

Summit Academy North Athletic Handbook

2024-2025



Approved: 8/8/2024

Parental Standards & Expectations

When the coaching staff, the athletes, and the parents are working together for the good of the team, a season is successful. Please help us provide the best possible environment for our athletes to have a quality experience. Everyone must play his/her role. The coaches need to coach, the players need to work hard and sacrifice for the good of the team, and parents need to support their children with attendance and encouragement. As models to our student athletes, parents should practice the following behaviors:

1. Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game.
2. Place the emotional and physical well being of the participants ahead of any personal desires to win.
3. Provide support for coaches and officials working with the participants to provide a positive, enjoyable experience for all.
4. Promote a tobacco, alcohol, drug, and violence free sports environment for the participants and agree to assist by refraining from their use at all events.
5. Refrain from comments and actions that are intended to intimidate, bait, anger, or embarrass others.
6. Maintain a position as a spectator and refrain from “coaching from the stands.”
7. Support the participants in the appropriately designated areas for spectators.
8. Remember that the game is for the students and not for adults.
9. Make youth sports fun for the participants.
10. Expect that your child treats other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
11. Keep all comments from the stands positive, including those directed towards individuals other than your own child.
12. Promise to help your child enjoy the extra-curricular experience within your personal constraints by being a respectful fan, providing transportation or whatever you are capable of doing.

Extra-Curricular Conflict Resolution Process

All complaints **MUST** be heard at the lowest possible level **BEFORE** intervention by a higher authority can occur.

A 24-hour “cooling off” period must be granted before any complaints are initiated.

Incidents that do not require the athletic director or higher should be discussed within 48 hours of the incident.

Complaints must be made within 10 days of the incident. For the sake of all parties, the entire process must be concluded within 30 days of the incident.

This system works very well so we are committed to abide by it.

Step 1 **Start with the Source**

The player will speak directly to the coach. A cooling off period will be granted for all parties before resolution is sought. This meeting should be done in private, away from practice sites and game arenas, and should be conducted face to face. Students who do not feel comfortable speaking solely to the coach may request a parent to be present, however the athlete should conduct the meeting.

Step 2 **Move to program head**

This step is necessary only if the issue is in regards a subordinate or assistant (i.e. an assistant, JV coach, etc.). If going to the source does not resolve the problem, then the head of the program should be notified and he/she should attempt to facilitate a solution. If the “source” is the head of the program, move to step three.

Step 3 **Contact the Athletic Director**

If an agreeable solution is not reached, then the athletic director will conduct a meeting between the parties in an attempt to find resolution. When an agreeable solution can't be reached, the Athletic Director will initiate a meeting with that school's principal.

Step 4 **Contact Administrator**

If an agreeable solution is still not reached, then the Administrator will conduct a meeting between the parties in an attempt to find resolution.

COMMUNICATION BETWEEN COACH AND PARENTS

The purpose of the interscholastic athletic program at Summit Academy North Schools is to provide an arena in which students can learn and grow in meaningful ways that are not always possible in a classroom setting. Our ultimate success in achieving a positive athletic experience will be measured by our ability to establish lines of communication. Through good communication, people feel valued and understood, even if complete agreement is not always reached. We are all concerned about the *education* of our students. Part of the process of growing up is learning to handle your own difficult situations. If a conflict or misunderstanding between an athlete and a coach occurs, learning to resolve it is an important educational experience for the athlete. Parents should react slowly. Children tend to exaggerate at times, leave out part of the story, or present a skewed version of an incident. Taking responsibility for your part in a conflict is a learned skill. It requires maturity and honest self-reflection. Athletes vent frustration at the dinner table expecting mom and dad to take their side of the issue. Parents, however, realize that they were not present at practice to see how their child behaved, related to the coach, or to evaluate his or her skill and effort. Parents should always seek more information before drawing conclusions. The most productive long-term help a parent can give a child in awkward situations with a coach is to teach and model the skills of conflict resolution. Help your child resolve his or her own differences. When a student successfully deals with difficult interpersonal conflicts, he or she learns and grows. Parents are encouraged to help their athlete learn the valuable lessons that athletics can teach, even the “tough lessons” that may be difficult for everyone involved. Of course, a parent always retains the right to intervene on behalf of a child.

Communication all parents can expect from their child’s coach or the Athletic Director

Team Itinerary: Parents need to know the location and times of all try-outs, practices, games, bus trips, meetings, banquets, team camps, conditioning sessions, et cetera, as well as addresses to away contests. The main source of this information is through the departmental website, via email, and GroupMe.

Team Rules: Parents appreciate knowing not only the philosophy of the coach but also any team policies, including consequences that the coach established to supplement the code of conduct, rules and regulations.

Criteria for Earning a Certificate: (Certificate of Participation) Coaches should determine and distribute written criteria to parents and athletes as soon as the squad has been selected if the criteria is something more than simply completing the season as a member of the team. Students who are not allowed to finish the season due to academic ineligibility will not be awarded a Certificate of Participation.

Injury: Parents can expect to be immediately informed by the coach when an injury occurs which requires medical attention. We do not have an athletic trainer on staff at all events; therefore this will be the procedure.

Behavior: Coaches should call parents whenever an athlete exhibits atypical behavior that persists longer than 48 hours.

Discipline: The coach will inform parents within 24 hours of all discipline matters that results in the loss of contest participation or removal from the team. This contact will be done before the parent is to attend the contest whenever possible.

Communication Coaches Appreciate from Parents

Schedule Conflicts: If you cannot reach the coach directly, it is then appropriate to notify the athletic or main office to get a message to the coach. Please check with the coach before trying out regarding previously scheduled absences.

Emotional Stressors: Coaches appreciate knowing about any unusual event in the life of an athlete that is causing the young person additional stress.

Volunteers: Coaches need help with so many aspects of managing the program (fundraisers, work projects, team dinners, awards banquet, et cetera) that they are always glad to hear from parents who have ideas and are willing to work for the team. Volunteer forms are required and available via the High School and Middle School offices. All volunteers complete a i-chat background check before volunteering and be approved by an administrator.

Forthrightness: Every coach wants to try to resolve a conflict before it is taken to the athletic director, principal or other higher authority or before it is discussed “in the stands.”

Appropriate Concerns for Parents to Discuss with Coaches:

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child’s physical health and welfare, academic progress, or violation of the code of conduct. ******(Matters regarding other athletes are to be left to their respective parents)

Areas of Control that Belong to the Coach, Alone:

1. Tryout procedures, team placement, team size and selection criteria.
2. Position(s) played, lineups and playing time.
3. Offensive and defensive strategies play calling and style of play.
4. Practice plans, drills and scrimmages.
5. Coaching staff (upon approval of the Athletic Director).

How to Discuss an Appropriate Concern with the Coach

Communication is the most vital aspect of heading off potential problems. Any concern a student or parent has must always be addressed by following the “Extra-Curricular Conflict Resolution Process.” The first step of this is to contact the source. Whenever possible the student should initiate, but whether the parent or the student begins the process there are some suggestions on how to handle this conversation.

Student Contacting the Source: The student should talk directly with the coach, in private, face-to-face, away from the practice site or game arena. A telephone call may be necessary to arrange an appointment. E-mail, voice mail, and letters are good methods for communicating information, but they are not as effective for communicating feelings and concerns. By their nature, they tend to distance coaches and athletes.

Parent Contacting the Source: Contact the coach to talk directly, in private, face-to-face, away from the practice site or game area. Making an appointment, sitting down and listening to both sides is far more productive in reaching a mutually satisfying resolution. Our coaches are expected and encouraged to meet with individual parents to discuss concerns that affect that parent’s child. Our coaches are not expected to meet with groups of parents to discuss issues of concern. Please do NOT attempt to confront a coach before or after practice or a contest. These can be emotional times for both the parent and the coach. Our coaches are **NOT** expected to endure yelling, verbal or physical abuse from parents. Make an appointment. Help teach your child the skills of mature conflict resolution.

Conducting a Meeting:

1. Introduce yourself and vice versa. There is to be no yelling, verbal or physical abuse by either side.
2. When each person is speaking, there is to be no interruption. Let each person complete his or her version of the situation before the other person speaks. When stating your concern be prepared with the facts in so far as you understand, or can ascertain them. **Be clear about what you hope will happen as a result of your meeting.**
3. As you talk with the coach, or other authority, repeat back what you hear him or her say to be sure that you understand the important points. Stay calm and friendly as you talk and listen. Take notes.
4. Assist in generating options to resolve the conflict. Make sure there is fairness to the proposed solutions.
5. Before the session ends, have a plan that is clearly understood by all parties. A written document restating the final outcome, what happens if the situation reoccurs, and signatures indicating that the understanding of the situation is appropriate for all. This written plan will check for mutual understanding. Make a plan to touch base following the initial meeting. Remember that each party has a stake in making the plan work. We always assume that all parties have the best interest of the student-athlete in mind when concerns are discussed. Therefore, we make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a complaint. Parents, rightly so, tend to have single focus and advocate for their own child. Coaches, on the other hand, tend to have multi- focus and must safeguard the needs of every player as well as the team as a whole. Parents and coaches, in order to communicate effectively, must respect the legitimate perspective of the other.

Students Who Quit Mid-season:

Students who quit or remove themselves from the team any time after the third official practice will not be allowed to participate in any extracurricular sport for the following sports season. If the student quits during the Spring season of either their sixth, seventh, eighth, Freshman, Sophomore, or Junior year, they are not allowed to participate in any extra-curricular sport during the fall of that next school year. Exceptions to this rule are for medical, academic, transportation emergencies, financial hardships and/or personal family reasons.

CODE OF CONDUCT

A student who elects to participate in athletics does so voluntarily making a choice of self-discipline and self-denial. Being a member of these groups is a privilege and must be treated as such. An individual's conduct should reflect positively upon himself/herself, his/her family, school and community.

1. In the arena of competition, behavior should reflect good sportsmanship. Students are not to swear at coaches, opponents, officials, or spectators.
2. In the classroom, good citizenship, the highest individual academic effort and responsibility should exemplify the conduct of a good athlete.
3. The student is responsible for equipment and facilities used in the performing of the activity.
4. Dropping out of an extracurricular activity is a serious matter. As a courtesy, the student and parents should discuss this decision with the coach before making a final decision. - Students who quit a sport,

will not be allowed to compete on another sports team during that same school year. That student will be required to sit out the remainder of that school year and their eligibility to participate on another sports team will not be reestablished

5. High school students should use good judgment in emulating only those college and professional performers who display positive qualities of sportsmanship.
6. A student should respect and adhere to the expectations of the individual coach/supervisor as outlined in the athletic written guidelines.
7. Athletes may transfer from one sport to another during a season when agreed upon by the player, both coaches and both parents, if both coaches and players do not agree, appeals will be made to the Athletic Director.
8. Use of social media shall not be used in a manner that would reflect badly on the school, team, or the individual. (i.e. Facebook, Twitter, Instagram, You Tube)
9. Bullying and Hazing of any form will not be tolerated, and can result in suspension or dismissal from the team.

All rules of this section as well as other sections of the Summit Athletics Handbook are in effect from the beginning with their first day of participation (workouts, conditioning, scrimmages, practices, and or games) in an extra-curricular activity and continuing through to the date of graduation or the last date of participation, whichever is later. All infractions will be penalized and be applicable at any time during the calendar year (even during the off-season), and will carry over from year to year.

The students are, at all times, representatives of Summit Athletics / Summit Academy Schools and must not engage in conduct which is disreputable or unbecoming as a student of Summit Academy Schools. Conduct which would constitute a violation of any law or ordinance and which involves an act of dishonesty or criminal intent will be subject to the penalties and disciplinary measures of the Athletic Code.

Violations of the Code of Conduct are punishable by the disciplinary measures and penalties as follows:

- a. Suspension – restricted from participation in the scheduled events and/or games of the athletic activity for a specified duration. The athlete must attend practices.
- b. Removal – removal from participation in any and all athletic activities including practices for a specified period or permanently.

The Athletic Director shall determine the degree of the penalty or disciplinary measure imposed on a case-by-case basis according to the seriousness and severity of the violation.

DUE PROCESS

Student athletes are entitled to due process before being removed from an athletic team due to disciplinary reasons. A meeting will take place between the athletic director, head coach, student, and parent before any final decisions are made regarding the student's status on the team.

RULES PERTAINING TO THE USE OF TOBACCO, DRUGS, STEROIDS, AND ALCOHOL

Refrain from smoking, using chewing tobacco, the use of or possession of drugs, steroids and/or alcoholic beverages harmful to the body or mind. Parents of students should consult with their pediatrician or primary care provider and also refer to the NCAA list of banned performance enhancing substances before making decisions about which substances are allowed.

Summit Academy coaches will never suggest performance enhancing substances to students. If a coach does so, it should be reported to the Athletic Director immediately.

Consequences for violating rules pertaining to the use and/or possession of alcoholic beverages, illegal drugs, steroids or tobacco substances:

1. First Offense: Students will receive a suspension from their sport or activity aligned with the Student Code of conduct.
2. Second Offense: Suspension from all extra-curricular activities for at minimum the remainder of the school year, up to one calendar year. If one calendar year passes without any participation in extracurricular activities, the suspension for an activity code violation is negated.

Suspension from participation in all arranged competition at Summit Academy for the remainder of the student's high school career.

NOTE: A student suspended from interscholastic competitions must continue to demonstrate the qualities of sportsmanship outlined in this Handbook.

NOTE: Offense for steroid use: Any student suspected of steroid use will be required to submit to a drug test. Failure to take or pass this test will result in the removal from the team for the balance of the season. Any further participation in high school athletics must be approved by the Athletic Council.

NOTE: Actions displayed on the Internet are considered as a source of evidence in determining a violation of the Activity Code of Conduct. If a student displays inappropriate behavior via the Internet, text message, or any form of social media, this can constitute being suspended or dismissed from the team.

NOTE: Use of banned substances may also result in expulsion from school.

NOTE: Parents of the students involved in any drug, alcohol or tobacco related offenses that may result in a suspension would be notified prior to the suspension of the student athlete. Any Student or parent has the right to call for a hearing with the Athletic Director on any of the above steps. Proof of notification or attempts to notify the parents will be documented in writing. Within three (3) school days, following the assessment of a penalty, a student or student's parent/guardian may file an appeal in writing with the student's principal.

REINSTATEMENT

A student violating any substance rule will be required to attend a substance abuse program approved by the school and arranged and funded at the student/parent's expenses.

STUDENT'S CONDUCT CODE FOR PARTICIPANTS IN EXTRA-CURRICULAR ACTIVITIES

Recognizing that participation in extracurricular activities is a privilege. The District requires that the conduct of student participants be exemplary at all times. Participants are representatives of the District and their school and must conduct themselves appropriately at all times both while in school and out of school. Student participants who violate this policy are subject to being removed from the activity at the discretion of the coach, sponsor, Building Principal or Athletic Director, in addition to any other applicable punishment.

The Athletic Director shall require that all coaches and sponsors of extra-curricular activities have Rules or a Conduct Code for their participants consistent with this policy and the rules adopted by the MHSAA. These rules should contain a notice to participants that failure to abide by them could result in removal from the activity. The Rules of Conduct Code shall be reviewed by the Building Principal periodically at his or her discretion and presented to the School Board.

All coaches and sponsors of extra-curricular activities shall annually review the Rules of Conduct with participants and provide participants with a copy.

SPORTSMANSHIP

Activities in our schools have earned an outstanding reputation in the area of school and community sportsmanship. Our students, fans and participants have always conducted themselves in a commendable manner. Everyone is very proud of this reputation and works hard at upholding it. Please review the following suggestions for future consideration:

1. A student spectator represents his/her school the same as the athlete
2. The good name of the school is more valuable than any game won by unfair play
3. Accept decisions of officials without dispute
4. Recognize and show appreciation of fine play and good sportsmanship on the part of the opponent 5.

Advocate that any spectator or athlete who continually demonstrates poor sportsmanship may be excused from the athletic program.

Students ejected from a sporting event for fighting, swearing, arguing with an official or someone from another team can result in being removed from the team and/or school suspension.

ADULT FAN BEHAVIOR GUIDELINES

It is the expectation of Summit Academy North Schools that everyone attending sporting events (home or away) conduct himself or herself in the appropriate manner. If a spectator is acting in an unsportsmanlike or inappropriate manner, he/she will be approached and be advised of the inappropriate behavior by a staff member, game management, or game official. If that behavior persists, Summit Academy reserves the right to have that person(s) removed from the premises.

The following types of behavior will result in an ejection from an athletic contest:

Fighting, taunting or baiting. Profanity of any type, no matter to whom it is directed, which includes officials or an opponent. Obscene gestures. Disrespectfully addressing an official, coach, Athletic Director or event staff.

1st ejection: 1 game suspension.

2nd ejection: Suspended for remainder of sport season.

3rd ejection: Suspended from ALL athletic competition for 365 days from the date of 3rd ejection.

This process may be accelerated if the administration deems it necessary.

MHSAA MINIMUM REQUIREMENTS

What follows is a condensation of the Michigan High School Athletic Association's standards. Questions as to the details included in these standards should be taken to the Athletic Director.

Michigan High School Athletic Association Eligibility Standards:

A. ENROLLMENT:

A student must have been enrolled in a high school not later than the fourth Friday after Labor Day (1st Semester) or the Fourth Friday of February (2nd Semester).

B. AGE:

A student must be under nineteen (19) years of age at the time of the contest unless the student's birthday occurs on or after September 1 of a current school year. Should the student's birthday occur on or after September 1, the student is eligible for the balance of that school year.

C. SEASONS OF ENROLLMENT:

A student must not have participated in an interscholastic activity for more than four (4) first semester and four (4) second semester seasons in an interscholastic athletic activity that the student began in the ninth grade.

D. SEMESTERS OF ENROLLMENT:

A student must not have been enrolled in grades nine through twelve, inclusive, for more than eight semesters. The seventh and eighth semesters must be consecutive. Enrollment in a school after the fourth Friday counts as a semester. Participation in one or more interscholastic athletic contests also constitutes a semester of enrollment.

E. UNDERGRADUATE STANDING:

The student must not be a high school graduate.

F. PREVIOUS SEMESTER RECORD:

The student must have earned at least twenty (20) credit hours for work taken during the last regular trimester of enrollment, and have passed at least four (4) out of five (5) trimester courses. A student who fails to pass the equivalent of (20) credit hours - (4) out of five (5) - trimester courses at the end of any trimester period shall be ineligible for the next 90 school days unless the deficiencies are made up. Eligibility may be reinstated during the next trimester when the school accepts the credit.

G. CURRENT SEMESTER RECORD:

The student must be passing at least twenty (20) credit hours of work during the current semester, passing a minimum of four (4) out of five (5) courses.

H. TRANSFERS:

The student must be accompanied by the persons with whom the student had lived when moving out of a former school district or service area and into a new school district. The student is ineligible to participate in an athletic contest or scrimmage for one full school year unless the student qualifies for at least one of the 15 exceptions as stated in the MHSAA Handbook, Section 9, pages 36-42.

I. AWARDS:

A student may not accept an award for athletic performance that exceeds a value of \$25.00. An award may not include cash, merchandise certificates or negotiable certificates for any value.

J. AMATEUR PRACTICES:

The student must not accept money or any other type of valuable consideration (merchandise, etc.) for participating in any type of athletics, sports or games. Nor should the student accept this same type of consideration for officiating an interscholastic athletic contest. A student is not to sign a contract with a professional team.

K. LIMITED TEAM MEMBERSHIP:

1. A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a high school or middle school team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) days of competition and maximum of the remainder of that season in that school year. The following exemptions apply: Ice hockey, bowling, cross country, golf, gymnastics, swimming and diving, tennis, track and field, and wrestling and shall apply the limited team membership rule from that point of a student's first participation in a contest or scrimmage, rather than practice.

2. After once representing the school in competition in an MHSAA Tournament sport, a student shall not compete at any time in any MHSAA Tournament sport in any of the following events: (1) any events that purports to be an "all-star" contest, regardless of the method of team selection; (2) Any "All-Star" charity or fundraising events or similar exhibitions if they involve contestants other than the students and faculty of that student's school; (3) Any event which is or purports to be a national championship, or the qualification thereto.

3. Parents should always check with the Athletic Director before allowing a student-athlete to participate in any non-school athletic activity. This is important to the student's future athletic eligibility.

L. COMPETITION DISQUALIFICATION:

Note: This is the wording of the Michigan High School Athletic Association – Reg. V, Sec. 3 (D), Pg. 92: The following policies for disqualifications shall apply in all sports:

1. When a student is disqualified during a contest for flagrant or unsportsmanlike conduct, that student shall be withheld by his/her school for the remainder of that day of competition and for at least the next contest/day of competition for that team.

2. When a coach is disqualified during a contest/day of competition for unsportsmanlike conduct, that coach shall be prohibited by his/her school from coaching for the remainder of that day of competition and from coaching at or attending at least the next contest/day of competition for that team.
3. Failure of the school for any reason to enforce this regulation will prohibit the school from entry in the next MHSAA tournament for that sport, or for the remainder of the current tournament if the disqualification occurs during an MHSAA tournament or during the last regular season contest/day of competition.
4. Disqualifications from one season carry over to the next season in that sport for undergraduates and coaches, or the next season in any sport for seniors.
5. If the playing rules for a sport specify an additional penalty or more rapid progression, or use of such a progression for other violations, the playing rules apply. (1990)
6. Any coach who is disqualified for unsportsmanlike conduct two or more times during a season, any player who is disqualified for unsportsmanlike conduct three or more times during a season, and any coach or player who is ejected for spitting at, hitting, slapping, kicking, pushing or intentionally and aggressively physically contacting an official at any time during that season, is not eligible to participate in the MHSAA tournament for that sport that season. If the tournament disqualifying ejection for that individual occurs during the MHSAA tournament, that player or coach is ineligible for the remainder of that tournament.

POTENTIAL DANGERS IN ATHLETIC PARTICIPATION

A. Informed Consent: By its nature, participation in interscholastic athletics includes risk of injury which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

Also due to the nature of athletics, the possibility of the exchange of body fluids is present in sports. Regardless of how remote the possibility of transmission of diseases such as HIV/HBV is, all athletes should be aware of the inherent risks associated with athletic competition.

B. Risk taking: Participation in athletics is a voluntary extra-curricular activity in which the student participates at the risk of injury. Athletic activities can be hazardous and participation in such activities is a calculated risk on the part of the student and parents.

INSURANCE

Parents or guardians of athletes are required to obtain adequate insurance coverage for their children in the event of injury. All students participating in athletic events must carry some type of health and accident insurance.

A. The Summit Academy North Board of Education, does not assume liability for injuries suffered by students while participating in athletic activities. The responsibility for the expenses incurred in athletics for doctors, ambulance, or medical expenses for injury must be assumed by the parent or guardian.

B. The athlete's family or the athlete's family's employer's insurance must provide coverage in the case of any injury suffered while participating in athletics in the Summit Athletics Program.

PHYSICALS

Summit Academy students must have a MHSAA physical exam form on file in the Athletic office before they can participate in any way (conditioning, tryouts, weight training, practices, scrimmages, etc.) on the interscholastic team or club team. All MHSAA physical exam forms for the 2024-2025 school year must be dated on or after April 15, 2024.

IV. INJURY POLICY

Injury Reporting: Students absent from practice due to extended illness or any athlete who sustains an injury while participating for Summit Athletics or on his/her own time needs to report the injury to the head coach.

Release to practice/compete following an injury: Any athlete who has sustained an injury must be released to return to competition or practice by his/her M.D. or D.O. Release by the M.D. or D.O. must be delivered in writing to the Athletic Director.

Athlete's Responsibility: It is the responsibility of the athlete to follow the instructions of his/her physician with regard to an injury; it is also his/her own responsibility to follow up with treatment of any injury.

DUAL PARTICIPATION POLICY

There may be certain circumstances that exist in which it may be in the best interest of both a particular team and an individual athlete to allow participation on more than one athletic team during a particular season. This would allow individual athletes an opportunity to excel in activities that will help both them and others grow and develop physically, socially, and emotionally while, at the same time, helping the overall growth, development and success of the entire team.

A parent/guardian of a student who wishes to participate in two sports should request a meeting with the student, the coaches of both sports, and the Athletic Director to discuss these wishes and review the following guidelines:

- a. A written contract will be established wherein all the above named parties may agree upon training and performance requirements concerning the games and practices.
- b. The athlete must choose his/her primary sport and would be expected to attend all practices and contests of the primary sport.
- c. The athlete will only be able to participate in the secondary sport when there is not a conflict with primary sport activities. Potential conflicts will be resolved by the parties involved and included in the contract.
- d. The athlete would be expected to abide by all team rules for both sports, unless mutually agreed upon.
- e. If the athlete fails to comply with any of the agreed upon criteria, the athlete will no longer be eligible to participate in the secondary sport.

PREVIOUS SEMESTER RECORD

No student shall compete in any contest during any semester, who has not passed at least 66%, of the credit load (passing at least 4 out of 6 courses) for the last semester during which he or she shall have been enrolled in grade nine to twelve, during which the athlete shall have taken part in any interscholastic athletic contest. A student who

fails to pass 66% of the credit load (4) out of (6) semester courses at the end of any semester period shall be ineligible for the next 60 school days unless the deficiencies are made up by credit recovery or summer school. Eligibility may be reinstated during the next semester when the school accepts the credit. **Students that are not on track to graduate are not eligible to participate until they have recovered all credits required.**

A student entering the 9th grade for the first time may compete without reference to his/her record in the 8th grade. In determining the number of hours of credit received during a semester under this rule, the usual credit allowed by the school shall be given.

However, reviews and extra-curricular work, and work for which credit previously has been received, shall not be counted. Deficiencies, including incompletes, conditions, and failures from a previous semester may be made up during a subsequent semester, summer session, night school, or by tutoring. Eligibility may be reinstated during the next semester when the school accepts the credit.

CURRENT SEMESTER/ ELIGIBILITY EVALUATION PROCESS

How eligibility is checked for extra-curriculars:

1. All student-athletes that currently have credit recovery, will not be eligible until all new credit recovery is completed.

2. The Monday of every week, grades and credit recovery will be pulled at 8:00 am

a. If passing all classes, then you will be marked eligible for that week.

b. If failing 3 or more classes, then you will be ineligible immediately

c. If you have 1-2 grades being an F, then you will enter a 1 week grace period.

i. You MUST Report to Study Hall daily with Mr. Orr at 3:15.

ii. You will still be able to compete for the current week

iii. You have 1 week to improve your grade(s). If by the following grade pull, you still have an F, then you will be marked ineligible for that week.

vi. If you continue to have an F, then you will continue to be marked ineligible

ACADEMIC APPEAL

Students that are not eligible after Monday's weekly grade check, will have until the Friday of that same week to appeal their grade in that class. Students appeal their grades by obtaining a written copy of the updated grades from all of their teachers.

ATTENDANCE REQUIREMENTS

- A. An athlete must be in school on the day of the event unless he/she is participating in a school sponsored function. If there are extenuating circumstances to an athlete's attendance, the Athletic Director will determine the eligibility.
- B. If an athlete is absent or tardy he/she will report the reason to the Athletic Director and Head Coach before participating in any practice or game that day.
- C. Senior students who participate in a "Senior Skip Day" are required to attend at least ½ of that school day. If the student is not present for at least that ½ day, the student will be suspended from the team for the next two contests.

STUDENT-ATHLETE ATTENDANCE POLICY

Practices are essential for proper conditioning, improvement of techniques, and acquisition of teamwork skills. Once a student-athlete has chosen to participate and has made the team, that student is expected to commit to attending all team activities. Failure to do so will have consequences. Failure to finish the sport season, whether the student-athlete quits or is removed from the team, except for injury, illness or similar reasons, will result in loss of credit for participation, such as a varsity letter and ineligibility for any local athletic awards for that sport season. Therefore, athletes are required to attend scheduled practices.

1. Athletes who are excused from school are excused from practice on the same day as the absence. Athletes who are suspended from school may not participate in practices or competition until the day they return to school.
2. All attendance detention hours owed by an athlete will be made up at the first available scheduled opportunity or else the athlete will not be permitted to compete until all time owed has been made up at scheduled detention make-up sessions.
3. On the day of competition, athletes must attend at least 1/2 day of classes in order to participate. Any exceptions due to extenuating circumstances require prior written approval from the athletic director or principal.
4. Students must be present in school on Friday (including virtual sessions) in order to compete on Saturday. Any exceptions due to extenuating circumstances require prior written approval from the athletic director or principal.

Attendance and Discipline:

1. First and second unexcused absence as determined by the coach from practice will result in a one contest suspension.
2. Third and any subsequent unexcused absence as determined by the coach from practice will result in a three contest suspension or suspension from the team for the remainder of the season. Unexcused absence from a contest as determined by the coach could result in suspension from the team for the remainder of the season.

Attendance for Vacation Practice: All athletes are required to be aware of their coaches' vacation practice policy.

Coaches' vacation practice policies have been developed for the protection of the athlete and for the orderly progression and development of the total team. Athletes who do not train under the direct supervision of their coaches during an extended vacation could be seriously injured if allowed to participate under highly competitive game conditions. Teams cannot be developed to their fullest potential when all members are not present.

NOTE: An athletic consequence for an attendance infraction may be appealed to the Athletic Director.

GAME DAY ATTIRE

On game days, all student athletes and managers are required to wear what is going to be called "Game Day Attire." Game day attire is as follows:

Required for Boys: short or long sleeved dress shirt (w/ collar), tie, dress slacks or dress pants, dress shoes.

Required for Girls: dress or skirt or dress pants w/dress shirt or blouse, dress shoes or flats. (*skirts and dresses have to be accompanied by leggings, nylons, or tights*). Dresses or skirts CANNOT be shorter than *three inches above the knee*. Appropriate prints are allowed.

Attire not acceptable for Boys: jeans of any color, sneakers, boots, cargo pants, sweat pants, team issued warm-ups, hoodies, game uniforms.

Attire not acceptable for Girls: low cut shirts, jeans of any color, sneakers, khaki pants, sweat pants, team issued warm-ups, hoodies, game uniforms.

ANY ATTIRE WORE ON GAME DAYS MUST ALSO MEET SCHOOL DRESS CODE REQUIREMENTS

Jackets and/or hooded sweatshirts, game jerseys and uniforms are NOT permitted to be worn during school hours. Student athletes must follow game day attire guidelines. If a student athlete fails to not follow guidelines, his/her actions will result in disciplinary action taken by the coach and/or Athletic Director. There are no exceptions to this rule!

TRANSPORTATION

Students are required to travel to and from athletic events by the transportation provided by the Summit Athletic Department. Parents/ guardians are allowed to transport their students from away events without written approval. In this exception, the parent/ guardian must physically be present and visible to the coach before the student can be released. Parents/ guardians can request their student be released to someone other than a parent /guardian over the age of 18 in writing. This request is to be given to the coach at least one day in advance. Please be advised, coaches may feel the need to request identification from a non-parent/guardian. Coaches have the right to deny your student the privilege of leaving with a non-parent/guardian if the coach does not feel confident that they are being released into a safe environment.

FOOT COVERINGS

State Health Department regulations require feet to be covered at all times in public buildings. The only exception should be in locker rooms. "Spikes" and cleats of any kind are prohibited in any Summit Academy building to include the hallways or locker rooms. Athletes are to put on and take off this type of shoe outside of the building.

PARKING

- A. All participants are to park in the main student parking lot.
- B. No one is to park along the sidewalk by the parking lot or in areas not designated as parking spaces.

EQUIPMENT

- A. Each football player must purchase a protective mouthpiece.
- B. Any individual who has failed to return, in good condition, any equipment issued shall be ineligible for an award and from participation in any other sport until such equipment is satisfactorily returned or the Athletic Department is reimbursed.
- C. The theft of school equipment is larceny and Michigan law regards larceny as a felony.

STUDENT PICKUP AFTER GAMES AND PRACTICES

Parents, please be respectful of the coach's personal time by being prompt in picking up your student athletes after each practice and game. If a parent is found to be habitually late for picking up their students, that student will not be allowed to continue on the team until other arrangements can be made.

SNOW DAY PROCEDURES

- A. All clubs' and organizations' meetings will be canceled until school is called back into session.
- B. All fine arts organizations will follow the varsity athletic schedule on snow day matters, unless the director contacts the school administration for exceptions.
- C. If school is called off during the school day:
 - 1. No team practices
 - 2. If a varsity team contest is scheduled for the next day:
 - A. Varsity teams only may practice after safety and team arrangements have been considered
 - B. No ninth grade or junior varsity practices are to be held
- D. If school is called off before the start of the day (First day):
 - 1. No team practices
 - 2. If your varsity team contest is scheduled for the next night:
 - A. Varsity team only may practice
 - B. No ninth grade or junior varsity practices
- E. If school is called off before the start of the school day: (second day or more) – all teams may practice following the gymnasium snow day schedule, unless otherwise notified by the administration.

NCAA ELIGIBILITY CENTER

Students interested in competing in division one or two collegiate athletics must register with the NCAA Eligibility Center. Students should contact either the Athletic Director or the Counseling Office, or view the NCAA website at <https://web1.ncaa.org/eligibilitycenter/common/>.

AWARD POLICIES

1. All awards must conform to the regulations of the Michigan High School Athletic Association. Season is not complete until after the conclusion of the awards ceremony.

CRITERIA FOR RECEIVING AN ATHLETIC AWARD ARE AVAILABLE FROM THE INDIVIDUAL TEAM COACHES.

2. Award Hardware Policy:

1. Freshman Team – certificate
2. Junior Varsity Team – certificate
3. Varsity Team
 - a. First year – letter with sport identification
 - b. Second year – a bar to be placed under the sport identification
 - c. Third year – a bar to be placed under sport identification
 - d. Captain – a star will be awarded and is to be placed over the sport identification
 - e. All applicants must have conformed to the regulations for attendance at practices and contests to the satisfaction of the coach for that sport.
 - f. All applicants must have conformed to all rules for training as established by the Athletic Director and the coach of the designated sport.

3. Trophies and Plaques:

1. Trophies or plaques are only to be given to students as approved by the Athletic Department.
 - a. Most Valuable Player Plaques: Coaches will annually inform the Athletic Director of the name of the individual to be placed on the appropriate plaque.
 - b. Two plaques will be used for the ‘Outstanding Athlete of the Year’ and will be placed in the center of the athletic plaques.
 - 1). The “Outstanding Boy and Girl Athlete of the Year, and will be selected by all varsity head coaches.
 - 2). A senior boy and girl who passes both outstanding citizenship and scholarship, and has made unselfish and superior contributions to the athletic program will be selected.

4. Letter Requirements for all Sports

As head coaches and sport regulations change, the letter requirements that follow may change. The changes will be outlined in each coach’s written sport guidelines and reviewed with the Athletic Director.

All Participants Must:

1. Completed the season in good standing both athletically and academically.
2. **Be a member of the varsity team in good standing (academically) during at least $\frac{3}{4}$ of the team’s varsity games of the season.**
3. Attend practice sessions as required by rules.
4. Fulfilled all monetary obligations prior to the designated deadline.

5. Return all equipment and uniform items issued to you. If items are misplaced or damaged, the student or parent/guardian must pay to have that item replaced.

Boys' and Girls' Cross Country - An individual earns a varsity letter in cross-country if they have met any of the following conditions:

1. In an individual season, a letter will be earned by any runner who is one of the team's top seven, by designation or time, for more than $\frac{3}{4}$ or 75% of the scheduled meets in the season.

2. A letter will be earned by any runner who has completed three seasons of cross-country in good standing.

Wrestling –

a. Earn a total of 30 points on the following scale:

- one point for a varsity competition (this counts for a loss or getting a void)
- if a wrestler wins the competition he/she earns the team points toward the letter.
- wrestling in the regional or state meet.
- complete the season in good standing.
- be a positive contributing member of the team for four years.

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Manager - Any applicant for a manager award must have spent two years as a head manager of an athletic activity or one year as an assistant manager, followed by a head manager position for one year in the same sport. If the coach feels a manager has done an exceptional job, the coach may petition the Director of Student Activities to award a letter for the first year of participation.

Special Award – Upon the recommendation of a coach a special award can be issued to any individual by the Athletic Board.

UNIFORM AND EQUIPMENT RETURN

Upon the completion of the season, all equipment and uniforms must be returned to the coach. No students are authorized to keep school issued equipment or school issued uniforms for any reason. Uniforms should be returned to the coach in the condition in which it was received. Students will be required to pay the cost to replace any uniforms or equipment that is not returned to the coach by the designated deadline. Students will be required to pay the cost to replace any uniforms or equipment that is damaged when returned. The coach and athletic department reserves the right to determine if the damages occurred due to “normal wear and tear.”

Name: _____ Sport: _____ Grade: _____

Gender: M F Level: Varsity JV MS

**Summit Academy North Schools
2022-23 Athletic Permission & Waiver of Liability, Handbook Acknowledgement**

This form must be completed by the student and his/her parent(s) and approved by the Athletic Director of Summit Academy before the individual student named is allowed to participate on any Summit Academy North sports team.

Parents/Guardians: Permission, Waiver of Liability & Authorization for Emergency Care

I hereby give my consent for the above named student athlete to participate in interscholastic sports teams for the entire school year named above. I also agree to reimburse Summit Academy North for any equipment issued to my child should it become lost or damaged. I further understand Summit Academy North cannot and will not accept responsibility for personal items lost or stolen.

I authorize the Athletic Director, Principal, Head Coach, or designee in attendance at any Summit Academy sporting event to select and secure medical attention as may be necessary for my child as a result of injuries or other events requiring emergency care while I/we are not in attendance at such event. I agree to pay for and or reimburse any and all costs of medical treatment.

I hereby give Summit Academy North permission for my child to travel to and from sporting events during the entire school year named above by bus or any means of transportation necessary to reach to and from opposing team destinations. I also agree and understand that it is the student athlete's responsibility to provide transportation to and from practice; I also fully understand that it is only Summit Academy's responsibility to provide any transportation to and from an opposing team's location during that student athlete's season.

I hereby release the Athletic Director, Principal, all coaches and Summit Academy from any and all liability on account of such selection or authorization for any and all damages which occur on account thereof.

By signing this form below, I acknowledge that I have fully read and understand the policies and regulations within this handbook. Furthermore, I agree to follow all regulations, policies, and rules outlined within this handbook. I understand that I will be held accountable for my behavior and will be subject to the disciplinary consequences outlined in this handbook.

CONDUCT CODE FOR PARTICIPANTS IN EXTRA-CURRICULAR ACTIVITIES

Participation shall at all times abide by the safety rules of their activity or sport. Unsportsmanlike behavior will not be tolerated. Participants' conduct, in and out of school, shall not reflect negatively on their school or create a disruptive influence on the discipline, good order, moral, or educational environment in the school. Participants who violate this Conduct Code are subject to being removed from the activity at the discretion of the Coach, Building Principal or Athletic Director, in addition to any other applicable punishment.

Father or Guardian Signature _____ **Phone #** _____

Mother or Guardian Signature _____ **Phone #** _____

Student Signature _____ **Phone #** _____