

**Fremont High School  
Parent-Student  
Athletic Handbook**



**Fremont  
Packers**

*"Student Centered, Learning Focused, World Ready"*

## INTRODUCTIONS

### To the Parent:

Welcome to Fremont High School Athletics. This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family's interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in personal development.

We, who are concerned with the educational development of students through athletics, feel that a properly controlled, well-organized sports program meets the students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

When your daughter/son joined our sports program, he/she committed our staff to certain responsibilities and obligations. They are:

1. To provide adequate equipment and facilities.
2. To provide well trained coaches.
3. To provide equalized contests with skilled officials.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics. The following information is not meant simply as a list of rules, but is offered as a guide for successful participation in athletics at Fremont High School.

No handbook can list every offense, which may be detrimental to students or the learning environment. Therefore, other offenses not listed but deemed inappropriate to the school environment are subject to discipline up to and including expulsion at the discretion of the Administration and the approval of the Board.

### **TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN**

- 1) Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- 2) Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
- 3) Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast, and so on. It is tough no to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often 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 the 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."

### **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 the participants.
10. Expect that your child treats 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.

## COMMUNICATION BETWEEN COACH AND PARENTS

The purpose of the interscholastic athletic program at Fremont 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 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:**

**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.

**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.

**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.

**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.

**Problem Behavior:** Coaches should call parents whenever an athlete exhibits atypical behavior that persists longer than 48 hours.

**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 Athletic 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.

**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.

**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. Positions(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.” 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.

**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 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.

### 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.

## **To the Athlete:**

Being a member of a Fremont High School athletic team is both an honor and a privilege. We hope you will enjoy your time on the playing field and take the lessons learned as positive and beneficial when it comes time to say good-bye to Fremont High School.

The rules outlined in this handbook are not designed solely to describe punishment; rather, they are intended as a guide to successful participation. As a student-athlete, you will be expected to understand and abide by these rules. It is your responsibility to adhere to them.

1. **RESPONSIBILITIES TO YOURSELF:** The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities, as well as in sports, help to prepare you for your life as an adult.
2. **RESPONSIBILITIES TO YOUR SCHOOL:** Another responsibility you assume as a team member is to your school. You assume a leadership role when you are on an athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, one can contribute greatly to school spirit and community pride.

Fremont High School cannot maintain its reputation as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

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

## To the Coaching Staff:

### **COACHING STANDARDS & EXPECTATIONS**

The heads of extra-curricular programs in the Fremont 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 those clubs and 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' physical 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 for 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.

## **MISSION STATEMENT**

The role of interscholastic athletics in the Fremont Public School is to provide educational experiences in the framework of competitive athletics. By focusing on educational outcomes and student learning, athletics provides avenues for physical, emotional, social and intellectual growth.

## **ATHLETIC PHILOSOPHY**

In keeping with the Fremont vision of *Student Centered, Learning Focused, World Ready*, athletics are seen as an extension of classroom education. Success shall be measured by more than wins and losses. Rather, it is measured by the type of individuals who participate in the athletic program. The goal of the FHS Athletic Department is to develop the character traits, leadership skills, and sportsmanship of our students. We expect to positively impact our athletes not only in the techniques and strategies of their sport, but also in the attainment of life-long skills and appreciation for physical fitness. We want our student-athletes to understand that successful athletes are those who set goals and strive toward the accomplishment of those goals. Successful athletes are honest and hard-working people who endure personal sacrifice and persevere through the arduous journey of self and team improvement. Those student-athletes who accept the challenges of participation and always give their best effort can only be classified as winners. It is important that participants model good sportsmanship, respect, self-discipline, teamwork and self-esteem

## **EDUCATIONAL OUTCOMES OF PARTICIPATION IN ATHLETICS**

### Physical Growth

- Achieving personal fitness
- Learning to deal with stress
- Learning skills for participation
- Learning good health habits

### Emotional Growth

- Gaining self-confidence, self-worth, and self-discipline
- Learning to accept criticism
- Learning to accept success and failure

### Social Growth

- Developing interpersonal relationship skills
- Developing loyalty to a group
- Learning to win/lose graciously
- Learning to work in a group – teamwork
- Learning sportsmanship – fair play
- Learning respect for teammates, opponents, coaches, and officials
- Representing yourself, your team, and your school in a positive manner

### Intellectual Growth

- Learning a sense of pride in achievement
- Learning commitment to a goal
- Learning time-management skills

## REQUIREMENTS FOR HIGH SCHOOL PARTICIPATION

The following are requirements that shall be completed prior to participation on any Fremont athletic team. The first time a student tries out for any athletic team, the Athletic Handbook containing all the information for participating in athletics at Fremont High School will be made available electronically, along with:

1. Athletic Participation Form
2. Physical Examination Form
3. Athletic Policy Handbook Form/Code of Conduct
4. Pay to Participate Contract
5. Concussion Awareness Acknowledgement

These forms must be completed and signed electronically. The pay to participate fee must be paid before a student competes in a scrimmage or game, unless other arrangements have been made with the athletic department.

## GOVERNANCE

### The Board of Education

The Board of Education, responsible to the people, is the governing body for Fremont Public Schools.

The Board of Education is responsible for the following areas:

1. Interpreting the needs of the community.
2. Developing policies in accordance with state statutes, legal mandates, and in accordance with educational needs and wishes of the people of the Fremont School District.
3. Approving means by which professional staff may make these policies effective.
4. Evaluating the interscholastic athletic program in terms of its value to the community.

### Association Membership-MHSAA

Fremont High School is a member in good standing of the Michigan High School Athletic Association that is a private, voluntary association of public, private and parochial secondary schools. The primary function of the Association is to sponsor tournaments and ensure that member schools follow rules and guidelines to promote equitable competition.

The purpose of the Michigan High School Athletic Association is to:

1. Increase and promote the educational value of interscholastic athletic programs throughout the state.
2. Assist member institutions in their regulation of interscholastic athletic eligibility rules for athletic contests.
3. Promote uniformity, predictability and competitive equity in the application of eligibility rules for athletic contests.
4. Promote the physical welfare of participating students.

### League Affiliation

Fremont High School is a voluntary member of the following two leagues: West Michigan Conference (WMC) and the Coastal Conference for sports that are not recognized by the WMC. Each league was established for the primary purpose of promoting selected interscholastic activities among member schools and to assure benefits that are afforded for such efforts of unity.

The object of these leagues is to promote sportsmanship, to foster a spirit of wholesome rivalry, and to determine championships in high school sports or other activities in which member schools shall participate.

# ATHLETIC CODE OF CONDUCT

## PREAMBLE

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

## APPLICATION OF THE CODE OF CONDUCT

When a student voluntarily participates in interscholastic athletics, he/she agrees to abide by the Fremont High School's Athletic Code throughout his/her high school athletic career. This Athletic Code applies to candidates, members, and managers of all athletic teams.

## CALANDER APPLICATION OF CODE OF CONDUCT

Students shall be regarded to be under the rules of the School Athletic Code beginning with their first day of participation in interscholastic athletics and continuing through to their date of graduation or the last date of participation, whichever is later.

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

This includes vacation breaks, summer recess, and off-season times. The participant is always under the Athletic Code from the beginning to the end of their athletic career.

## STANDARDS OF CONDUCT

The following conduct constitutes a violation of the Fremont Public Schools Athletic Code and will subject the athlete to discipline as described below.

1. Use, possession, concealment, distribution, sale, or being under the influence of those substances listed in Items A-G below. For purposes of this section of the Athletic Code, the term "distribution" includes the "hosting" of a party at which any of the substances listed in Items A-G are provided:
  - A. Tobacco or tobacco products in any form;
  - B. Alcohol or alcoholic beverages in any form;
  - C. Illegal drugs, including but not limited to those substances defined as "controlled substances" pursuant to federal and/or state statute;
  - D. Steroids, human growth hormones or other performance-enhancing drugs;
  - E. Substances purported to be illegal, abusive or performance enhancing, i.e., "look-alike" drugs;
  - F. Misused prescription drugs;
  - G. Misused non-prescription drugs or inhalants (Vapes, Dab Pens, etc.)

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

2. Use, possession, concealment, distribution, manufacture or sale of devices designed for and/or associated with the use of controlled substances, e.g. to include but not be limited to a dab pens, vapes, marijuana pipe, E-cigarettes, "roach" clip, rolling papers, or devices used to smoke, inhale, inject, or otherwise consume controlled substances.
3. Violation of federal, state or local law/ordinance, including felony or misdemeanor acts other than minor traffic offenses. Conviction of said act is not necessary to establish a violation of the Athletic Code, but will be determined through an independent school investigation and may result in a penalty.
4. Violation of the Student Conduct Code as set forth in the Fremont High School Handbook, which results in a school suspension of more than three days.

Note: Students must self-report within 6-8 hours to the Athletic Director any violation of State of Federal Law that could result in a felony or misdemeanor. Failure to do so will increase the disciplinary action.

**DISCIPLINARY ACTION FOR VIOLATION OF STANDARDS OF CONDUCT "1, 2, 3, 4"**

**First Offense:** At a minimum, the student-athlete shall be suspended from competition for one-fourth (1/4) of a season.

**Second Offense:** At a minimum, the student-athlete shall be suspended from competition for one full season.

**Any Subsequent Offenses:** At a minimum, the student-athlete shall be suspended from competition for one calendar year.

5. Cumulative or gross misconduct, including behavior which school officials consider conduct unbecoming to an athlete and a representative of Fremont Public Schools (example: profanity, gross gestures) may result in a penalty pending an investigation.
6. Violation of the Student Conduct Code as set forth in the Fremont High School Handbook, which results in a school suspension of three days or less.
7. Violation of any team conduct, grooming or training rule as may be established by the Coach and approved by the Athletic Director.

**DISCIPLINARY ACTION FOR VIOLATION OF STANDARDS OF CONDUCT "5, 6 & 7"**

**First Offense:** At a minimum, the student-athlete shall be suspended for one-quarter (1/4) of a competition.

**Second Offense:** At a minimum, the student-athlete shall be suspended for one fourth (1/4) of a season.

**Any Subsequent Offenses:** At a minimum, the student-athlete shall be suspended from competition for one full season.

8. Athletes suspended from school may not participate in or attend games or practices held during the suspension. A suspension begins at the time of notification and ends at the last calendar date of the suspension. Participation is prohibited from the first date up to and including the last date of suspension. Athletic suspensions may begin following a school suspension or an ineligibility period.
9. Disciplinary problems at school or at extracurricular events (Home or Away) may be a reason for the coach, athletic director, or administration to drop or suspend an athlete from a sport or apply another form of disciplinary action.
10. School obligations such as attending all classes, help sessions, detentions, completing homework, making up tests, etc. must be satisfied before participating in extracurricular activities.
11. Athletes are expected to attend scheduled classes and have any and all absences excused prior to participation. On days of competition and practice, a student athlete is expected to be in attendance the entire school day in order to be eligible to participate. Exceptions must be pre-approved by the athletic department.
12. Athletes are required to attend class the entire school day on days that practice may occur in the morning before school. Failure to attend class will result in loss of participation time.
13. If an athlete is disqualified during an athletic contest for flagrant or unsportsmanlike conduct that student will be withheld by his/her school for at least the next contest/day of competition for that team. The Athletic Department has the right to enforce a greater penalty if it deems it necessary, including a long-term suspension for multiple disqualifications by the same individual.
14. The head coach and/or athletic director have the authority to apply program rules/disciplinary procedures regarding theft, truancy, fighting, misconduct in or dismissal from any class, disrespect for teachers, and violation of any school policy, procedure or regulation.
15. When circumstances arise that are not specifically addressed by this Code, the Athletic Director and/or the coach involved reserve the right to appropriately respond to such a matter in a manner not inconsistent with the terms and conditions of this Code.

## **DISCIPLINARY PROCEDURE FOR VIOLATIONS OF STANDARDS OF CONDUCT**

- A. An administrator will meet with the student-athlete to discuss and explain the alleged charges of violation. If student is suspended from school, a letter will be given to the parents in regards to if there is possibly an athletic suspension.
- B. The student-athlete will be allowed to present any relevant information in his or her defense of the charge(s).
- C. Citing a preponderance of the evidence, the athletic director will make the decisions regarding guilt, the appropriate category and offense, and, if appropriate, a determination regarding appropriate discipline.
- D. Prior to the athletic suspension, parents will be in contact with the athletic director to discuss the disciplinary action and/or the length or suspension.
- E. Parents and student-athletes have the opportunity to appeal. **Any loss of the privilege of participation will continue during the appeal process.**

## **REINSTATEMENT**

Prior to the completion of any suspension of a quarter ( $\frac{1}{4}$ ) or more of a season, the student-athlete must meet with the athletic director for reinstatement. The athletic director will reinstate only those student-athletes who have maintained, during the suspension, the highest standards of behavior expected of a Fremont student-athlete.

## **APPEAL PROCESS**

Both student-athletes and their parents may appeal disciplinary decisions regarding the Code of Conduct. During the appeal process, any loss of privilege of participation will remain in effect. The following steps must be followed:

### **Step 1 - Appeal to the Athletic Coaches Council**

Within three (3) school days of the decision, submit a written appeal to the Athletic Director that explains the grievance. The Athletic Coaches Council must render a written response within three (3) days of receipt of the appeal. The student athlete's coach will not participate in the decision rendered.

### **Step 2 - Appeal to the Principal**

Within five (5) school days of receipt of the Athletic Coaches Council response, submit a written appeal to the Principal. The Principal must render a written response within five (5) school days of receipt of the appeal.

### **Step 3 - Appeal to the Superintendent**

Within seven (7) calendar days of receipt of the Principal's response, submit a written appeal to the Superintendent. The Superintendent must render a written decision within seven (7) calendar days upon receipt of the written appeal.

#### **Step 4 – Appeal to the Board of Education**

Within seven (7) calendar days of receipt of the Superintendent's response, submit a written appeal to the Board of Education. The Board of Education must render a written and final decision within seven (7) calendar days upon receipt of the written appeal. The decision of the Board shall bear the signature of the Board President and his/her designee. The decision of the Board shall be final and no further appeal rights shall be granted.

In the above procedure, if an agreement should be reached at any step in the process, further appeal is unnecessary. If a violation is reported when school is not in session, weekdays (Monday through Friday) will substitute for school days. Appeals will be held in abeyance when administrators or a quorum of Board members is not available.

#### **TERM CLARIFICATIONS**

##### **Athletic Coaches Council**

The Athletic Coaches Council shall consist of the Athletic Director and a minimum of three Head Varsity Coaches of Fremont High School. The Head Varsity coach from the sport of the student in an appeal process will not participate in the Athletic Coaches Council during the appeal process.

##### **Definition of "season" and mid-season suspensions**

A season will consist of the number of games scheduled by the athletic department in the sport the athlete is participating in at the time of the offense, or if not then participating, in the next regularly scheduled sport in which the athlete will participate. When a suspension cannot be fulfilled in a single season, the remaining suspension will be prorated to the athlete's next season or next sport based on a percentage basis. Successful season completion and good standing status shall be a requirement for the suspension percentage to be credited during that next athletic team membership. Suspensions will include all Conference and State tournament competitions.

##### **Civil/Juvenile/Criminal court cases**

If a student-athlete is involved in a Code of Conduct violation that is also being decided in a court of law, the athletic director may withhold judgment on the stated violation until a decision is made by the court. At his/her discretion, the athletic director shall also choose to immediately suspend the privilege of participation for that student-athlete until the court has made a final decision. In most instances when the student-athlete has been placed under arrest, that student-athlete will be immediately suspended and will remain under suspension until the court system has makes a decision on guilt or innocence. Suspension time served while awaiting the final rulings of the court shall be credited toward the student-athlete's Code of Conduct penalty.

##### **Participation During Suspensions**

Student-athletes serving Code of Conduct suspensions are encouraged and expected to continue practicing with their team and are allowed to travel to away contests. The student-athlete will not wear their uniforms or warm-ups during their suspension, or participate in any "special programs" in which their team may participate, and the student-athlete will not be recognized at any public function, unless permission is obtained from the athletic director. In addition, when the student-athlete is under suspension for more than 50% of a season's regularly scheduled contests, or at the discretion of the athletic director, that student-athlete shall not be eligible to earn a varsity letter in that sport for that season.

## **ELIGIBILITY RULES FOR SENIOR HIGH SCHOOL STUDENTS**

The Michigan High School Athletic Association (MHSAA) rules listed in this handbook are only a summary of some of the regulations affecting student eligibility. Most rules are found in the MHSAA HANDBOOK, which is located in the school administrative offices. In addition, Fremont High School has the authority to establish more stringent standards and to enact codes of athletic conduct that are in the best interest of individual students, the team and community. As a participant in Fremont High School athletics, students will be expected to maintain high academic standards. Below is a summary of Michigan High School Athletic Association rules, as well as, the Fremont High School standards regarding academic performance:

### **MHSAA RULES**

To be eligible to represent Fremont High School in interscholastic athletics the student must observe the following MHSAA rules:

#### **AGE**

The student must be under nineteen (19) years of age, except that a student whose nineteenth (19th) birthday occurs on or after September 1, of a current school year is eligible for the balance of the school year.

#### **PHYSICAL**

Students must have on file, in the school's office, a physician's statement for the current school year (after April 15) certifying that he/she is physically able to compete in athletic practices and contests. Physicals must also be obtained prior to participating in practice.

#### **SEMESTERS OF ENROLLMENT**

Students cannot be eligible in high school for more than eight semesters and the seventh and eight semesters must be consecutive or the equivalent of.

#### **PREVIOUS SEMESTERS RECORD**

MHSAA GUIDELINES: Students must have successfully completed 66 percent of the courses in their previous term/semester in order to be academically eligible. Thus, in a semester system, a student who fails 2 courses will be ineligible to participate in athletics for the following semester.

#### **CURRENT SEMESTER RECORD**

Per MHSAA guidelines academic eligibility checks of not more than ten weeks are required and students must be passing 66 percent of their classes.

#### **TRANSFER RULES**

If a 10<sup>th</sup> through 11<sup>th</sup> grade student transfers schools, without a "full and complete" move they are ineligible in the sports that they had played at the previous school the previous school year.

## FREMONT HIGH SCHOOL STANDARDS

1. No student shall compete in any contest during any semester, who has not passed at more than 67% of their credit load. (Passing at least 5 out of 6 core courses) for the last semester during which he or she shall have been enrolled in grade nine through twelve, inclusive for a period of three weeks or more, or during which the athlete shall have taken part in any interscholastic athletic contest. A student who fails to pass more than 67% of their course work at the end of a semester shall be ineligible the following semester or until the deficient credit is made up.

Students entering 9<sup>th</sup> grade may compete without reference of his/her record in 8<sup>th</sup> grade.

2. Eligibility will begin the second week of each eighteen-week semester
3. Eligibility will be checked starting the second week of each semester on Friday. If a student is failing one class they will be put on the academic warning list. If the student is not passing all of their classes, the following week they will be ineligible for the following week of competition (Sunday through Saturday)
4. Eligibility to participate – A Student Athlete must be on the roster 2 weeks from the first day of practice. Any athlete choosing to participate after 2 weeks and before 3 weeks must have AD permission. No student-athlete will be allowed to participate after 3 weeks.
5. A student will be under the jurisdiction of this academic eligibility program only while participating in season.
6. A student must receive a Warning (W) prior to becoming academically ineligible. A student will receive a warning when they become academically ineligible per Fremont High Schools, which states athletes must be passing more than 66 percent of their classes. Students must also have an opportunity to improve their grade before they become academically ineligible during two consecutive weeks.
7. Teachers will evaluate the student's performance on a weekly basis. It is imperative that homework and make-up work be finished at the time requested by the teacher. The instructor has the right to give consideration to an individual who has completed all aspects of the class and yet remains technically ineligible due to a failing grade. The instructor and an administrator will confer prior to the student becoming eligible in this circumstance.
8. Eligibility Reports are pulled Friday morning at 7:00 am. If there is no school on a Friday, reports will be pulled the last day that there is school.
9. A list containing the names of those student-athletes receiving Warnings and Failures will be made available Friday to faculty and coaches. It is the responsibility of the student to check his/her eligibility each week with their coach or the athletic director. Coaches shall insure that their athletes are aware of their status.
10. A student ineligible due to failing grades will sit out the next week's (Sunday through Saturday) dates of competition. This will continue throughout the season to include conference and tournament dates of competition.

11. A student having difficulty in a class or classes is expected to make every effort to communicate with the teacher to receive help toward improving his/her performance.
12. A student who mistakenly competes in an event when ineligible will sit out the original number of contests (had there been no error) immediately following the discovery of the error.
13. Changes in eligibility marks will be made only at the discretion of the teacher, only in situations where errors in computation or interpretation are made, or a teacher has given prior permission for extenuating circumstances. The athletic director shall be notified of those updates or changes prior to 3:00 p.m. on the Monday of the following week.
14. The athletic director will attempt to notify the student athlete individually in person or parents through the mail if their son or daughter has received a failing mark and is ineligible for competition.

No student code of conduct can list every offense, which shall be detrimental to students or the athletic learning environment. Therefore, other offenses not listed but deemed inappropriate to the athletic/school environment are subject to discipline up to and including expulsion at the discretion of the Superintendent with approval of the Board.

*Student Grievance Procedure*

In a situation where there has been no apparent infraction or disciplinary action applied, but a student wishes to lodge a grievance or present some other issue involving a respective sport, the procedure below is to be followed in sequence:

1. Direct communication with the coach.
2. Direct communication with the athletic director.
3. Direct communication with the principal
4. Direct communication with the superintendent.

## MISCELLANEOUS

### UNDUE INFLUENCE

Per MHSAA Handbook- The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one semester.

### LIMITED TEAM MEMBERSHIP

Per MHSAA Handbook- After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the same season. The MHSAA permits limited exceptions for individual sports. Please check with the Athletic Office to clarify this rule before assuming it is OK to participate on non-school teams.

### AWARDS/GIFTS

Per MHSAA Handbook- Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the handbook. Students may accept, for participation in MHSAA sponsored sports, a symbolic or merchandise award, which does not have a value over \$40

Banquets, luncheons, dinners, trips and admission to camps or events, are permitted if accepted "in kind."

Awards in the form of cash, merchandise, certificates or any other negotiable document are not allowed.

### VARSITY AWARDS

All Varsity Sports – An athlete must successfully complete the season in good standing. Each coach will establish minimum requirements for earning an award and make these requirements known to the athletes at the beginning of the particular season. Each varsity sport will have a maximum of two special awards that will be determined by the coach. Each member of the team will receive a certificate of membership on a team. A list of requirements for earning a varsity letter in each sport will be kept in the athletic office.

### HAZING/TEAM TRADITIONS

Per MHSAA Handbook- Athletes shall not participate in any induction ceremony, initiation, or other activity that involves unreasonable risk of physical harm, coercion, intimidation, or other embarrassment to others.

Hazing is a violation of state law and school policy. Any athlete or parent who believes their student has been a victim of such practices is to contact the athletic office.

### TRY OUTS

All sub-varsity athletic teams that make cuts will allow a minimum of four (4) days for student athletes to try-out. Varsity teams will have a minimum of three (3) practice days. If a student-athlete is going to be absent during the try-out period, they must make arrangements with the head coach before try-outs begin.

For unexcused absences, student-athletes will not be allowed make up days for the time missed. For excused absences, by the head coach or athletic department, student athletes *may* be granted additional try-out days for the days missed. All student athletes trying out will have to perform the same skill test given by the head coach.

## TRANSPORTATION

The Athletic Department's policy regarding transportation states that athletes are expected to travel to and from athletic competition in school provided transportation. We realize that extenuating circumstances sometimes require other arrangements. At no time will we allow students to drive themselves or ride with anyone other than parents to and from athletic events without the approval of the Athletic Director. If approval is granted for a student to drive they can **NOT** transport any other students to or from the event. **The waiver needs to be completed and returned at least one day prior to the day of the athletic trip.**

## NCAA BANNED DRUG CLASSES

PER MHSAA HANDBOOK

*Public Act 215 (2006)*

### Banned Drugs

The law requires all public school districts and academies to include in their local codes of conduct that possession of or use of any NCAA banned drug is not permitted and shall subject the student to the same penalties that the school district established for possession/use of tobacco, alcohol, and illegal drugs.

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.**

**A list of banned NCAA substances is available in the athletic office.**

## SPORTSMANSHIP FOR FANS AND PARTICIPANTS

### ACCEPTABLE BEHAVIOR

- Accepting all decisions of officials;
- Treating the competition as a game, not a war;
- Giving credit for outstanding effort regardless of the team;
- Showing concern for *any* injured player; and
- Encouraging surrounding fans to display only the best sportsmanlike conduct.

### UNACCEPTABLE BEHAVIOR

- trash talk, taunting, and other intimidating actions on behalf of players or spectators;
- displaying disgust for officials calls; name calling to distract opponents;
- refusing to shake hands or give credit to opponents;
- blaming the loss of a game on coaches, players, or officials;
- using profanity or displays of anger that draws attention away from the game.

Any person, including adults, who behave in an unsportsmanlike manner during an athletic or extracurricular event may be ejected from the event or denied future admission for conduct that includes, but is not limited to: using vulgar or obscene language; possessing or being under the influence of any alcoholic beverage or illegal substance; possessing a weapon; fighting or otherwise striking or threatening another person; failing to obey a security officer or school employee; and engaging in any activity which is illegal or disruptive.

## RETURN TO PARTICIPATION FOLLOWING INJURY/MEDICAL CHAIN OF COMMAND

A student must have a doctor's written permission to return to practice or competition if he/she has sustained any injury that requires a visit to the physician.

Athletes must also adhere to the decisions of the school athletic trainer or the highest ranking contracted medical professional regarding the decision for participation / return to play following an injury.

### CONCUSSION PROTOCOL

**“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”**

The language above, which appears in all National Federation sports rule books, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. This language reflects an increasing focus on safety and acknowledges that the vast majority of concussions do not involve a loss of consciousness.

This protocol is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

1. The officials will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care professional for an exact determination of the extent of injury.
2. If it is confirmed by the school's designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
3. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not be returned to competition that day but is subject to the return to play protocol.
  - a. The clearance may not be on the same date on which the athlete was removed from play.
  - b. Only an M.D., D.O., Physician's Assistant or Nurse Practitioner may clear the individual to return to activity.
  - c. The clearance must be in writing and must be unconditional. It is not sufficient that the M.D., D.O., Physician's Assistant or Nurse Practitioner has approved the student to begin a return-to-play progression. The medical examiner must approve the student's return to unrestricted activity.
  - d. Individual school, districts and leagues may have more stringent requirements and protocols including but not limited to mandatory periods of inactivity, screening and post-concussion test-ing prior to the written clearance for return to activity.
4. Following the contest, an Officials Report shall be filed with a removed player's school and the MHSAA if the situation was brought to the officials' attention.
5. Member schools are required to complete and submit the forms designated by the MHSAA to record and track head injury events in all levels of all sports.
6. In cases where an assigned MHSAA tournament physician (MD/DO/PA/NP) is present, his or her decision to not allow an athlete to return to activity may not be overruled.

**FREMONT HIGH SCHOOL ATHLETIC CODE OF CONDUCT AND ACADEMIC  
ELIGIBILITY CONTRACT**

1. I understand that it is a privilege to participate in athletic activities.
2. I understand that my conduct and behavior is reflective of not only myself, but also my team, my school, and the Fremont community.
3. I understand that I am subject to all the guidelines and disciplinary actions expressed in the Athletic Code of Conduct and the Academic Eligibility Standards.
4. I understand that all equipment and uniforms are the property of the school and are not to be worn except for approved events. Issued school clothing cannot be worn as personal wear items.
5. I understand that I am responsible for the care and cleaning of all issued equipment and uniforms and that I will be held financially responsible for any lost or damaged items.
6. I understand that no matter the precautions, there remains a risk of serious injury, including paralysis or death, in playing interscholastic athletics. I have been warned of that risk and hold the Fremont Public Schools harmless in any such situation.
7. I understand that I am expected to ride with my team in school transportation to and from athletic contests. Exceptions for personal reasons may be granted by the athletic director with the proper documentation.
8. I have reviewed the Pay to Participate information, and understand that it does not guarantee playing time.
9. I have reviewed the Concussion Fact Sheet for Parents and Athletes in Accordance with Public Acts 342 and 343 of 2012.

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***I have read and understand the purpose and scope of the Athletic Code of Conduct and the Academic Eligibility Standards. I agree to abide by the Code of Conduct and the Academic Eligibility Standards, and acknowledge that I have received a copy thereof.***

Printed Name \_\_\_\_\_

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

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

Date \_\_\_\_\_

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***I have received and reviewed the Parent and Athlete Concussion Information Sheet Included in the Athletic Handbook.***

Printed Name \_\_\_\_\_

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

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

Date \_\_\_\_\_