

Holly Area Schools

Procedures and Regulations

A Guide for Athletes and their Parents
2008-2009



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MISSION STATEMENTS

HOLLY AREA SCHOOL DISTRICT

The mission of the diverse Holly Area Schools Community is to educate all students to be thriving citizens in an ever-changing environment.

HOLLY HIGH SCHOOL

The mission of Holly High School is to provide an effective learning environment, which will encourage skill development, stimulate growth, and enable all students to reach their full potential. Through the united effort and support of staff, students, parents, and community, it is our desire that students become independent, caring responsible members of society.

SHERMAN MIDDLE SCHOOL

The mission of Sherman Middle School, developed by the community, parents, staff, and students, is to create a safe and secure environment that promotes the emotional, social, physical and intellectual development of emerging adolescents, so they will become responsible and well-adjusted citizens.

ATHLETIC PHILOSOPHY

The interscholastic sports program in the Holly Area School District is an integral part of the extracurricular activities and a vital part of the total educational program. All students have an equal opportunity to compete for positions on athletic teams, and it is the aim of the school district to encourage all who are interested and eligible to try out for interscholastic sports. The safety and welfare of our student-athletes will be the primary concern as these sports activities are planned and carried out.

Our interscholastic sports program will provide student-athletes an arena for achievement and success. Hopefully, this will develop a continuing interest and desire for life long physical activity. The sports program will provide the student body with a bond of common interest, emphasizing the importance of working together and will also furnish the community an opportunity for involvement and pride in the Holly Area School District.

Positive sportsmanship attitudes are encouraged and demonstrated at all times. The sports' programs will be designed with educational purposes in mind. Interscholastic athletic events will not place undue interference on the learning and teaching atmosphere of the school district.

All interscholastic athletic events will operate under the auspices of the Holly Area School District. These events are promoted and authorized by the Board of Education, whose responsibility is to set policies that meet the district's athletic philosophy. The administration and athletic staff will be responsible for the implementation of Board policies. The administration will also establish necessary rules and procedures to insure acceptable standards of safety, sportsmanship, and competencies.

LETTER TO STUDENT-ATHLETES

A new season brings different, fresh and exciting challenges and opportunities for you as an athlete. The privilege you have earned to be a part of an interscholastic athletic team at our school is a true extension of your work in the classroom. I hope you will benefit as much from your athletic experiences as you do from your academic endeavors. Acceptable levels of behavior on the playing field are best learned now, as the lessons learned will last a lifetime.

As an athlete, you are constantly in the public eye. You are a leader of today. People look to your display on and off the field as a source of community pride. Many young people in our school look to you as a role model they would like to emulate. This is why good sportsmanship is so vital. Your example sets the standard of behavior for everyone associated with our program. It only takes a single moment to create a negative impression. It takes as much hard work to be a good sportsman as it does to be a good athlete. The former pays the bigger dividends in life.

Please take a moment to review the following guidelines, as we expect our student-athletes to display as leaders of our school. These guidelines will become part of your goals in preparing for the upcoming season. I hope it is a rewarding one for you.

Yours in Sport, Ms. VanKuiken, Athletic Director

HOLLY HIGH SCHOOL INTERSCHOLASTIC ATHLETIC PROGRAM

The Holly Area School District offers a varied program of interscholastic athletics. The purpose of this program is to aid in the development of leadership, cooperation, sportsmanship, competitive spirit, and physical well-being. It is our hope that all students have the experience of participating on one or more of the following athletic teams:

FALL SPORTS – BOYS*

Cross Country - Varsity
Football - FR, JV and Varsity
Soccer - JV and Varsity
Tennis - JV and Varsity

WINTER SPORTS – BOYS*

Basketball - FR, JV and Varsity
Swimming - Varsity
Wrestling - JV and Varsity
Skiing - JV and Varsity

SPRING SPORTS – BOYS

Baseball - FR, JV and Varsity
Golf - JV and Varsity
Track and Field - Varsity

FALL SPORTS – GIRLS*

Sideline Cheer - FR, JV and Varsity
Cross Country - Varsity
Swimming - Varsity
Volleyball - FR, JV and Varsity

WINTER SPORTS – GIRLS*

Basketball - FR, JV and Varsity
Competitive Cheer - Varsity
Dance - JV and Varsity
Skiing - JV and Varsity

SPRING SPORTS – GIRLS

Soccer - JV and Varsity
Softball - FR, JV and Varsity
Tennis - JV and Varsity
Track and Field - Varsity

(*Girls may participate on the football, golf and wrestling teams. Boys may participate on the fall sideline cheer squads.)

SHERMAN MIDDLE SCHOOL INTERSCHOLASTIC ATHLETIC PROGRAM

SEPTEMBER/OCTOBER – BOYS*

Football – 7th grade and 8th grade

NOVEMBER/DECEMBER – BOYS*

Wrestling

NOVEMBER → JANUARY – GIRLS

Volleyball - 7th and 8th grade A & B teams

APRIL/MAY – BOYS

Track and Field

SEPTEMBER/OCTOBER – GIRLS*

Cheerleading - 7th grade and 8th grade
Basketball - 7th grade and 8th grade

FEBRUARY/MARCH – GIRLS*

Cheerleading - 7th grade and 8th grade

FEBRUARY/MARCH – BOYS

Basketball - 7th grade and 8th grade

APRIL/MAY – GIRLS

Track and Field

(*Girls may participate on the football and wrestling teams. Boys may participate on the cheerleading squads.)

Holly High School is a member of the Flint Metro League. Other members of the FML include:

Brandon	Blackhawks	Royal Blue and White
Clio	Mustangs	Orange and Black
Fenton	Tigers	Orange and Black
Lapeer East	Eagles	Green and Gold
Lapeer West	Panthers	Blue and Gold
Linden	Eagles	Red and White
Oxford	Wildcats	Royal Blue and Yellow
Swartz Creek	Dragons	Red and White

Sherman Middle School is a member of the Flint Metro League. Other members of the MS FML include: Brandon, Clio, Fenton, Kearsley, Linden, Oxford, Lapeer-Zimmer East, Lapeer-Zimmer West and Swartz Creek.

ATHLETIC GOALS & OBJECTIVES

Our primary goal is to develop student-athletes into effective citizens that will benefit society throughout their lifetime.

1. Learn **TEAMWORK**. We must all work together in a democratic society. To do this, we must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. Just as in a family or occupation, we must learn to place the team and its objectives higher than personal desires.
2. Learn to be **SUCCESSFUL**. We live in a very competitive society. We do not always win, but when we continually strive to do so, we will be successful. We can learn to accept defeat only by striving to win through dedication and by developing a desire to excel and overcome defeats.
3. Learn **SPORTSMANSHIP**. When we do our best and can honestly tell ourselves so, success and defeat can be accepted like a true sportsman. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
4. Learn to **IMPROVE**. The desire to improve is essential to good citizenship. As athletes, we must establish goals and must constantly attempt to reach these goals, trying to better ourselves in the skills involved and in those characteristics set forth as being desirable.
5. Learn to **ENJOY**. To be successful, we must enjoy what we are doing. Achieving goals and contributing will cause enjoyment through participation.
6. Learn to **DEVELOP DESIRABLE PERSONAL HABITS**. To be an alert and active contributing citizen, it is important to be physically fit and mentally alert. Physical fitness, exercise, and good health habits will develop this alertness.

MHSAA CODE OF CONDUCT FOR COACHES

The Coach is the official representative of the school at interscholastic athletic activities. In this important capacity, these standards should be practiced:

1. Develop an understanding of the role of interscholastic athletics and communicate it to players, parents and the public.
2. Develop an up-to-date knowledge of the rules, strategies, precautions, and skills of the sport and communicate them to players and parents.
3. Develop, communicate and model policies for athletes' conduct and language in the locker room, at practice, during travel, during competition, and at other appropriate times.
4. Develop fair, unprejudiced relationships with all squad members.
5. Allow athletes to prove themselves anew each season and not base team selections on previous seasons or out-of-season activities.
6. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
7. Give the highest degree of attention to athletes' physical well-being.
8. Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.
9. Teach players strict adherence to game rules and contest regulations.
10. Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unproven allegations of questionable practices by opponents.
11. Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.

12. Present a clean and professional image in terms of personal appearance and provide a positive role model in terms of personal habits, language and conduct. Use of tobacco within sight of players and spectators and use of alcohol any time before a contest on the day of the contest is not acceptable.

MHSAA CODE OF CONDUCT FOR ATHLETES

1. Know and adhere to the athletic code of the school.
2. Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and proper philosophy of school-sponsored athletics.
3. Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
4. Counsel with the Athletic Director over questions of eligibility.
5. Practice and play, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and officials before, during, and after contests.

Participation in extracurricular competitive interscholastic athletics is a student's privilege, not a right, that can be removed at any time for failure to meet the set standards and requirements.

TEN COMMANDMENTS FOR PARENTS (excerpt from MSU Youth Sports Institute)

1. Make sure your child has a positive sports experience.
2. Have your child at practices and games.
3. Practice with your child at home.
4. Come to the games as often as you can.
5. Cheer positively.
6. Allow the coach to coach.
7. Let the referees referee.
8. Compliment your child.
9. Talk to the coach.
10. Remember that this is your child's game.

ELIGIBILITY RULES

The existing regulations and policies of the MHSAA will determine eligibility...no exceptions can be made to MHSAA regulations.

MHSAA – Summary of Eligibility Rules (High School Regulations)

1. **Enrollment** – To be eligible for interscholastic athletics, a student must be enrolled in a high school no later than the fourth Friday after Labor Day (1st or 2nd trimester) or fourth Friday of February (2nd or 3rd trimester). A student must be enrolled in at least twenty (20) credit hours in the school for which he/she competes.
2. **Age** – A student who competes in any interscholastic athletic contests must be under nineteen (19) years of age, the exception to that is a student whose nineteenth birthday occurs on or after September 1st of a current school year.
3. **Physical Examination** – No student shall be eligible to represent a high school for whom there is not a physician's statement on file, in the offices of the superintendent, principal or the athletic director for the current school year. This statement must certify that the student has passed a physical examination and is physically able to compete in athletic tryouts, practices and contests. (A physician's statement for the current school year is interpreted as a physical examination given after April 15th of the previous school year.) Additionally, there has been consent for disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility.
4. **Maximum Enrollment** – A student shall not compete in any branch of athletics who has been enrolled in grades 9-12, inclusive, for more than eight semesters or twelve trimesters. The seventh and eighth semester OR the 10th, 11th and 12th trimester must be consecutive.
5. **Maximum Competition** – A student, once enrolled in grade nine shall be allowed to compete in only four first and four second semesters OR four first, four second and four third trimesters. A student shall be limited to participation in only one sports season when that sport is sponsored twice during the school year.

6. **Undergraduate Standing** – A student who is a graduate of a regular four-year high school shall not be eligible for interscholastic athletics. Any foreign exchange student who has graduated from their school in their home country is ineligible.
7. **Previous Academic Credit Record** – No student shall be allowed to compete in any athletic contest during any semester that does not have to his or her credit recorded with the school they wish to represent at least twenty (20) credit hours of work must be completed for the last semester/trimester during which he or she shall have been enrolled in grades 9-12, inclusive. **In Holly, 20 credit hours is equivalent to passing four of five classes per trimester.**
8. **Current Academic Credit Record** – Academic eligibility checks of not more than ten (10) weeks are required. If a student is not passing at least twenty (20) credit hours when checked, that student is ineligible for competition until the next check but not less than the next Monday through Sunday. **In Holly, 20 credit hours is equivalent to passing four of five classes per trimester. Grades will be checked at mid-term and at the end of each trimester.**
9. **Transfers** – Generally, a student must have had an accompanying change of residence from his parent or other persons with whom he or she has been living during the period of his/her last high school enrollment, into the district or service area of the school he/she now attends to be eligible his/her first semester. (All transfer students must get clearance from the athletic director.)
10. **Undue Influence** – Any person or persons, directly or indirectly, associated with the school or its athletic program can secure or encourage the attendance of a student or the student’s parents or guardians as residents of the school district.
11. **Awards** – A student may accept, for participation in athletics, a symbolic or merchandise award, which does not have a “fair market value” or cost in excess of \$25.00. Awards for the athletic participation in the form of cash, merchandise certificates, or any other type of negotiable documents are never allowed. A violation of this rule may lead to ineligibility.
12. **Amateur Status** – No student shall be eligible to represent his/her high school that has received money or other valuable consideration from any source for participating in athletics, sports, or games sponsored by the MHSAA. No student shall be eligible to represent his/her high school that has received money or other valuable consideration for officiating in interscholastic athletic contests, or has signed a professional athletic contract.
13. **Limited Team Membership** – A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a high school athletic team, participates in any athletic competition not sponsored by his/her school in the same sport season shall become ineligible for a minimum of the next three (3) contests and maximum of the remainder of the season in that school year.

MHSAA – Summary of Eligibility Rules (Middle School Regulations)

1. **Enrollment** - To be eligible for interscholastic athletics, a student must be enrolled in a high school no later than the fourth Friday after Labor Day (1st semester) or fourth Friday of February (2nd semester). A student must be enrolled in the school for which he/she competes. No student who is enrolled in the 6th grade or below may compete on the same team with or against 7th and/or 8th graders.
2. **Age** - A 7th grade student who competes in any interscholastic athletic contests must be under fourteen (14) years of age, the exception to that is a student whose fourteenth birthday occurs on or after September 1st of a current school year. An 8th grade student who competes in any interscholastic athletic contests must be under fifteen (15) years of age, the exception to that is a student whose fifteenth birthday occurs on or after September 1st of a current school year. No student who is enrolled in the 6th grade may compete with/against 7th and/or 8th graders.
3. **Physical Examinations** - No student shall be eligible to represent a high school, for whom there is not a physician’s statement on file, in the offices of the Superintendent, Principal or the Athletic Director for the current school year. This statement must certify that the student has passed a physical examination and is physically able to compete in athletic practices and contests. (A physician’s statement for the current school year is interpreted as a physical examination given after April 15th of the previous school year.)
4. **Semesters of Enrollment/Competition** – Students enrolled in 7th and 8th grades are not limited in the number of semesters of competition.
5. **Current Semester Record** – A 7th or 8th grade student is ineligible if they are not passing 50% of their coursework (at least three classes). That student is ineligible for competition until the next eligibility check, but not less than the next Monday through Sunday.

HOLLY AREA SCHOOLS – Summary of Eligibility Rules (High School Regulations)

The Board of Education mandates that student-athletes maintain a 2.0 GPA. Students who meet the MHSAA and HOLLY AREA SCHOOLS standard will be eligible to participate in athletics. Students who meet the MHSAA standard, but who do not meet the HOLLY AREA SCHOOLS standard, will be placed on academic probation. Participation will then be determined by weekly progress reports turned into the Athletic Director every Friday. Participation / non-participation will be determined by the weekly progress report. If the 2.0 standard is not met, the student-athlete will be subject to one week of ineligibility (Monday through Sunday). Students who fail to turn in their progress report will be considered ineligible. Students who are on academic probation and fail to earn the 2.0 requirement three times during the season will be dropped from the team. (Should the student-athlete demonstrate improvement each week, the Athletic Director may choose to allow the athlete to remain on the team and continue monitoring their progress.)

MAKING THE GRADE – Tips for Successful Studying

The three basic tools of education are: (1) TIME, (2) TEACHERS, and (3) TEXTBOOKS. Learn to use these tools correctly. Successful students come from continuous hard work and strong study habits; they are not “born”. Make an academic game plan. The following activities have proven to increase success for many athletes. Ask yourself, how many of them are you currently doing? If not all, then you have an idea of where to start in your new commitment to academic success.

- ❖ Go to class.
- ❖ Get a notebook, or a folder for each class.
- ❖ Get a calendar and write in all important information such as: due dates for assignments, dates of quizzes and tests, appointments with teachers, counselors, coaches, etc., practice times, game schedule, and work schedule.
- ❖ Know your due dates.
- ❖ Organize your time.
- ❖ Plan and budget the hours in a day.
- ❖ Commit to get organized.
- ❖ Analyze your time habits.
- ❖ Know your best “work time”.
- ❖ Pick a place to study.
- ❖ Quiet is far more effective than television or music.
- ❖ Study your hardest subject first.
- ❖ Study with a friend. Do your own work; use a friend for comparison and help
- ❖ Form a study group.
- ❖ Make lists.
- ❖ Devise a schedule.
- ❖ Set goals and deadlines.
- ❖ Stick with it!!! Don’t procrastinate.
- ❖ Take your books to class.
- ❖ Listen in class.
- ❖ Take notes. Copy everything the teacher puts on the board...and MORE.
- ❖ Tune in, ask questions.
- ❖ Ignore other students and distractions.
- ❖ Take responsibility for becoming interested in your subjects.
- ❖ Read your textbooks.
- ❖ Study for tests. Pick out the important material. Make up your own questions. Review your notes.
- ❖ Short review sessions are better than one long one.
- ❖ Get to the test early, ready to go and focused.
- ❖ Get enough sleep.
- ❖ Take tests with confidence.
- ❖ Scan the whole test first. Answer all questions. Check your answers.
- ❖ Answer easy questions first. Stick with your first answer...go with your “gut” instinct.
- ❖ Budget your time.
- ❖ If you don’t know an answer, try to reason it out by narrowing down your choices.
- ❖ Before writing an essay, jot an outline of major points.
- ❖ Be prepared - take your materials to class, arrive early, read the assignment and review your notes.
- ❖ Keep ALL class handouts and notes. Periodically review them.
- ❖ Ask for a tutor.
- ❖ Get help from a teacher.
- ❖ Get to know your teachers.

SCHOOL BOARD POLICIES

The board is committed to providing equal opportunity to compete in interscholastic athletics for both boys and girls and directs its superintendent and those responsible for athletic programs to recommend programs that meet this goal.

All interscholastic activities recognized and approved by the board shall follow the guidelines established by the Michigan High School Athletic Association (MHSAA).

Approved: (MASB-R)

LEGAL REF: MCL 380.1289; AG opinions #4795 and 6352; and rules and regulations as published by the MHSAA.

7210-R Interscholastic Athletics

7210-R

The board, with the support from its administrative staff, recognizes that competing in athletics is privilege, not a right. Athletes are expected to assume their responsibilities in adhering to athletic policies established by the athletic council, approved by the board and published in the Athletic Code of Conduct Handbook. Athletes represent themselves, their school, and their community, parents and team. Conduct at all times, both on and off the athletic field, will be of the highest standard. Coaches shall inform athletes of the conduct expected of them. Athletes will receive a copy of the Athletic Code of Conduct at least once during their high school career and will be given a copy of the coach's rules prior to participation each season. (P-6145)

A student-athlete, as defined by the Holly Area Schools, is any of the following:

- A. Member of an athletic team
- B. Team manager
- C. Cheerleader
- D. Student Trainer

All coaches will receive a Coaches Handbook informing them of all board policies regarding athletics. (P-6145)

Students participating in athletics at the high school level will be subjected to two (2) eligibility checks during their season. The first is in accordance to the MHSAA regulations, both the previous academic credit and current academic credit criteria. The board of education will mandate the second eligibility check.

The board of education mandates that students participating in athletics must be passing at least 4 (four) classes while maintaining a 2.0 GPA. Students who meet the MHSAA and the board of education's standard will be eligible to participate in athletics. Students who meet the MHSAA standard but who do not meet the board of education's standard will be placed on academic probation. Participation will then be determined by weekly progress reports turned into the Athletic Director every Thursday or Friday. Participation / non-participation will be determined by the weekly progress report. If the standards are NOT met, the student-athlete will be subject to one week of ineligibility (Monday through Sunday). Student-athletes who fail to turn in their progress report will be considered ineligible. Student-athletes who are on academic probation and fail to pass four classes and/or earn the 2.0 requirement three times during the season will be dropped from the team. (If the athlete has shown weekly improvement on their progress reports (example 1.6 → 1.8 → 1.9) the Athletic Director may chose to extend their period of probation.) Students are expected to practice while on academic probation.

The Athletic Director will complete eligibility checks for all athletes in season every six weeks (mid-term and trimester grades will be checked.)

Incompletes, pending grades due to lack of attendance, or any other conditions from previous semester may be made up during a subsequent semester, night school, summer school or tutoring. Eligibility may be reinstated during the next trimester when the school accepts credit.

Students participating in athletics at the middle school level will be subjected to two (2) eligibility checks during their season. The first is in accordance to the MHSAA regulations, both the previous and current semester criteria. The board of education will mandate the second eligibility check.

Academic eligibility for seventh grade students will not be determined until the end of the first semester. The board of education mandates that at that time, and for the remainder of their middle school years, student-athletes must be passing five of their six classes in the previous and current semester (P-6145)

According to the MHSAA, a 7th or 8th grade student is ineligible if they are not passing 50% of their coursework (at least three classes). (P-6145)

Middle school students must remain academically eligible year round. This means that the student's grades must be passing at the end of both the first and second semester in order to avoid being placed on academic probation.

PHYSICALS

7210-R Interscholastic Athletics - Physicals

7210-R

No student may practice for any athletic team until he/she has been examined and approved by a medical doctor for competition and until written consent to participate in the specific sport has been obtained from the parents or guardian. Parent's consent will not be necessary for students who have reached their 18th birthday. A student who is under a doctor's care for an illness or injury shall not be allowed to participate in an athletic practice or contest until he/she has written permission from the physician to do so.

SQUAD SELECTION

No one can try out for a team unless they meet the MHSAA eligibility requirements at the time of tryouts. If a special situation is believed to exist, the athletic director will use her discretion in dealing with the situation.

Philosophy

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program of the school district, we encourage coaches to keep as many students as they can on the team without compromising the integrity of the sport. Obviously, time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy in this regard, we strive to maximize the opportunities for our students without diluting the quality of the program.

Cutting Policies

- A. Choosing members of athletic squads is the sole responsibility of the coaches of those squads. The varsity coach is allowed to comment on the selection of athletes at every level.
- B. Lower-level coaches shall take into consideration the policies as established by the varsity coach.
- C. Prior to trying out, the coach shall provide the following information to all team candidates (written form preferred to verbal form, but either/both are permitted.)
 1. Extent of try-out period
 2. Criteria used to select team
 3. Number of athletes to be selected
 4. Practice commitment should they make the team
 5. Game commitments

Athletes who QUIT or who are DROPPED from the Team

If an athlete quits or is dropped from a team for reasons other than general reduction, the Athletic Dismissal/Withdrawal Form is to be completed and filed with the Athletic Director. Parents must be notified whenever an athlete is dropped from a team.

TEAM MEMBERSHIP

1. Once an athlete has decided upon a sport he/she wishes to try, he/she may not change to another sport without permission from the coach for the sport he/she is dropping and the permission of the coach for the sport he/she is adding. This change must also be in agreement with the Athletic Director. The length of the time the athlete has participated in the sport he/she is dropping and/or wanting to participate in will be a factor in deciding if the change will be allowed.
2. If an athlete wishes to change from one sport to another, he/she must do so prior to the first game of that season.
3. If an athlete is dropped from a team for disciplinary reasons, he/she may not go out for a next-season sport until after the last game his/her team plays in the dropped sport during that season.
4. Athletes are required to be in school when school begins on the morning following a previous night's game. Coaches and parents should impress this on their athletes.
5. Athletes must travel to and from away contests with the team (excluding Saturdays). In the event a parent has a justifiable reason to have the athlete return with them, that parent must request this from the Athletic Director in writing prior to departure. The parent must pick up the athlete from the coach after the game.
6. During Out of School Suspensions (OSS), students are suspended from participation in all extra curricular activities, including athletic practices and contests. Suspended students are not permitted on school grounds without permission from the principal.
7. If a coach suspends an athlete from his/her team, the coach must notify the Athletic Director by the next morning stating the reasons for the actions.

AMATEUR STATUS – MHSAA REGULATION

The following information has been taken from the 2006-07 MHSAA Handbook.

Section 12 (A) Eligibility for interscholastic athletics at MHSAA member schools is limited to amateurs, meaning those student-athletes who have not received gifts of material or money and have not received other valuable considerations, including special considerations for loans, because of athletic performance or potential. Treatment of or privileges received by athletes or their families that are not provided or available to all students violate the principles of amateurism in interscholastic athletics. Gifts or loans to family members, based on the student's athletic performance or potential, are treated as gifts or loans to the student and violate that student's amateur status.

Section 12 (B) After once representing a MHSAA member school in competition in any sport, a student shall not be eligible to represent his or her high school if that student: (1) receives money or other valuable consideration from any source for participating in athletics, sports, or games listed in Section C; (2) receives money or other valuable consideration for officiating in interscholastic athletic contests, except as allowed by Interpretation 131; or (3) signs a professional athletic contract.

Section 12 (C) A student shall be ineligible under this Regulation if he or she violates its amateur provisions only in the following activities: baseball, basketball, bowling, girls competitive cheer, cross country, football, golf, girls gymnastics, ice hockey, alpine skiing, soccer, girls softball, swimming and diving, tennis track and field, girls volleyball, or wrestling.

Section 12 (D) A student ineligible under this Regulation may not apply for reinstatement until the equivalent of one full school year of enrollment has elapsed following the date of his or her last violation.

PRE-SEASON PARENT MEETING

Each coach will hold a pre-season parent meeting and parents should plan on attending. At this time parents will receive information regarding team rules, policies, practices, tournaments, transportation, etc... Parents who must miss this meeting are encouraged to contact the coach.

The high school or middle school coach will determine the date and time of the meeting. The athletic director will attend if at all possible. Coaches will let the athletes know when the meeting is...athletes (hopefully) will tell their parents.

TEAM RULES AND POLICIES

A copy will be given to each team member and/or their parent at (or prior to) the parent meeting. Each athlete will sign a form stating they have received the rules, and that they will show them to their parents. It is their (the athletes) sole responsibility to abide by the rules.

DRESS

We expect our athletes to dress appropriately and project a favorable image of our schools. The school dress code applies at all athletic events. It is the coaches' responsibility to monitor students' grooming and dress. The way our athletes dress is a direct reflection on Holly Area Schools and the Holly community.

VACATION, WEEKEND, and HOLIDAY PRACTICES

Coaches may wish to hold a practice/practices over the weekends, holidays, and during school vacation closures in order to be prepared for upcoming contests. Every athlete is a valuable member of the team and will be missed should they miss a practice/contest. Practice plans will need to be altered when an athlete is unable to attend. Therefore, any athlete who must miss a practice or contest must provide written permission from a parent/guardian to their coach as soon as they know they will need to miss. The note should state the reason for missing the practice/contest. It is expressly understood that attendance at these practices is voluntary on the part of the athlete. It is further understood that attendance, or lack thereof, at vacation practices will not be used as criteria to determine whether an athlete may participate in upcoming athletic contests. (In other words, an athlete cannot be penalized for missing practice, however, a teammate who has attended vacation practices may have, in the coach's mind, earned the opportunity to play.)

OFFICIALS

Just like coaches, officials normally have a “day job”...and it is not that of officiating. They are on the field, court, mat, stand, sideline, or diamond because they enjoy the sport and want to be involved in high school athletics. They are human and will make mistakes...just like us. It is appropriate for a coach to ask for a call clarification. It is inappropriate for the athlete, coach or parent to verbally harass an official. Good sportsmanship is expected at all times. The coaching staff will rate the officials’ at the end of the season.

INJURIES

Athletes need to be open and honest with the coaching staff regarding their medical condition. At the high school, the coach can send the athlete to see the athletic trainer. If an athlete is seriously injured and needs attention, the coach will contact his/her parents. If an ambulance is necessary, the coach or trainer will call for one. **Holly Area Schools is not responsible for ambulatory costs.** Whenever possible, an adult will ride with an athlete in the ambulance to the hospital and await the arrival of the athlete’s parent(s).

RETURN TO PARTICIPATION FOLLOWING AN INJURY

Athletes who are out of school for three or more days due to injury may not attend practice sessions or participate in competition without written permission from a physician. During the time athletes do not participate, they cannot dress in uniform; they may sit on the team bench. An athlete must have a physician’s permission to return to practice or competition if he/she has sustained any injury that requires a visit to a physician.

MEDICATIONS

At NO time is a coach allowed to dispense medications to an athlete. This includes prescription and non-prescription meds.

MEDICAL POLICY AND INSURANCE PROGRAM

The Board of Education does NOT assume responsibility relative to medical expenses. Athletic participation is voluntary, and the student and his/her parent participate with the knowledge that athletic training and competition involve the risk of injury...even death.

The school district does NOT provide insurance, hospitalization, nor ambulance service coverage for its athletes. This is the sole responsibility of the parent(s). All injuries must be reported immediately by the athlete to the coach and subsequently to the athletic trainer; and when injuries are serious in nature, to the athletic director.

NUTRITION

Proper nutrition is essential to fuel the body for competition. At the pre-season parent meeting, coaches may give nutrition information to the athletes and their parents. Parents need to know what types of food/beverages they should pack (or allow their kids to pack) for pre-game meals, Saturday tournaments or between game snacks.

PERFORMANCE ENHANCERS / STEROIDS

Public Law 187 (SB 706) – **Prohibits school employees or volunteers** from selling, marketing, promoting or distributing performance enhancing compounds to students who have contact with that employee or volunteer as part of that individual’s duties (i.e. a coach). A performance enhancing stimulant includes: amino acids, hormone precursors, herb or other botanical, or other substance that is not an essential vitamin or mineral taken orally, or through the nose, or inhaled through the mouth. The act took effect on February 23, 2000. (Also, this law covers adrostenedione, creatine and any compound labeled as performance enhancing.)

The National Federation of High Schools on Anabolic Steroid Use

Anabolic steroid use at the high school level is of concern. Some athletes in sports to improve athletic performance and/or to enhance the body in a cosmetic way use steroids. A recent study indicates that more than six percent of high school

seniors use steroids. About two-thirds of these seniors who admitted using steroids tried steroids before the age of 16. The use by high school and middle school age youth may be on the increase. **High school coaches may not be able to prevent the use of steroids altogether, but they can clearly and forcefully discourage their use.** Coaches should take a proactive role in prevention.

First, coaches should learn about steroids, what they do and what they will not do. Then they should provide this information for their athletes. Steroids, with proper diet and weight training, can increase muscle development, however, as is typical with most get-rich-quick schemes, steroid use has potentially serious short-and long-term consequences that must be addressed. Most coaches would never promote steroid use intentionally.

Total silence by coaches, however, condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that his/her success is limited only by a lack of weight and/or strength; without a disclaimer that statement can be a motivation to use steroids. The alluring nature of the drug that allows for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for the individual to resist without knowing the drug's side effects.

While steroid use is not rivaling the use of alcohol and other drugs in schools, it is a concern; the issue goes beyond protection the health of students: **the use of steroids in sports is cheating.** We stand opposed to the use of steroids by athletes and all members of the student body because of both health and ethical concerns.

SUPERVISION

It is the coaches' responsibility to supervise their athletes until they are picked up by a parent/friend after a practice or contest. At no time is it acceptable to leave a student at the school. This is especially critical at the middle school level. Parents entrust their child to the coach; coaches cannot ignore this fact and leave the child at school. Also, it is unacceptable to leave a group of athletes at school. **The coach should always be the last person to leave the site. Parents, please pick up your child at the conclusion of practice...often times, coaches have families or other commitments that require them leaving in a timely fashion. Failure to pick up your child on a regular basis may result in eventual dismissal from the team.**

LOCKER ROOM AND GYM

1. Athletes are responsible for making sure both the locker room and facility are clean after practices and contests, both home and away.
2. Athletes will be issued a locker by the coach. **The athletes must provide their own lock.**
3. **Athletes are responsible for making certain their personal and school belongings are secured in a locked locker. Holly Area Schools are not responsible for lost or stolen items.**
4. Athletes should never bring large sums of money or valuable jewelry to school.
5. Image-taking devices are NOT allowed in the locker room. (Public Act 155, effective September 1, 2004, makes it a felony punishable by five years in prison, a \$5,000,000 fine or both to "photograph, or otherwise capture or record, a visual image of this nature or to distribute, disseminate or transmit for access by any other person a recording, photograph or visual image the person has reason to know was obtained in violation of this law".
6. Athletes are not allowed in the coach's office without permission.

WEIGHT ROOM / FITNESS CENTER

The fitness center is for the students of Holly High School. Athletes who use this room must abide by the following rules or they will be dismissed. The room will be open only when supervision from a coach or staff member is available. Adults supervising this facility must have emergency numbers readily available for each athlete they are supervising. Please use care when using this center and the equipment in it. The user assumes risk.

1. Athletes are not permitted in the weight room without a coach.
2. Coaches must supervise all activities.
3. No tobacco, gum, glass, drinks or food will be allowed in the weight room.
4. Shirts and athletic shoes must be worn at all times.
5. When using free weights, spotters must be used for all lifts over the head and body.
6. Coaches and athletes are responsible for making sure the weight bars are cleared, weights are stacked according to stickers on machines, the weight room is clean, the stereo and lights are turned off and doors locked when leaving.
7. No rough housing or horseplay allowed.

TRAINING ROOM

We are fortunate to have an outstanding trainer available to our athletes. He will be in the training room by 2:00 p.m. and ready to see athletes after the school day. Open and honest communication with him is extremely important. An athlete's doctor or the trainer will make the decision as to whether or not the athlete is ready for practice/competition...not the coach or the parent. The high school training room is not a gathering place for athletes to chat prior to or after practices. Only those who need services will be allowed in the room. Athletes are not allowed to take supplies from the training room...specifically, tape.

POOL

The pool is used not only by our swim team, but also by community members. This facility should be cleaned and locked when practices/meets are over.

1. At no time is a person allowed to swim unsupervised. (Supervision = trained lifeguard on deck)
2. No running on the pool deck. Horseplay is not allowed.
3. Swimsuits must be worn at all times. Deck shoes are encouraged.
4. Swimmers are not allowed to track water into the hallways and commons...this can be very dangerous.
5. Swimmers who do leave the pool area should have on a team warm-up, T-shirt or cover-up.
6. The doors at the West End of the pool will be kept closed at all times. The pool and air temperatures will be regulated by trained maintenance personnel not swim coaches or swimmers.

TRANSPORTATION / BUS ETIQUETTE

1. The Athletic Director will arrange for all transportation to away weekday contests.
2. The bus schedules will be issued to all athletes by their coach.
3. Athletes will not board the bus at anytime until the coach is present. Everyone will board the bus together. Coaches should verify before leaving that all athletes, coaches and managers are present.
4. All athletes must travel with the team to away contests. The Athletic Director may approve athletes leaving with parents in extenuating circumstances. This must be in writing and initialed by the Athletic Director prior to departure. In the case of an emergency, a coach may release the athlete to their parent if the parent will put in writing the request and the reason the request.
5. No bus will leave unless the coach or chaperone is on the bus. (Exceptions: shuttle buses for athletes who practice off campus.)
6. When food is taken on the bus, it will be the responsibility of the coach and athletes to make sure all refuse is picked up and deposited in a trash container. (Many times, fast food restaurants will give the coach a trash bag.)
7. Athletes are to remain in their seats when on the bus. This means no walking around, standing up and banging on the ceiling, hanging out of the window, yelling out of the bus or making any obscene gestures from inside the bus to a passersby.
8. *****SATURDAY TRANSPORTATION – Due to budget reductions, the school district will not provide transportation to Saturday tournaments. Coaches, with the help of parents, will take care of their transportation needs. Any parent willing to drive must fill out the necessary transportation forms. (They may be obtained from the coach or picked up in the athletic office.) Athletes are not allowed to transport other athletes.**
9. Athletes who act inappropriately on the bus will face consequences deemed appropriate by the coach and athletic director.

WHY DO WE CHARGE ADMISSION?

Gate receipts are an important component of the athletic revenue budget. We depend on ticket sales to help balance the budget. Single game tickets at Sherman Middle School are \$2 for all spectators. Single game tickets at Holly High School range from \$2 - \$5 (dependent on the level of play and number of contests). The MOST COST EFFECTIVE way for you to attend athletic competitions is to purchase the **All-Sports Punch Card**. Punch cards can be purchased upon arrival to an athletic contest or may be purchased in the athletic office. 8 entry punch cards cost \$20 and 10 entry punch cards cost \$25. Ticket prices are set by the Flint Metro League. When we participate with schools in other leagues, prices may vary. The All-Sports Punch Card is not valid at any MHSAA tournament.

SCHEDULES / GOING TO THE GAME???

Interested in finding your son's or daughter's schedule? Log on to www.highschoolsports.net; type in Holly Area Schools. Next to the word teams, click on the option "change". Utilize the "pull down" menu to find any high school or middle school schedule. You can also find the location by clicking on the school to which we will be traveling. You will be given direction from the high school to the away venue. For directions from your home, you can always log on to Mapquest at www.mapquest.com.

Should you take an umbrella? Log on to the Weather Channel at www.weather.com.

DIRECTIONS TO FML SCHOOLS

When possible, HS and MS coaches should distribute directions to contests to parents at the pre-season parent meeting. (See the FML maps in the back of this guidebook.) The Flint Metro League has a website. Go to www.flintmetroleague.com for much interesting and up-to-date high school information.

MIDDLE SCHOOL CONTEST LOCATIONS

When possible, MS coaches should distribute contest locations sheet to parents at the pre-season parent meeting. (See the FML MS Contest Location Sheet in the back of this guidebook.) MS contests are not always played at the MS...please review this sheet before driving to an opponent's location.

OVERNIGHT TRIPS

All overnight trips must receive school board approval. The coach will make hotel reservations and details will be submitted to the athletic director. The coach will assign rooms and athletes will be given a curfew. Parents who are also staying in the hotel are encouraged to set a good example for the athletes.

INCLEMENT WEATHER POLICY

It is the policy of the Athletic Department that athletic events will be conducted in a manner that provides optimum safety for students during inclement weather.

Rules & Regulations

- A. Fall & Spring Sports
 1. Prior to the game the athletic director, with input from the coach, will be responsible for determining cancellations. (She will get input from the principal and/or superintendent if necessary.)
 2. During an athletic contest, the responsibility for continuation of a game during inclement weather (i.e. electrical storm) would be that of the officials. (If an official recommends play continue and you feel extremely uncomfortable with that call...discontinue play.)
 3. Crowd control will be the responsibility of the athletic director or in her absence the game manager. This responsibility includes giving direction for those in attendance.
 4. During a practice session, the coach will be responsible for determining continuation or cancellation of that practice.
 5. Storm "warning" issued during or prior to practice/contest = practice or contest will be cancelled. WARNING = there is definitely a storm in the area.
 6. Storm "watch" issued prior to practice = athletic director and coach will determine whether or not to cancel or continue the practice. If "watch" issued during practice = coach will determine whether or not to cancel or continue the practice. WATCH = conditions are right for the possibility of inclement weather.
 7. At the high school level, in the event of school being called for hazardous weather (snow day, flood, ice storm, etc.) administration and coach will determine if practice is to continue or be cancelled. **IN THE MAJORITY OF ALL CASES, PRACTICES AND CONTESTS WILL BE CANCELLED.**
 8. At the middle school level, in the event of school being called for hazardous weather (snow day, flood, ice storm, etc.) **PRACTICES AND CONTESTS WILL BE CANCELLED.**
- B. Winter Sports

1. In the event of inclement weather, the athletic director will be responsible for determining cancellations. (She will get input from the principal and/or superintendent if necessary.) **THE MAJORITY OF ALL FRESHMAN and JV PRACTICES AND CONTESTS WILL BE CANCELLED. ANY VARSITY PRACTICE OR CONTEST MUST HAVE ATHLETIC DIRECTOR AND PRINCIPAL or SUPERINTENDENT APPROVAL.**
2. If a storm should erupt during a contest and it is deemed a safety hazard, the athletic director will confer with the officials regarding continuation of the contest. The athletic director or game manager is responsible for crowd control.

“ATHLETE OF THE WEEK” INFORMATION

The State Bank of Fenton holds an “Athlete of the Week” contest each week of the fall, winter and spring sports seasons. The schools involved are Fenton, Hartland, Holly, Lake Fenton and Linden. **It is the responsibility of the varsity coach to turn in a completed “Athlete of the Week” form by 9:00 a.m. every Monday morning while in season.** The meeting is held each Monday at the State Bank of Fenton and begins at 9:30 a.m. Each winner will receive a certificate, key chain/medal and T-shirt. They will also be featured in the Tri-County Times.

TEAM PICTURES

Hicks Studio in Fenton has a contract with the HS for all photo opportunities, while Hot Shots takes photos of middle school teams. Envelopes, athletes must have when they place their order, may be picked up from the athletic office secretary. Varsity teams should have photos taken at least by the halfway point of the season, as sometimes the district tournament host may need the photo for the program. If you are not satisfied with the team picture or your individual picture, notify your coach. He/she will notify Hicks and then the athletic director. (At the discretion of the athletic director and staff, another company may be employed to photograph teams.)

BANQUETS

A team banquet will be held at the end of the season. Athletes will be notified (and they will notify their parents) of the date, time and location of the banquet at least two weeks prior to the banquet. Banquets may be held at the high school, middle school, a restaurant or an alternative location.

AWARDS – MHSAA REGULATIONS

The following information has been taken from the 2006-07 MHSAA Handbook.

Section 11 (A) A student may accept, for participation in athletics, a symbolic or merchandise award which does not have a fair market value or cost in excess of \$25.

Section 11 (B) Awards for athletic participation in the form of cash, merchandise certificates, or any other type of negotiable documents are never allowed.

Section 11 (C) Banquets, luncheons, dinners, non-competitive trips, and fees or admissions to be a spectator at events, if accepted in kind, are permitted under this Regulation.

Section 11 (D) A student shall be ineligible under this Regulation if he/she accepts awards in violation of its provisions only in the following activities: baseball, basketball, bowling, girls competitive cheer, cross country, football, golf, girls gymnastics, ice hockey, alpine skiing, soccer, girls softball, swimming, tennis, track, girls volleyball, or wrestling.

Section 11 (E) A student violating this Regulation shall be ineligible for interscholastic competition for a period of not less than one full semester from the date of the student’s last violation.

Section 11 (F) A full semester is defined under this Regulation as one in which a violation occurs not later than the fourth Friday and after Labor Day in the first semester, and the fourth Friday of February in the second semester. If the violation occurs after either date a student is ineligible for the balance of that semester and the succeeding semester.

AWARDS

1. Middle school athletes will be awarded a certificate.
2. The Varsity letter is red with a white border.

3. A championship letter is white with a red border.
4. An athlete will receive only one set of numerals (at either the FR or JV level), only one varsity letter, and only one sport specific insert during their high school career. (An athlete may have three different inserts if they participate in three sports.)
5. An athlete who wins a second, third or fourth varsity award in the same sport will receive a certificate and a bar. Bars indicate the number of varsity letters the athlete has won.
6. An athlete may be awarded their numerals if they participate on three varsity teams and will never participate at the FR or JV level.
7. The JV award is an embroidered Broncho.
8. A “varsity reserve” award will be the same as a JV award. If an athlete has won a JV award he/she will only be awarded a varsity reserve certificate.
9. Captains of a varsity sport are entitled to receive a star inset.
10. Managers – same as above regulations except MGR designation will be on the varsity letter.
11. **Each varsity coach will determine the amount of playing time that will constitute the awarding of a letter.** Seniors who have not won a letter in the sport and stay out for the team all season will receive a varsity award even though they do not have enough playing time (providing their conduct and attitude merit it).
12. **Varsity Team only awards –**
 - Sportsmanship → Handshake medal
 - Leadership → Torch medal
 - Scholar-Athlete → Lantern/Book medal (Awarded to the junior or senior with the highest gpa.)
 - Most Dedicated → Sport specific medal
 - Most Improved → Sport specific medal
 - Teamwork → Sport specific medal
 - MVP → plaque

ATHLETIC TEAM JACKETS

Athletic team jackets shall be red with white or gray trim. School monograms awarded for athletic participation should be placed on the upper front left panel of the jacket. Numerals should be sewn on the right sleeve. Bars and inserts are to be placed on the letter. The embroidered Broncho should be sewn on the upper right panel of the jacket or on either sleeve. Team jackets may be purchased from the high school “Broncho Store”.

FUNDRAISING ACTIVITIES

Each coach will determine whether or not their team needs to raise money to purchase items their athletic budget cannot cover. Each coach will be responsible for making all of the necessary arrangements, depositing the money in their team’s internal account, and requesting “wanted/needed” items to be purchased. Prior to raising money, athletes will know what the money is intended for...occasionally, money may be used to “have in reserve” for miscellaneous purchases. Money raised by the coach or team members will remain in the internal account until items have been purchased. At no time will the coach or athletes be allowed to “pocket” money that has been fundraised. Holly coaches and athletes will adhere to MHSAA guidelines regarding money for camps, clinics, etc.

ATHLETIC BOOSTER CLUB

The Boosters are a vital organization and the athletic department relies heavily on their support. All parents are encouraged to get involved. Please contact the athletic office for additional information or attend a meeting. Meetings are held in room 307 at the high school on the first Wednesday of each month. The boosters support ALL of our sport teams in one way or another. A list of items purchased by the boosters during the 2005-06 school year can be found in the back of this guidebook.

REGISTRATION FEE

Due to increased costs and the desire to maintain the sport offerings that we currently have, all high school athletes will be required to pay a ONE-TIME (each year) registration fee of \$100 and all middle school athletes will be required to pay a ONE-TIME (each year) registration fee of \$35. All athletes are encouraged to participate in each the fall, winter and spring

seasons. The fee should be paid prior to the teams' first contest. Checks are to be made payable to Holly Area Schools and should be turned in to the athletic office secretary or designated middle school secretary.

TRANSFER STUDENTS and FOREIGN EXCHANGE STUDENTS

ALL new students need to report to the athletic director to determine eligibility **before they practice with the team. Coaches will refrain from determining eligibility for any student.** (Also, if you know that a student new to Holly Area Schools is considering playing sports, direct them to the athletic director immediately; do not wait until the first day of the season. Determining eligibility may take correspondence with the MHSAA and therefore, up to a month.)

UNDUE INFLUENCE or RECRUITING – MHSAA REGULATION

The use of undue influence for athletic purposes by any person or persons directly or indirectly associated with the school to secure or encourage the attendance of a student or the student's parents or guardians as residents of the school district shall cause the student to become ineligible for a minimum of one semester and a maximum of one year. The offending school shall be placed on probation for one year and the offending coach or coaches not be permitted to coach at that school for a one-year period, and shall not coach at any other MHSAA member school in any tournament in any sport. Examples of undue influence include but are not limited to:

- 1 Offers of or acceptance of financial aid to parents, guardians or student;
- 2 Reduced or eliminated tuition and/or fees;
- 3 Any special privileges not accorded to other students, whether athletes or not;
- 4 Transportation allowances;
- 5 Preference in job assignments;
- 6 Room, board or clothing;
- 7 Promotional efforts and admission policies for athletes, which are in excess of efforts for other students.

NCAA CLEARINGHOUSE / RECRUITING

If a student-athlete thinks they want to practice/play their freshman year at an NCAA Division I or Division II college, they must satisfy the requirements of NCAA Bylaw 14.3. And, they must be certified through the NCAA Initial Eligibility Clearinghouse. They should check with their Counselor immediately to obtain proper forms, requirements and/or website information.

OUT-OF-SEASON REGULATIONS (per MHSAA)

These limitations out-of-season apply to COACHES:

1. Outside the school season during the school year (from Monday the week of August 15 to the last day of the school year for that school), school coaches are prohibited from providing coaching at any one time under one roof, facility or campus to more than three students in grades 7-12 of the district or cooperative program for which they coach. This applies only to the specific sport(s) coached by the coach, but it applies to all levels and both genders, whether the coach is paid or volunteer (e.g., a volunteer JV boys soccer coach may not work with more than three girls in grades 7-12 outside the girls soccer season during the school year.)
2. Outside the school season during the summer when school is not in session (after the last day of the school year for that school year).
 - A. During the summer prior the Monday the week of August 15 coaches are limited to 15 days when they can coach in competition students in grades 7-12 of their school district if the teams involve more than the following number of players: Basketball – 3; Soccer – 7; Volleyball – 3. In football, a maximum of 7 players at one time may engage in organized competition with their school coach present for a maximum of 7 days (more than 7 players may be present). In addition, informal activities (with footballs, helmets and football shoes – not sleds and dummies) may take place on any number of days during the summer as long as no more than 7 students in grades 7-12 of the district are assembled with a football coach of that district. These 15 (or 7) days with competition in the summer are subject to the same out-of-state travel limits that apply to school teams during the school season under Regulation II, Section 6, except for camps conducted within Michigan.
 - B. During the summer prior to August 1, football coaches may participate at bona fide summer football skills camps where more than 7 students from their school district in grades 7-12 are participating.

1. Bona fide football camps are those sponsored by institutions or business enterprises including: colleges, individual schools or intermediate school districts, community school programs, etc.
 2. The camps must be open to students from any school district, and are subject to player equipment limitations of shoes and helmets. Sleds and dummies may be used at these camps.
 3. Camps limited to students entering grades 9-12 must be promoted and advertised in public media to be open to students from more than one high school.
 4. Camps sponsored by a high school and limited to students entering grades 9-12 may not extend more than 10 days total.
- C. Fall Sports Dead Period: In addition, from August 1 to Monday the week of August 15, coaches of fall season team sports are subject to these player limitations as they coach students in grades 7-12 of their school district: Girls Basketball – 3; Football – 7; Boys Soccer – 7. There is to be no competition between groups that resemble school teams with their school coaches in these sports during this period.

FORFEITURES AND VIOLATIONS

- A. Accidental, intentional, or other use of ineligible players shall result in forfeiture of all games in which the ineligible players participated.
- B. If a team is removed from competition in protest, the contest is forfeited to the opponent and the coach and principal of the removed team must appear before the Executive Committee of the MHSAA.
- C. If the coach is ejected from the contest and an assistant coach, or assigned school representative is not available to continue as the coach, the event is forfeited to the opponent.
- D. **When a student is disqualified during a contest for unsportsmanlike conduct, that student shall be withheld by his/her school for at least the next contest for that team.**

Additional consequences may result should an athlete be ejected from a contest.

HAZING – It is simply NOT allowed. HAZING IS A CRIMINAL OFFENSE!!! Senate Bill 0783 and 0784 became law and took effect on August 18, 2004...It is now Public Act 750.411t (2004) can be found in the back of this guidebook.

What is hazing?

Hazing is any intentional, knowing or reckless act, occurring on or off school property, by one person alone or with others, that is directed at a student and that endangers the mental or physical health of that student. Examples might include, but are not limited to the following:

- Any type of physical brutality.
- Any type of physical activity that subjects a student to unreasonable risk of harm.
- Any type of activity involving the consumption of alcoholic beverages or drugs.
- Any activity that intimidates or subjects a student to extreme mental stress, shame or humiliation.
- Any activity that induces a student to break the athletic code of conduct, school rules, or the law.

What are some myths about hazing?

1. *Unity Builder.* Hazing does not build unity. It separates the team into the “hazers” and the “hazees”.
2. *Motivator.* Hazing does not motivate team members. It hinders achievement, damages self-esteem, causes emotional strain, and physical harm.
3. *Harmless Fun.* Hazing damages people and teams. Hazing doesn’t just hurt the people who were targets; it hurts everyone!

How do you know if it’s hazing?

- ✓ Is this activity an educational experience?
- ✓ Does it conform to the values and ideals of high school sports?
- ✓ Would you be willing to allow your parents to witness this activity?
- ✓ Would you be able to defend this activity in a court of law before a judge and jury?

Who is responsible for reporting hazing?

You are. If you witnessed a hazing incident or were hazed, you are responsible to report it. Take it to your coach, your parents, your athletic director, your counselor, or some other responsible adult. When you report a hazing incident, you are protected from retaliation. Reporting it is the first step to stopping it.

ATHLETIC DIRECTOR

When should I contact the athletic director? ANYTIME

I am here for all of the athletes, parents and coaches. Athletes and parents should always talk with the coach regarding a matter prior to calling the AD; however, if you really feel that you need to contact the AD...please call.

Where is the athletic office?

The athletic office is located in the high school commons area, just inside the school entrance doors in the back of the building (by the trophy cases). If you haven't already met her, stop in, introduce yourself and say hi!

TRAINING RULES (PER BOARD OF EDUCATION)

7210-R

Interscholastic Athletics

7210-R-4-7

Athletes are expected to conduct themselves in a manner that is above reproach, and abide by all school or away from school (P-6145). **Once the student has been deemed an "athlete", they will be responsible for abiding by the rules and regulations until graduation.** The expectations and rules that apply to all athletes, will be presented in writing (A Guidebook for Parents and Students) and, for high school students, will be briefly discussed prior to the beginning of each sports season at a seasonal Parent's Night Meeting.

The purpose is to inform athletes and parents of information pertinent to athletic participation. Additionally, informing them of expectations and consequences. **The school reserves the right to investigate and enforce violations that occur on or off school grounds...during the season and in the off-season.**

Violations as outlined in the guidebook will be determined as follows:

CLASS I VIOLATIONS

Class I violations should be and will be considered as serious acts which occur in school, at school events, away from school and during the off-season. Class I violations may include, but are not limited to:

1. Possession, use, or transfer of a controlled substance or drug paraphernalia.
2. Possession, use, or transfer of an alcoholic beverage. (Malt beverages labeled as non-alcoholic beverage including but not limited to Sharps, O'Doul's, and Zing malt beverages may contain alcohol. The possession and/or consumption of malt beverages, regardless of their alcohol content, shall be deemed inappropriate conduct and will subject the student to disciplinary action.)
3. Possession, use, or transfer of a weapon.
4. Theft
5. Arson
6. Vandalism
7. Gross misbehavior
8. Persistent disobedience
9. Striking or threatening school personnel
10. Gang related activities

DISCIPLINARY ACTION - CLASS I VIOLATIONS

The athletic director or principal will meet with the athlete and will issue the following disciplinary action upon determining an athlete has committed a **Class I violation**:

1st offense – The student shall lose the privilege of ALL athletic participation in his/her sport (or the next sport if not in season) for ten (10) activity days. *In all first time drug or alcohol related incidents, we encourage the enrollment and completion of an approved substance abuse program.*

2nd offense – The student shall lose the privilege of athletic participation in all athletic activities (starting with his/her next sport if not in season) for six (6) months. The months of June, July and August will count during this disciplinary period.

3rd offense – The student shall lose the privilege of athletic participation in all sports for two (2) years.

Parents will be contacted via phone, email or written communication by the athletic director so she can inform them of the violation and the disciplinary action taken. This may be done by phone call or by written notification given to the student to pass along to the parent. Class I sanctions are in effect for two calendar years from the first offense. The disciplinary action recommended in each case should be considered a minimum, and if circumstances warrant, a more severe penalty will result.

CLASS II VIOLATIONS

Class II violations relate to conduct unbecoming of a student, which occur in school, at school events, away from school, or during the off-season. Class II violations may include, but are not limited to:

1. Possession or use of tobacco
2. Skipping
3. Fighting
4. Insubordination
5. Threatening and /or harassing students
6. Cheating and/or forgery
7. Repeated referrals or dismissals from class.
8. Behavior unbecoming an athlete

DISCIPLINARY ACTION - CLASS II VIOLATIONS

The coach, athletic director, or principal will meet with the athlete and will issue the following disciplinary action upon determining an athlete has committed a **Class II violation**:

1st offense – Discipline shall be administered according to the circumstances. It may include a loss of athletic participation privileges for up to five (5) activity days.

2nd offense – Discipline shall be administered according to the circumstances. It may include a loss of athletic participation privileges for up to ten (10) days or more depending on the severity of the violation.

3rd offense – The student shall lose the privilege of ALL athletic participation for ten (10) activity days or more.

Parents will be contacted by the athletic director and informed of the violation and the disciplinary action taken. Class II sanctions are in effect for one calendar year from the first offense. The disciplinary action recommended in each case should be considered a minimum and if circumstances warrant, a more severe penalty will result.

SELF-REPORTING

In the cases of a 1st or 2nd offense of either a Class I or Class II violation, if the student or student's parent voluntarily informs school officials of the violation, the disciplinary action may be reduced up to 50%. Athletes who, when questioned deny responsibility, and then who are found "guilty" later on may have their penalty increased.

ABSENCES EFFECT ELIGIBILITY

Athletes may play in scheduled games (a game is defined as a "scheduled contest") if they are absent the day of the game providing that they have a pre-arranged absence. The athletic director or principal will make the decision if the athlete can play. When the student's absence is non-verified or unexcused, the student must be in attendance for at least three class hours on the day of a game to be permitted to play. (Students checking out ill will not be allowed to return for athletic competition.)

DISCIPLINE EFFECTS ELIGIBILITY

Any student who is suspended from school for behavior punishable under the Holly Area Schools uniform disciplinary code (Board Policy No. 5114) shall be prohibited from any athletic involvement on the days he/she is suspended.

APPEALS

Any student wishing to appeal a decision resulting from this policy should see the principal immediately.

BOARD POLICY IN RESPECT TO COACHES

The school board supports a code of conduct for coaches. Their ability as coaches should be measured not only by games won or lost, but their effect upon the development of the character of the athlete and attitude toward the school, the team and teammates.