

PETOSKEY HIGH SCHOOL ATHLETIC DEPARTMENT

By becoming a member of a Petoskey High School athletic team, you become a unique and special person in the eyes of the community, your coaches and the school. More is expected of you than of other students. For this reason, this booklet has been prepared. Read the material carefully and set your goals to conform to the rules herein. Set your goals to include the following:

- Follow the rules.
- Be a good citizen.
- Play hard every day.

Athletics is a part of the total educational program of Petoskey High School. It is offered as an extracurricular activity. Anyone who wishes to participate may benefit from interscholastic athletics. Athletics may provide the opportunity for a student to grow physically and emotionally. Participation in athletics at Petoskey High School is a privilege, not a right.

ELIGIBILITY RULES FOR ATHLETES

Eligibility rules governing transfers, grades, age, amateur status, etc. established by the Michigan High School Athletic Association and adopted by the Petoskey Board of Education can be found on the MHSAA web site at www.mhssa.com. If you are uncertain or have any questions, please seek explanation or answers in the Petoskey High School Athletic Office.

CODE OF CONDUCT

The district's Athletic Board has established the following Code of Conduct for Petoskey High School athletes. This is a code of honor and will be in effect 12 months, in and out of season, on and off the playing field/court. The purpose of this code shall be to establish a uniform set of guidelines for all student athletes.

- A. Athletes shall be clean, neat and well groomed at all times. Since athletes are the largest representative group in our school, they are expected to look and act in a way that will bring credit to themselves and their school. Any conduct unbecoming a PHS student-athlete may result in disciplinary action.
- B. Classroom and school behavior - Athletes shall comply with the standards established by the school and the Michigan High School Athletic Association regarding scholarship, conduct in class and attendance.
- C. Conviction, status as a youthful trainee, being bound over after preliminary exam (or waiving such exam), any verifiable incident of criminal activity and/or Probate Court taking jurisdiction based upon a delinquency petition for a criminal offense will subject a student-athlete to the following discipline which the Athletic Board may modify for good cause.

First Offense: Dismissal from the squad for the remainder of the season.

Second Offense: Dismissal from all athletic activities for 12 months from the date of the event in paragraph C.

If the first offense occurs during a season in which the student-athlete is participating, but the event in paragraph C occurs when the student-athlete is not participating, the dismissal shall apply to the season of the next sport in which the student-athlete desires to participate.

- D. Use or possession of tobacco, alcoholic beverages, steroids, NCAAA banned substance or possession or use of any other controlled substance will subject a student/athlete to the following discipline:

First Offense:

For tobacco: The coach and/or Athletic Director shall warn the athlete, suspend the athlete for 10% of the regularly scheduled season contests/dates, or if none remain, the next tournament contest, and notify the Athletic Board of such action. If the offense occurs when there are no season contests or tournament contests remaining, the athlete's suspension will be

invoked at the beginning of the next sport in which the athlete participates. Suspended athletes must attend all practices and games, but may not suit up/dress for the contest(s).

For alcohol/drugs/steroids/NCAA banned/controlled substances: The coach and/or Athletic Director shall warn the athlete, suspend the athlete for 20% of the regular season contests/dates, or if none remain, the next tournament contest, and notify the Athletic Board of such action. If the offense occurs when there are no season contests or tournament contests remaining, the athlete's suspension will be invoked at the beginning of the next sport in which the athlete participates. Suspended athletes must attend all practices and games, but may not suit up/dress for the contests(s). In addition, the suspended athlete shall be required to receive counseling from a licensed drug/alcohol counselor or agency. Written verification of the completion of or continuing compliance with counseling shall be provided to the Athletic Director. This verification must be received before the athlete is allowed to participate in any contests.

Second Offense

For tobacco and alcohol/drugs/steroids/NCAA banned/controlled substances: Dismissal from all athletic participation for one calendar year. This includes all practices, games, try-outs, and other team functions. A calendar year is defined as 12 months from the date of the second offense. In addition, the suspended athlete shall be required to receive counseling from a licensed drug/alcohol/addiction counselor or agency. Written verification of the completion of or continuing compliance with counseling shall be provided to the Athletic Director. This verification must be received before the athlete is allowed to participate in any team functions.

The 12-month suspension from all sports may be appealed as outlined below:"

- An immediate 30-calendar day suspension from all sports. At the end of the 30-calendar day period, the student may ask for an appeals hearing from the Athletic Board. The Athletic Director will be the primary point of contact and will schedule the hearing.
- The student agrees to immediately begin weekly random drug testing at his/her family's expense at a designated testing facility. The Athletic Director will provide a list of establishments offering these tests. The student/family must provide a copy of these test results to the Athletic Director each week. The Athletic Director may choose to mandate, from week to week, when these tests are administered. The student must agree to continue the random testing each week for a 12-month period. A failed drug test shall be considered a third offense.
- The student will begin counseling with a licensed professional counselor and must provide verification at their appeals hearing of this counseling.
- During the 30-calendar day suspension, the student will be informed by the Athletic Director as to whether he/she will be permitted or required to attend practice. In no circumstance will the student be allowed to participate in practice during this suspension period.
- At the appeals hearing, the Athletic Board will determine one of many different courses of action:
 - 1) reinstatement with additional conditions that may apply, and/or
 - 2) additional suspension, and/or
 - 3) a denial of request which would automatically place the student under the 12-month suspension.

Information considered at the appeals hearing may include, but is not limited to:

- 1) Documented history of and/or current substance involvement,
- 2) Documented history of and/or current counseling for substance involvement,
- 3) Willingness to participate in and provide documentation of random drug testing at the athlete's family expense,

- 4) Proposed restitution that may include:
 - Community service
 - Fees/fines paid
 - Communication to any aggrieved party
- 5) Documented court involvement and adherence to conditions established by the Court.

Third Offense

For tobacco and alcohol/drugs/steroids/NCAA banned/controlled substances: The student/athlete will be permanently suspended from all athletic participation.

- E. A student-athlete may appeal to the Athletic Board for a hearing regarding the discipline imposed in A-D above only if substantial new information becomes available or there is evidence that the procedure set forth in this policy was not followed.
- F. In all disciplinary cases, the Athletic Director shall notify the parents/guardians (in writing) of the student athlete's infraction, and inform them of the consequences.
- G. Quitting an established squad - Any athlete who quits an established squad shall be denied the right to practice or participate on another squad until the season ends for the squad that the athlete left, unless permission is received from both coaches or the Athletic Director.

MISCELLANEOUS INFORMATION

1. Any student participating on any interscholastic team is responsible for his/her conduct on or off the playing area. The student will display and adhere to good sportsmanship while participating for Petoskey High School.
2. Any student participating on any interscholastic team must abide by the rules set by the high school concerning travel from one site to another. Travel to and from sites must be with the team, unless permission is granted to travel otherwise by the coach and parent.
3. Athletes are responsible for all school equipment that is issued during a sport season. Athletes should maintain their equipment according to rules established by the coach of the sport. Any equipment not returned or lost will be reported by the coach to the Athletic Director. Athletes will be billed by the school for replacement of lost equipment.
4. Athletes who go on vacation during sports seasons with anyone other than parents/guardian will be dropped from the team, unless otherwise allowed by the coach or Athletic Director.
5. The Board of Education does not assume any legal responsibility nor provide any insurance relative to doctor and hospital expenses. Athletics are voluntary and the student participates with the knowledge of his/her parents/guardians and at their own risk of injury.
6. The individual coach in his/her sport may have reasonable rules that will ensure the proper conduct of members of the squad. Examples: missing practices, tardy to practice, disrespect for team members.
7. Each coach will inform team members of the requirements and standards for earning an award in the sport. Varsity awards will be given by the school based upon the coach's recommendation.

VARSITY AWARDS

For an athlete to earn a Petoskey varsity award, he/she must finish the season with the team in good standing and be recommended by the coach. Finishing the season can be waived by the coach in cases of injury or extenuating circumstances. The criteria for earning a varsity letter in a particular sport is available from the head coach and may be used as a guideline for coaches recommendations.

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache	Balance Problems	Sensitive to Noise	Poor Concentration	Not "Feeling Right"
Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	"Feeling Down"	Sleep Problems
		Grogginess		

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can't recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Reminder: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by Petoskey Public Schools.

Participant Name Printed

Parent or Guardian Name Printed

Participant Name Signature

Parent or Guardian Name Signature

Date

Date

Return this signed form to the sponsoring organization that must keep on file for the duration of participation or age 18.

Participants and parents please review and keep the educational materials available for future reference.

I HAVE READ AND UNDERSTAND THE RULES AND REGULATIONS AS DESCRIBED IN THIS BOOKLET AND AGREE TO ABIDE BY THEM. RETURN THIS SIGNED SHEET TO THE COACH.

The Basic Philosophy of the Petoskey Athletic Program

1. Play by the rules:
 - MHSAA
 - PHS
 - local, state, federal
2. Be a good citizen:
 - scholarship
 - sportsmanship
 - in school and out
3. Play hard every day:
 - practices and
 - games

Proposed: 4/26/13

Adopted: 3/18/04

Revised: 10/23/13