

2021-2022

Parent-Student Handbook All Participants

Important Notice:
Policies and procedures are subject to revision as we work through the fallout of the CV19 pandemic. This includes state of Michigan mandates, as well as MHSAA, school board, and athletic policies and procedures.

PREPARED BY
FRUITPORT HIGH SCHOOL
ATHLETIC DEPARTMENT

TROJANS

"Developing student athletes to reach their fullest potential as competitors and as people by giving maximum effort every day."

The Six Pillars of Character

From "Pursuing Victory With Honor", The Arizona Sport Summit Accord

TRUSTWORTHINESS

Be **honest**. Do not deceive, cheat, or steal. Be **reliable**—do what you say you will do. Have the **courage** to do the right thing. Build a good reputation. Be **loyal**—stand by your friends, family, and country.

RESPECT

Treat others with respect; follow the golden rule. Be **tolerant** of differences. Use good **manners**, not bad language. Be **considerate** of the feelings of others. Do not threaten to hurt anyone. Deal peacefully with anger, insults, and disagreements.

RESPONSIBILITY

Do what you are supposed to do. **Persevere**: keep on trying! Always do your best. Use **self-control**. Be **self-disciplined**. Think before you act—consider the consequences. Be **accountable** for your choices.

FAIRNESS

Play by the rules. Be **open-minded**; listen to others. Do not take advantage of others. Do not blame others.

CARING

Be **kind**. Show you care. Express **gratitude**. **Forgive** others. Help people in need.

CITIZENSHIP

Do your share to make this school and community a better place. **Cooperate**. Stay informed. Vote. Be a good neighbor. **Obey** laws and rules. **Respect** authority. **Protect** the environment.

The "Six Pillars" are a part of this guidebook with the intent that the principles and values they represent become a part of the framework of this organization, and be practiced by staff, players, parents, and fans that are associated with Fruitport Athletics.

Character is the foundation upon which one must build to win respect. Just as no worthy building can be erected on a weak foundation, so no lasting reputation worthy of respect can be built on a weak character.

R.C. Samsel

STAFF

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ATHLETIC DIRECTOR

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| | PHONE | FAX |
|---------------------|----------------|------------|
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| MIDDLE SCHOOL | (231) 865-3128 | 865-4086 |
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School website: www.fruitportschools.net
Athletics website (Big Teams): www.fruitportathletics.org
Twitter: @FCS_Athletics

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FRUITPORT COMMUNITY SCHOOLS ATHLETIC CONSENT FORM (PARENT COPY)

Student _____ D.O.B. ____/____/____
LAST FIRST

As parent or guardian of the above named student, (or as an emancipated minor) I hereby grant permission for him/her to participate in the **2021-22** school year as a member of one or more Fruitport Community Schools athletic teams. I have read, understand, accept, and agree to support the school district's **year-round** athletic code and the related athletic policies found in the parent student handbook.

RESPONSIBILITIES OF PARTICIPATION

I will abide by all school rules and the coach's team rules. I realize that participants are responsible for the maintenance and proper return of all issued equipment and uniforms, and are responsible financially for damage due to loss, neglect or improper use. **I understand that I/we are responsible for player fees related to team membership.** I realize that uniforms/warm-ups are only to be worn for approved events. I give my permission for sport related photos, statistics, or rosters to be used for publicity or eligibility reporting purposes. **I consent to the disclosure of information that might otherwise be privileged under either FERPA or HIPPA for any purpose necessary for the determination of athletic eligibility, player fee waiver, or for compliance with athletic policy/procedures of the school or the MHSAA.**

CITIZENSHIP STANDARDS FOR PARTICIPATION

I understand that *participation in athletics is a privilege*, not a right. Athletes are to exemplify good citizenship, trustworthiness, and a proper public image in the greater community as well as in school-- in and out of season. **I understand the Athletic Code and citizenship expectations as given in this handbook also apply to postings on the internet.** *I realize that standards of participation for athletes often exceed minimum MHSAA and FHS regulations.*

SPORTSMANSHIP

I will demonstrate sportsmanship and exercise self-control to coaches, officials, opponents, and spectators. I understand that excessive display of temper, and the use of profanity in any form are not permitted. I understand that these sportsmanship guidelines apply **to parents** and spectators- as well as participants.

HEALTH AND SAFETY

I understand that in each sport the risk of injury or even death exists; and accept the risk in participation. Having been so cautioned and warned, I also realize the responsibility for reducing the chance for injury by obeying safety rules, following a proper conditioning program, inspecting one's own equipment regularly, and reporting physical problems and injuries to the coach or trainer.

I will abide by the decisions of the athletic trainer and other professionals that the school has contracted related to injuries and return to play. **I have read the enclosed material and understand the policy and procedures for when a student receives a suspected concussion.**

I give consent for Impact concussion management pre and post testing for collision sports (FHS).

I give consent for and agree to comply with the "reasonable suspicion" drug- testing program as per school Board and Athletic Department policies (FHS).

I realize that it is my/our responsibility to pay for all medical treatment arising from participation in a school sport. **I understand that Fruitport Community Schools does NOT provide student medical insurance coverage for athletic injuries. I understand that coverage is available through the state of Michigan for those who qualify, and also for purchase through First Agency of Kalamazoo.**

Name of insurance carrier _____ Policy # _____

_____ Check here if the student athlete has **no health insurance**

Signatures below indicate comprehension of the policies and procedures in the Parent Student Athletic Handbook. Office copy of this form must be completed and on file prior to participation.

Parent/Guardian: _____ date _____

Student: _____ date _____

Parent Copy

ATHLETIC CODE

1. All athletes are responsible to adhere to school regulations and athletic policies as they appear in the Student Handbook, MHSAA and Board policy, Student- Parent Athletic Handbook, and team training rules of individual coaches.
2. School obligations such as attending all classes, help sessions, detentions, completing homework, making up tests, etc. must be satisfied before participating in extracurricular activities. Athletes are expected to attend scheduled classes and have any and all absences excused prior to participation.
3. All participants must meet current MHSAA and FHS eligibility requirements. Under the semester schedule, students must be passing **5 of 6** classes concurrently to remain eligible. Current semester progress reports are received by Monday of each week. Any student who is not passing at least 5 of 6 semester classes will then be ineligible to participate in interscholastic competition immediately from a Monday through Sunday period. Students who do not receive credit for 5 subjects in ANY semester will be ineligible for the next semester or until deficiencies are made up. Student athletes that are over the allowed number of absences may be considered ineligible in that class. Additional participation requirements are outlined in the MHSAA handbook. NOTE: Ineligible athletes will be permitted to participate in practice only during their first period of ineligibility of the season.
4. Athletes suspended from school may not participate in or attend games or practices held during the suspension. A suspension from school begins at the time of notification and ends at the last calendar date of the suspension. Participation is prohibited from the first date up to and including the last date of school suspensions. Athletic suspensions may begin following a school suspension or an ineligibility period. Athletes may be granted permission to practice [not compete] during long term Athletic Dept. suspensions.
5. Disciplinary problems at school or at extracurricular events (Home or away) may be a reason for the coach, athletic director, or administration to drop or suspend an athlete from a sport.
6. Whether in season or out of season, student athletes have an obligation to uphold and maintain a high standard of citizenship in the community. Violations of law and citizenship expectations are grounds for the coach or administration to immediately deny participation for part or all a sport season. Subsequent offenses, *including offenses involving illegal substances*, will result in increased penalties and the possible loss of eligibility for one's high school career.
7. It is expected that athletes attend all scheduled classes in order to participate that day. When school is in session, athletes are to be present for at least three classes, and **classes missed must be excused absences.** The Principal or Athletic Director may grant exceptions when there are conflicts or unusual circumstances that result in being present for less than three full classes.

8. If an athlete is disqualified during an athletic contest for flagrant or unsportsmanlike conduct, that student will be withheld by his/her school for at least the next contest/day of competition for that team. The Athletic Department has the right to enforce a greater penalty if it deems it necessary, including a long- term suspension for multiple disqualifications by the same individual.

9. A. No athlete may use, sell, distribute, or possess any tobacco product at any time. **This policy includes the use or possession of "e-cigarettes"**. The following steps of discipline are to be followed for the violation of this code:

FIRST OFFENSE: Suspension for 25% of current season (based on number of contests), continued if necessary to the next season of participation;

SECOND OFFENSE: Suspension for the remainder of the current season plus 50% of subsequent season of participation;

THIRD OFFENSE: Loss of sports eligibility for one calendar year from offense.

Offenses under A above are cumulative for a four year period. Violations outlined in A above while not a team member (summer or school year) is subject to athletic code penalties in future seasons.

B. No athlete may be involved in the sale, distribution, possession, consumption, or illegal use of prescription drugs, alcohol, fake drugs, steroids, any chemicals which release toxic vapors or contain toxic substances, look alike drugs, performance enhancing substances, or any other substances banned by the NCAA and/or otherwise prohibited by law.

Offenses under B above are cumulative for a four year period and will result in a loss of sports eligibility for a minimum of 33% of a sports season for the first offense (based on the number of dates or contests), *continued if necessary to the next season of participation*, with a maximum penalty of a loss of sports eligibility for one's high school career. Subsequent offenses will result in a minimum suspension of 50% of a sport season, continued to the next season of participation, with a maximum penalty of the loss of eligibility for the balance of the high school career. Any involvement with prohibited substances outlined in B above while not a team member (summer or school year) is subject to athletic code penalties as described above. First time participants are subject to sanctions if the violation occurred during the same school year or within three months of the beginning of the season.

10. Hazing: Athletes shall not participate in any induction ceremony, initiation, or other activity that involves unreasonable risk of physical harm, coercion, intimidation, or embarrassment to others. Hazing is a violation of state law and school policy. Any athlete or parent who believes their student has been a victim of such practices is to contact Lauren Chesney, Principal 3255 Pontaluna Rd. Fruitport, MI 49415.

FHS DRUG TESTING POLICY

The Board requires that each student and their parent or guardian in any of the District's interscholastic athletic programs agree that the student athlete participate in a reasonable suspicion drug-testing program. The test or tests will be conducted by an independent contractor or family doctor. A list of banned drugs and performance-enhancing substances developed by the NCAA and adopted by the Michigan Department of Public Health are listed in the back of this handbook. Please note that the list may change during the year, and that updates may be found on the NCAA Website (www.ncaa.org). All test results will be given to the Athletic Director and the student, parent, or guardian. If the student or parent or guardian asserts any privilege or withdraws the consent given in the Athletic Consent form, the athlete shall immediately be ineligible for further athletic participation. The testing lab will be instructed to test for one or more illegal drugs. Student participant samples will not be screened for the presence of any substance other than an illegal drug or for the existence of any physical condition other than drug intoxication.

A student athlete who tests positive for any illegal substances (in accordance with the testing methods authorized by the School Board), shall become ineligible to participate in athletics for a period as given in the athletic code. A student athlete or parent/guardian may request a retest within 24 hours of the original test at his/her own expense. Students who are taking prescription medication may provide a copy of the prescription or a copy of a doctor's verification that provides evidence that the substance is for a condition where the drug or drug family is prescribed for a medical reason. This information must be provided to school personnel within 24 hours of the test. A student athlete who tests positive will be required to participate in a drug education program in addition to serving an athletic suspension as per the Athletic Code of Conduct.

Reasonable Suspicion:

Reasonable suspicion is intended to target situations when there are objective facts or specific occurrences that support the conclusion that a student-athlete may be using alcohol or other prohibited drug substances. Reasonable suspicion may also be triggered by a previous positive test or an arrest and/or suspension for possession/use of illegal substances within the preceding twelve months. *Reasonable suspicion* is based on a common sense conclusion upon which practical people ordinarily rely. These conclusions can be drawn from observed or reliably described human behavior that is determined to be warning signs for possible drug/alcohol use (e.g., changes in emotional and physical condition and academic/athletics achievement, witnessed drug use, possession, etc.).

All Athletic Department personnel are required and other teaching or administrative staff are encouraged to report to a student-athlete's respective head coach, head athletics trainer, administrator or athletic director specific facts or observable behaviors that indicate that a particular student-athlete may be violating the policies expressed in this program.

Fruitport High School's athletic program is an extension of its educational program and adheres to the philosophy and objectives prescribed by the Fruitport Board of Education and the Michigan High School Athletic Association. The contents of this handbook help define the policies and procedures used within the Department of Athletics that are specific to participants and parents/guardians. Coaches should also refer to FHS Coach's Handbook for additional guidelines and procedures.

MISSION STATEMENT

In keeping with the vision of *empowering individuals to positively impact their world*, the Fruitport Athletic Department is *committed to developing student athletes to reach their fullest potential as competitors and as people by giving maximum effort every day.*

FHS SPORTS/ACTIVITIES OFFERED

| | | SEASON | VAR | JV | FROSH |
|-------------------|-----|---------------|------------|-----------|--------------|
| BASEBALL | B | SP | X | X | X |
| BASKETBALL | B/G | WTR/WTR | X | X | X |
| BOWLING | B/G | WTR | X | | |
| COMPETITIVE CHEER | G | WTR | X | | |
| CROSS COUNTRY | B/G | FALL | X | | |
| FOOTBALL | B | FALL | X | X | |
| GOLF | B/G | SP/FALL | X | | |
| ICE HOCKEY* | B/G | WTR | X | | |
| LACROSSE** | G/B | SPRING | X | | |
| SOCCER | B/G | FALL/SP | X | X | |
| SOFTBALL | G | SP | X | X | |
| TENNIS | B/G | FALL/SP | X | X(G) | |
| TRACK | B/G | SP | X | | |
| VOLLEYBALL | G | FALL | X | X | X |
| WRESTLING | B | WTR | X | X | |
| SIDELINE CHEER*** | G | FALL* | X | X | |
| EQUESTRIAN**** | B/G | FALL | X | | |

*Ice Hockey is a cooperative agreement with Kenowa Hills HS, which is the sponsoring school.

** Lacrosse is a cooperative agreement with Mona Shores HS, which is the sponsoring school.

*** Sideline Cheerleading is a group activity sponsored through the Athletic Department by the Board of Education.

**** Equestrian is a group activity that can use the school name/mascot and colors by the Board of Education. Equestrian is not a school-sponsored event, but members can earn a club letter if specific criteria are met.

MIDDLE SCHOOL SPORTS TEAMS AND SEASONS:

Fall: Cross Country, Volleyball, Football

Winter: Boys Basketball, Competitive Cheer, Wrestling, Girls Basketball

Spring: Track, Co-ed tennis

NOTE: Sixth graders are now permitted to participate in XC, wrestling, and track.

INTERSCHOLASTIC ATHLETIC PHILOSOPHY

The Fruitport Community School District supports the belief that a dynamic program of student activities is vital to the educational development of students. The interscholastic program provides laboratory courses in physical and emotional development. It teaches lessons that often are not taught in the classroom. It also provides a means to better performance in classroom curriculum. Statistics on participation consistently demonstrate that athletes have higher g.p.a., attendance and retention rates, and lower dropout rates than non-participating counterparts. Athletic participation is a positive privilege with definite responsibilities.

We believe that developing a winning athletic program is important. However, it must be done without sacrificing the personal development of participants. Successful programs provide opportunities for physical, mental, social, and emotional growth. In addition, effective programs teach teamwork, work ethic, skill mastery, pride, and fair play. Such positive outcomes go far beyond one's win-loss record.

The interscholastic setting is critical in providing desirable learning experiences. Administrative expectations, direction, and support are vital in achieving clearly defined goals. Also required is adherence to the program purposes by coaches, student athletes, and parents/guardians.

Finally, supporting and cooperating with policies of the Fruitport Board of Education, the Michigan High School Athletic Association and league affiliations is necessary in order to maintain a worthwhile, productive interscholastic environment.

The Fruitport Community School District is committed to a quality interscholastic athletic program that provides desirable learning experiences. The athletic program is dedicated to continuing development and re-evaluation in order to provide student athletes with opportunities *to develop fully as competitors and as people.*

NOTICE REGARDING NON-DISCRIMINATION POLICY

No person shall, on the basis of sex, be excluded from participating, be denied the benefits of, be treated differently from another person or otherwise discriminated against in any interscholastic athletic program at Fruitport Community Schools. Any person believing that Fruitport Community Schools has inadequately applied the principles and/or regulations of Title IX of the Education Amendment Act of 1972 may bring forward a complaint to: Athletic Director 3255 Pontaluna Rd. Fruitport, MI 49415.

PARENT COACH COMMUNICATION PLAN

Both parenting and coaching are extremely difficult roles. By establishing an understanding of each, we are better able to accept the actions of the other and provide greater benefit to students. As parents, when your children become involved in the athletic program, you have a right to understand the expectations placed upon your child. This begins with clear communication from his/her coach. **It is essential that parents be represented in the parent meeting that each head coach sponsors prior to each season.**

COMMUNICATION THAT YOU SHOULD EXPECT FROM THE COACH

1. Philosophy of the coach, including issues such as playing time
2. Expectations that the coach has for the players
3. Locations and times of all practices and contests
4. Team requirements, i.e. practices, special equipment, out of season conditioning
5. Procedures to follow should the athlete be injured during participation
6. Discipline that may result in the denial of participation.

COMMUNICATION THAT COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of schedule conflicts well in advance
3. Specific concerns regarding a coach's philosophy and/or expectations.

As students become involved in the programs at Fruitport High School, they will hopefully experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way they are expected to. **Please keep in mind that there are times in which *athletes need the opportunity to struggle*. At these times, conversation between the athlete and coach is encouraged.**

APPROPRIATE CONCERNS FOR PARENTS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior.

It is difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the above list, certain things can and should be discussed with the coach. Other things, such as those below, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH THE COACH

1. Playing time
2. Team strategy/team selection
3. Play calling
4. Other student athletes' abilities compared to your son or daughter's abilities.

There are situations that may require a conference between coach and parent. It is important that both parties involved have a clear understanding of the other's position. In order to promote a resolution to the issue, the following procedure should be followed when a conference is necessary.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THE PROCEDURE YOU SHOULD FOLLOW IS

1. Call to set up an appointment. The Athletic Office phone number is 865 - 4035.
2. If the coach cannot be reached, call the Athletic Director. *Please do not attempt to confront a coach before or after a contest or practice. This can be an emotional time for both the parent and the coach. Meetings of this nature rarely promote resolution. Waiting 24 hours for this contact will often result in a more productive result.*

WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH DOES NOT PROVIDE A SATISFACTORY RESOLUTION

1. Call the Athletic Director and set an appointment to discuss the situation.
2. Contact the Principal if a resolution is not achieved.

We hope the information provided above makes your experience with Fruitport athletic teams less stressful and more enjoyable.

SPORTSMANSHIP FOR FANS AND PARTICIPANTS

Acceptable behavior includes:

- accepting all decisions of officials;
- treating the competition as a game, not a war;
- giving credit for outstanding effort regardless of the team;
- showing concern for *any* injured player; and
- encouraging surrounding fans to display only the best sportsmanlike conduct.

Unacceptable behavior includes:

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

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

GOVERNING BODIES RELATED TO ATHLETICS

The athletic program at Fruitport High School follows the rules, regulations and policies as set forth by the following governing bodies:

1. Fruitport Board of Education
2. Michigan High School Athletic Association
3. National Federation of High School Athletic Associations
4. Fruitport Athletic Department
5. OK Conference
6. Greater Muskegon Athletic Association

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

The Fruitport Schools as voluntary members of the M.H.S.A.A. are to promote, develop, direct, protect and regulate amateur interscholastic athletics between member schools, and to stimulate fair play, friendly rivalry, and good sportsmanship among contestants, schools, and communities.

All individuals involved in the interscholastic athletic program of Fruitport Schools should strive to know, understand and adhere to all rules and regulations of the M.H.S.A.A. to the letter and spirit of the rule.

OK CONFERENCE

Fruitport is a member of the OK Conference, and will abide by the policies and procedures set forth by that organization. The 49 schools of the OK Conference are divided into seven divisions, with Fruitport being in the Blue Division. Member schools are Fruitport, Allendale, Coopersville, Spring Lake, Hamilton, Unity Christian, Holland Christian, and GR West Catholic.

GREATER MUSKEGON ATHLETIC ASSOCIATION

The purpose of the GMAA is to establish, promote, and maintain interscholastic competition among teams in the greater Muskegon area. Tournaments/meets that are sponsored by the GMAA include boys and girls cross country, golf, and tennis; volleyball, wrestling, softball, baseball, and track.

SUPERINTENDENT OF SCHOOLS

The executive function is delegated to the Superintendent of Schools by the Board of Education. The Superintendent is charged with the responsibility of devising ways and means of efficiently executing the policies adopted by the Board of Education.

The Superintendent recommends to the Board of Education the appointment of all personnel who are given any responsibility for handling inter-school athletics, and he/she approves all policies and procedures recommended by his/her staff and are in fact directly responsible to the School Board for the successful performance of the organization.

HIGH SCHOOL/MIDDLE SCHOOL PRINCIPAL

The school principal is the administrative head of interscholastic athletic activities as well as all other activities at his/her school. As administrative head of the school, he/she is directly responsible to the Superintendent of Schools and to the M.H.S.A.A.

Supervision of athletic contests is a cooperative matter among the principal, assistant principal, athletic director, and appointed game managers.

ELIGIBILITY RULES FOR SENIOR HIGH SCHOOL STUDENTS

The Michigan High School Athletic Association (MHSAA) rules listed in this handbook are only a summary of some of the regulations affecting student eligibility. Most rules are found in the MHSAA HANDBOOK, which can be located in the school administrative offices. **In addition, Fruitport High School has the authority to establish more stringent standards and to enact codes of athletic conduct that are in the best interest of individual students, the team and community.**

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

1. **AGE**
The student must be under nineteen (19) years of age, except that a student whose nineteenth (19th) birthday occurs on or after September 1, of a current school year is eligible for the balance of the school year.
2. **PHYSICAL**
Students must have on file, in the school's office, a physical examination for the current school year (dated after April 15) certifying that he/she is physically able to compete in athletic practices and contests. **Physicals should also be obtained prior to participating in team- sponsored preseason conditioning activities.**
3. **ENROLLMENT**
To be eligible during the first semester of the school year, a student must be enrolled no later than the fourth Friday after Labor Day, or the fourth Friday after of February for the second semester. A student must be enrolled in the school for which he or she competes.
4. **SEMESTERS OF ENROLLMENT**
Students cannot be eligible in high school for more than the equivalent of eight semesters and the seventh and eight semesters must be consecutive.
5. **UNDERGRADUATE STANDING***
A student who is a graduate of a regular four-year high school or who is a graduate of a secondary school which has the same requirements for graduation as a regular four-year high school shall not be eligible for interscholastic athletics. However, a student who satisfactorily completes the required number of credits for graduation in less than the equivalent of eight semesters/12 trimesters shall not be barred from interscholastic athletic competition, while passing at least 4 of 5 classes of undergraduate work, until the end of the eighth semester/12th Trimester as far as the provisions of this section are concerned.
6. **PREVIOUS SEMESTER RECORD***
A student must have received credit for at least five (5) classes for the previous semester that ended in June 2021. A student who does not pass 5 of 6 CLASSES for the *previous semester* is ineligible for a minimum of the *entire following semester* or until deficiencies are made up.

*Deficiencies of previous semester incompletes or failures may be made up during a subsequent semester, or summer session. As per the guidelines outlined in the MHSAA Handbook, eligibility may be reinstated during the next semester when credits are entered on to official school transcripts.

7. **CURRENT SEMESTER RECORD***
Academic eligibility checks of not more than ten weeks are required. If a student is not passing at least **5 of 6 classes** when checked, that student is ineligible for competition until the next check but not less than for the next Monday through Sunday. Students who are ineligible may participate in practices for only the first ineligible period that season. They may not be dismissed from school early to attend games, however.
8. **TRANSFER STUDENTS**
A student in grades 9 through 12 who transfers to another high school may be ineligible to participate in an interscholastic contest for up to one full year. It is imperative that the student/parent/guardian receive transfer regulations from the athletic administrator, as significant changes have been made that both *loosen and tighten* transfer regulations.
9. **UNDUE INFLUENCE**
The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one semester.
10. **LIMITED TEAM MEMBERSHIP**
After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the same season. The MHSAA permits limited exceptions for individual sports. **Please check with the Athletic Office to clarify this rule before assuming it is OK to participate on non-school teams.** It should be noted that the MHSAA does not permit middle school students to practice with high school teams. **Sixth grade** students may not practice with middle school teams-other than those sports approved (cross country, wrestling, and track).
11. **ALL STAR COMPETITION**
Students shall not compete at any time in any sport under MHSAA jurisdiction in all-star contests or national championships regardless of the method of selection. Participation in such a contest shall cause that student to become ineligible for a minimum period of one year of school enrollment.
12. **AWARDS AND AMATEURISM**
Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the handbook. Students may accept, for participation in MHSAA sponsored sports, a symbolic or merchandise award, which does not have a value **over \$25**. Banquets, luncheons, dinners, trips and admission to camps or events, are permitted if accepted "in kind." Awards in the form of cash, merchandise, certificates or any other negotiable document are never allowed.

***NOTE: The Fruitport School Board has approved standards of participation that exceed the minimum requirements as set by the M.H.S.A.A.**

Contact the Athletic Director for questions pertaining to eligibility, transfer rules, and other MHSAA or school policies or administrative guidelines.

DISCIPLINE APPEALS PROCEDURES

Each student athlete is expected to live within the rules and regulations in the FHS Student Handbook as well as the policy and procedures of the athletic department and individual coaches. Likewise, it is expected that these rules will be applied and that all student athletes will be treated fairly. Should a student/parent believe that he/she is the subject of harassment, discrimination, unwarranted treatment, unfair suspension or unjustified *athletic* related dismissal and wishes to make an appeal, the following process must be followed:

STEP 1

A meeting between the athlete, coach and the athlete's parent(s) or other adult selected by the student will meet to discuss the problem. If the situation is not resolved to the athlete's satisfaction, he/she must within two school days, move to the next step. **The athlete will be excluded from participation in contests during the appeals process.**

STEP 2:

A statement of the athlete's position will be submitted in writing to the Athletic Director within 5 calendar days of the initial communication. The Athletic Director will schedule a meeting with athlete, coach and parent(s) or other adult if desired by the student. At this meeting, the coach or Athletic Director will provide all parties with a written statement specifying the violation(s).

STEP 3:

A written request must be made to the Athletic Director for a meeting with the principal. At that time:

- a. The Athletic Director will set up a mutually convenient time for the meeting within a maximum of five school days from receipt of the request.
- b. The student may be accompanied by his/her parent(s) or other adult(s) of the athlete's choice.
- c. The student shall be given the opportunity to present his/her version of the facts and their implications. The athlete will be permitted to offer testimony from witnesses and other appropriate information.
- d. The student and his/her representative(s) shall be privy to all information offered against the athlete. In addition, they shall be allowed to question any witnesses.
- e. The principal shall render a written decision within 5 calendar days and copies shall be sent to the Athletic Director, the coach and the student.

STEP 4:

If Step 3 does not settle the issue to the athlete's satisfaction, he/she may request further review by the Superintendent, who makes the final decision within 5 calendar days, after which time a request can be made for appeal to the Board of Education which will be heard by the Board of Education at their next regularly scheduled meeting.

NOTE: Student athletes who are appealing an administrative suspension will be excluded from participation in contests during the appeal process.

RESPONSIBILITIES OF THE ATHLETE

Student athletes should understand that the athletic program is an important part of their overall education. Athletics offer many opportunities for the total development of each individual. Once students decide to participate, they must understand that they are accepting the privileges and benefits of participation and must meet certain specific obligations and responsibilities. Student athletes should also plan their activity time so that they can give sufficient time to their studies and their sport to ensure successful performance in both areas.

Equally important to the development of skills needed to compete in an individual sport is the development of positive social attitudes and interpersonal relations. Students who participate on interscholastic athletic teams represent themselves, their families, their team, their school and their community. Since the community as a whole provides the support necessary to operate the athletic program, student-athletes should conduct themselves in a manner acceptable to community and school standards. **This includes expectations of character traits such as trustworthiness, respect, and good citizenship. Penalties for citizenship/proper public image violations will result in a minimum of 10% season suspension.**

Our culture frequently gives substantial attention to athletics. Along with the glory and publicity that athletes receive as compared to non-athletes, there is a proportionate amount of higher behavioral expectations. Unfair treatment is a two-way street. We expect our student athletes to hold to a higher standard than non-athletes whether they are representing their school OR when they are away from school grounds and activities.

In addition to the above, athletes will be responsible for the following specific obligations:

1. All equipment will be issued by the coach. Athletes will be responsible for equipment issued to them, including locks and lockers.
2. Athletes must maintain their equipment in a reasonable and clean condition. The coach will be responsible for establishing a procedure to be followed for cleaning of uniforms.
3. All equipment must be returned to the coach at the end of a sports season. Athletes are required to pay for all unreturned equipment or uniforms (fair market value) and will be restricted from participating in any other sports-related activity or practice session until this obligation has been cleared by the coach or Athletic Director.
4. Players are to leave the high school immediately after their scheduled practice or contest has been completed.
5. Athletes are always expected to demonstrate good sportsmanship. They are to accept the seriousness of this responsibility, and the privilege of representing Fruitport High School and the Fruitport Community.
6. Prior to participation, athletes and their parent or guardian are required to return signed consent form indicating that they have received, read and will abide by the school's athletic policies. Player fees are considered non-refundable and are to be paid prior to participation in competition.

7. An athlete is expected to display a high degree of sportsmanship in relationship to opponents, teammates, coaches, officials, and spectators. Excessive loss of self-control, use of profanity, abusive language, trash talk, or the making of obscene gestures or any kind of derogatory remarks will not be tolerated. Athletes are to respect the integrity and judgment of game officials, even in disagreement. Coaches may invoke any or all the options listed for each violation: 1). Athlete-coach conference, 2). suspension, or 3). removal from the team.
8. Athletes represent Fruitport High School while traveling as a team. It is expected that athlete conduct while on buses, in locker rooms, etc. will be of the highest standard- consistent with team and school policy.

Athletes are also to exemplify good citizenship and uphold a proper public image in the community. Violations of law or of citizenship expectations are grounds for the coach, Athletic Director, or administration to remove an athlete from participation even if the behavior takes place during non-school hours or off campus. Good citizenship includes not attending/or immediately leaving gatherings where illegal drugs are present or where alcohol is provided to minors. **Citizenship expectations also extend to postings on the internet. Penalties for citizenship/proper public image violations will result in a minimum of 10% season suspension.**

9. Athletes are to use school transportation to and from contests when provided. When necessary, athletes may travel home from away contests with their parents or guardians only. Coaches should secure written parent permission signatures prior to departure.
10. Athletes are expected to attend all practices and scheduled competitive events. Enforcement will be in accordance with the team requirements as set forth by the coach for that sport.
11. Athletes are expected to attend all scheduled classes. Unusual circumstances may permit the student to participate in practice or games provided he/she **attends at least three full classes, and all absences are excused**. It is the athlete's responsibility to notify the coach of the absence. Exceptions for extenuating circumstances must be cleared in advance through the Athletic Director and/or Principal.
12. Athletes are to be dressed in official school uniforms when representing Fruitport High School in a game or meet. School uniforms/warm-ups are to be worn only for official athletic functions and may not be worn for recreation or street wear. Coaches may allow their players to wear official uniforms/warm-ups for special occasions at school provided there is *not* a violation of the school dress code.

"My standard of performance is defined as follows: Exhibit a ferocious and intelligently applied work ethic directed at continual improvement; demonstrate a respect for each person in the organization; be deeply committed to learning and teaching..." Bill Walsh

MISCELLENOUS TOPICS

TRY OUTS

All sub-varsity athletic teams that make cuts will allow a minimum of four (4) days for student athletes to try-out. Varsity teams will have a minimum of three (3) practice days. If a student-athlete is going to be absent during the try-out period, they must make arrangements with the head coach before try-outs begin. For unexcused absences, student-athletes will not be allowed make up days for the time missed. For excused absences, by the head coach or athletic department, student athletes *may* be granted additional try-out days for the days missed. All student athletes trying out will have to perform the same skill test given by the head coach.

CHANGING SPORTS/DUAL SPORTS

An athlete may not drop one sport and play another sport at any time during the season in progress. The athletic director, who may grant exception, will hear appeals due to unusual circumstances. An athlete may not change from one sport to another during the season in progress if he/she is cut from a squad for disciplinary reasons. It shall be the responsibility of the coach of the new sport to see that this requirement is not violated before allowing the athlete to try out for his/her team.

For an athlete to be approved to play two sports during the same season, there must be consensus from parents, both coaches, and administration. It should be noted that in general, dual sport participation during the same season is not recommended. An athlete wishing to play two sports should have a conversation with all parties involved prior to completing the declaration form. Agreement must be approved within one week from the start of practice.

TRANSPORTATION POLICIES

Travel to all athletic events shall be made by charter/school bus or other approved vehicles with an approved adult in the vehicles; this should be a coach, a teacher or a parent. Whenever a coach permits the use of cars for transporting a student/students, advance information must be submitted in writing to the Athletic Office. The writing must set forth:

a) the date, time, and reason for the transportation; b) the place from which students will be transported; c) the name and address of the driver; d) the number of the driver's license to operate a motor vehicle in the state of Michigan; e) the names of the students to be transported; f) a brief description of the transportation vehicle, the signature of the driver, the name of the insurance carrier for the vehicle.

Coaches may permit only qualified personnel transportation privileges. No person shall transport students in a private vehicle who is not a parent of a student in the district or a holder of a Michigan driver's license, or a holder of automobile liability and personal injury insurance as required by law. When the school provides transportation, team members must return via that transportation. Upon written request, students may travel home with their own parent/guardian under extenuating circumstances with administrative approval.

When charter/school buses are used, the following general rules should be observed:

1. A coach shall travel on the bus.
2. Team members are to remain in their seats and conduct themselves in a manner that will promote good safety factors.
3. Windows should remain closed unless permission is otherwise granted.
4. Nothing should be stuck out of or thrown from a window.
5. The bus is as a part of the school system and no conduct should be allowed that reflects adversely upon the individual, the team or the school.
6. The team should cooperate and help the driver in every way possible.
7. All players are to travel to the game in the team bus and return the same way.

WEATHER CANCELLATIONS

When school is dismissed early due to inclement weather or when all afternoon activities are cancelled, no practices will be held. When the entire school day is cancelled due to weather, Varsity level practices only may be permitted with administration approval, provided road conditions are improved by practice time.

ATHLETIC INSURANCE COVERAGE

The student and his/her parents/guardians acknowledge that serious injury may result from participating in athletic activities. **Fruitport Schools no longer provides supplementary insurance coverage for athletic injuries. Parents may purchase sports injury or 24-hour insurance through First Agency of Kalamazoo. Students may also be eligible for coverage through the State of Michigan, or secondary coverage through the MHSAA for the care and treatment for concussions. It is strongly recommended that each family review their insurance coverage prior to sports participation.**

RETURN TO PARTICIPATION FOLLOWING INJURY/MEDICAL CHAIN OF COMMAND

A student must have a doctor's **written** permission to return to practice or competition if he/she sustains any injury that requires a visit to the physician. **Returning to participation following an injury requiring surgery must be in the form of written permission from the surgeon and approved by medical staff contracted by Fruitport Schools. *Athletes must adhere to the decisions of the school athletic trainer or the highest ranking contracted medical professional regarding the decision for participation / return to play following an injury.*** MHSAA rules specifically address the protocol for return to play/practice following a suspected concussion.

CONCUSSION MANAGEMENT POLICY

Fruitport High School utilizes an innovative program (ImPACT) to assist the trainer and other professionals in diagnosing and managing concussions. The computerized test is given to athletes prior to competition, and again following a suspected concussion. The test is non-invasive and is set up in a "video game" format. It tracks information such as memory, reaction time, speed, and concentration. The test data will enable health professionals to determine when return –to-play is appropriate and safe for the injured athlete. For further information on the ImPACT program, contact the Athletic Office. If an athlete sustains an injury and is *suspected* of having a concussion, he or she will be removed from participation. When staff

member in charge determines that the signs of a possible concussion exist, he/she will contact the parent or guardian and the participant will be removed from activity and be able to return only after released by a medical professional. In addition, both the parent and the student must sign consent to return after a concussion.

Parents are to be familiar with the signs and symptoms of concussions and communicate with staff should these symptoms be observed at home.

Please review the concussion awareness materials located in the back of this handbook.

VARSITY AWARDS

A varsity award will be granted to the athlete who 1). has completed the season as a squad member in good standing 2). has been recommended by the head coach based on the criteria established in that sport. Varsity awards include a one- time letter, numerals, and certificate. Other team members and members of sub varsity teams receive certificates upon completion of the season. Coaches are to explain letter requirements in parent information nights at the beginning of each season.

OTHER AWARDS

The **Fruitport Athletic Foundation** awards an **Outstanding Achievement Award** plaque to seniors who have earned six or more Varsity letters during their career as a Fruitport athlete. The Athletic Department recognizes a male and female senior "***Student Athlete of the Year***" who has demonstrated citizenship, academic excellence (**3.4 or higher GPA**), and athletic ability; and also has earned a varsity letter in multiple sports in their years at FHS, as nominated by faculty and staff. In addition, there are media, military, and others who recognize the achievements of our student athletes. The Athletic Department reserves the right to deny any post- season recognition to athletes who do not exhibit good sportsmanship, citizenship or personal conduct.

COLLEGE INFORMATION

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions (I, II, and III). Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships. **NCAA eligibility standards are constantly changing; students and parents need to be aware of these changes from the onset.**

If you are planning to enroll in college as a freshman and you wish to participate in Division I or II athletics, you must be certified by the **NCAA Eligibility Center**. The original "Clearinghouse" was established as a separate organization by the NCAA member institutions in 1993. The Eligibility Center ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

A major component of eligibility to compete as a first year college student (Division I) is the student athlete's high school GPA based on 16 approved core courses* (14 core courses for Div II), and ACT/SAT test scores. The "sliding scale", the list of required core classes, and other pertinent information is available through the Athletic Office and the Guidance Office. ***Students who hope to play Division I or II athletics in college must be keenly aware of what high school classes are approved by the NCAA as a part of the 16 core courses. The NCAA uses your GPA only from the approved core courses.**

It is **YOUR responsibility** to make sure the NCAA has the documents it needs to certify you. These documents are your completed and signed student release form and fee; your official transcript mailed directly from every high school you have attended; and, your ACT or SAT scores. Prospective NCAA student-athletes must also become familiar with various rules pertaining to personal contacts, telephone calls, official visits, etc. Athlete's parents can receive this information by asking for a copy of the *NCAA Guide for College-Bound Athletes*, or by using the NCAA website www.ncaa.org.

If you feel you are among the minority of athletes who can participate in Division I or II athletics, plan to start the certification process early--usually by the end of your junior year. The Athletic Department, coordinated with the FHS coaching staff, and guidance office are willing to assist parents and athletes in securing scholarships and information. The primary duty of securing college scholarship information lies with the student athlete and his/her parents.

It should be clearly understood that athletes stand a significantly better chance to obtain monies for college via their academic standing than athletic ability.

FIND OUT MORE ON THE WEB for recruiting guidelines and calendars, Eligibility Center registration, and updated legislation at www.ncaa.org or e mail academics@ncaa.org Helpful web sites regarding Scouting/Recruiting: www.recruitingrealities.com and www.ncsasports.org

NCAA Banned-Drug Classes

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

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

Banned Drugs

The following is a list of banned-drug classes, **with examples of substances under each class:**

| | |
|----------------------------------|--|
| (a) Stimulants: | methylenedioxyamphetamine |
| amiphenazole` | (MDMA, ecstasy) |
| amphetamine | methylphenidate |
| bemigrade | nikethamide |
| benzphetamine | octopamine |
| bromantan | pemoline |
| caffeine, (guarana) | pentetrazol |
| chlorphentermine | phendimetrazine |
| cocaine | phenmetrazine |
| cropropamide | phentermine |
| crothetamide | phenylpropanolamine (ppa) |
| diethylpropion | picotoxine |
| dimethylamphetamine | pipradol |
| doxapram | prolintane |
| ephedrine (ephedra, ma huang) | strychnine |
| | synephrine (citrus aurantium, ethamivan zhi shi, bitter orange) |
| ethylamphetamine | and related compounds. |
| fencamfamine | The following stimulants are not |
| meclofenoxate | banned: |
| methamphetamine | phenylephrine |
| | pseudoephedrine |

(b) Anabolic Agents:

anabolic steroids

| | |
|-------------------------------------|------------------------------|
| androstenediol | methyltestosterone |
| androstenedione | nandrolone |
| boldenone | norandrostenediol |
| clostebol | norandrostenedione |
| dehydrochlormethyl- testosterone | norethandrolone |
| dehydroepiandro- sterone (DHEA) | oxandrolone |
| dihydrotestosterone (DHT) | oxymesterone |
| dromostanolone | oxymetholone |
| epitrenbolone | stanozolol |
| fluoxymesterone | testosterone ₂ |
| gestrinone | tetrahydrogestrinone (THG) |
| mesterolone | renbolone |
| methandienone | and related compounds |
| | other anabolic agents |
| | clenbuterol |

(c) Substances Banned for Specific Sports:

| | |
|------------|------------------------------|
| alcohol | pindolol |
| atenolol | propranolol |
| metoprolol | timolol |
| nadolol | and related compounds |

(d) Diuretics and other Urine Manipulators:

| | |
|---------------------|------------------------------|
| acetazolamide | hydrochlorothiazide |
| bendroflumethiazide | hydroflumethiazide |
| benzhiiazide | methylclothiazide |
| bumetanide | metolazone |
| chlorothiazide | polythiazide |
| chlorthalidone | probenecid |
| ethacrynic acid | spironolactone (canrenone) |
| finasteride | probenecid |
| flumethiazide | triamterene |
| furosemide | trichlormethiazide |
| | and related compounds |

(e) Street Drugs:

| | |
|------------------------|----------------------|
| heroin | tetrahydrocannabinol |
| marijuana ₃ | (THC) ₃ |

(f) Peptide Hormones and Analogues :

| | |
|---|--------|
| corticotrophin | (ACTH) |
| growth hormone (hGH, somatotrophin) | |
| human chorionic gonadotrophin (hCG) | |
| insulin like growth factor (IGF-1) | |
| luteinizing hormone (LH) | |
| (all the respective releasing factors of the abovementioned substances also are banned.) | |

| | |
|----------------------|------------|
| erythropoietin (EPO) | sermorelin |
| darbepoetin | |

(g) Anti-Estrogens

| |
|------------------------------|
| anastrozole |
| clomiphene |
| tamoxifen |
| and related compounds |

(h) Definitions of positive depends on the following:

1 for caffeine—if the concentration in urine exceeds 15 micrograms/ml.

2 for testosterone – an adverse analytical finding (positive result) based on any reliable analytical method (e.g., IRMS, GCMS, CIR) which shows that the testosterone is of exogenous origin, or if the ratio of the total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

3 for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

UNDERSTANDING CONCUSSIONS (Signatures on consent form is acknowledgement of receipt of this information.)

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.

Remember: 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.

STRESS SAVER

PARENTS: HELP YOUR ATHLETE BEFORE, DURING, AND AFTER THE COMPETITION

- ✓ **Before:** Know their goals, roles, and needs, and accept them. *Release them* to the game, the coach, and the team.
- ✓ **During:** Relax. Model poise, confidence, and correct behavior. Focus on team. Understand that your role is *not* to be a referee, coach, or player. (This tends to be the biggest challenge.)
- ✓ **After:** Give them all the time and space they need. Be a confidence builder.
From Champions of Character

As parents, our greatest strengths-an unwavering support for our children and willingness to sacrifice for them-can combine to form our greatest weakness.

TIME SAVER

Find the link for all game schedules, depart times, directions to events*, etc. on web *Big Teams* www.fruitportathletics.org

The *Big Teams* site can also set you up to receive e-mail or text notifications of schedule changes and cancelations. It also serves as your in house sports information center, including varsity level game results, summaries, and photos.

(*Note: some schools have fields or courts not on the main campus site. If you have a question about an away site, contact your coach.)

MONEY SAVER

Consider purchasing a ticket discount card in the athletic office. A \$20 card is worth \$30 in High School Home Game ticket expense!

FRUITPORT COMMUNITY SCHOOLS ATHLETIC CONSENT FORM (OFFICE COPY)

Student _____ D.O.B. ____/____/____
LAST FIRST

As parent or guardian of the above named student, (or as an emancipated minor) I hereby grant permission for him/her to participate in the **2021-22** school year as a member of one or more Fruitport Community Schools athletic teams. I have read, understand, accept, and agree to support the school district's **year-round** athletic code and the related athletic policies found in the parent student handbook.

RESPONSIBILITIES OF PARTICIPATION

I will abide by all school rules and the coach's team rules. I realize that participants are responsible for the maintenance and proper return of all issued equipment and uniforms, and are responsible financially for damage due to loss, neglect or improper use. **I understand that I/we are responsible for player fees related to team membership.** I give my permission for sport related photos, statistics, or rosters to be used for publicity or eligibility reporting purposes. **I consent to the disclosure of information that might otherwise be privileged under either FERPA or HIPPA for any purpose necessary for the determination of athletic eligibility, player fee waiver, or for compliance with athletic policy/procedures of the school or the MHSAA.**

CITIZENSHIP STANDARDS FOR PARTICIPATION

I understand that *participation in athletics is a privilege*, not a right. Athletes are to exemplify good citizenship, trustworthiness, and a proper public image in the greater community as well as in school-- in and out of season. **I understand the Athletic Code and citizenship expectations as given in this handbook also apply to postings on the internet.** *I realize that standards of participation for athletes often exceed minimum MHSAA and FHS regulations.*

SPORTSMANSHIP

I will demonstrate sportsmanship and exercise self-control to coaches, officials, opponents, and spectators. I understand that excessive display of temper, and the use of profanity in any form are not permitted. I understand that these sportsmanship guidelines apply **to parents** and spectators- as well as participants.

HEALTH AND SAFETY

I understand that in each sport the risk of injury or even death exists; and accept the risk in participation. Having been so cautioned and warned, I also realize the responsibility for reducing the chance for injury by obeying safety rules, following a proper conditioning program, inspecting one's own equipment regularly, and reporting physical problems and injuries to the coach or trainer.

I will abide by the decisions of the athletic trainer and other professionals that the school has contracted related to injuries and return to play. **I have read the enclosed material and understand the policy and procedures for when a student receives a suspected concussion.**

I give consent for Impact concussion management pre and post testing for collision sports (FHS).

I give consent for and agree to comply with the "reasonable suspicion" drug- testing program as per school Board and Athletic Department policies (FHS).

I realize that it is my/our responsibility to pay for all medical treatment arising from participation in a school sport. **I understand that Fruitport Community Schools does NOT provide student medical insurance coverage for athletic injuries. I understand that coverage is available through the State of Michigan for those who qualify, and also for purchase through First Agency of Kalamazoo.**

Name of insurance carrier _____ Policy # _____

____ Check here if the student athlete has **no health insurance**

Signatures below indicate comprehension of the policies and procedures in the Parent Student Athletic Handbook. Office copy of this form must be completed and on file prior to participation.

Parent/Guardian: _____ date _____

Student: _____ date _____

Signatures required on Final Forms