

Hudsonville Athletics



Student Athlete Handbook

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30 second Timeout

The past 16 years as a coach and teacher, and now the last ten years as a parent, have given me a unique perspective on youth/high school sports. As the new athletic director, I want to communicate, advise and explore the challenges that parents face today when dealing with their children participating in athletics. My hope is that “30 second timeout” is a valuable resource that will enhance your experience and your child’s experience in educational athletics.

Why the name 30 second timeout? I am a former basketball coach, and when things started to unravel on the court I would call a “30 second timeout” to regain our focus. Whether you are a parent of a child in little league, AYSO soccer, or a high school varsity athlete, there will be times when you need to take a “30 second timeout” to regain your focus. We have all witnessed the parent in the stands who yells at the officials or yells at their own kid when they make a mistake. How about the parent who coaches from the sidelines? Do they live through their child’s athletic accomplishments or failures? Are they worried about whether they make a team or whether they will get an athletic scholarship? Every one of us, including myself, will answer yes to some of these questions. Some of us may be the person I am describing. This commentary will hopefully provide insight and awareness to deal with all of these questions and much more.

As we move forward on tackling this sensitive but real issue, I would like to lay a foundation on what the expectations are for every parent who has a child, young or old, that participates in athletics. I would like to call this the Hudsonville Parent Athletic Creed.

Hudsonville Parent Athletic Creed

- 1. Parents will understand their role.** Parents parent, players play, officials officiate, and coaches coach. If you want your child to play at their highest level then make sure they listen to their coach. Mixed messages from you will only cause confusion and a decrease in performance level.
- 2. Parents will support and encourage their child, teammates, and coaches no matter the outcome.** If you want to build a solid relationship with your son/daughter then tell them after the game, win or lose, that you are proud of them and to keep listening to their coach.
- 3. Parents will act with the highest class possible in all situations.** This means no yelling at officials, players, or coaches. You may not realize this but it embarrasses your kid. Every athletic event should be a positive experience for the parents, players and coaches.
- 4. Parents will allow their children to face adversity.** Athletic seasons are long and unpredictable. There will be good days and there will be bad days. Your son/daughter will never play enough nor will they be happy every second. Support them but do not solve their problems. Let them face adversity. Perseverance is one of the greatest attributes sports can teach athletes.

The vision set forth for Hudsonville athletics is expecting nothing but the best from our athletes, coaches and parents in the arena and outside the arena. Parents play an incredible role in creating that culture of excellence by the actions they display in the stands, on the car ride home, and at the dinner table. Take a moment to remind yourself of the Hudsonville athletic creed during those “30 second timeout.” Please join me on this crazy, sometimes frustrating, but extremely rewarding journey we are all embarking on together. See you at the games!

Hudsonville Athletic Philosophy

The purpose of this handbook is to communicate the athletic policies, procedures, and expectations of the Hudsonville High School Athletic Department. The success of our athletic program depends, in part, on our ability to communicate our expectations with student-athletes, parents, fans, and coaches.

Athletics, as an extracurricular activity at Hudsonville High School, is subject to M.H.S.A.A. rules and regulations that demand the highest ethics on the part of administration and the coaches. They, in turn, have set these standards for the student-athlete.

Athletics are part of the total educational experience. The values of sacrifice, teamwork, and courage are taught to the student-athlete, while the values of sportsmanship and loyalty are encouraged in the student-spectator. These values are worthwhile and athletic competition provides the setting for experiencing them.

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Sportsmanship

The following MHSAA message is a guide for student athletes regarding sportsmanship. The student athlete will...

- accept and understand the seriousness of the responsibility, and the privilege of representing the school and the community.
- live up to the standards of sportsmanship established by the school administration and the coaching staff.
- learn the rules of the game thoroughly and discuss them with parents, fans, classmates and younger students.
- treat opponents the way you would like to be treated, as a guest or a friend.
- refrain from making any kind of derogatory remarks to opponents during the game, especially comments of ethnic, racial or sexual nature.
- wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat.
- respect the integrity and judgment of game officials. The officials are doing their best to help promote the athlete and the sport.
- win with humility; lose with grace; do both with dignity.

Expectations of the Student Athlete:

Hudsonville High School has the following expectations. The student-athlete will...

- concentrate on being a good citizen, a good student and a good athlete.
- remember that participation in sports is a privilege.
- exhibit good sportsmanship and respect toward opponents, officials, teammates, coaches and fans.
- be a role model in school and out of school.
- have pride in self, team and school.
- be on time and prepared for all practices, games and functions.
- play hard, play smart and play as a team.
- accept victory as well as defeat with dignity and class.
- believe in self.
- follow the rules and guidelines of the student handbook, team handbook, and athletic handbook.

Expectations of the Parent(s):

The parent(s) will...

- Know, adhere to, and enforce the entire athletic handbook.
- Support all members of the team, the coaches, and athletic department.
- Maintain open lines of communication with coaches and athletic department.
- Demonstrate good sportsmanship while attending athletic events

Expectations of the Coach:

Hudsonville High School has the following expectations of its coaches. The coach will...

- Develop an understanding of the role of interscholastic athletics and communicate it to players, parents and the public. All coaches are required to have a preseason parent meeting.
- Develop up-to-date knowledge of the rules, strategies, safety precautions and skills of the sport and communicate them to players, parents and public.
- 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.
- Develop fair, unprejudiced relationships with all squad members.
- Allow athletes to prove themselves anew each season and not base team selections on previous seasons or out-of-season activities.
- Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
- Give the highest degree of attention to athletes' physical well-being.
- Teach players strict adherence to game rules and contest regulations.
- Provide a positive role model in terms of personal habits, language and conduct.
- Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.

Eligibility Requirements

Hudsonville High School is a volunteer member of the Michigan High School Athletic Association, the governing body of high school athletics for public, parochial and private schools in this state. The MHSAA rules listed in this handbook are only a summary of the regulations effecting student eligibility. In addition, Hudsonville High School eligibility rules are listed. *The athlete is responsible for knowing and following all eligibility requirements.*

Age:

High School student athletes must be under 19, unless their birthday occurs on or after September 1.

Amateurism:

See MHSAA Handbook interpretation Section 12 (A) - (C).

Attendance:

Student athletes are expected to have regular and continuous attendance. Lack of attendance at school should be for reasons allowed by school regulations. *Athletes must be in school for the entire day in order to be eligible to compete in a scheduled practice or contest.* Absences due to professional and doctor appointments must be accompanied by a written excuse from the appropriate office.

Awards:

Students may accept in kind, for participation in athletics, a symbolic or merchandise award which does not have a value over \$25. Banquets, luncheons, dinners, noncompetitive trips, and fees or admissions to be a spectator at events, are permitted if accepted in kind. Also, game ball presentations are allowable. However, awards in the form of cash, merchandise certificates, or any other negotiable document are never allowed.

Enrollment:

Students must be enrolled in the school for which they compete. Students cannot be enrolled in high school for more than eight semesters. The seventh and eighth semesters must be consecutive. Students are allowed only four first semesters and four second semesters. Students cannot compete if they have graduated from high school.

Disqualification Rule:

If a student athlete is disqualified during a contest for unsportsmanlike conduct, he/she shall be withheld from the next contest. *A disqualification in hockey will result in missing the next two contests.* The student athlete will not be eligible to participate in the MHSAA tournament for that sport that season if he/she...

- is disqualified for unsportsmanlike conduct three or more times during a season.
- is ejected for abusive action to an official at any time during that season.

Academic Eligibility

Student athletes must meet all MHSAA and HHS academic requirements in order to participate:

- Student athletes must be passing at least four (4) out of five (5) classes. This will be determined by a bi-weekly eligibility check. Any student athlete not passing four classes on the day of the eligibility will be considered academically ineligible until the date of the next eligibility check (two weeks).
- Student athletes who are ineligible at the time of the eligibility check must attend practice and remain on the team in good standing. They are also encouraged to work with their coaches and teachers for academic support. During this two week period, the student athlete may not participate in games.
- At the end of a trimester, student athletes must have passed at least four (4) classes in order to participate.
- Student athletes who fail to meet the end of trimester eligibility standard shall be ineligible for the next trimester.
- Deficiencies in the third trimester may be made up during the summer session, by correspondence, summer school, online courses, etc. Eligibility may be reinstated during the fall trimester when HHS accepts the credit.

Athletic Participation Requirements

Physical Examination:

Athletes must have a current school year physical examination, by a licensed physician, on file in the athletic office prior to participation in try outs or practices. This is an MHSAA regulation. A physical must be given on or after April 15 to be valid for the upcoming school year.

Athletic Insurance:

The MHSAA requires that students participating in interscholastic athletics be covered by some type of health insurance. The school will make available, through an independent carrier, a policy of secondary coverage (your insurance pays first, if you have insurance). If this insurance is not purchased, a statement of insurance coverage must be on file in the athletic office stating the name of the insurance company and policy number under which the athlete will be covered. Please report any changes in your insurance status as soon as possible.

Athletic Code of Conduct:

Student athletes participating in sports for the Hudsonville Public Schools have a responsibility to family, school and community. *Participation in interscholastic sports is a privilege, and with that comes greater responsibility.* The conduct of Hudsonville High School athletes is observed closely both on and off the fields of competition. Therefore, it is important that athletes act in a responsible manner while representing their school, team and family. The purpose of this conduct code is to establish regulations and procedures to deal with violations which occur on or off school grounds. *Athletes are bound by the Athletic Code at all times, throughout the entire calendar year (365 days), for all four years.* The following code is in effect for all student athletes in addition to this Handbook and the Student Handbook. A student athlete is defined as any member of an interscholastic athletic team or recognized program. The Athletic Code Form is to be signed by the athlete and parent(s) *prior to the first day of practice.*

Parents should understand, instruct, and model the athletic code. Your signature on the Athletic Contract, along with the signature of your student athlete, indicates those understand and accept those responsibilities and obligations and agree to cooperate with school personnel in enforcing the Athletic Code. The parent is also responsible for reading and signing the Athletic Contract Form.

Training Rules/Violations

The coaching staff and administration of Hudsonville High School will not condone *the possession or use of alcohol, illegal drugs, tobacco in any form, improper conduct, actions which would be deemed misdemeanors or felonies under the criminal code, or the engaging in activities considered to be unbecoming of an athlete.* It is understood that within the privacy of the home and under the supervision of an athlete's own parent, jurisdiction is limited. However, parental assistance in this matter is expected. A student is considered an athlete and subject to the rules of this code when he/she first participates in an interscholastic sport and continues until the athlete graduates. *All training rules are applicable regardless of whether an athlete is "in season".* Any information, circumstantial or otherwise, obtained by the school administrative team regarding a violation of these rules may result in an administrative investigation, but anonymous allegations will not be considered. If a violation of these rules is substantiated by an administrative team investigation or by the students' own admission, upon accusation, the following action will be taken:

Conduct Unbecoming of an Athlete

Tier 1 Violation	Tier 2 Violation	Tier 3 Violation
Can include, but not limited to: School offenses Hazing Fighting Stealing Gross misconduct Destruction Misuse of Social Media Cheating	Can include, but not limited to: Being in close proximity to: Alcohol Drugs Suspensions from school	Use or possession of alcohol, illegal drugs, tobacco in any form and/or actions that would be deemed as misdemeanors or felonies under the criminal code.
First Offense Up to 1 week or 10% of season whichever comes first Second Offense Up to 3 weeks or 25% of season whichever comes first Third Offense Up to 50% of season Fourth Offense Loss of interscholastic opportunities for the remainder of their high school career.	First Offense 3 weeks or 25% of season whichever comes first Second Offense 50% of season Third Offense Loss of interscholastic opportunities for the remainder of their high school career.	First Offense 40% of season Second Offense Ineligible from interscholastic competition for 365 days Third Offense Loss of interscholastic opportunities for the remainder of their high school career.

Understanding the tier system:

Tier 1

- *A tier one violation can be classified as a tier two or tier three violation by the administrative team depending upon the severity of the violation.*
- *All tier one consequences will be determined by the coach and administrative team.*
- *Consequences for additional tier one violations will remain in the tier one category.*

Tier 2 and 3

- *If an athlete gets a first offense violation in tier 2 and then gets a second offense violation in tier 3 the athlete would serve the penalty for tier 3 (365 days). If an athlete gets a first offense in tier 3 and then receives a second offense in tier 2 they would serve the penalty in tier 2 (50% of season).*

During the suspension the athlete will participate in all practices and meet all the demands placed on other members on the team. The athlete must attend all games during this period, in street clothes, and sit/stand within close proximity of the team.

Upon completion of the above requirements, the athlete will become fully eligible for athletic competition.

Tier 3 Provision Second Offense:

If a student athlete completes a substance abuse program, the violation will be reduced to a minimum of 75% of their next season. The scope and sequence of the substance abuse program must be approved by administration before the student athlete begins the program. The student athlete cannot participate in interscholastic competition until the program is complete or the 365 days has passed. This substance abuse program is voluntary and expenses will be covered by the family.

Appeals:

Any decision by the high school administration regarding a suspension may be appealed to the Superintendent. The Superintendent will have final decision making authority regarding any first or second violation athletic suspensions. In the event that a student athlete has committed a third violation or is facing a permanent ban from interscholastic athletics, the decision can be appealed to the Board of Education.

Quitting a Team:

Quitting a team is a serious matter. When a student athlete decides to quit a team, the athlete must adhere to the following procedure:

- The athlete must meet with the coach of the current sport regarding the plan to quit. The coach will not coerce the athlete to stay on the team, but will ascertain reasons for quitting and attempt to leave the athlete with positive feelings toward the athletic program. After conversation, the coach will record that the athlete quit in "good standing" and the athlete is free to go out for another athletic team. Without a conference and establishment of good standing the athlete may not go out for another sport.
- If the coach of the sport being quit reports that the athlete is not in good standing, the athlete may appeal to the Athletic Director regarding the athlete's reinstatement into the next sport.

Violation Provisions:

Athletic Suspensions must be served in the next sport or sports in which the athlete has previously participated.

The intent of this language is to prevent student athletes from participating in a sport for the first time primarily to serve an athletic suspension. We recognize and promote the importance of participation in athletics. As such, the athlete is not precluded from participation in a sport that he or she had not participated in previously with the understanding that the athlete will be precluded from serving the suspension in such sport. The following exceptions to these procedures may apply at the discretion of the administration:

- *Freshmen and other students in their first year of attendance at HHS may serve their suspension in a sport which they have not previously participated.*
- *Seniors may serve their suspension in a sport in which they have not previously participated provided that they have not participated in a sport or sport(s) that will take place after the suspension is to be served.*
- *In extreme or serious situations, or in the event of actions that are deemed felonies under the criminal code, an athlete may be permanently banned from interscholastic athletics participation regardless of prior record.*

Social Media Rules/Guidelines:

Social networking websites (i.e., Facebook, MySpace, Twitter, etc.) are a representation of the student-athlete, along with the Hudsonville Public Schools. *The administrators and coaches have the right to monitor these sites and student-athletes will face discipline depending on the scope of the infraction. Administration along with coaches will determine if the violation is tier 1, 2 or 3.*

Disclosure Do not post information about specific student-athletes, unless it is related to an award or honor. Please follow the guidelines of FERPA and good taste.

Sportsmanship Don't talk about internal matters of your program, Hudsonville Public Schools, OK conference or the MHSAA. Practice generosity. Find something good to say, or don't say it. Despairing remarks about another person's political/religion or gender is off limits. Common sense and courtesy should always prevail.

Safety For your own safety, please keep the following recommendations in mind as you participate in social networking websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook/ Twitter applications.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the athletic department and Hudsonville Public Schools. Remember to always present a positive image and don't do anything to embarrass yourself, the team, or your family.

Hazing:

The act of "hazing" is a crime in the state of Michigan and will not be tolerated by the District. The District will comply, in all ways, with Michigan law regarding "hazing" incidents. "Hazing" means any intentional, knowing, or reckless act meant to induce physical pain, embarrassment, humiliation, deprivation of rights or that creates physical or mental discomfort, and that is directed against another student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership is totally or predominately other students from the District.

Students engaging in any hazing or hazing type behavior, that is, in any way, connected to any activity sponsored or supported by the District, will be subject to disciplinary action in tier 1, 2 or 3.

Steroids:

The illegal use of a performance enhancing substance (as published by the NCAA) by a student athlete, is considered a violation of the athletic code in tier 3.

Student athletes who are under a physician's care and who have been directed by a physician to use anabolic steroids due to a medical condition requiring such treatment, must present proof of the physician's orders to the Athletic Department *prior to participating in any practice or contest.*

Self Referral Program

Any athlete may seek help with a substance abuse program without penalty, by confiding in his/her coach, athletic director, principal, or counselor prior to a violation of the training rules being reported. The athlete will be assisted in finding a suitable rehabilitation program to be paid for by the student. The athlete is expected to continue athletic participation while attending and completing the program unless otherwise advised by those conducting the program. *An athlete may only participate once in the self referral program. Any subsequent violation of the training rules will be treated as a second violation.*

Interscholastic Team Provisions, Policies and League Information

League Information

As of the 2012-2013 school year, Hudsonville High School is a member of the O.K. Conference Red Division which is comprised of the following schools:

1. East Kentwood
2. Grand Haven
3. Grandville
4. Hudsonville
5. Rockford
6. West Ottawa

MHSAA Tournament Classification

Classification of Michigan High Schools for MHSAA tournaments is the responsibility of the Representative Council and is based on school enrollment. Some sports are divided by class (A, B, C, D) and some by division. Hudsonville High School competes in Class A for all sports and Division 1 for most sports.

Sport Information

As a member of the Michigan High School Athletic Association, the Hudsonville Athletic Department creates an athletic schedule in accordance with the dates set by the state. This information may be accessed at www.mhsaa.com

Hudsonville Sports Offerings:

Hudsonville High School offers the following interscholastic sports for all student athletes who meet the minimum standards and regulations for competition:

Fall Sports for Boys:

Cross Country
Varsity Tennis
J.V. Tennis
Varsity Football
J.V. Football
Freshman Football
Varsity Soccer
J.V. Soccer
Freshman Soccer
Varsity Water Polo

Fall Sports for Girls:

Varsity Volleyball
J.V. Volleyball
Freshman Volleyball
Varsity Cheerleading
J.V. Cheerleading
Freshman Cheerleading
Cross Country
Swimming
Varsity Golf
J.V. Golf

Winter Sports for Boys:

Varsity Basketball
J.V. Basketball
Freshman Basketball
Swimming
Wrestling

Winter Sports for Girls:

Varsity Competitive Cheer
J.V. Competitive Cheer
Freshman Competitive Cheer
Varsity Basketball
J.V. Basketball

Bowling
Ice Hockey

Freshman Basketball
Bowling

Spring Sports for Boys:

Varsity Baseball
J.V. Baseball
Freshman Baseball
Varsity Golf
J.V. Golf
Track

Spring Sports for Girls:

Varsity Tennis
J.V. Tennis
Varsity Soccer
J.V. Soccer
Freshmen Soccer
Varsity Softball
J.V. Softball
Freshmen Softball
Track
Varsity Water Polo

Participation Fee:

One time annual fee (no fee for second and/or subsequent seasons)

- High School fee \$75.00
- Middle School fee \$50.00
- Family Cap \$200.00 per year (also applies to families with student athletes in MS and HS)

Details:

- Students qualifying and applying for free lunch will not be charged.
- Students qualifying and applying for reduced lunch will be charged half of the fee.
- Members of the Ice Hockey Program will not be charged.
- All fees are non-refundable. Refunds will only be given to students not offered a spot in our program.
- Fees must be paid in order to receive team uniform/ equipment or prior to playing in an athletic contest.
- Does not apply to club sports.
- Payment to be made to MS or HS Athletic Department in the form of cash or personal check.

Team Selection and Participation:

The athletic department desires student athlete participation. Coaches will be encouraged to keep as many athletes as can be handled reasonably within the facilities, budget, and to the relative ability of the group. Selecting the members of athletes for their teams is the responsibility of the coach. Coaches should explain the criteria for gaining and maintaining membership on the team before practice begins.

The amount of playing time an athlete receives in certain team sports is entirely the coaches' decision. Athletes are expected to earn their playing time by their performance in practice. Coaches will consider the athlete's practice attendance, attitude, physical ability and the athlete's ability to work together with his/her teammates and the coach.

Team Advancement

The intent of advancing an athlete is to provide an exceptionally talented athlete with an opportunity to enhance his/her experience and skill development by participating at a higher level. The coaching staff is responsible for initiating team advancement. Coaches must consider the effect the advancement will have on the individual and the program. Expectations, including playing time, will be discussed between coach, parent/guardian and athlete. After this meeting takes place the parents/guardian along with the athlete will make the final decision.

Practice Guidelines:

Each coach will communicate to the players his/her practice guidelines. No practices of any kind can be held without the presence of a coach. There will be no practices of any kind on Sundays. Athletes are expected to attend all practices, games and functions. If an athlete misses practice, the coach will determine whether the absence is excused or unexcused.

Commitment to the Program:

Each athlete on a team must have a strong commitment to the team and athletic program. Team membership will require teamwork, self-discipline, loyalty and sportsmanship. If an athlete has any concern or conflict, he/she must discuss the issue with the coach.

Uniforms and Equipment:

The athlete is directly responsible for securing and maintaining all uniforms and equipment pertaining to their sport. The cost of replacing uniforms or equipment will be assumed by the athlete. The athlete cannot join another team unless all uniforms and equipment are turned into the athletic office.

Transportation Policy:

- Transportation for teams is to be approved by the Athletic Director.
- Athletes must ride to and from away contests on school sponsored transportation. Athletes are expected to follow the rules set forth by the transportation department while riding in school vehicles.
- Parents/guardians may take their athlete home at the conclusion of an away contest, *provided a travel release form has been filled out and submitted to the coach or Athletic Office*. Parents may not provide transportation home for other athletes unless the coach or Athletic Office has received the proper information on the travel release form.
- Exceptions in emergency situations may be made by the Principal or Athletic Director.

Athletic Awards

Athletic awards are given only to those athletes who finish the season in good standing. The term good standing refers to those athletes who are not under suspension, have turned in all equipment, and have met all requirements for various awards.

Numerals:

- A. Given to all freshman completing the season in good standing.
- B. Can be given to sophomores, juniors, and seniors finishing their first season in good standing.

Certificates:

- A. Given to all athletes who finish the season in good standing.

Letters:

- A. Individual varsity coaches will set their own requirements for varsity letters. Requirements should be in writing and on file in the Athletic Director's office.

Sport Pins:

- A. Given each time an athlete earns a varsity letter.

Senior Plaques:

- A. Given to athletes completing at least three years in the same sport (athlete must have lettered two of those years).
- B. Athlete will receive one plaque. Multiple sports may be listed on the plaque.
- C. Athlete must be in good standing upon graduation.

Graduating Senior Athletic Awards:

Given to graduating senior (one boy and one girl) who has contributed most to athletics at Hudsonville High School. The athlete shall possess the following characteristics:

1. Honesty and high moral character.
2. Extremely coachable.
3. Cooperative with peers, teachers, and administration.

The high school coaching staff will nominate athletes for the senior athletic award. Winners will be determined by a majority vote by the coaching staff.

Managers:

- A. Receive numerals for first year.
- B. Receive certificate for second year.
- C. Receive varsity letter third year as a manager in the same program.

Communication Guidelines

From the Coach:

As a parent, you should expect to receive the following information. The coach will...

- Define his/her coaching philosophy.
- Explain the expectations of the athletes.
- Provide practice and contest dates, times and locations.
- Explain any team requirements (i.e. fees, special equipment, etc.).
- Describe any discipline issues.

From the Parent:

The coach expects to receive the following information. The parent will...

- Notify the coach of any schedule conflicts well in advance.
- Notify the coach of an athlete's injury or illness.
- Discuss any specific concern in regard to a coach's expectations.
- Provide necessary information regarding athletic code violations.

Problem Solving Procedure

When an issue arises that is appropriate for discussion, the coach will welcome the chance to discuss it with you. *However, the issue must first be brought to the coach's attention by the athlete. This ensures that the problem solving is initiated by the athlete.* If, after discussion the issue is still not resolved, the parent may contact the coach to set up a meeting. *The athlete must also be present at this meeting.*

Issues with the Coach:

Coaches are special people who play an extremely important role in the lives of athletes. Most coaches coach for two reasons: 1) They love the game, but more importantly 2) They love working with kids. Please keep the above items in mind when issues arise. The following section summarizes appropriate and inappropriate issues for discussion:

Appropriate Issues:

If student-initiated problem solving has not brought a remedy a meeting should be mutually agreed to by all parents and coaches involved. Parents should use the 24 hour rule. Clarity with an issue often comes by "sleeping on it". The following issues are considered appropriate issues to discuss with coaches:

- Expectations during practices and games.
- Strategies for the student athlete to improve.
- Availability of academic support.
- Playing time, but only with athlete present at the meeting.

Inappropriate Issues:

The following issues are inappropriate items to discuss with coaches:

- Team strategy.
- Play calling.
- Other student athletes.

Cancellation of Activities

District policy states that all extracurricular activities including practices and competitive events, will be canceled when severe weather exists in the area. If school is canceled because of inclement weather, practices and contests may still take place. However, no practices will be mandatory, nor will there be any punishment if an athlete cannot make it to the practice or contest.

Snow days:

School cancelled before start of school day:

- All Middle School practices and events for that day are cancelled.
- High School events will be held if conditions permit.
- High School practices will be permitted at the discretion of the coach
 - Practices should not start before noon.

School cancelled after noon:

- All Middle School practices and events for that day are cancelled.
- All High School practices and events for that day cancelled.

Tornado Watch:

- All High School and Middle School practices and events will be cancelled/suspended during the duration of the watch.

Tornado Warning:

Before scheduled practices and events:

- All High School and Middle School practices and events cancelled until warning is cancelled

During scheduled practice or events:

- All activities stopped and all athletes moved to designated cover areas.

NCAA and NAIA Guidelines

A student athlete wishing to participate at the collegiate level either at National Collegiate Athletic Association (NCAA) or National Association Intercollegiate Athletics (NAIA) schools needs to read the following information. The NCAA and NAIA have eligibility regulations related to high school graduation, courses completed, grade point average and ACT/SAT scores.

If you are planning to enroll in a NCAA Division I or II college as a freshman, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse ensures consistent application of the NCAA Initial-Eligibility requirements for all prospective student athletes at all member institutions. Check with your counselor to be sure you are taking a core curriculum that meets NCAA requirements; also, register to take the ACT or SAT as a junior. Submit your Student Release Form to the Clearinghouse early in your senior year or when you have definitely decided to participate in athletics during your freshman year of college. (See www.ncaaclearinghouse.net for a free copy)