. 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 a 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.

## CONFLICT RESOLUTION PROCESS

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

### 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 to 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 a sub-varsity 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.

## ATHLETIC TRAINING RULES

All student athletes are required to maintain a drug-free status in order to insure their continued and uninterrupted participation in their chosen sports and to insure health, safety and welfare.

### 1. Possession and/or Use of Tobacco Products, Drugs, Steroids and Alcohol

#### A. Violations

1. Shepherd High School student athletes shall not use, possess or be under the influence of any product containing tobacco products; including electronic cigarettes, vaping devices, paraphernalia or supplies, any product containing alcohol, or any “illegal substance”, including, but not limited to inhalants, marijuana, cocaine, LSD, PCP, amphetamines, heroin, steroids, look-alike drugs or any substance commonly referred to as “designer drugs”. This also includes performance enhancing drugs/supplements. Student athletes may not engage in the unauthorized use or sharing of prescription and over-the-counter drugs.
2. Evidence from any Shepherd Public Schools employee, student or law enforcement unit shall be considered in any investigation under these rules.
3. A building administrator shall have the authority to determine, after his/her investigation, if a violation of the above rules has occurred and shall notify the student athlete and parent/guardian of the violation and penalty. Upon notification of an offense the student will be suspended from the team (games and practices) effective immediately, until an investigation is completed.

***Note: If a suspension from school is greater than would have been imposed under the athletic training rules, the suspension of school outweighs the penalty that would have normally been imposed under this policy and the student cannot participate in athletics during the period of suspension from school.***

**B. Confirmation of Violations-** Once confirmation of a violation of a student athlete’s drug free status has been obtained under the terms of this program, a student will be subject to, but not limited by, the following disciplinary consequences and process. These actions are uniform throughout the athletic department for all teams and individuals of those teams.

**C. Penalties-** There are four goals for penalties related to violations:

1. To put the ownership of these violations with the student athlete.
2. To offer a process for change.
3. To attempt to draw in the parents to participate in the process.
4. To give the student athlete every possible opportunity to rectify such behaviors.

### **First Offense**

Student athletes shall receive a 25% suspension of season from play/competition. This can be reduced to 10% if the student athlete takes part in an education/counseling program addressing the issues which have resulted in said consequences. The student and parent are responsible for finding and paying for the program. During this time the student athlete must practice but may not suit or compete. Documentation must be provided to prove the education/counseling program criteria has been met.

EDUCATION: an informative intervention seminar concerning the implications of use and the effect on physiological, psychological and social development, as well as discussion of harm reduction issues and personal and collective responsibility.

CORRECTIVE: come to an understanding that corrective measures are necessary in order to resume the athletic career or to practice and compete again, including a document of agreed to changes signed by the student athlete.

RESTORATIVE: the student athlete must address the teammates and coaches and admit to violation, show remorse and recommit to provisions of The Code of Conduct by resigning it in front of teammates and coaches.

### **Second Offense**

The student athlete shall receive a 1 year (12 calendar months) suspension from practice or play for all sports and a mandatory assessment by a competent counselor of a drug/alcohol free education program. It is the responsibility of the student/parent to find and pay for the program.

### **Third Offense**

The third offense triggers full expulsion from the Athletic Program for the remainder of the student's high school career.

\*\*\* A scrimmage with another school may not count as a scheduled interscholastic competition.

\*\*\* If a suspension cannot be completed in the present season, the suspension will be carried over to the student's next sports season. The amount of dates to be suspended will be determined by the Activities Director.

\*\*\* Suspensions for Activity Code Violations assessed by other school districts will be carried over to Shepherd High School for transferring students.

\*\*\* Actions displayed on the internet are considered a source of evidence in determining a violation of the Activity Code of Conduct.

\*\*\***Appeal Process**: Student athletes have the right to appeal any athletic suspensions/dismissals to the Athletic Review Panel. The Athletic Review Panel will be made up of a building administrator, the Athletic Director and coaches from 2-3 other sports. A student athlete shall remain under suspension until the Review Panel can meet. The Review Panel will meet within three (3) school days after the request for appeal. A decision by the Review Panel will be made in a reasonable amount of time (approximately 24 hours). The decision of the Athletic Review Panel is final.

## DEPARTMENT OF ATHLETICS

### SHEPHERD PUBLIC SCHOOLS

#### ATHLETIC RESPONSIBILITY ACKNOWLEDGEMENT

As a Shepherd Public School student participating voluntarily in interscholastic athletics, I understand that I will:

- 1) abide by the Shepherd Public Schools Athletic Code of Conduct, rules of the Michigan High School Athletic Association, and the laws of the State of Michigan.
- 2) conduct myself in an exemplary manner that will not bring discredit to myself, my family, my team, my school, or my community.
- 3) be responsible for all athletic equipment issued to me throughout the season. I will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.

Parents and student athletes should fully understand and appreciate the risk of serious personal injury associated with athletic participation. Swift movement of bodies which many times are airborne, unavoidable collisions often occur in interscholastic athletics.

Athletic activities are hazardous and taking part in such activities is a calculated risk taken on behalf of the student athlete and parents. For many young adults, the benefits from athletic involvement exceed the potential hazards. Calculated risk makes the participation a stimulating adventure and satisfies the student athlete's desire for competition, strenuous effort, and creative activity. "While reducing injuries to a minimum is a continuous goal of our coaching and administrative staff, the school district and school officials cannot guarantee that injuries will not occur. Students participate in athletics at their own risk."

I have read and I understand Shepherd Public Schools Athletic Code of Conduct and the team rules provided by the coach. I understand that should I violate any of these rules, I am subject to the penalties as stated in the athletic code and in the individual team rules. I know what is expected of an athlete who represents Shepherd Public Schools, and I am prepared to meet those expectations.

Student Name \_\_\_\_\_  
(please print)

Class of \_\_\_\_\_

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

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_