

Flat Rock Community Schools

Athletic Handbook



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Flat Rock Community Schools

Student-Athlete Parent/Guardian Handbook

2017-18

In this handbook, you will find specific policies that will guide and govern the athletic programs of the Flat Rock Community Schools.

The athletic program has been established to present opportunities for students to develop physical skills, to represent the school, to gain experiences in teamwork and to develop sportsmanship. All eligible students of the Flat Rock Community School district shall have the opportunity to compete for positions on the athletic teams.

THE HURON LEAGUE

The purpose of the league is to create worthwhile competitive athletic relationships among the member schools. Members at present are: Airport, Flat Rock, Grosse Ile, Milan, St. Mary Catholic Central, Monroe Jefferson, New Boston Huron and Riverview. In addition to championship trophies in each sport, the Huron League awards a Boys All-Sports Trophy and a Girls All-Sports Trophy each year to the school with the largest number of points in the sports programs offered.

The following sports are offered at Flat Rock Community High School and Simpson Middle School:

HIGH SCHOOL

Boys - Football, Basketball, Wrestling, Baseball, Track, Cross Country, Hockey, Golf, Bowling, & Soccer

Girls - Basketball, Competitive Cheer, Volleyball, Softball, Track, Cross Country, Soccer, & Bowling

MIDDLE SCHOOL

Boys - Football, Basketball, Wrestling, Track, Cross Country & Baseball

Girls - Basketball, Volleyball, Track, Cross Country & Softball

HIGH SCHOOL ELIGIBILITY

Participation in competitive athletics at Flat Rock Community High School and Simpson Middle School is a privilege and an honor. The rules of the Michigan High School Athletic Association are administered and enforced by our schools. You must qualify for participation under these rules. Flat Rock Community High School students must:

1. Be under 19 years of age on August 31.
2. **Have passed a satisfactory physical examination for the present school year, after April 15th of the previous year. Record of this examination must be on file in the Athletic Department Office.**
3. Not have competed for more than three seasons previously in the sport you have selected.
4. Have been enrolled in high school for not more than seven semesters beyond the eighth grade.
5. Play only with teams representing the school.
6. Not be a professional.

Flat Rock Community High School student-athletes must have passed 5 of the 7 courses during the previous semester enrolled, and must be passing 5 of their 7 current semester courses.

7. Students in grades 9 through 12 who transfer from another high school or middle/high school are ineligible to participate in high school athletics for the equivalent of 60 school days unless one of several exceptions exist. Usually, Schools of Choice transfers are done without a residence change of a parent, and therefore, the student-athlete must sit out 60 school days before becoming eligible. Please contact your principal or athletic director for the specific wording of the MHSAA regulation concerning transfers. MHSAA Handbook. Regulation I, Section 9, <http://www.mhsaa.com/administration/handbook.pdf>
8. Not have been graduated from any secondary school.
9. Not accept, from any source, an award for participation in athletic performances of over \$25.00 (includes merchandise, membership, privileges, services, or money in any amount). Accepting an award will make you ineligible even though you return it.

SIMPSON MIDDLE SCHOOL ELIGIBILITY

1. Be under 14 or 15 of age (Grade 7 & 8, respectively), except that a student who reaches that birthday on/or after September 1 of a current school year is eligible for interscholastic athletic contests for the balance of that school year.
2. Qualify under 2, 5, 6 above.
3. Simpson Middle School student-athletes must have passed 5 of the 7 courses during the previous semester enrolled.
4. Be passing 5(five) courses from the beginning of the semester in which you compete.
5. All coaches have the option of using a weekly progress report in addition to the above MHSAA regulations. Coaches will notify parents at the start of the season if the athletes will be held to the weekly progress report standard. Students are to return a completed "Weekly Progress Report" form each Friday during the season to his/her coach, prior to the beginning of practice. The form is to be given to each teacher during class on Thursday, in order for the teachers to indicate the athlete's current grade, as well as any assignments that have not been completed during that week. There is also a space for the teachers to describe any inappropriate behavior that has been exhibited in class. The form is to be taken home and signed by a parent /guardian on Thursday and returned on Friday. If there are any assignments listed as having not been completed at the time the form is filled out, the athlete must have those assignments completed and turned in to his teacher by the following Monday, in order to participate in practice that day.

CELL PHONES

Due to privacy issues and the advancement in technology, cell phones will not be allowed to be turned on in the Locker rooms. Any inappropriate use of the camera function of a cellphone may lead to suspension from sports.

ATHLETIC AWARDS

Awards will be presented to all athletes who have competed and successfully completed seasons for Flat Rock athletic teams. Awards will be presented by the teams' coaches.

7/8 Grade	Certificate	
JV	1 st Year – Certificate	2 nd Year – Certificate
Varsity –	1 st Year – Letter	2 nd Year – Pin
	3 rd Year – Medal	4 th Year – Plaque

Each coach will inform team members of the requirements and standards for earning an award in that sport. Athletic awards given by the school will be awarded to students who have met the coaches established qualifications.

RESPONSIBILITY OF ATHLETES

At Flat Rock Community Schools, more is expected of athletes than compliance with minimum requirements. Athletes are expected to be leaders in school and in the classrooms; in addition, members of athletic teams have these specific responsibilities:

1. It is recognized that students who are members of interscholastic athletic teams serve as representatives of Simpson Middle School and Flat Rock Community High School. Because of this, athletes are expected to uphold the highest standards of conduct both in school, in the community, and while competing. Athletes are generally held in high esteem by other members of the student body, and should serve as positive role models. Situations within the school community involving an athlete's conduct which are contrary to this statement may result in disciplinary action, which could include suspension from athletic competition or dismissal from the team.
2. Pay to Participate – There will be an annual fee of \$125.00 per High School athlete and \$85.00 per Middle School athlete to participate in athletics. This is a one-time per year fee. A family cap of \$300.00 is set. While all athletes are important to the overall success of the team the fee does not guarantee playing time. Athletes are required to and will be restricted from participating in any other sport or practice session until this obligation has been cleared by the Athletic Director or Athletic Supervisor.
3. Equipment — The equipment issued to you as a participant in athletics represents a capital investment of hundreds of dollars annually. Athletes will be responsible for all school equipment which is issued to them during a sport season. This responsibility will be based on the following guidelines:
 - a. Athletes must maintain their equipment in reasonable and clean condition. The coach will be responsible for establishing a procedure to be followed for the cleaning of uniforms.
 - b. All equipment must be returned to the coach at the end of the sport season. Athletes are required to pay for all lost or damaged equipment and will be restricted from participating in any other extracurricular activity or practice session until this obligation has been cleared by the coach or athletic director.

4. All fines must be paid and equipment returned in order to participate in graduation ceremonies.
5. Choosing a Team - Huron League rules allow dual Sports participation. High school students may participate in up to two Varsity or Club sports per season sanctioned by MHSAA or authorized by the school board, provided all team and MHSAA rules governing practices and contests are abided by. Students in dual sports may not practice for a combined total of more than three hours in any one given day. Students in dual sports will identify a primary and a secondary sport and shall always attend primary practices over secondary practices, primary contests over secondary contests, primary contests over secondary practices, and secondary contests over primary practices. Students who choose to participate in dual sports must have on file a copy of the Dual Sports Application form, which must be signed by the athlete's parent(s)/guardian(s), coaches of both sports, the Athletic Director and the building Principal. Student-athletes may not participate in more than two sports per season, varsity or club. A copy of the Dual Sports Application form will be housed with the Athletic Director.
6. Practice: Athletes are expected to attend all practices unless suspended out-of-school (OSS).
 - a. Unexcused absences from practice may result in suspension from the squad.
 1. You must be in school at least four (4) entire class periods to participate in practice, team meetings and games held on that day, school business days excluded. In case of an emergency illness, final determination will be made by the athletic director or principal.
 - b. Any person assigned after school detention and/or suspended out of school for any reason will be excluded from all athletic practices, team meetings, games and all other extracurricular activities during the period of the detention and/or suspension.
7. Illness/Injury — Athletes who are out of school for three or more days because of injury may not attend practice sessions or participate in competition without written permission from the athlete's physician. An athlete must have a doctor's permission to return to practice or competition if he/she has sustained any injury which requires a visit to the doctor. For liability purposes, a doctor's written permission must be on file in the Athletic Department before the athlete returns to practice or competition.
8. Travel — All athletes will be expected to ride with their teammates and coach on the bus (or other means of school provided transportation) both on the way to contests held at other school, and on the return trip to Flat Rock. Exception to this regulation will be made if the following conditions are met:
 - a. Must submit a written request on the athletic department form to the athletic director or principal prior to the start of the contest, signed and dated by the parent/guardian.
 - b. This authorized request must be forwarded to the coach and submitted to the Athletic Director or Principal prior to the contest.
 - c. Athletes may be transported only by an authorized adult.
9. Students who elect to be athletes do so for their entire career beginning with the first official practice as a Flat Rock athlete. Therefore, athletes will be held accountable for their actions in or out of season on or off school grounds. This policy pertains to an athlete on a

cumulative basis (i.e., the offenses will accrue over an athlete's history in Grades 7-12). In cases involving suspension, the disciplinary action will be carried out into the next full season of participation.

10. **Conflicting Activities** - It is very likely that sometime during the school year separate activities requiring student/athletes involvement will occur. In the event of such a situation student-athletes are required to communicate the conflict to both the coach and other extracurricular event director (s). The staff members in charge will work towards resolving conflicting activities. In the event that the conflict goes unresolved the student-athletes parents will make the final decision with the assistance of the Principal and/or the Athletic Director.
11. **Absences from school for the purpose of athletics**- It is believed that athletics and academics are both of significant importance in student athletes' lives. One of the values of athletic participation can be the motivation it provides to perform well in all areas of life. Therefore, the following policy is designed to provide motivation for some student athletes to dedicate themselves to their academic challenges as well as their athletic ones.
 1. It is the student athlete's responsibility to always meet the MHSAA academic guidelines, especially while they are participating in a sport. Student athletes wishing to participate in athletic events scheduled during school hours will only be excused to participate if they are currently continuing to meet the academic guidelines of the school.
 2. It will be the policy of the Athletic Department to notify via email, the school's staff of an athletic event that would require a student athletes' absence from the classroom. The staff will notify the Athletic Department of any student who is failing his or her course. The Athletic Director or his designee will speak with the teacher and upon verifying that at that point in the semester, the student athlete is failing to meet the academic standards required for passing the course, they will **not** be excused for the athletic event. Any decision to allow or prohibit a release will always be based on what is best for the student athlete's overall welfare.

PENALTIES FOR INFRACTIONS

Participation in athletics is a privilege and, as such, athletes will be subject to some general rules and regulations to which the regular student body in some cases would not. Reports of infractions will be accepted by the Athletic Director in writing, from school personnel or law enforcement officials. If it is substantiated that the athlete has violated the standard specified, action will be taken, and the Athletic Director will notify the athlete and parent/guardian.

VIOLATION 1: Conviction of a felony High School and Middle School.

CONSEQUENCE: The student-athlete will be suspended from sports for a minimum of one year. Return to sport participation will be based on appeal to the athletic council.

VIOLATION 2: Possession and/or use of any illegal substance, drugs or alcohol,

CONSEQUENCE:

1st Offense - The student-athlete will be suspended from sports for a minimum of one full season of participation. If the offense occurs during an athletic season, the balance of the suspension will be served in the athlete's next regular season in which they participate beginning with the first non-scrimmage contest.

OR

The student-athlete may file a petition for the relief from this rule and sit out 1/3 (see appendix A) of the season and successfully complete a substance abuse class, at no expense to the school district. If the suspension is to go into effect with less than 1/3 of the season remaining the suspension will commence immediately and last for the duration of the season and continue into the next season to total 1/3 of season. The suspended athlete is expected to continue to practice, accompany the team, and sit on the bench in street clothes for the duration of the suspension

2nd Offense - All offenders will be petitioned to the Flat Rock Board of Education for expulsion, therefore, the student-athlete will be indefinitely suspended from all athletic participation pending Board action. The minimum consequence will be dismissal from the team for a period not less than one year.

VIOLATION 3: Possession and/or use of tobacco products. (Includes electronic cigarettes)

CONSEQUENCE (High School):

1st Offense Disciplinary action taken shall consist of the athlete being suspended from participation in athletic contests or games as follows.* NOT INCLUDING SCRIMMAGES. One (1) game date or meet in Competitive Cheer; two (2) game dates or meets in Football; three (3) meets in, Track and Cross Country and; four (4) contests in Baseball, Wrestling, Volleyball, Basketball, Softball, Basketball, Bowling , Golf, Soccer and Hockey.

2nd Offense — One (1) full season suspension

3rd Offense — One (1) calendar year suspension

CONSEQUENCE: (Middle School):

1st Offense - Disciplinary action taken shall consist of the athlete being suspended from participation in athletic contest or games as follows: One (1) game date or meet in Football and; two (2) meets in, Track, Cross Country, Baseball, Wrestling, Volleyball, Basketball and Softball and Soccer.

2nd Offense — One (1) full season suspension OR repeat disciplinary action for the first violation plus attend a substance abuse center consultation and follow the recommendations of the substance abuse center.

3rd Offense — One (1) calendar year suspension OR repeat disciplinary action or the first violation, plus attend a substance abuse center consultation and follow the recommendations of the substance abuse center.

- For disciplinary purposes, an athletic season shall be defined as the time between the first scheduled athletic contest or game and the last regular athletic contest or game date. Further, the school year shall be divided into three (3) athletic seasons: Fall, Winter & Spring. When necessary, because of the time of the violation or infraction, suspension shall extend into the next season of participation.
- Suspension shall be effective as of the first contest or game date after the violation or infraction has been substantiated by the school administration. Suspensions shall be consecutive.
- During the course of an athletic suspension, the athlete must continue to practice, unless suspended out-of-school, and adhere to team policies to fulfill the requirements of the suspension. A student serving all, or part of, an athletic suspension must be a member of the team(s) for the entire season, attending all practices and games as all other team members are expected to do. For example, if an athlete participates in cross country and misses three meets at the beginning of the season due to an athletic suspension, but quits the team before completing the season, he/she will not be allowed to count the cross country suspension as complete. If an athlete refuses or fails to fulfill the requirements of the suspension, it shall result in the suspension from all athletics for one calendar year starting on the date of the infraction with a minimum athletic suspension of one full season.
- SELF-REPORTING — Sometimes called the “Confession Without Proof” clause where a student-athlete admits guilt for violating athletic disciplinary policy. The incident or violation cannot be under investigation by a law enforcement agency. If school officials cannot prove guilt of an offense, then the admission of guilt by a student-athlete is for counseling and/or for their own ownership for making a mistake and accepting the consequences. Penalties will be 1/3 of the season (see Appendix A) suspension of a “proven” like infraction. (i.e. Proven alcohol use would be a full season suspension from athletic competition)

APPEAL PROCEDURE

An athlete that has been suspended or dismissed by the Principal or his/her designee has the right to appeal. The parent/guardian of the athlete suspended should have a meeting with the Athletic Director within 48 hours of notification of the suspension. The Athletic Director will arrange for appeals.

In the case of an appeal of an athletic disciplinary action, the Head Coach, the Athletic Director and the Principal shall meet with the athlete and the parent/guardian to resolve the problem. If an appeal is still desired, such an appeal may be made to the Athletic Council. This appeal procedure will also apply to appeals related to switching sports after two weeks of practice has begun.

Only in the case of dismissal from the team will the School Board be included in the appeals process. This can only occur after all other stages of the appeals process have been exhausted.

ATHLETIC COUNCIL MEMBERSHIP

High School and Middle School

- One School Board Member
- One School Administrator or Designee appointed by the Principal
- One Coach appointed by Principal
- One Teacher appointed by Principal
- Athletic Director

On each council, the athletic director shall chair all meetings. All members shall be selected at the beginning of each school year and be member for the entire year.

PROCEDURES

A. A meeting of the council shall be called by the Athletic Director upon written request of athlete's parent/guardian.

B. Said meeting shall be scheduled as soon as possible.

C. Meeting Procedures:

1. The Athletic Director shall briefly state the purpose for meeting and introduce the coach, athlete, parents, and parties to the council.
2. The parent/guardian shall present their disciplinary appeal or switching sport appeal to the council and the coach shall present their reasons for not allowing the switch in the event of an appeal to switch sports.

3. The council may ask questions or enter into a discussion of the problem with the coach or athlete. When this is completed to the satisfaction of the council, the coach or athlete may be asked to leave for the private discussion by the council.
4. Should other options of the problem be necessary, other people involved shall be summoned.
5. The council shall vote in private.
6. Results of the proceedings shall be recorded and a copy shall be filed with the Athletic Director, Principal and Superintendent.
7. If a decision of the athletic council is to be appealed (only applicable in the case of dismissal from the team) to the Board of Education, notice of that appeal and a request for a hearing must be submitted in writing to the Superintendent within seven (7) days of the meeting at which the athletic council made its decision. The ruling of the Athletic Council shall stand, unless overturned by majority vote (4) of the Board of Education.

ATHLETIC INSURANCE

Flat Rock Community Schools does not carry insurance to cover injuries to athletes. The MHSAA does have insurance coverage for catastrophic injuries. Refer to their website for specifics. The district cover lost or stolen items due to participation. Therefore, it should be understood that Flat Rock Community Schools assume no liability for injuries incurred through participation in the athletic program.

There is insurance that may be purchased by the individual student at the beginning of the school year that will give you coverage for athletic injuries. Additional information and an insurance brochure may be obtained from the Athletic Director.

N.C.A.A. GUIDELINES

High School Core Courses:

- At least 4 year English
- At least 2 years math -(one year algebra and one year geometry or one year of a higher level mathematics course for which geometry is a prerequisite)
- At least 2 years social science
- At least 2 years natural or physical science (including 1 lab course, if offered by any high school you attended)
- At least 1 year of additional courses in English, math or natural or physical science, and
- 2 additional academic courses in any of the above areas, or foreign language, computer science, philosophy or comparative religion.

COMPLAINT PROCEDURE

If an athlete, coach, administrator, or fan has a complaint or question regarding an athletic situation, we urge the individual to talk with the person along the communication line who is the source of the concern:

1. Talk with the Coach
2. Talk with the Head Coach
3. Talk with the Athletic Director
4. Talk with the Athletic Supervisor
5. Talk with the Principal
6. Talk with the Superintendent or their Designee

APPENDIX A (ADD) ATHLETIC SUSPENSIONS JV AND VARSITY SPORTS

SPORT	MAXIMUM # OF GAMES OF COMPETITION	SUSPENSION
BASEBALL	38	10
BASKETBALL	20	6
FOOTBALL	9	3
SOFTBALL	38	10
TRACK	18	6
VOLLEYBALL	18	6
WRESTLING	16	5
SOCCER	18	6
BOWLING	24	8
GOLF	16	5
HOCKEY	24	8
COMPETITIVE CHEER	12	4

MIDDLE SCHOOL SPORTS

SPORT	MAXIMUM # OF GAMES OF COMPETITION	SUSPENSION
BASEBALL	10	3
BASKETBALL	12	4
FOOTBALL	6	2
SOFTBALL	10	3
TRACK	10	3
VOLLEYBALL	12	4
WRESTLING	12	4

Dear Parents,

This Athletic Handbook of the Flat Rock Community Schools contains the policies and procedures of the Michigan High School Athletic Association and the Flat Rock Board of Education. Please read and discuss the policies carefully for adherence to them is mandatory. If you have any questions regarding the content, contact the Athletic Director of the Flat Rock Community Schools. You and the participating athlete must sign the statement below before participation will be allowed.

Anytime there is a concern about their son or daughter, the parent should start with requesting a meeting with the coach to discuss the matter. The coach, the athlete and the parents will all meet to discuss the situation. Parents are reminded that the coach has the authority for determining the team roster, starting line-ups, playing-time, team/player discipline.

I, as a parent/guardian of an athlete in the Flat Rock Community Schools have read the Athletic Handbook. I am aware that these are the policies of the Michigan High School Athletic Association and Flat Rock Board of Education and I agree to the conditions set forth herein for the 2017-2018 school year.

Please read, sign and then return to the coach. Thank you.

Date

Parent/Guardian Signature

Date

Student/Athlete Signature

Participating Sport

Student/Athlete PRINTED Name