Saline Athletic Department
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Saline, MI 48176

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The Athletic Office is located in Saline High School
Athletic Department Hours
8:00 a.m. to12:00 p.m. and 1:00 p.m. to 4:00 p.m.

Athletic Director: Scott Theisen
Athletic Department Secretary: Nancy Crosbie, Paula Alexis
Logistics: Mike Newton

For more information about teams, schedules, directions, athletic forms, participation fees, etc., go to www.SalineHornets.com or www.MHSAA.com .

Note: Saline Area Schools does not discriminate on the basis of race, color, national origin, sex, age, religion, or disability in admission, access to, or treatment of employment in any of its programs, activities, or policies.

Saline Area Schools Athletic Department Rules and Regulations

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(to be detached and given to coach)

INTRODUCTION

The following rules and regulations apply to all participants in all sports, including club sports, at Saline Area Schools, but are not intended to be all inclusive. These rules and regulations cover areas specific to participants in Saline Schools sports **and are in addition to all rules and regulations outlined in the High School and Middle School Student Handbooks and the Michigan High School Athletic Association Rules.**

In addition to the following rules and regulations, **each coach will present in writing to the student athlete the rules and expectations specific to the sport** in which the student athlete is competing. The sport specific rules will be approved by the athletic director and will not be in conflict with the Saline Area Schools Athletic Department Rules and Regulations, the High School and Middle School Student Handbooks, or the Michigan High School Athletic Association Rules.

Any violation to the Saline Area School Athletic Department Rules and Regulations, the High School or Middle School Student Handbooks, the Michigan High School Athletic Association Rules, or rules and expectations specific to the sport in which the student athlete is participating in **will result in some form of discipline**.

Note: Any issues not covered by the SAS Athletic Department Rules and Regulations, the Student Handbooks, the MHSAA Rules, or specific team rules will be resolved by the Head Coach and the Athletic Director.

THE DEFINITION OF "IN SEASON"

Season Start:
The season begins with the first day of practice allowed by the Michigan High School Athletic Association (MHSAA).

Season End:
The season ends based on whichever occurs LAST:

-The banquet for the team.
-The last competition for the team.

ACADEMIC ELIGIBILITY

The MHSAA requires that student athletes pass four out of their five classes from the previous semester.

Coach Grade Checks

To monitor and determine academic eligibility, coaches will be using the on-line grading system, Power School, to receive the most accurate and up-to-date records. Eligibility will be determined by reviewing grades through grade checks, progress reports, and report cards.

Grade Checks and Progress Reports:

If on any grade check or progress report a student athlete earns one E or Two D's, he or she becomes ineligible. At this point, the student athlete may practice with the team, but NOT compete.

Report card (end of trimester):

If on any report card, student athletes don't pass at least four of their five classes, they are ineligible for 90 school days.

Reinstatement of Academic Eligibility

Grade Checks and Progress Reports:

After becoming ineligible during a grade check or progress, the student athlete can work to bring these grades up before the report card. The student athlete may request an updated grade from the teacher at any time. The coach can ask them online for an updated grade.

Report card:

After becoming ineligible at the end of a trimester, a student athlete remains ineligible for 90 school days.

PRACTICE AND COMPETITION ATTENDANCE

Athletes starting after the first practice (see "The Definition of 'In Season'")
All student athletes are expected to be at the first day of practice. Exceptions must be discussed with the coach in order to participate in the sport. Make-up work will then be determined by the coach.

The consequences for missing the start of the season are as follows:
Consequences for non-cut sports:

Missed Practice(s)	Penalty
1-5	1 week of competition
6-10	2 weeks of competition
11 or more	3 weeks of competition

Consequences for cut sports:

Missed Practice(s)	Penalty
1	1 competition
2	2 competitions
3 or more	Not allowed to come out for team

*Exceptions to the consequences (as stated above, must be cleared with coach)
- ✓ the athlete's seasons overlap
- ✓ death in the family or other emergency
- ✓ religious observation
- ✓ curricular class requirement (See "Conflicts of Interest" below for explanation)

Athletes missing practice or competitions during the season
All student athletes are expected to be at all practices and competitions throughout the season. If a student athlete is injured or unable to participate, he/she is still expected to attend practices and competitions as part of the team. Absences must be discussed with the coach prior to the missed practice or competition.

The consequences for unexcused practices and/or competitions are as follows:

Missed Practice(s)/Competition(s)	Penalty
1	1 competition
2	2 competitions
3 or more	TBD by coach (possible suspension from team)

Note: In certain sports (for example, ones in which there are only a handful of competitions per season), alternative consequences may be offered. See your specific sport's team rules for exceptions.

*Exceptions to the consequences (as stated above, must be cleared with coach)
- ✓ death in the family or other emergency
- ✓ religious observation
- ✓ curricular class requirement (See "Conflicts of Interest" below for explanation)

Conflicts of Interest

It is expected that once an athlete commits to a sport and team, he/she will not shirk this responsibility for other interests. This includes family vacations during school breaks, and school trips and functions (such as the day of Prom). We attempt to minimize as many of these types of conflicts as we can, but circumstances do not always allow us to eliminate team responsibilities during such times. All athletes will still be held accountable for absences due to these types of conflicts of interest. The only exception in the case of a conflict of interest would be if one of the classes in our curriculum REQUIRES attendance at a different event at the same time; in other words, if the student athlete's grade for that class will suffer because of lack of attendance at the required class event.

SCHOOL ATTENDANCE

Consequences of school absence

A student athlete is expected to attend classes at all times. If a student athlete is not in class for three (3) full periods, he/she will NOT be allowed to practice or compete on that day.

Note: Exceptions to this rule may be approved by submitting a written request to the Athletic Director prior to the day missed.

Consequences of truancy

When a student athlete has been deemed "truant" by school administration, the following consequences in Athletics will occur:

Offense	Penalty
Truancy	Will not be allowed to practice either the day of, or the day after, the reported truancy. Will not be allowed to compete in the next competition following the reported truancy.
Recurring Truancy	TBD (possible suspension from team).

MULTI-SPORT PARTICIPATIOIN WITHIN THE SAME SEASON

Two Sports in the same Season:
In rare cases a student athlete may be interested in participating in two sports during the same season. To participate in two sports during the same season, there are a few steps that the student athlete must take. First, the student athlete must pick a primary sport. Second, the student athlete must receive permission from both head coaches of the sports. The primary sport receives the complete attention of the student athlete. The student athlete is expected to be 100% committed to his/her primary sport, attending all practices and competitions. Student athletes may not quit their primary sport and then focus on the secondary sport. If a student athlete quits or is removed from the primary sport, he or she is no longer allowed to participate in the secondary sport.

Quitting a Team:
Once a student athlete has made a commitment to a team and then decides to quit that team or is removed from the team, that student athlete cannot join another program or team that is currently in the same season. In addition, the student athlete will not earn a varsity letter.

CURFEW

All student athletes participating in a sport will have a curfew while in season.

Times established for all athletes to be home:

Nights before a school day AND before competitions	10:30 p.m.
All other nights	1:00 a.m.

Note: Requests for exceptions must be made in advance to the coach.

Curfew Violations:
1st Offense: TBD by coach.
2nd Offense: Suspension from one competition.
3rd Offense: Suspension or expulsion from the team.

FACILITIES AND EQUIPMENT

Facilities

A student athlete using ANY FACILITY (including but not limited to the weight room) of Saline Area Schools must be under the DIRECT SUPERVISION of a coach at all times.

Trainer's Room and Coaches' Offices:
The trainer's room and coaches' offices are off-limits to all student athletes unless they are under the supervision of the trainer or coach.

Equipment

All student athletes are financially responsible for equipment issued to them during their season.

Equipment issued to student athletes is to be worn only for practice or competitions, unless given express permission by the coach of the sport.

Vandalism

A student athlete will be financially responsible for acts of vandalism of athletic equipment or facilities home and away.

Note: Violations of the above standards regarding facilities and equipment will result in appropriate discipline ranging from corrective action prescribed by the coach to suspension from competition(s) or expulsion from the team. The police may also be notified.

TRANSPORTATION

When the school provides transportation (bus, van, etc.), all student athletes must travel to and return from the destination together nonstop.

When there are extenuating circumstances, parents seeking an exception to the above rule should put a request in writing in advance (preferably 24 hours) to the coach for a signature. The student athlete should then deliver the signed note to the Athletic Department office.

COACH/PARENT MEETING

Prior to the first competition, all coaches will provide an opportunity for a meeting with parents/guardians of the student athletes to discuss the upcoming season. All families will receive copies of the schedule, team rules and expectations, and the Athletic Department Rules and Regulations.

The student athlete will not be allowed to compete until a copy of the team rules and the Athletic Department Rules and Regulations are signed by a parent/guardian and filed with the coach. The parent/guardian's signature on both of these documents will serve to acknowledge acceptance of the conditions to participate in athletics in Saline Area Schools.

INJURIES/MEDICAL CARE

All injuries must be reported to the coach and/or trainer promptly. The coach, trainer and/or athlete will then notify the parents of this injury.

If a student athlete receives care from any physician, including a physician's assistant (PA) or certified nurse practitioner (CNP), for any injury or illness, then that athlete is required to present a written note from a medical professional to the coach and trainer stating his/her status. Athletes will not be allowed to practice or compete until a written medical release to return to practice and/or competition is received.

MHSAA RULE INFRACTIONS RESULTING IN INELIGIBILITY

The following represent a few of the commonly misunderstood MHSAA rules that will result in ineligibility:

- ✓ A student athlete's amateur status can be jeopardized if a student receives money or valuable consideration for participation in sports sponsored by Saline Area Schools. The period of ineligibility will be dictated by current MHSAA rules.
- ✓ A student athlete who plays a sport for a team other than a Saline Area Schools team during the season he/she is a member of the same sport team at SAS will be ineligible. The period of ineligibility will be dictated by current MHSAA rules.
- ✓ A student athlete who receives an award for participation in athletics that exceeds $25 in value will become ineligible. The period of ineligibility will be dictated by current MHSAA rules.

AWARDS

An athlete will receive a maximum of one (1) varsity letter while participating as a high school athlete. All other letters or awards won will be recognized via certificates.

Only members of a team finishing the season in good standing will receive any type of award or recognition (such as a certificate or varsity letter). The head coach will determine the status of "in good standing."

Note: Student athletes who have been expelled from the team for violations will not receive a team award and will not be allowed to attend the team banquet.

BEHAVIOR

The behavior of Saline student athletes will be held to the highest of standards. Athletes must understand that they represent the community and the school. Proper behavior in school, at practices, at athletic contests, and during bus rides should be exhibited at all times.

Poor sportsmanship/disrespect
Coaches will deal with poor sportsmanship, vulgarity, and other forms of poor behavior and disrespect. Any action by student athletes that violates behavior standards will result in appropriate discipline (based on the severity of the offense) ranging from corrective action prescribed by the coach, to suspension from competition(s), or expulsion from the team.

Hazing
Hazing is defined as harassment, abuse, or humiliation by way of initiation. This definition can include both physical and mental forms of hazing. Hazing is associated with, but not limited to being initiated into, or pledging, a team. Student athletes participating in hazing activities will be subject to discipline appropriate to the offense. Depending on the severity of the violation, penalties may range from suspension to expulsion from the team.

Discipline from school
All violations of rules and regulations outlined in the Student Handbook that result in a student athlete being assigned any form of discipline by school administration (such as detention or suspension from school) will result in suspension from the next competition. Recurring violations may result in further suspension or expulsion from the team.

Breaking the law
If a student athlete breaks the law (misdemeanor, felony, other than minor traffic violations) and the action results in a conviction (or a separate school investigation determines culpability), discipline will be administered. Penalties could include suspension from competition or expulsion from the team.

If a student athlete's action (as described above) is also a violation of the regulations in the Student Handbook or the Athletic Rules and Regulations, discipline will be administered. Penalties could include suspension from competition or expulsion from the team.

Note: During an investigation (police or school), the student athlete in question may be temporarily suspended from all team activities.

Use of illegal substances
Saline Area Schools recognizes that the use of tobacco, alcohol, and other drugs interferes with the physical, intellectual, social, and emotional development of our student athletes. Reflecting the prevention philosophy of both our athletic program and our school system, this policy's intent is to send a clear and consistent message to all athletes, coaches, parents, and program administrators regarding tobacco, alcohol, and other drugs. The adolescent use of tobacco, alcohol, and other drugs is illegal and presents a significant threat to an athlete's

health and safety and to the orderly conduct of athletic programs. The additional safety factors associated with active, competitive participation give the athletic community an added responsibility to provide the safest and healthiest environment for all concerned.

Substance abuse violation:
The possession, sale, distribution of, or use of, any controlled substance or look-a-likes is not allowed and will result in immediate expulsion from the team and will invoke the Student Assistance Policy.

Note: Refer to complete Student Assistance Policy (in SHS Handbook or in SMS Handbook).

APPEALS

Any suspension or expulsion of a student athlete from practice(s) or competition(s) because of a violation of the rules may appeal the decision by following these steps:

1) Set up a meeting with the coach involved.
2) If the appellant is not satisfied with the coach's decision, he/she may appeal to the Head Coach of that sport by setting up a meeting.
3) If the appellant is not satisfied with the Head Coach's decision, he/she may appeal to the Athletic Director by setting up a meeting.
4) If the appellant is not satisfied with the Athletic Director's decision, he/she may appeal to the High School or Middle School Principal (whichever applies) by setting up a meeting.
5) If the appellant is not satisfied with the Principal's decision, he/she may appeal to the Superintendent by setting up a meeting.

Athlete and Parent signatures to acknowledge the participant contract:

I have chosen to participate in athletics at Saline High School. I commit myself to continuously working toward the goal of top physical fitness. To do anything which would harm my body would not be in my best interest or in the interest of my team and school. I agree to remain free from tobacco, alcohol, and other drugs. I fully understand this pledge extends to seven days a week. If I have a problem or need help fulfilling this contract, I understand that the coaches, the substance abuse coordinator, and school counselors will be available to help me. I have read and understand the athletic rules and regulations and the consequences of violating them. I pledge to keep all rules and regulations and to help all of my teammates abide by the same. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations and accept the rules and regulations as a condition of participation.

***Student Athlete Signature*_____ *Date*_____**

***Please print your name (student athlete)*_____**

As the parent/guardian of _____, I understand and support this contract regarding substance abuse violations and pledge that my son/daughter has signed. Optimum health is the goal of our athletic program, and I support the school system in the efforts to attain this goal. I acknowledge the consequences stated above for athletes who violate the substance abuse policy of Saline Area Schools. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations and accept the rules and regulations as a condition of participation for my child.

***Parent/Guardian Signature*_____ *Date*_____**