

Onekama Consolidated **Schools**

Onekama Portagers

Student Athlete Handbook

Rev. 1/2018
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ONEKAMA ATHLETIC HANDBOOK

A Message to Parents and Athletes

We are sending this message to your home because your son or daughter is participating in interscholastic athletics, and you, the parents, have expressed your willingness to permit them to compete on one of our teams. Your family interest in this phase of the school program is most gratifying to members of our staff.

We firmly believe that participation in sports provides a wealth of opportunities in our school program. These inter-scholastic activities are properly controlled and organized programs. They meet the students' needs for self-expression, mental alertness, and physical growth. It is our intent to maintain a program of athletics that is sound in purpose and never loses sight that athletics are provided for students to further their educational maturity.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. We know that you will agree that one of the finest lessons a student can learn in athletics is to care for himself/herself physically and develop a strong mind and body. This is one reason why we place such stress on good training habits. Failure to comply with the coaches' rules of training may mean expulsion from the squad.

There is no place in high school or middle school athletics for students who do not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our students to compromise with mediocrity.

Dear Parents,

Congratulations. Your child has decided to participate in athletics at Onekama. We welcome you to join us in making this experience as rewarding as possible. As a parent you can help in this endeavor in many ways. The Athletic Department has developed a series of suggestions on the parents' role in athletics.

1. Be certain your child attends all practices and gives 100% at all times.
2. Understand that playing time is earned during practice time-every coach wants to win and he/she will put forth the best possible team as he/she can.
3. Encourage your child and or yourself to meet with the coach if you have any questions.
 - A. Appropriate time and setting-not in front of the entire team.
 - B. Appropriate language-do not speak in anger or frustration.
4. Support your child and your child's team:
In public, particularly in the stands, be supportive of the coaches, team and individual team members. Do not be critical.
5. Understand that officials attempt to call the game in as fair a manner as possible. They call the game as they see it, maybe not as we wish they would see it.
6. Sportsmanship-Northwest Conference League is putting a strong emphasis on sportsmanship. The rival coach, cheerleaders and officials will evaluate crowd, coach, team members, and cheerleaders on sportsmanship. Onekama has always had a positive reputation in this area, so let's maintain that positive image.
7. Be on time to pick up your child after a game or practice.
8. Work with your child and encourage him/her at home to practice on skills that are needed to be successful.

These suggestions are not comprehensive by any means, but we feel they are important considerations in making your child have successful experiences in athletics.

Onekama Athletic Department

Statement of Philosophy:

The Onekama Schools' Athletic Department, having the well being of the students in mind and recognizing the educational and physical advantages to our students, endorses a sound program of competitive athletics. Furthermore, we believe the program should be based on principles that will foster and perpetuate high standards of sportsmanship, team play, and healthful living.

The Onekama Athletics Department believes that the following objectives should be aspired to for students through interscholastic athletics.

1. Development of mental and physical strength.
2. Development of courage and a respect for hard work.
3. Development of an appreciation for healthy living.
4. Development of skills and techniques that are necessary to be successful in interscholastic athletics.
5. Development of a sense of sportsmanship and team play.
6. Development of respect for the rights and opinions of others.
7. Development of respect for the people in a position of authority.
8. Development of humbleness in victory and graciousness in defeat.

We feel these objectives can best be realized through the following:

5th and 6th Grade:

1. Sportsmanship-by far the most important element.
2. Fundamentals-the basic skills and rules of the game.
3. Team play-with emphasis on participation, everyone will play in each game. The playing time of each team member will be as equal as possible.

7th and 8th Grade:

1. Sportsmanship
2. Fundamentals-the continued development of individual and team skills and techniques.
3. Successful involvement in the athletic program means accomplishment of the athletic objectives.
4. Participation-the coach of each team will evaluate the ability of each athlete, the condition of the athlete and the team role of the athlete to determine the amount of contest playing time for each athlete.

JV & Varsity:

1. Sportsmanship.
2. Fundamentals-the continued development of individual and team skills.
3. Successful involvement in the athletic program means accomplishment of the athletic objectives.
4. Participation-the coach of each team will evaluate the ability of each athlete, the condition of the athlete and the team role of the athlete to determine the amount of contest playing time for each athlete.

Because sportsmanship is **number one** throughout, we feel it should be defined.

Sportsmanship:

The coach's role: A coach's exposure and influence makes this role the most important in forming positive attitudes about sportsmanship to students, spectators, and the community.

For good sportsmanship to become a reality, a coach should always strive to:

- set a positive example for athletes, fans and the community
- abide by the rules of the game in letter and in spirit-teach good sportsmanship to athletes and parents, and reward those who abide by high standards
- treat opposing players and coaches with respect
- respect the officials and understand that their contribution to high school athletics is an admirable one
- exemplify the highest moral character, behavior and leadership

The athlete's roll: An athlete is respected and admired by the student body, the spectators, and the children in the community. It is a role filled with responsibility, and good sportsmanship can be shown by:

- living up to the standards of sportsmanship established by your coach
- learning the rules of the game and discussing them with parents, fans, and students of all ages, so all can have a better appreciation of the game
- remembering that you are representing yourself, your school, family and community
- respecting your opponents-who better than yourself understands the hard work that is put into sports and a team effort
- respecting the integrity and judgment of officials
- displaying positive actions in public at all times

REDUCTION OF TEAM SIZE

Although it is not desirable to cut athletes from teams, it is understood that sometimes, for various reasons, reducing the team size becomes necessary. The athletic department feels that the coach should make this decision with consideration given to the school, the team, and most importantly, to the individuals involved. The decision should be announced in such a manner as to minimize the effect on each athlete.

ELIGIBILITY

Age: Be under nineteen years of age at the time of contest unless 19th birthday occurs on or after September 1 of the current school year, in which case, the student is eligible for the balance of the school year in all sports.

Previous Semester Record: Have passed all courses during the previous semester of enrollment.

Current Semester Record: Be carrying and doing passing work in all classes during the present semester.

Transfers: Generally, have had an accompanying change of residence by his/her parents or legal guardian into the district of the school he/she now attends to be eligible for his/her first semester.

Awards: Not have accepted any award (merchandise, memberships, etc.) for athletic performance, except medals or trophy awards which cost less than twenty-five dollars.

Limited Team Membership: Not have participated in any outside competition in a sport during the season after he/she has represented his/her school in that sport, not have participated in any charity, all star, or exhibition games.

Physical Examinations: Have passed a current year physical examination.

Semesters of Enrollment: Not have been enrolled for more than eight semesters in grades nine through twelve (9-12) inclusive. Three weeks enrollment or participation in one or more athletic contests constitutes a semester enrollment.

Dual Sport Involvement: A high school athlete wishing to participate as a member of more than one sport at Onekama High School must meet the following criteria as a dual sport athlete:

1. Must have a minimum of a C+ average to begin sports practice
2. Must declare primary sport of participation
3. Must meet with coaches of two intended sports of participation to insure common acceptance of playing/practice conditions.

A middle school student **may not** be a dual sport athlete, i.e. football and cross-country.

“No Quit Policy” - A student-athlete who quits a sport will be suspended for 20% of competitions in the next sport s/he successfully completes. This means if the following sport season is not completed, the penalty carries over to the next season the student-athlete chooses to participate in. A student-athlete will also not be considered for post-season awards (i.e. All-Conference), team awards (i.e. MVP) or school awards (i.e. letters/pins) for the team they quit.

If a student-athlete joins a team, they have 10 practice days to decide whether or not they want to finish the season with the team. They can quit any time within this period and not be penalized. If a student-athlete and coach agree that leaving the team after this 10-day period is for a just reason or cause and benefits the team and student-athlete, no penalty will be invoked.

Dismissal From Team and Appeal Process

Should a student-athlete be dismissed from a team by their coach for excessive absences, disrespect paid the coach, causing discontent with fellow players, etc. a student-athlete may make use of an appeal process. If a student-athlete feels they have been dismissed from a team unjustly, they have 5 school days to submit in writing to the athletic director a request for appeal. The appeal board, comprised of the coach of the sport the student-athlete is leaving, and 3 other jv or varsity coaches and the athletic director will be called upon to meet. The student-athlete and his/her parents are to attend this meeting. The meeting will be established within another 5 school days. The coach must submit a written accounting of the student-athlete behavior that the coach feels warranted dismissal. The appeal board will hear both the coach's and the student-athlete's accounting of the incident(s) and will render a decision at the conclusion of the meeting. If the student-athlete is found to have been justly dismissed, the student-athlete must submit a plan to the athletic director that indicates what their intention is to right the inappropriate behavior that brought on the dismissal before being allowed to go out for another sport or return to that sport. If it is found the student-athlete was unjustly dismissed, s/he will be immediately reinstated.

Training Rules & Regulations-Grades 7-12 Athletes:

It is the opinion of health educators that athletes perform best when they follow intelligent training rules which include restrictions in tobacco and alcohol. Michigan law prohibits the use of/or possession of these materials by students.

The following training rules have been established by the Onkama Board of Education.

Disciplinary action will be taken for, but not limited to, the following:

1. Possession and/or use of drugs
2. Possession and/or use of tobacco (chewing/smoking/vaping) or alcohol.
3. Possession and/or use of “look-alike” drugs, over the counter substances and inhalants which may produce abnormal behavior when misused; require written parental and/or permission for specific individual possession or use.

MIDDLE SCHOOL (GRADE 7-8) PENALTIES

First Offense-Suspended 25% of the season. Fractions of contests will be rounded up if .5 or above and rounded down if .49 or below. The suspension will carry over to the next season of participation if necessary.

Second Offense-Suspended for $\frac{1}{2}$ of the season. Athlete must also successfully complete a substance abuse program developed and administered by a qualified community mental health counselor. Fractions of contests will be rounded up if .5 or above and rounded down if .49 or below. The suspension will carry over to the next season of participation if necessary.

Third Offense-Suspended from all athletics for one calendar year. Athlete must also successfully complete a substance abuse program developed and administered by a qualified community mental health counselor.

These penalties will only be in effect during the athlete’s middle school years. Athletes will enter high school with a fresh start.

An athlete’s middle school career ends when he/she successfully completes the 8th grade or on the last day of competition as a middle school student.

The following penalties will be invoked for misdemeanors or felonies that are not traffic offenses.

Misdemeanor (convicted or admitted)-Penalties will be the same as training rule violations.

Felony (convicted or admitted)-Suspended for one calendar year.

High School Penalties

First Offense-Suspended 25% of the season unless if athlete confesses breaking training agreement, miss one competition and report to coach for community service. Fractions of contests will be rounded up if .5 or above and rounded down if .49 or below. The suspension will carry over to the next season of participation if necessary.

Second Offense-Suspended for ½ of the season. Athlete must also successfully complete a substance abuse program developed and administered by a qualified community mental health counselor. In addition, required community service at coaches' discretion. Fractions of contests will be rounded up if .5 or above and rounded down if .49 or below. The suspension will carry over to the next season of participation if necessary.

Third Offense-Suspended from all athletics for one calendar year. Athlete must also successfully complete a substance abuse program developed and administered by a qualified community mental health counselor. In addition, required community service at coaches' discretion.

Fourth Offense-Suspended from all athletics for the remainder of their high school careers.

Penalties will carry over year to year.

The following penalties will be invoked for misdemeanors or felonies that are not traffic offenses:

Misdemeanor (convicted or admitted)-Penalties will be the same as training rule violations.

Felony (convicted or admitted)-Suspended for one (1) calendar year.

Any athlete suspended for a first offense must continue to practice with the team and sit on the bench in street clothes during their suspension.

Any student who is suspended on a second offense where the suspension carries over into another season must practice for the full season if they wish to participate in that sport.

All charges will be submitted to the athletic director and he/she will determine if any action is warranted.

The athlete has the right to appeal any action taken by the athletic director. The appeal is to be presented to the Athletic Board within three (3) school days of the incident. The athlete's parents may be present at the appeals meeting. The decision of the Athletic Board may be appealed to the superintendent. This must be done within three (3) school days after the Athletic Board's decision.

The athletic board shall consist of the coach of the sport involved, the athletic director, and the high school principal. If any of the athletic board hold two positions, an at-large faculty member will serve on the board.

The above policy is in effect during the beginning of fall sports to the conclusion of spring sports. (Second Monday in August - until the end of State competition in selected sport.)

Suspension can and will carry over from one (1) sport to another.

General Rules

All athletes will be required to go to and from contests in transportation provided by the school; however, deviation from this rule may be allowed for extenuating circumstances. Extenuating circumstances will be determined by the principal, athletic director or coach. Such deviation will require the parent or guardian to contact the coach, principal, or athletic director in advance for permission-the school would prefer to have the request in written form.

Any suspension will result in the athlete being eligible for only a letter award. The athlete may not receive any trophies for that season or have their name placed in nomination for Athlete of the Year by any of their coaches for the remainder of the school year. They will be allowed to receive all-conference honors and to participate in conference or state competitions so long as they do not occur during the time of suspension. If the Athlete of the Year trophy has been given it will be rescinded and the runner-up will have their name placed on the trophy.

Any student suspended will not be allowed to attend the awards night for that season. Any letter awards will be presented to the student by the principal or athletic director.

Student's Attendance Policy-Extracurricular Activities

Students **must be in attendance THE ENTIRE DAY** in order to be eligible to participate in extracurricular games or contests that day. This includes performances and games. Exceptions may be made to this rule if approval is obtained from the principal or athletic director prior to the absence, or if a student has an **ortho/doctor's appointment with a slip from the doctor's office** excusing their absence.

Academic Eligibility

Sports eligibility checks begin three weeks into the school year and are completed at the end of the day on Friday. On the initial check in which athletes are found to be failing a class/classes they will be placed on probation until the next check which will occur in three weeks later. While on probation they must attend practices and can play in games/matches until the next check three weeks later.

When the following check occurs, any athlete who was on probation and is still failing a class/classes will become ineligible to play in any games/matches for the following week beginning on Monday and ending on Sunday. Ineligible means the athlete must attend practices but cannot play in any games/matches on a weekly basis. For those who are now considered ineligible, their grades will be checked on a week to week basis (at the end of the day on Fridays).

If they are still not passing on a weekly check, they are once again considered ineligible and will not be allowed to play in any games/matches for the next week beginning Monday and running through Sunday.

If they are passing all of their classes on a weekly check, they become eligible to play the following week beginning Monday and running through Sunday. They will still be required to complete weekly checks throughout the rest of the season.

If an athlete becomes ineligible on any tri-weekly or weekly check, and there is a game scheduled for that night, they can play in that game. Ineligibility takes effect the following Monday through Sunday.

If an athlete becomes eligible or remains ineligible on a tri-weekly or weekly check, and there is a game that Friday night, they may not play because the prior weeks ineligibility does not “lift” until Sunday.

If school is not in session on a Friday, eligibility checks will occur on the following Monday and status will take effect on that day.

Grades from the previous marking period are considered to be a factor at the beginning of every sports season.

Onkama Consolidated School follows the rules and regulations of MSHAA (Michigan High School Athletic Association). In addition to those rules and regulations, playing time is left to the discretion of each individual coach.

Uniforms and Equipment

Students are required to return their uniforms and any equipment within five (5) days of the completion of the sports’ season. Any student who does not return their uniforms or equipment will not be permitted to participate in any other sport until the uniform or equipment is returned or paid for. The athletic department will determine the cost of the uniform or equipment. Students are responsible for damaged uniforms. If a student damages a uniform he/she is responsible for paying for a replacement uniform.

Updates to the handbook
(Full version of this handbook is accessible on the school website.)

12/10/2018

"If a student is committed to an Onekama sports team and also participates in an enrichment activity, the school's sport activity takes precedence over that enrichment activity unless expressly excused by the coach and athletic director."

PLEASE NOTE

Insurance

Onekama Consolidated School does not provide insurance for athletes. Insurance can be purchased through the school for athletes if you do not have insurance. You may inquire about insurance in the Student Services Office (889-5521).

**Your signature represents your agreement to the
Athletic Policy as presented.**

This form must be signed and returned prior to the first contest of the year.

I (we) _____

the parent(s) of _____

have read and understand this booklet for parents and athletes. I will give the coaches, the athletic department and the school my full cooperation.