



SUMMERFIELD BULLDOGS ATHLETIC CODE

2022-23

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The Board of Education does not discriminate on the basis of race, national origin, gender, disability, age, religion, height, weight, marital or family status, military status, ancestry, genetic information, or any other legally protected category (collectively, "Protected Classes") in its program and activities.

Mission Statement

The Summerfield School District is dedicated to the concept that all students can learn in a safe, positive, stimulating, and caring environment.

Athletic Code

The Athletic Department at Summerfield School District is governed by the Board of Education. Summerfield Schools is a member school of the Michigan High School Athletic Association (MHSAA) and adheres to its rules and regulations, Summerfield Schools is a member of the Tri-County Conference (TCC).

The Athletic Code aligns with the rules and regulations adopted by the Summerfield School District's policies and procedures. All student-athletes and coaches are expected to adhere to the rules set forth by the Board of Education, MHSAA, TCC, and the Athletic Department.

For information on team schedules, and directions to other schools, please go to <https://www.summerfield.k12.mi.us/> and click the Athletics tab.

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Introduction

Each student who participates in athletics must exhibit responsible behavior and conduct in which all of us can be proud. He/she is representing himself, his teammates, Summerfield School District, and the Petersburg community. Participation in interscholastic athletics is a privilege and not a right.

Participation in **any** athletic activity binds the student-student-athlete to the terms of this Athletic Code. This code shall apply to all student-athletes who participate in a school sponsored sport during grades 6-12. Currently these sports include baseball, basketball, bass fishing, bowling, cheerleading, cross country, football, golf, softball, track, volleyball, and other board approved sports. These rules are enforced 24-hours around the clock during the entire calendar year. The rules and associated penalties will apply throughout a student-athlete's career at Summerfield Jr./Sr. High School.

The following rules and regulations apply to all student-athletes in all sports at Summerfield Schools, but are not intended to be all inclusive. These rules and regulations cover areas specific to student-athletes in athletics and are in addition to all rules and regulations outlined in the Student Handbook, District Policies, and the MHSAA.

These rules were established as the standard for all coaches to enforce and follow in order to maintain consistent team expectations of all athletic teams at Summerfield Schools. An individual coach may establish team rules and expectations as long as the additional rules and expectations do not supersede the Athletic Code. Team rules must be presented in writing to the athletic director for approval prior to distribution to student-athletes and parents at the start of the season. Any issues not covered by the Athletic Code, Student Handbook, District Policy, MHSAA rules, or team rules will be resolved by the athletic director.

Expectations

The coach's purpose is to provide a sound, competitive athletic program that provides student-athletes the opportunity to develop physically, emotionally, mentally, ethically, and socially. In doing so, coaches will be held responsible for assisting young men and women in their educational pursuits, as well the development of skills in their respected sport in order for the student to reach his/her potential.

Coaches will work closely with the student-athlete, parents, staff, athletic director, administration, alumni, and community to build a supportive structure and environment to achieve success for student-athletes. Coaches are committed to the philosophy, vision, rules, and regulations implemented by the MHSAA and the Summerfield School District.

Summerfield **Student-Athletes** will:

- Understand they are a student first and an student-athlete second
- Be respectful, responsible, dedicated, and committed to the team
- Communicate effectively with his/her coach
- Meet the academic requirements for participation
- Attend and be on time for all practices and contests
- Follow all rules and regulations presented in the Student Handbook and Athletic Code

- Always show good sportsmanship
- Be leaders in the school and community
- Support other students and school activities

Summerfield **Parents** will:

- Support the team
- Cheer for the team
- Be a good role model for the team
- Show proper sportsmanship for the team
- Help promote the team
- Follow the '24-Hour Rule'
 - **Parent-Child Interactions:** This is a tool for giving 'space and time' to allow discussions to occur in a fruitful environment. Parents who are upset with a child are encouraged not to discuss anything about the game for 24 hours. Twenty-four hours later it may be discussed in a calm manner, without emotions from the day before, and many times it just isn't as important as it seemed the day before. Lessons are still taught and learned the next day, but all involved have a better chance of doing so in a more constructive setting.
 - **Parent-Coach Interactions:** This rule also works well with parent-coach interactions. If something is bothering a parent about their child's status on the team, etc., inform your parents to allow 24 hours before contacting you. Expect parents not to contact you for at least 24 hours after a contest. The 'time delay' will provide both parties an opportunity to look at the situation from a different perspective and provide a more constructive environment to discuss the concerns without intense emotions.

Summerfield **Coaches** will:

- Establish a vision and set goals for the team, players, and program
- Build a program as a whole
- Develop student-athletes as proud members of the team, school, and community
- Establish expectations to ensure the safety of the student-athlete at all times
- Promote good sportsmanship
- Develop daily practice plans
- Supervise student-athletes at all times
- Lead by example
- Serve as an ambassador with staff, administrators, parents, and community
- Treat the student-athletes the way they would want their own children to be treated
- Communicate effectively with everyone in the program
- Establish and maintain a positive image as a role model at all times
- Maintain and update inventory and equipment
- Organize an off-season program (designated for specific sports)
- Participate in Athletic Department fundraising activities
- Help promote and support all Summerfield athletic teams and activities
- Encourage and support multi-sport participation
- Support dual sport student-athletes
- Abide by the Summerfield School District Coaches Handbook

Fundraising

Varsity coaches are required to fundraise each season. Fundraising funds may be used by athletic programs for equipment, uniforms, apparel for athletes and coaches and coaches clinics, conferences and assistant coaches pay. If you have questions regarding a fundraiser, please contact the head coach for the program your athlete is participating in.

Eligibility

Student athletic eligibility is governed by the MHSAA as well as the Summerfield School District Athletic Code. A summary of the MHSAA Eligibility Rules is stated below. This list is not exhaustive and students who have questions about athletic eligibility should contact the athletic director.

Requirements for Participation

1. Student-athletes must be under 19 years of age at the time of any contest unless the 19th birthday occurs on or after September 1st of the current school year, in which case the student-athlete is eligible for the balance of the school year in all sports. For an 8th grade student-athlete, he/she must be under 15 years of age (14 for 7th grade) prior to September 1st.
2. No student-athlete shall participate in any phase of the athletic program before a Physical Exam Form for the current school year is on file in the athletic office. **For the form to be valid, the physical exam must be given on or after April 15th of the previous school year.** This form must be signed by the examiner (M.D., D.O., P.A., or N.P.) indicating that the student-athlete is physically able to compete in the chosen athletic activity. The MHSAA Physical Exam Card can be downloaded from the Athletics homepage of the Summerfield district website.

As a further condition of participation, a student's parent/guardian must also consent to the student's athletic participation. In cases of serious injury or extended illness, school officials reserve the right to require a student-athlete to be re-examined by a physician before being allowed to participate in interscholastic athletics.

3. All student-athletes must have their Pay to Participate fee (\$95 HS / \$55) on file with the office prior to first practice.
4. All student-athletes must have a signed copy of the athletic rules on file in the office. Participation in any athletic activity binds each student-athlete to the terms of this Athletic Handbook.

MHSAA Transfer Rule Summary

1. Students in grades 9 through 12 who have never participated in an interscholastic scrimmage or contest on a school-sponsored team in Michigan or elsewhere in an MHSAA sport may transfer from one school to another with no delay in eligibility at any level in that sport. No MHSAA action is required.
2. Unless one of the 15 stated exceptions applies, students in grades 9 through 12 who have participated in an interscholastic scrimmage or contest in an MHSAA sport(s) on a school-sponsored team in Michigan or elsewhere during the previous season for a sport(s), and then transfer to an MHSAA member school, are ineligible at all levels of that sport(s) at that school through the next complete season in that sport(s).

Academic Requirements for Participation

The MHSAA requires a student-athlete must have passed at least 66% of a full credit load in the previous semester and must currently be passing the same on the academic transcript. If a student-athlete fails (2) two or more classes for a semester (a transcript grade), he/she is academically ineligible for the following semester.

Credit recovery classes approved by the administration may be used to fulfill this requirement.

In addition to the MHSAA requirements, Summerfield Schools requires the following:

Eligibility Reports – Ran approximately every other week, a student-athlete failing two or more classes will be academically ineligible. If a student is ineligible, he/she must continue to attend practices but cannot compete. A student ineligible three times during a season will be suspended from the squad.

Rules for Participation

Pre-season Parent Meetings

There will be a pre-season parent meeting for every team. One or both parents/guardians are strongly encouraged to attend this meeting. If for some reason a parent/guardian cannot attend, he/she is encouraged to contact the coach to receive all handouts and a summary of the meeting.

Violations of Rule and Regulations

All school administrators, teachers, coaches, and parents are required to see that the rules are enforced. Any violation of the rules by a student-athlete should be reported in a reasonable time frame to the administration, athletic director, or head coach of the sport in which the student-athlete is participating. An alleged violation that is reported will be kept confidential, but the reporting individual must officially go on record for the report to be investigated. Anonymous or otherwise unsubstantiated reports will not be investigated.

Withdraw from Athletic Participation (Quitting a team)

A student-athlete may withdraw from (quit) a sport until the end of the first two-week practice window without penalty. However, after the two-week practice window has passed a student-athlete may not quit without permission from the coach and the athletic director or administrator. If, after consulting with the student-athlete, the previously stated staff determine the student-athlete's request reasonable and proper, the student-athlete may be granted permission to quit without penalty.

A student-athlete that quits after the two-week practice limit without the required permission may be suspended from athletic participation in all sports for up to one calendar year from the date of violation.

Athletic Cutting from Tryouts

A student-athlete that is cut during the tryout period, may participate in another sport during that same season. Any athlete faced with this situation should be encouraged to try another sport. If any athlete is cut for any reason other than disciplinary or eligibility, their Pay to Participate fee will be refunded.

Dismissal from Athletic Participation

A student-athlete may be dismissed from the team by the coach, athletic director, or administration for discipline purposes (use of profanity or illegal tactics Etc,; game or season). No student-athlete will be dismissed from a team without the permission of the athletic director and/or administrator. A student-athlete may be removed from athletic participation for discipline purposes for up to one calendar year.

Transfer Students

A student-athlete who transfers to Summerfield Schools after becoming ineligible because of a student or athletic code violation(s) at the previously attended school shall remain ineligible at Summerfield for not less than the period of ineligibility imposed by the previously attended school. This would be the case even if the student-athlete's situation would otherwise satisfy one or more of the exceptions to the transfer regulations of Summerfield Jr./Sr. High School and the MHSAA (Regulation I, Section 9); even if the act which caused the student-athlete's ineligibility at the previous school would not be a violation or cause the same period of ineligibility at Summerfield Jr./Sr. High School.

A student-athlete who transfers to Summerfield Jr./Sr. High School will be subject to discipline/consequences under the existing Athletic Code guidelines for any incident that occurred prior to the transfer, including academic ineligibility.

Attendance and Participation

The Definition of 'In-Season'

Season Start: The season begins with the first day of practice (as allowed by the MHSAA or TCC).

Season End: The season ends after the last contest and following the athletic banquet. If a violation that would have resulted in removal from the team or suspension of play occurs between the end of competition and prior to the season ending banquet, a student-athlete will forfeit their varsity letter and receive discipline applicable to the specific offense per the Athletic Code.

Practice and Competition Attendance

Student-athletes must attend a full day of school to participate in practice or a contest on that day. Student-athletes may be suspended up to two contests per attendance violation. Exceptions to this rule may be granted by the athletic director or school administrator.

All student-athletes are expected to be at the first day of practice or tryouts. The coach and athletic director may grant exceptions for extenuating circumstances. Make-up work will then be determined by the coach and athletic director.

It is expected that once a student-athlete commits to a sport and team, he/she will not be absent from this responsibility for other interests. This includes family vacations during school breaks, travel teams outside of school, and non-curricular school functions. The administration, in cooperation with school staff, attempts to minimize as many conflicts as possible (ex. musical concerts, Prom, etc.), but circumstances do not always allow for the elimination of all athletic team responsibilities during these events.

Student-athletes will still be held accountable for absences due to these types of conflicts. The only exception would be if one of the student-athlete's academic classes requires attendance at a different event at the same time. In this event, the student-athlete must attend the academic class event and will be excused from athletic participation without consequence.

All student-athletes are expected to be at all practices and competitions throughout the season. If a student-athlete is injured or unable to participate, he/she is still expected to attend practices and competitions. Absences from practice or competition must be discussed with the coach **prior** to the missed practice or competition.

Summerfield Middle School athletics are designed to empower student-athletes to explore, experience, and enjoy MHSAA-sanctioned competition. Students today, more than ever, participate with extra-curricular activities including but not limited to travel teams, dance teams/groups, scouts, etc. that have the potential to coincide with Summerfield Middle School sports.

Rules and expectations regarding attendance at practice and competitions is communicated through handbooks, as well as, the parent meeting for each individual sport. Scheduling conflicts are often anticipated prior to the season depending on individual circumstances - this warrants dialogue between the student, parent/guardian, and coach. When a scheduling conflict is anticipated based on the participation of a middle school sport and a non-school sponsored activity, a meeting must occur prior to the start of the season. A meeting requested by the parent and facilitated through the AD shall occur to determine if participation with both the middle school sport and the extra-curricular activity is viable. The determination shall be made through input of the coach and ultimately decided by the AD so that the student and parent/guardian is fully aware if the student should indeed proceed with participation in the specific Summerfield Middle School sport.

It is noted that student-athletes are no longer considered "exploring" a sport once they enter high school. Rather, the student-athlete is making a significant commitment which requires 100% commitment to the team.

After the first practice, the consequences for missed practices and/or competitions will be determined by the specific sport's team rules as approved by the AD.

Breaking the Law

The general conduct of a student-athlete will be monitored. If a student-athlete is involved with the law (i.e. police report, misdemeanor, felony, etc.), discipline may be administered. The District reserves the right to separately investigate any allegations that a law or rule was violated and independently determine whether, in the District's sole discretion, the student-athlete can continue to participate in athletics.

If a student-athlete's action is also a violation of the regulations in the Student Handbook or Athletic Code, discipline will be administered by the athletic director and/or administrator. Penalties could include suspension from competition, removal from the team, or up to unlimited suspension from all athletic participation.

During a police or school investigation, the student-athlete in question may be suspended by the athletic director or administrator from all team activities.

Use of Illegal Substances/Substance Abuse

A student-athlete becomes subject to this rule as soon as he/she participates in the athletic program. Violations are cumulative in nature; repeat violations are subject to the next level penalty even if the violations do not occur during the same school year. A new school year does not provide a 'clean slate' for the student-athlete.

The use of tobacco or nicotine-based products, alcohol, other drugs, or the misuse/abuse of prescription drugs or another substance is illegal and presents a significant threat to a student-athlete's health and safety. The use of 'e-cigarettes', vaporizers, 'hookah', and other similar devices that may or may not contain tobacco or nicotine is also prohibited.

The possession of tobacco or nicotine-based products, alcohol, other illegal drugs, or drug paraphernalia will also not be tolerated.

Student-athletes may not be in the presence of alcohol or illegal drugs for any unreasonable length of time. Failure to leave within (10) ten minutes is a violation. (Presence at events such as weddings and open houses will be reviewed on an individual basis.)

Any alleged violation must first be verified and substantiated by a coach, teacher, athletic director, or administrator.

First Offense: A student-athlete will be suspended from 1/3 of the scheduled contests in the season he/she is involved in; or be suspended from 1/3 of the scheduled contests in the next sport that he/she participates in if he/she is not participating in a sport at the time of the violation. If less than 1/3 of the season remains, the student-athlete will be suspended for the remainder of that season and the remaining percentage of contests will be served at the beginning of the student-athlete's next sport season. The specific number of contests will be determined by the athletic director or administrator.

Second Offense: A student-athlete will be suspended from athletics for one calendar year from the date of the offense.

Third Offense: A student-athlete will be suspended permanently from athletics.

Improper Use of Social Media

Student-athletes shall not become involved in the inappropriate use of social media; including but not limited to Facebook, Instagram, Snap Chat, Twitter, etc., and texting. The inappropriate use of social media will be verified and substantiated by a coach, teacher, athletic director, or administrator. Penalties may begin with suspension from competition up to and including removal from the team.

Sexting/Digital Technology

Sexting is defined as the sending of sexually explicit photos, images, text messages, or emails using a cell phone or electronic device. A student-athlete who engages in sexting will be penalized as follows:

First Offense: A student-athlete will be suspended from 1/2 of the scheduled contests in the season he/she is involved in; or be suspended from 1/2 of the scheduled contests in the next sport that he/she participates in if he/she is not participating in a sport at the time of the violation. If less than 1/2 of the season remains, the student-athlete will be suspended for the remainder of that season and the remaining percentage of contests will be served at the beginning of the student-athlete's next sport season. The specific number of contests will be determined by the athletic director or administrator.

Second Offense: A student-athlete will be suspended from athletics for one calendar year from the date of the offense.

Third Offense: A student-athlete will be suspended permanently from athletics.

Hazing

The Board of Education believes that hazing activities of any type are inconsistent with the educational process and prohibits all such activities at any time in school facilities, on school property, and at any District sponsored event.

Hazing is defined as performing any act or coercing another, including the victim, to perform any act of initiation into any class, group, or organization that causes or creates a risk of causing mental, emotional, or physical harm. Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy.

Student-athletes participating in hazing activities will be subject to discipline appropriate up to unlimited suspension from all athletic participation.

Hazing – any type of initiation procedure for any school related activity which involves but is not limited to:

- Illegal activity, such as drinking or drugs
- Physical punishment or infliction of pain
- Intentional humiliation or embarrassment
- Dangerous activity
- Activity likely to cause mental or psychological stress
- Forced detention or kidnapping
- Undressing or otherwise exposing initiates

School Discipline and Participation

The general school behavior of a student-athlete is to be above reproach at all times. All violations of rules and regulations outlined in the Summerfield Jr./Sr. High School Student Handbook that result in a student-athlete being assigned any form of discipline by school administration (such as detention, in-school suspension, out of school suspension, etc.) may result in suspension from competition up to two contests. Repeated violations may result in additional contest suspensions.

Dual Sport Participation

Student-athletes in grades 7-12 are permitted to participate in up to two sports during the same sports season (fall, winter and/or spring) provided they meet the academic eligibility requirements for Dual Sport Participation (DSP) and comply with the following DSP guidelines throughout the dual sport season.

Academic Eligibility for DSP

In addition to meeting the minimum requirements for athletic academic eligibility at Summerfield Jr./Sr. High School, student-athletes who register for DSP must meet a higher minimum requirement.

DSP requires a student-athlete to be passing all classes with a C- or higher grade at the time of each eligibility check. DSP student-athletes must start the season DSP eligible and remain DSP eligible throughout the season. Failure to maintain DSP academic eligibility will require the student-athlete to immediately cease participating in their secondary sport for the remainder of the season.

DSP Guidelines

DSP Parent Meeting

All DSP student-athletes, parents, and coaches are required to attend a scheduled DSP meeting that will take place prior to the start of contests. The purpose of this meeting is to gain a deeper understanding of the DSP policy and the expectations of each DSP student-athlete, DSP parent and DSP coach.

DSP Declaration Form

Student-athletes wishing to register for DSP must complete and submit a DSP Declaration Form to his/her primary sport coach by the designated due date. The form includes the student-athlete's priority and secondary sport selections, as well as a list of known schedule conflicts between the chosen sports.

The form must be reviewed and signed by the student-athlete, at least one parent/guardian, and the head coach of both sports. When the first day of practice for the selected sports is not the same date, the DSP Declaration Form will be due on the third day of practice of the sport with the later starting date.

Shared Contest & Practice Schedule

The head coaches of both the primary and secondary sports teams will create a reasonable shared DSP schedule for practices, workouts, and contests. The shared DSP schedule will: be mutually agreed upon by both coaches, be designed with the best interest of the student-athlete in mind, meet the statements listed below under Shared Schedule Guidelines, meet the DSP guidelines shown in the Summerfield Schools Athletic Code, and be submitted to the athletic director for approval.

Shared Contest & Practice Schedule Guidelines

On a 'no contest' day, DSP student-athletes will follow the shared DSP schedule established by both head coaches. A contest in one of the two DSP sports takes priority over a practice or workout in the other sport. On these days, the student-athlete is to report directly to the sport that has a contest unless mutually agreed upon by both head coaches and identified in the shared DSP schedule submitted for approval.

In the event of a DSP contest date conflict, the student-athlete is to attend the contest of his/her priority sport unless one sport's contest is a league, conference, or state tournament contest and the other sport's is not. In this case, the student-athlete is to attend the league, conference, or state tournament contest which may be the secondary sport contest. League, conference, and state tournament contests take precedence over the priority sport choice in this scenario. If both contests are a league, conference, or state tournament contest, the student-athlete will attend the contest of the priority sport chosen at the start of the season.

** State tournament contests include events sponsored by the MHSAA, or MITCA*

Upon the athletic director's approval, the shared DSP schedule will be communicated via a revised DSP Declaration Form to the student-athlete and parent(s) for review prior to the start of contests.

All exceptions to the DSP guidelines or approved shared DSP schedule require a written mutual agreement between both head coaches, and the athletic director. "Written" documentation may include, but is not necessarily limited to, written communications shared via text, other messaging applications, email, or a written statement provided on paper. Without mutual agreement, the exception will not be allowed.

If a conflict arises concerning a DSP guideline or approved shared DSP schedule, and a resolution cannot be mutually agreed upon by the head coaches, student-athlete, and parent(s), the situation must be brought to the attention of the athletic director as soon as possible. In this event, the athletic director will make a final ruling on the issue(s) at hand.

Athletic Trainer Communication with Athlete and Coaches

The athletic trainer will keep in close communication with DSP student-athletes and both head coaches as it relates to the overall health and well-being of the DSP athlete.

Discipline

In the event that a DSP student-athlete is disciplined for an Athletic Code infraction, the consequence will be applied to both sports in the season of dual participation; for example, a student-athlete is suspended 1/3 of a season for illegal drug use. The suspension will be served in both the primary and secondary sport.

Withdrawal from the Sport

A DSP student-athlete may not withdraw from or quit either sport after the two-week practice window without permission from the head coach(es) involved and the athletic director or administrator. If, after consulting with the student-athlete, the previously stated staff determine the student-athlete's request reasonable and proper, the student-athlete may be granted permission to quit one or both sports without penalty.

A DSP student-athlete that quits after the two-week practice limit without the required permission may be suspended from athletic participation in all sports for up to one calendar year from the date of violation.

Facilities and Equipment

Facilities

A student-athlete using any facility, including but not limited to the weight room and gym, must be under the direct supervision of a coach at all times.

The athletic trainer's room and coaches' offices are off limits to all student-athletes unless they are under the supervision of the athletic trainer or coach.

Equipment

Student-athletes are financially responsible for equipment issued to them during the season. Equipment and uniforms issued to the student-athlete is to be worn only for practice or competition, unless given specific permission by the coach of that sport.

If any of the equipment is lost, stolen, or is damaged through neglect or malicious destruction, the student-athlete must pay the athletic department for its replacement cost. At the conclusion of the season, the student-athlete will be responsible for returning all equipment in an acceptable condition to the coach (not in the office or athletic director) within a time period specified by the coach.

Student-athletes will not be permitted to participate in another sport until equipment/uniform from the previous sport is turned in. If the student-athlete is a Senior, the final transcript and diploma may be held until the equipment/uniform is turned in, paid for, or replaced.

A student-athlete will be financially responsible for acts of vandalism of athletic equipment or facilities at home or away locations.

Transportation*

* During transportation shortages, we as a District will need to resort to our Plan B - no busing.

All student-athletes must travel to away contests on transportation provided by the school. Student-athletes are encouraged to return to school using school transportation when provided. At the coach's discretion, student-athletes may ride home with a parent/guardian or designee if/when the appropriate procedure occurs (sign-out with the coach after the contest).

A coach or designated adult shall accompany all teams by bus, and that person shall assume the responsibility for their behavior and safety.

Student-athletes may not transport themselves to or from away contests without pre-approved permission from the athletic director or administrator. Special travel consideration may be granted to a student-athlete under extenuating circumstances by the athletic director or administrator. Failure to follow proper sign out procedures could result in up to a two-contest suspension.

Saturday Contests

Standard Summerfield Schools does not provide bus service for Saturday athletic trips. For special circumstances, with written permission from the AD weekend service can be coordinated.

For the student-athlete's safety, bus transportation will be provided to and from all away sites for all junior and senior high football contests.

Injuries and Medical Care

All injuries or serious illnesses must be reported to the coach and/or athletic trainer promptly. The coach, athletic trainer, and/or student-athlete will notify the parents of an injury.

Licensed athletic trainers work under the authority of a designated physician. Summerfield Schools has appointed an athletic trainer to deliver athletic health care to our student-athletes. Owing to an obligation to student-athlete welfare, policies and procedures have been established to deliver the best possible health care.

- Student-athletes must report sport specific injuries/illnesses to the athletic trainer. As appropriate, the athletic trainer will communicate directly with parents/guardians in a timely manner regarding care rendered and future treatment recommendations. Federal privacy laws regarding the disclosure of health information apply (HIPPA).
- If a student-athlete is seen by a physician, a physician's assistant (PA), or certified nurse practitioner (CNP), for an injury or illness, they are required to obtain and present a clearance note to the athletic trainer. The note must be signed by a medical professional (not a nurse or other surrogate), state the diagnosis, list any restrictions or limitations, and indicate the date the student-athlete may safely return to practice or competition.
- For the wellbeing of the student-athlete, the athletic trainer may consult with the student-athlete's licensed medical professional regarding return to play.

MHSAA Rule Infractions Resulting in Ineligibility

The following represent a few of the commonly misunderstood MHSAA rules that will result in eligibility.

The period of ineligibility will be dictated by current MHSAA rules.

- A student-athlete's amateur status can be jeopardized if a student or family member receives money or valuables for participation in sports sponsored by Summerfield Schools.
- A student-athlete who plays a sport concurrently for a team other than a Summerfield athletic team, may be considered ineligible.
- A student-athlete who receives an award for participation in athletics that exceeds \$40 in value will become ineligible.

It is the student-athlete's (and his/her parent's) responsibility to consult with the athletic director on any matter concerning MHSAA regulations or potential violations before participating in any athletic activity. For more information regarding these and other MHSAA rules and regulations go to www.mhsaa.com.

Awards

Upon request, a student-athlete will receive a maximum of one varsity letter 'S' while participating as a high school student-athlete.

Only members of a team finishing the season 'in good standing' will receive any type of award or recognition (certificate or letter). The head coach, in consultation with the athletic director, will determine the status of 'in good standing'. Also, a student-athlete must attend the sports banquet in order to receive any award unless a prearranged absence has been approved by the coach.

Award values must not exceed a total of \$40 as per MHSAA guidelines.

TCC Scholar-Athlete Recognition

Sophomores, juniors, and seniors participating on a varsity team in a league sponsored sport who achieve a 3.5 cumulative GPA will receive a TCC Scholar-Athlete Certificate at the end of that sport season.

Appeal Process

Any suspension of a student-athlete from practice(s) or competition(s) because of a violation of the rules may appeal the decision by following these steps:

1. Set up a meeting with the coach involved.
2. If the complainant is not satisfied with the coach's decision, he/she may request a meeting to appeal to the athletic director.
3. If the complainant is not satisfied with the athletic director's decision, he/she may request a meeting to appeal to the Principal.
4. If the complainant is not satisfied with the Principal's decision, he/she may request a meeting to appeal to the Superintendent. All decisions of the Superintendent are final and may not be appealed to the Board of Education.

Appendix

Understanding Concussion

Return the following form to the Summerfield Jr./Sr. High School Office:

Athletic Code of Conduct and Concussion Awareness Acknowledgement

Understanding Concussion

Educational Material for Parents and Students (Content from MDHHS Requirements)

Source: Michigan Dept. of Health and Human Services. Created through a grant to the CDC Foundation from NIOSH.

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache	Balance Problems	Sensitive to Noise	Poor Concentration	Not "Feeling Right"
Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	"Feeling Down"	Sleep Problems
		Grogginess	Lost Consciousness	

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- SEEK MEDICAL ATTENTION RIGHT AWAY – DON'T HIDE IT, REPORT IT.** Playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery. A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Ignoring symptoms and trying to "tough it out" often makes it worse.
- KEEP YOUR STUDENT OUT OF PLAY –** Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student, who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION –** Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can't recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he must be kept out of athletic activity the day of the injury. The student shall only return to activity (practice, scrimmage or competition) with written unconditional permission from an MD, DO, Physician's Assistant or Nurse Practitioner. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

Concussion Risk: Worksheet & Acknowledgment Form (May 2015)

Parent and Student Must Sign Consent & Waiver on MHSAA Physical Form Acknowledging Awareness

CODE OF CONDUCT AND CONCUSSION AWARENESS ACKNOWLEDGEMENT

Student-Athlete and Parent signatures to acknowledge the participant contract:

I have chosen to participate in athletics at Summerfield School District. I have read and understand the athletic rules and regulations and the consequences of violating them. I pledge to keep all rules and regulations and to help all of my teammates abide by the same. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations, and the sport-specific rules, and accept the rules and regulations as a condition of participation. I also acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and Students.

Student Athlete Print Name: _____

Student Athlete Signature: _____

Date: _____

As the parent/guardian of _____, I understand and support this contract that my son/daughter has signed. Optimum health and exemplary sportsmanship are the primary goals of our athletic program, and I support the school system in the efforts to attain these goals. I acknowledge the consequences stated above for athletes who violate the rules and regulations of the Summerfield School District. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations and accept the rules and regulations as a condition of participation for my child. I also acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and Students.

Parent/Guardian Print Name: _____

Parent/Guardian Signature: _____

Date: _____

Return this signed form to the Summerfield Jr./Sr. High School office.

Form must be kept on file for the duration of participation.