

# **L'ANSE AREA SCHOOLS**

## **STUDENT ATHLETIC & EXTRA CURRICULAR HANDBOOK**

**2010-2011**

# **PART A**

## **Athletic Guidelines**

## L'ANSE ATHLETIC PROGRAM PHILOSOPHY

**MIDDLE SCHOOL PHILOSOPHY-** The basic philosophy at the middle school level is to develop basic skills of the sport and teamwork. All efforts will be made to play all qualified team members.

**FRESHMEN LEVEL PHILOSOPHY –**The basic philosophy at the freshman level is to develop the players, technical and physical skills. All efforts will be made to provide playing time to all qualified team members.

**JUNIOR VARSITY LEVEL PHILOSOPHY –**Almost all players on the junior varsity team have had prior experience and have decided to make a commitment to the athletic program for the next couple of years. Junior varsity is just what it says—preparation for varsity competition. The balance between playing time, the improvement of individual skills and the introduction to more advanced team concepts for the more advanced players is beginning to shift.

**VARSITY LEVEL PHILOSOPHY—**This level is the ultimate in interscholastic athletics. By this time the athletes have been exposed to athletics for several years and have the background to make the commitment necessary to play athletics and L'Anse. No longer will the emphasis be on every player getting playing time at this level. The emphasis is now on team concepts. A key ingredient is, how well do the players individual skills fit into the total team framework. This is not to say that only a few players will play but the team concept must be developed and a winning attitude established. The most important factor for an athlete to be successful at this level is that he/she knows and understands his/her team role.

## STATEMENT OF PURPOSE

The purpose of the athletic program is:

1. To improve and maintain the image of school athletics.
2. To strive always for playing excellence that will produce winning teams.
3. To ensure growth and development that will raise the number of individual participants; that will give impetus to increasing attendance at each contest; that will build up gate receipts; and that will enable a program of continuing upkeep and improvement of facilities.
4. To provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
  - a. Physical, mental and emotional growth and development.
  - b. Acquisition and development of special skills in activities of each student's choice.
  - c. Team play with the development of such commitments as: loyalty, cooperation, fair play, and other desirable social traits.
  - d. Directed leadership and supervision that stresses: self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
  - e. A focus of interests on activity programs for student body, faculty and community that will generate a feeling of unity.
  - f. Achievement of initial goals as set by the school in general and the student as an individual.
  - g. Provisions for worthy use of leisure time in later life, either as a participant or spectator.
  - h. Participation by the most skilled that will enable these individuals to ascertain possibilities for future vocational pursuits.

## CODE OF ETHICS

It is the duty of all concerned with school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show courtesy to visiting teams and officials.
5. To establish a positive relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game—not a matter of life or death for a player, coach, school, official, community, state, or nation.

To avoid misunderstanding and controversy resulting from communication break down, schools find it expedient to draw up a specific set of rules and regulations to apply to all phases of the athletic program. Many times this is done in conference with parents, staff, administrators and students. It is hoped that athletics in our schools will be a positive force in preparing youth for an enriching and vital role in American life.

The athletic program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. He/she also accepts the training rules, regulations, and responsibilities, which are unique to an athletic program. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations as the role demands that the individual made sacrifices not required of others.

In addition to the rules and regulations for students in the "L'Anse Area Schools Code of Conduct", the School Athletic Code also governs athletic program participants.

### SCHOOL ATHLETIC CODE

The following rules shall apply to all students involved in all extra-curricular activities in the L'Anse Area Schools. Conduct designated, as being prohibited shall include incidents or offenses, which shall occur on and off school premises at any time during the year. Suspensions imposed shall carry over to the next completed activity in which the student participates. In determining whether or not an offense is a second or subsequent offense, reference shall be made to any and all prior offenses and/or from the first day of a scheduled practice.

#### I. Eligibility Regulations

The eligibility rules and regulations are those set forth by the Michigan High School Athletic Association and the L'Anse Area Schools. Students participating in all school athletic related extra-curricular activities must be aware of the following regulations.

1. To be eligible for extra-curricular activities in the L'Anse Area School, a student must be taking a minimum of thirty-five hours of classroom credit per week. (Seven classes that meet five times weekly.)
2. A student to be academically eligible to participate in school athletics must have passed 25 semester hours the previous semester and must be passing 30 hours the current semester. A student must be passing 30 hours and not be failing in more than one class to be eligible. A first semester freshman is immediately eligible regardless of previous semester grades.
3. If a student is failing two individual classes, recorded from the first day of the semester up to and including the previous Thursday, that student will be ineligible for the following week (Monday to Sunday). **A student who is ineligible for**

**three consecutive weeks will not be allowed to participate for the rest of the season.**

4. Students will be ineligible if they accept or have accepted from any source anything for participating in athletics, which exceeds twenty five dollars in value. Athletes must check with the Athletic Director, coach or principal prior to accepting any prize, money or trophy.
5. A student may be ineligible for disciplinary reasons and may be ineligible for failure to comply with athletic training rules and for displaying poor sportsmanship while representing this school.
6. All physicals for athletes related to extra-curricular activities must be scheduled at some time other than during school. Physicals must be on file before the athlete is allowed to practice.
7. The following procedures will be followed for weekly eligibility.
  - a. On the Thursday before the participation week, the Principal's office will generate a failure list. Grades are to be figured from the first day of the semester through the previous Thursday..
  - b. Thursday afternoon a list of students failing a class(es) will be made available to coaches and/or athletic director.
8. Athletes must ride to and from games on transportation provided or approved by the school. The only exceptions are;
  - a. Injury to a participant which would require alternate transportation;
  - b. Prior arrangement between the participant's parent/guardian and the Athletic Director.  
Written permission, requested by the parent, approved by the Athletic Director or principal, will be given to the coach to ride home with parents. The coach will decide if the bus stops to eat or get snacks after a game.
9. Students who are ineligible are not permitted to ride the bus to and event if the bus leaves during school hours. They may ride the bus after school hours with the permission of the coach.

II. General Regulations

1. MHSAA rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc. Each coach has the responsibility to know, to inform team members and parents, and to enforce school and MHSAA regulations in these matters.
2. Any civil law infraction or conduct by a student athlete that is determined by the head coach and school administration to be detrimental to the athletic program, school, or school district will result in discussion with the head coach and a school administrator with possible suspension.

3. No athlete may quit one sport and turn out for another after the season has begun without the mutual consent of both coaches.
4. A display of un-sportsmanlike conduct toward an opponent or official or use of profanity during a practice or contest will result in counseling by the head coach and possible suspension.
5. Unexcused absence from scheduled practice will result in:
  - a. Suspension for one contest following the first violation;
  - b. Suspension for remainder of the season following the second.
6. Violations requiring administrative action as established in the "Student Athletic Handbook," will entail:
  - a. Suspension for one contest following the first violation;
  - b. Suspension for remainder of the season following the second.
7. Theft or malicious destruction of any school or individual's equipment or property is not to be tolerated.
  - a. First offense: The individual will be suspended from the squad for five (5) school days. At the end of this period, following counseling by the head coach and a school administrator, a decision regarding further competition will be made.
  - b. Second offense: Suspension from the remainder of the sports season and a referral of the student to the school administration.
8. Completion of the sports season is required in order for the student to be eligible for letter or other team or individual awards. (Exception: injury, which limits participation.) No awards shall be given to any student suspended for the remainder of the season for Athletic Code violation.
9. Sunday Practices
  - a. Sunday practices will not be permitted unless special circumstances arise. These will have to be approved by the Athletic Director and Superintendent.
  - b. Any athlete having Sunday obligation will be excused with no repercussions or retaliation.
  - c. One weekend day off (Saturday or Sunday) is mandatory. No practices will be permitted on a Saturday if Sunday practice is being held.
  - d. Practices if on Sunday will be scheduled around church activities and will under no circumstances be permitted before 2:00 p.m. and not after 8:00 p.m. in the after noon.

### III. School Attendance Requirements:

1. A student must be in school the entire day in order to participate in an activity that day. An exception would be made if the student has an approved medical appointment; in which case, the student must present to the principal, a signed statement from the doctor regarding the absence.
2. Athletes are to be at all contests, unless prior permission is obtained from the coach. Note: Coaches will be informed as to what is to be considered as an excuse from participating in a contest. The list will cover general areas, keeping in mind that no list can be made to cover every circumstance.
3. If a student is absent the last school day of the week, and the competition is on a non-school day, the student must bring to the coach a signed statement from the parent that permission is given to participate. It is recommended that the coach call the parent regarding the absence.
4. A student who has been injured and has had medical treatment cannot participate again until the date indicated by the student's doctor.

#### IV. Alcohol/Controlled Substances/Tobacco (Zero Tolerance)

Use or possession of alcoholic beverages, tobacco, drugs, narcotics, or hallucinating agents by athletic program participants is prohibited. This includes both hard copies and electronic photos (My Space etc).

1. First offense: Suspension from participation in all scheduled activities for 25% of the activity. (Sports — determined by the number of games or competitions)
2. Second offense: Suspension from participation in all scheduled activities for 50% of the activity. (Sports — determined by the number of games or competitions)
3. Third Offense: OUT - Suspension from participation in all scheduled activities for the remainder of the school year.

The above penalties shall be imposed upon a written report of an offense as defined above being made to the District or its representatives by any District coach, administrator, faculty member, other school employees on duty or any law enforcement office or court.

Imposition of penalties will occur during the current sport or the next scheduled sport in which the student is participating. A student may not join another team to serve the consequence in order to avoid consequences levied in the another sport. Any student not completing the season will invalidate the consequence served and the student will serve the entire penalty in the next sport he/she participates in.

Further, no penalty shall be imposed for any offense hereunder if the involved student shall deny the claimed offense and request a hearing before the athletic director and coach, in accordance with their rules and procedures that the offense occurred

- V. Before any suspension provided for under these rules shall take effect, the student shall be verbally advised by the head coach of the alleged violation and the student will have an opportunity to explain or justify the action. If, after such conference, the head coach is satisfied that a suspension is justified, the student shall be notified.
- VI. The rules and regulations in this code shall apply to any violations, on and off school premises at any time during the year. (12 months all year)
- VII. The principal and athletic director must clear additional rules or regulations from the head coach. Any additional rules and regulations must be in writing and on file in the school office.
- VIII. These rules and regulations apply regardless of whether or not criminal charges result.

#### **ADDITIONAL INFORMATION**

- 1. All rules set by the Athletic code and Student Handbook will apply to all players.
- 2. Appropriate Dress for Games

You are a representative of L'Anse Area Schools. All players will dress appropriately for school and games. Earrings and jewelry are forbidden during play time (games and practices). Coaches will determine the proper dress codes that our players will be expected to follow.

- 3. Arrival for games
  - a. Away Games—Players should arrive a half-hour before their bus is scheduled to depart.
  - b. Home Games—Players should arrive 1 hour before their game is to begin. They shall sit with their teammates on our side and support the team that is playing before them.

#### 4. Playing Time

Playing time at the high school level is not divided equally among players. Every player has an equally important role on our team, but it is not measured in playing time. We play to win and we keep the best-rested team on the court at all times. Playing time should only be discussed between a player and his/her coach. Parents should not discuss playing time with a coach or a school administrator. If a player is not content with his/her playing time, he/she should approach the

coach to set up a meeting to discuss his/her role on the team. If a coach feels that playing time has distracted a player to the point that it is disrupting the team, the coach will set up a meeting with the player and athletic director to discuss the player's future with our program.

- Parents should note that all other concerns with their player can be talked over with the coaches. Please call to arrange an appointment. There will always remain an open door policy of communication between parents and their player in the L'Anse Athletic Program.

#### 5. Team Attitude

Players are expected to support their teammates and coaches at all times. If a player fails in this regard, that player will be suspended for one game. If that player violates this very important team principal twice, that player will be dismissed from the team. A player can either commit this offense verbally with an action, or with negative body language. An example would be a player not shaking hands with the opposing team after the game is over.

#### 6. Restaurant Etiquette

All players are expected to conduct themselves in a courteous manner when eating in a restaurant at all times. Players who violate this code of conduct will be penalized according to the coach's discretion.

7. L'Anse Athletic players will represent themselves, their school, the athletic program, and the community with the highest level of respect, dignity, and pride. A player is expected to act first class at all times because it is a reflection of the entire program. The Athletic Program is committed to being a class act.
8. All students should inform their parents of arrival time back to school following away events. Parents should arrive at the time designated in order that no students will be waiting for any length of time.
9. **It is the policy of the L'Anse Area School District that no person, on the basis of race, sex, color, religion, national origin or ancestry, age, marital status, disability, weight or height, shall be discriminated against in employment, educational programs or admissions. Questions or concerns regarding the nondiscrimination policies should be directed to: Superintendent, L'Anse Area Schools, 201 N. Fourth St, L'Anse, MI 49946, (906) 524-6121. Facsimile: (906) 524-6001**

# **PART B**

## **Extra-curricular Guidelines**

Extra Curricular Activities Included but not limited to the following:

Youth in Government - YIG

Health Occupation Students of America – HOSA

Skills USA

School Play

Quiz Bowl

Students Against Destructive Behaviors – SADD

National Honor Society

Yearbook

Student Council

## SCHOOL EXTRA-CURRICULAR CODE

The following rules shall apply to all students involved in all extra-curricular activities in the L'Anse Area Schools. Conduct designated, as being prohibited shall include incidents or offenses, which shall occur on and off school premises at any time during the year. Suspensions imposed shall carry over to the next completed activity in which the student participates. In determining whether or not an offense is a second or subsequent offense, reference shall be made to any and all prior offenses and/or from the first day of a scheduled practice.

### Eligibility Regulations

The eligibility rules and regulations are those set forth by the L'Anse Area Schools. Students participating in all school related extra-curricular activities must be aware of the following regulations.

1. To be eligible for extra-curricular activities in the L'Anse Area School, a student must be taking a minimum of thirty-five hours of classroom credit per week. (Seven classes that meet five times weekly.)
2. A student to be academically eligible to participate in school athletics must have passed 25 semester hours the previous semester and must be passing 30 hours the current semester. A student must be passing 30 hours and not be failing in more than one class to be eligible. A first semester freshman is immediately eligible regardless of previous semester grades.
- 3.** If a student is failing two individual classes, recorded from the first day of the semester up to and including the previous Thursday, that student will be ineligible for the following week (Monday thru Sunday). **A student who is ineligible for three consecutive weeks will not be allowed to participate for the rest of the activity.**

4. A student may be ineligible for disciplinary reasons and may be ineligible for failure to comply with the governing rules set forth by the individual activity.
5. The following procedures will be followed for weekly eligibility.
  - a. On the Thursday before the participation week the Principal's office will generate a failure list. Grades are to be figured from the first day of the semester through the previous Thursday.
  - b. Thursday afternoon a list of students failing a class(es) will be made available to coaches and/or advisors.
6. Participants/members must ride to and from events on transportation provided or approved by the school. The only exceptions are:
  - a. Injury to a participant which would require alternate transportation;
  - b. Prior arrangement between the participant's parent/guardian and the coach/advisor and Principal.

Written permission, requested by the parent, approved by the coach/advisor or principal, will be given to the coach/advisor to ride home with parents

7. Students who are ineligible are not permitted to ride the bus to and event if the bus leaves during school hours. They may ride the bus after school hours with the permission of the coach/advisor.

#### General Regulations

1. Any civil law infraction or conduct by a student participant that is determined by the advisor/coach and school administration to be detrimental to the extra-curricular program, school, or school district will result in discussion with the advisor/coach and a school administrator with possible suspension.
2. A display of inappropriate conduct toward a competitor or judge, or use of profanity while representing the school district will result in a discussion with the advisor/coach and possible suspension.
3. Violations requiring administrative action will entail:
  - a. Suspension for one contest/event following the first violation;
  - b. Suspension for remainder of the season following the second.
4. Theft or malicious destruction of any school or individual's equipment or property is not to be tolerated.

- a. First offense: The individual will be suspended from the group/club activities for five (5) school days.
  - b. Second offense: Suspension for the remainder of the group/club activities and a referral of the student to the school administration.
5. Completion of the activity is required in order for the student to be eligible for letter or other team or individual awards.(Exception: injury, which limits participation.) No awards shall be given to any student suspended for the remainder of the activity.

#### School Attendance Requirements:

1. A student must be in school the entire day in order to participate in an activity that day. An exception would be made if the student has an approved medical appointment; in which case, the student must present to the principal, a signed statement from the doctor regarding the absence.
2. Participants are to be at all contests, unless prior permission is obtained from the coach/advisor. Note: Coaches/advisor will be informed as to what is to be considered as an excuse from participating in an activity. The list will cover general areas, keeping in mind that no list can be made to cover every circumstance.
3. If a student is absent the last school day of the week, and the competition is on a non-school day, the student must bring to the coach a signed statement from the parent that permission is given to participate. It is recommended that the coach call the parent regarding the absence.
4. A student who has been injured and has had medical treatment cannot participate again until the date indicated by the student's doctor.

#### Alcohol/Controlled Substances/Tobacco (Zero Tolerance)

Use or possession of alcoholic beverages, tobacco, drugs, narcotics, or hallucinating agents by program participants is prohibited. This includes both hard copies and electronic photos (My Space etc).

1. First offense: Suspension from participation in all scheduled activities for 30 days.
2. Second offense: Suspension from participation in all scheduled activities for 60 days.
3. Third Offense: OUT - Suspension from participation in all scheduled activities for the remainder of the school year.
4. These steps may be superseded by State or National Membership Guidelines.

## **Additional Guidelines**

1. Appropriate dress for all activities is established by the Student Code of Conduct and the advisor/coach.
2. All students are expected to conduct themselves in a courteous manner when attending functions or when representing the school in various locations. Students who violate this code will be reprimanded accordingly by the advisor/coach and possibly school administration.
3. Each club or organization may have specific additional rules/regulations/guidelines that students must adhere to. Advisors must submit to the Principals office a copy of these rules.

**4. It is the policy of the L'Anse Area School District that no person, on the basis of race, sex, color, religion, national origin or ancestry, age, marital status, disability, weight or height, shall be discriminated against in employment, educational programs or admissions. Questions or concerns regarding the nondiscrimination policies should be directed to: Superintendent, L'Anse Area Schools, 201 N. Fourth St, L'Anse, MI 49946, (906) 524-6121. Facsimile: (906) 524-6001**