

South Lyon Community Schools Department of Athletics - Code of Conduct

INTRODUCTION

It is the responsibility of student-athletes to become familiar with the specific rules and regulations of each sport as well as the general policies of this Athletic Code of Conduct. The South Lyon Athletic Code of Conduct shall be enforced for the entire calendar year, including summer months and vacation periods. Enforcement of the Athletic Code of Conduct shall apply to any violation that occurs during those time frames. Student-athletes should realize that the Athletic Code of Conduct rules and regulations apply 24 hours a day, 7 days a week, 365 days a year and are not just limited to student behavior at school-sponsored activities or on school property. A student-athlete who violates the Athletic Code of Conduct shall be subject to disciplinary action as outlined in the penalty provisions of the Athletic Code of Conduct. This is in addition to any disciplinary action leveled upon the student by the school itself. Also, each individual coach reserves the right to enact additional rules and regulations for his/her team. It is understood that the Athletic Code of Conduct provides minimum guidelines and any coach may establish rules specific for his/her program consistent with the Athletic Code of Conduct after review with and approval by the Athletic Director. The Athletic Code of Conduct will be reviewed and discussed prior to the start of each season.

PHILOSOPHY AND OBJECTIVES

The South Lyon Community Schools believe that athletics are an integral part of the total educational program. Not everyone can be a member of a team, but everyone can benefit from the programs offered by the Athletic Department. Our purpose is to provide experiences not otherwise available in the school classroom curriculum. The criteria upon which our programs are judged are as follows:

1. Athletic participation is a privilege not a right.
2. Sportsmanship is our top priority. Since the community as a whole provides the support necessary to operate the athletic program, the student-athletes and coaches should always conduct themselves in a manner that brings only respect and admiration to themselves, the school, and community.
3. Participation is for those who demonstrate outstanding skills in the respective sports.
4. Success is not measured in terms of wins and losses. Rather we hope to develop character, improve skill performance and represent our school and community well.

The main objective of the Athletic Department is to promote a series of athletic contests with other schools for the purpose of developing good sportsmanship, new friendships, improved skills, and better community relations. The athlete will be offered increased opportunities for:

1. Learning sportsmanship and being afforded the opportunity to display good sportsmanship. Student-athletes should recognize that they are in a very visible position and with this increased visibility comes increased responsibility. Because of this responsibility, student-athletes are expected, through their example, to encourage other students to exhibit acceptable behavior.
2. Improving physical skills and establishing exercise habits that promote good health.
3. Developing strong and lasting friendships.
4. Developing the understanding that the rules of a game are similar to the rules of everyday life.

Lakes Valley Conference High School

South Lyon East High School is a member of the Lakes Valley Conference (LVC) which is composed of the following 9 schools.

Lakeland	South Lyon East	Walled Lake Western
Milford	Walled Lake Central	Waterford Kettering
South Lyon	Walled Lake Northern	Waterford Mott

KLMSL-Middle School

Centennial & Millennium Middle Schools are members of the Kensington Lakes Middle School League (KLMSL). This league is comprised of the middle schools located in the same school districts as the high schools in the Lakes Valley Conference (LVC). The divisional alignment of the KLMSL and the teams each school plays against varies depending on the sport.

ATHLETIC PROGRAM OFFERINGS

Fall

Cheerleading-Sideline
Cougarettes (Traditional)
Cross Country (Boys)*
Cross Country (Girls)*
Equestrian
Football
Golf (Girls)
Pom (Contemporary)
Soccer (Boys)
Swim & Dive (Girls)
Tennis (Boys)
Volleyball*

Winter

Basketball (Boys) *
Basketball (Girls) *
Bowling (Boys)
Bowling (Girls)
Cheerleading-Competitive
Cougarettes (Traditional)
Ice Hockey
Pom (Contemporary)
Skiing (Boys)
Skiing (Girls)
Swim & Dive (Boys)
Swim & Dive MS Co-Ed *
Wrestling*

Spring

Baseball
Golf (Boys)
Lacrosse (Boys)
Lacrosse (Girls)
Soccer (Girls)
Softball
Tennis (Girls)
Track & Field (Boys)*
Track & Field (Girls)*

*denotes middle school athletic offering

REGULATIONS

In addition to the rules and regulations set forth by the representatives of the South Lyon Community School District, South Lyon Community Schools is also a member of the Lakes Valley Conference (LVC) and the Michigan High School Athletic Association (MHSAA). South Lyon Community Schools, representatives of the district, parents and students are expected to follow and abide by all rules and regulations of these governing entities.

The Lakes Valley Conference athletic program, promotions, and athletic support for students will include the following: exemplify the highest moral character, behavior and leadership; exemplify good sportsmanship; respect the integrity and judgment of officials; shows respect for opposing players, coaches, and spectators; recognize and show appreciation for outstanding plays by either team. This includes the following guidelines:

1. Do not use profanity or obscene language. Refrain from cheers which downplay the opponent.
2. Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat. Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media. Confine remarks to game statistics and to the performance of your team.
3. The use of any controlled substances (alcohol, drugs, etc.) is strictly prohibited. No smoking on the premises during an event.
4. Finally, a sign shall be posted at every league school that includes the following:
 - A. Unless authorized by school officials, parents or spectators are not allowed on the field or playing area at any time.
 - B. Be positive. Negative or profane language is strictly prohibited.
 - C. Respect the Referees and Game Officials.
 - D. No coaching from the sidelines by parents or spectators.
 - E. At indoor events, including ice rinks, no artificial noise makers allowed.
 - F. At outdoor events, noise makers may be allowable subject to the discretion of the school administration. (No air horns, whistles, or other items which would present an imminent danger will be allowed.
 - G. No alcohol or tobacco is allowed at youth or school activities.
 - H. Help keep the area clean. Please use receptacles.
 - I. Be generous when you win, be graceful when you lose.
 - J. Appropriate shirts must be worn at all times.
 - K. Signs may be allowable subject to the discretion of the school administration.
School officials retain the right to refuse admittance or remove a person(s) from an event due to inappropriate behavior

Enrollment - To be eligible for interscholastic athletics, a student must be enrolled in a high school or middle school not later than the fourth Friday after Labor Day, (1st semester) or the fourth Friday of February, (2nd semester). A student must be enrolled in at least twenty credit hours in the school for which he/she competes.

Age - A student who competes in any interscholastic athletic contests must be under nineteen years of age, except that a student whose nineteenth birthday occurs on or after September 1 or a current school year is eligible for the balance of that school year. Any student born before September 1, 1992, is ineligible for interscholastic athletics in Michigan.

Summer Dead Period - Coach and Student Athletes must observe the "Summer Dead Period" as set forth by the MHSAA. The "Summer Dead Period" is a period of seven consecutive calendar days after school is out in June and after a school's participation in MHSAA tournaments is completed. This dead period will be the week which includes the July 4th holiday of any given year.

Physical Examinations - No student shall be eligible to tryout, practice or participate without a **SIGNED** (M.D., D.O. or another authorized professional) current year physical on file with the athletic department certifying that the student has passed a physical examination and is physically able to compete in athletic practices and contests. (*A current year physical is interpreted as any physical examination given on or after April 15th of the previous school year.)

SLCS HIGH SCHOOL ELIGIBILITY:

	SLCS POLICY
To establish eligibility at the end of a semester. (June or January)	Students must have a minimum of a 1.7 semester GPA and no end of semester E's from the previous semester.
If not eligible for fall co/extra-curricular activities at the end of the second semester (June)	<p>Option #1: Students who are not eligible according to SLCS policy remain ineligible until at least the first eligibility check of the year to <u>establish</u> eligibility. Grades received for their <u>current classes</u> will be used to calculate GPA for eligibility purposes only. Students must have a current GPA of a 1.7 and no Es at the time of the first eligibility check to establish eligibility.</p> <p>Option #2: If a student enrolls in and completes a pre-approved <u>summer school</u> class to re-establish eligibility, their GPA will be re-calculated upon completion of the course and pending documentation. <u>Note:</u> Transcript will reflect credit, but the grades for online classes are not used in the calculation of the official cumulative GPA. <u>Courses must be completed and grades documented prior to the start of the season.</u></p>
If not eligible at the end of the second semester (January)	Students who did not <u>establish eligibility</u> at the end of 1st semester according to SLCS policy are ineligible for a minimum of 6 weeks. Students have until the first eligibility check of second semester to <u>establish</u> eligibility. Grades received for their <u>current classes</u> will be used to calculate GPA for eligibility purposes only. Student must have a current GPA of a 1.7 and no Es at the time of the eligibility check to establish eligibility.
To <u>maintain</u> eligibility during the semester after eligibility has been <u>established</u>.	Students must Pass 66% of classes (4 of 6) at eligibility check on the 1st each month.
If a student becomes ineligible at any point in the semester	Students have a 2 week window to regain eligibility by demonstrating they are passing 4 of 6 classes.
If a student has failed 3 or more courses at the end of a semester	Student is ineligible for 60 school days. GPA on the 60 th day must be a 1.7 and the student must have no Es to re-establish eligibility. If established, student can participate beginning day 61.

Example #1: A student that is not eligible based on SLCS policy at the end of second semester (June):
Student earns the following end of semester grades:

- A 4.0
- B 3.0
- C 2.0

D 1.0

A 4.0

E 0.0

GPA for Semester = 2.33

Meets the GPA requirement, but not the “no E” requirement.

Option #1: The student may take online classes prior to the start of the extra or co-curricular fall season to recover credit for fall teams or clubs. GPA will be re-calculated for the purpose of eligibility only. Note: Transcript will reflect credit, but the grades for online classes are not used to calculate the official GPA. Credit recovery must be complete and documented prior to the start of the season.

Option #2

If the student does not choose to do credit recovery, they have until October 1, to re-establish eligibility with at least a 1.7 GPA and no Es. The GPA will be calculated using their current grades to make sure they have no Es at the time of the eligibility check.

Example #2 (Either June or January):

Student earns the following end of semester grades:

D1.0

D-0.7

D-0.7

D1.0

D-0.7

D1.0

GPA for Semester = 0.85

Meets the “no E” requirement, but not the GPA.

The student will have until first eligibility check of the semester to re-establish eligibility with at least a 1.7 GPA and no Es. The GPA will be calculated using their current grades to make sure they have no Es at the time of the eligibility check.

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Transfers – A student enrolled in grades 9-12 who transfers from one school to another is **NOT** immediately eligible to participate in an interscholastic contest or scrimmage in the school to which the student transfers. A student transferring to South Lyon Community Schools to escape the consequences of his/her actions at a previous school may be deemed ineligible even if he/she otherwise satisfies the MHSAA transfer regulations.

* Ask Athletic Director to refer to MHSAA rules for exceptions relative to transfers.

Limited Team Membership - A student who, after practicing with or participating in an athletic contest or scrimmage as a member of a high school athletic team, participates in any other athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three days of competition and maximum of the remainder of that season in that school year.

* Ask Athletic Director to refer to MHSAA Rules for exceptions to this regulation.

South Lyon Community Schools - Co-Curricular and Extra-Curricular

STANDARDS OF CONDUCT

Representing South Lyon Community Schools beyond the school day is a privilege and not a right. Students currently involved in these co-curricular and extra-curricular activities are expected to represent the highest ideals of character by exemplifying good conduct and good citizenship. When the administration learns of an infraction involving a student that occurred during non-school times (such as evening, summer, holiday breaks or weekends) that is a violation of the Student Code of Conduct, Board of Education, and/or the law and based on the severity and/or the possibility of bringing about liability or negative notoriety to the District, an independent school investigation shall occur.

Examples of infractions could include violations of federal, state or local law/ordinance including felony or misdemeanor acts other than minor traffic offenses (Conviction of said offenses is not necessary to establish a violation); cumulative or gross misconduct, including behavior which school officials consider conduct unbecoming a representative of the South Lyon Community Schools; hazing activities of any type; or the use, possession, sale, delivery, distribution or transfer of any prohibited drug, alcohol, tobacco or drug paraphernalia.

A meeting will then take place with the student, parents, and other interested parties that may include a coach, advisor, or staff member, among others. Following this meeting, and after weighing all information, the administrator shall determine appropriate discipline, if any. Depending on the severity of the incident, penalties may include social probation of a minimum of six weeks, restitution, suspension, and/or dismissal from membership in these after-school activities.

Social Probation means the student loses all privileges to attend any and all school activities other than those pertaining to attendance in regularly scheduled classes. Examples of privilege loss include, but are not limited to, attendance or participation in any athletic, co-curricular, or extra-curricular activity. During social probation, students are also not allowed on any school property for any community events (e.g., Panther football). If there are special circumstances regarding community events, requests for written approval may be made to the Superintendent or his/her designee. Social probation will begin when the student

returns from suspension, with the exception of the summer months where social probation will precede the school suspension. Social probation for summer infractions begins August 1. For infractions that occur or investigations that conclude after August 1, social probation begins at that time. If the time period for social probation has not been fulfilled before the student is suspended from school, the duration of the social probation will be carried over when the student returns from the suspension. For social probation that has not been fully served by the last day of the school year, the remaining time will begin August 1. A student whose social probation begins or continues on August 1 is also excluded from all summer activities and may not be on school property.

The decision of the administrator may be appealed to the Assistant Superintendent of CITA within twenty-four (24) hours of the final decision provided to the parent/guardian in writing, whose decision is final.

SPORTSMANSHIP

Sportsmanship Expectations

The Lakes Valley Conference supports good sportsmanship by providing a code of good sportsmanship, educational problems to promote sportsmanship and a system of discipline to enforce appropriate behavior.

Mission Statement

“Good sportsmanship is viewed by the National Federation, Michigan High School Athletic Association and Lakes Valley Conference as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities, which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.”

Sportsmanship Expectations

Local School Board

- Adopt policies (upon recommendation of the administration) which reflect that community’s educational objectives and that promote the ideals of good sportsmanship, ethics and integrity.
- Remain a policy-making body and allow the administration to do its job. The board’s role is to develop policies, which are interpreted and administered by other school officials.
- Support standards for athletic participation which reinforce that activities are a privilege, not a right.
- Attend and enjoy school activities, serving as a positive role model and expecting the same from parents, fan, participants, coaches and other school personnel.
- Support and reward participants, coaches, school administrators and fans that display good sportsmanship.
- Recognize the value of school activities as a vital part of education.

School Administration

- Develop a program for promoting the ideals and fundamentals of good sportsmanship within the school, the league/conference and the Michigan High School Athletic Association. This program should stress that disrespectful behavior, especially taunting, trash talking and intimidation, will not be tolerated.
- Provide appropriate supervisory personnel for each interscholastic event.
- Support participants, coaches and fans that teach and display good sportsmanship.
- Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.
- Attend events whenever possible and function as a model of good sportsmanship. This includes communicating with spectators during an event what is acceptable and unacceptable behavior.

Coach

- Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards. Practicing good citizenship is practicing good sportsmanship!
- Respect the integrity and personality of the individual athlete.
- Abide by and teach the rules of the game in letter and in spirit.
- Describe and define respectful and disrespectful behavior. Stress that disrespectful behavior, especially taunting, trash talking and intimidation, will not be tolerated.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials.
- Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media. Please confine your remarks to game statistics and to the performance of your team.
- Instruct participants and spectators in proper sportsmanship responsibilities.
- Acknowledge participants and spectators for displaying proper sportsmanship.
- Be no party to the use of profanity or obscene language or improper actions.

Student Athlete

- Accept and understand the seriousness of your responsibility and the privilege of representing your school and community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the basic rules of the game.
- Treat opponents the way you would like to be treated.
- Refrain from taunting, trash talking or making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature. Refrain from intimidating behavior.
- Respect the integrity and judgment of game officials.
- Win with humility; lose with grace. Do both with dignity.

Cheerleaders

- Understand the seriousness and responsibility of your role and the privilege of representing your school and community.
- Learn the basic rules of the game.
- Treat opposing cheerleaders the way you would like to be treated.
- Select positive cheers, which praise your team without antagonizing the opponents.
- Encourage a positive crowd alternative when booing or an inappropriate chant begins by starting a popular cheer.
- Use discretion in selecting the times to cheer. Give the opposing school the same amount of time your squad would want in performing cheers.
- Give encouragement to injure players and recognition to outstanding performances for both teams.

- Respect the integrity and judgment of game officials.

Other Student Groups

- Establish themselves as leaders in their conduct before, during and after contests and events. Always provide positive support for your team, rather than intimidating or ridiculing the other team.
- Assist cheerleaders with yells, chants, etc., and be a working part of pep assemblies, with preparation, organization and involvement.
- Treat opposing players, coaches, spectators and support groups with respect and enthusiasm.
- Refrain from taunting or making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature.
- Conduct themselves in an exemplary manner. Remember that you represent your school both home and away.
- Respect the integrity and judgment of game officials.
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.

Spectators

- Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.
- Remember that a ticket to a school athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the basic rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.
- Refrain from taunting or making any kind of derogatory remarks to your opponents, especially comments of ethnic, racial or sexual nature.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student athlete and appreciate their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games, and afterwards on or near the site of the event (i.e. tailgating).
- Use only those cheers that support and uplift the teams involved.
- Recognize and compliment the efforts of school and league administrators for their efforts in emphasizing the benefits of educational athletics and the role of good sportsmanship to that end.
- Be a positive behavior role model through your own actions and by censuring those around you at events whose behavior is unbecoming.

Public Address Announcer

- Be impartial. Announce the contest with no show of favoritism.
- Use proper language at all times.
- Be enthusiastic but calm.
- Do not attempt to “talk over the crowd.”
- Do not anticipate or second-guess calls by the officials or criticize official’s decisions, directly or indirectly.
- Be aware of the entire venue so that calm directions can be given in an emergency. Serious situations can be avoided if the announcer will caution the crowd against coming onto the playing surface, throwing things and the like.
- Permit no one to use the microphone, except those in charge of the event and/or design of those in charge of the event. The announcer is responsible for whatever is said over the public address system.
- Announce convenient routes for spectators to leave the venue and caution the crowd to drive safely on its way home.
- Be aware that good sportsmanship is a very important part of interscholastic activities; reading a public service sportsmanship statement prior to the beginning of an event and at key times during breaks in the action contributes to a positive, educational atmosphere.
- All announcements must be approved by the athletic office.

Acceptable Behavior

- Applause during introduction of player, coaches and officials.
- Accept all decisions of officials.
- Cheerleaders lead fans in positive yells in a positive manner.
- Handshakes between participants and coaches at end of contest, regardless of outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize them for their outstanding performance or coaching.
- Applause at end of contest for performances of all participants.
- Everyone showing concern for an injured player, regardless of team.
- Encourage surrounding people to display only sportsmanlike conduct.

Unacceptable Behavior

- Taunting, trash talk and other intimidating actions.
- Not admonishing those sitting around you who engage in practice of poor sportsmanship.
- Disrespectful or derogatory yells, chants, songs or gestures.
- Booming or heckling an official’s decision.
- Criticizing officials; displays of temper with an official’s call.
- Yells that antagonize opponents.
- Refusing to shake hands.
- Blaming loss of game on officials, coaches or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Doing own yells instead of following lead of cheerleaders.

SQUAD CUTS

Interscholastic athletics exist for skilled and advanced athletes. Although "cutting" players from the athletic teams is discouraged, in certain sports maximum student participation levels must be established. If "cutting" of athletes becomes necessary, the coach will explain to the athletes the criteria for gaining membership to the team before practice begins. Those students not making the team will be entitled to have a personal interview with the coach.

CONFLICT OF RESPONSIBILITIES

Being a member of an athletic team is an extra-curricular activity for the student. There may be occasions when the athlete will have a conflict of responsibilities. It is suggested that athletes use the prioritized list below when determining their prime responsibility:

1. Home and church responsibilities.
2. Academic responsibilities.
3. Athletic responsibilities.
4. Other school and social responsibilities.

If you are committed to the South Lyon Community Schools Athletic Program and are involved in the Amateur Athletic Union, (AAU) South Lyon Athletic Programs take precedence over AAU. Student-athletes missing South Lyon practices or competitions to attend AAU functions will be suspended from competition or dismissed from the squad.

Despite all scheduling efforts by the administration, conflicts will develop between extra-curricular activities. If a conflict should arise, it is the athlete's responsibility to report the conflict to their coach. The Athletic Department will do what it can to avoid conflicts.

VACATIONS DURING THE SEASON

Attendance at all practices and games is very important. A written notice from the athlete's parents establishing the dates of a vacation must be submitted to the head coach before an absence. Any athlete missing practice must recondition before participation will be permitted. Any absence for a vacation that the coach was not notified of will be considered unexcused. In addition to reconditioning after returning from an unexcused absence, the student-athlete faces additional consequences. For each 3 days of required practice missed, during school scheduled Winter, Mid-Winter and Spring Break the athlete will miss a minimum of one contest.

ATTENDANCE - SCHOOL & PRACTICE

Student-athletes are expected to attend and participate in all practices and team meetings, and carry out the directives of coaches.

In order to participate in any Athletic Department *PRACTICE OR CONTEST*, the athlete must be in attendance the entire school day of the practice or contest. In order to participate in an Athletic Department practice or contest that takes place on a day when school is not in session, the athlete must be in attendance the entire day preceding the day school is not in session. Exceptions would be such things as pre-arranged medical or dental appointments, scheduled court appearances, death in the family or funeral attendance, job shadowing, and college visits. These must be cleared with the Athletic Director in advance.

Any athlete, who is suspended, (either out of school or in-school suspension) for violation of the policies and regulations of the student handbook, *WILL BE PROHIBITED FROM PARTICIPATION IN CONTESTS OR PRACTICES* on the day that the suspension is served.

- * Failure to attend a practice or competition without a valid excuse, (as outlined above) may result in loss of participation for up to one calendar week from the date of the unexcused absence.
- * A second unexcused absence will result in up to two weeks loss of participation.
- * A third unexcused absence will result in removal from the squad.

PERSONAL APPEARANCE

As a representative of South Lyon Community Schools, exemplary personal appearance is important and is to be encouraged. On the day of a contest, (home or away) males shall wear dress slacks and appropriate dress shirt unless otherwise approved by the coach. Females shall wear dress slacks or skirts and an appropriate top unless otherwise approved by the coach. Hair will be kept neat and well groomed and not interfere with the athlete's ability to perform. During an athletic contest, all parts of the uniform must be worn. Any additional clothing worn during competition must be approved by the coach. Coaches will ask that inappropriate tattoos be covered during practice and competition.

TRAVEL

Transportation to and from away competitions will be by authorized school transportation. Any exception to this regulation will be arranged between the student athlete's parents and the coach in advance via a signed copy of the Athletic Transportation Waiver Form. Should the South Lyon Community Schools be unable to provide transportation, the Athletic Director and coach will work with the parents to arrange "caravans" as approved by the Athletic Director and the Principal. The South Lyon Community Schools Athletic Department promotes the "team concept" therefore no student-athlete will be allowed to leave until his/her team is completely finished with the competition or any post-game meeting. No athlete may leave a competition with any other adult or student.

EQUIPMENT

Any equipment or uniform issued to the student-athlete must be returned at the designated time in good order. The replacement costs of any lost or broken equipment/uniform must be reconciled or no awards or further participation will follow. Athletes must provide a lock for their personal belongings and equipment while at school.

QUITTING - SWITCHING SPORTS - DUAL PARTICIPATION

Quitting a team is a serious matter. A student-athlete may drop out of a sport only if he/she has personally contacted the coach. Switching from one sport to another after the season has begun is discouraged. If an athlete quits one sport after the season has begun he / she will not be eligible to participate in another sport without the prior consent of both coaches and the Athletic Director. Participation in two sports during the same season is discouraged. However, with the written consent of both coaches and the Athletic Director, a student-athlete may compete on two teams during the same season, (for sports teams where squad cuts are not involved).

PARENT'S RESPONSIBILITY

The parents must understand that participation in athletics involves, in many cases, strenuous physical activity and physical contact. The school assumes the responsibility to provide proper equipment, facilities, and supervision. However, it is the *PARENT'S RESPONSIBILITY* to provide the proper medical coverage to pay for any emergency or medical treatment required due to an injury. As a member of the M.H.S.A.A., South Lyon student-athletes are provided up to a maximum of \$250,000 for any one injury for excess medical expenses after a \$25,000 deductible per injury. This policy DOES NOT cover any out-of-season activities.

An athlete's parent or guardian must complete & sign the following 3 forms. The forms should be returned to the athlete's coach.

1. ATHLETIC PARTICIPATION/EXPECTATION FORM
2. ATHLETIC EMERGENCY CONTACT FORM
3. MHSAA or DOCTORS PHYSICAL & MHSAA CONSENT FORM.

PROPER SUPERVISION

Athletes are NOT TO BE IN THE LOCKER ROOMS, THE GYMNASIUM, THE WEIGHTROOM, and THE POOL OR OTHER INDOOR ATHLETIC FACILITIES unless properly supervised by their coach. If a practice or game is not scheduled immediately after school, the athletes are to leave the building as soon as possible. Failure to abide by this regulation will result in disciplinary action.

CORRECTIVE MEASURES

The following items provide the coach and Athletic Director with corrective measures not previously specified when dealing with violations. Any of the following corrective actions may be used depending upon the frequency and severity of the violation.

- A. Coach and athlete meeting.
- B. Parent conference with coach and/or athletic director.
- C. Suspension from competition. The athlete will be required to participate in all practices and attend all contests, but will not be allowed to dress or participate in the contests.
- D. Suspension from the team for the remainder of the season.
- E. Suspension from all athletic department programs for the remainder of the semester or school year.

Any athlete not completing a season of competition due to academic ineligibility, disciplinary action or voluntarily quitting the team will not receive an award for that sport, from the Athletic Department, its programs, or coaches.

REVIEW PROCEDURES

Athletes will have the opportunity for review concerning corrective actions taken by a coach or the Athletic Director.

Steps for review:

1. The athlete must have met with the coach involved to try to solve the problem.
2. The athlete may request a review by the Athletic Director. This request must be in writing. This action must take place within 2 school days of the action taken by the coach. At this point the Athletic Director or designee will arrange a meeting with the coach, the athlete, and the parents. This meeting shall take place within 2 school days of the requested review.
3. After step 2, the athlete may request a review before the Building Principal or designee. Such a request must be done in writing within two school days of the Athletic Director's review of the issue. This meeting shall take place within 2 days of the requested review. The decision of the Building Principal or designee is final.

AWARDS

The Athletic Department will give the following awards:

- * Student-athletes who maintain a GPA of 3.0 - 3.24 during their season of competition shall receive a bronze Scholar-Athlete Medal.
- * Student-athletes who maintain a GPA of 3.25 - 3.74 during their season of competition shall receive a silver Scholar-Athlete Medal.
- * Student-athletes who maintain a GP of 3.75 or above during their season of competition shall receive a gold Scholar-Athlete Medal.
- * The GPA will be based on the following: For Fall sports, October 15th grades. For Winter Sports, Semester 1 grades. For Spring Sports, May 1st grades.
- * An athlete who successfully completes 3 consecutive seasons, (fall, winter & spring) shall receive a South Lyon Triple-Threat Athlete T-Shirt. It is the responsibility of the student to contact the Athletic Office for their award.
- * An athlete who successfully completes 12 consecutive seasons, (fall, winter & spring for four consecutive years) shall receive South Lyon's Twelve Seasons Athletic Plaque. It is the responsibility of the student to contact the Athletic Office for their award.

Freshmen athletes shall receive graduation year numerals after successfully completing their first season of competition. In addition, these athletes shall receive a freshman award certificate.

Junior Varsity athletes shall receive a junior varsity award certificate. Note: Any junior varsity athlete who has not already been awarded freshman numerals shall receive a certificate and numerals.

Varsity Any athlete who successfully completes a first season of varsity level competition, and meets any other requirements determined by the head coach, shall be awarded a varsity letter.

Any athlete, who successfully completes a season of varsity level competition but does not fulfill the requirements determined by the head coach, shall be awarded a participation award certificate.

Any athlete who has already been awarded a varsity letter who then successfully completes another season of varsity competition in a DIFFERENT SPORT shall receive a varsity certificate.

Any athlete, who successfully completes a second season of varsity competition in a PARTICULAR SPORT, shall be awarded a bronze varsity medal.

Any athlete, who successfully completes a third season of varsity competition in a PARTICULAR SPORT, shall be awarded a silver varsity medal and a third year varsity plaque.

Any athlete, who successfully completes a fourth season of varsity competition in a PARTICULAR SPORT, shall be awarded a gold varsity medal and a fourth year varsity plaque.

The Athletic Department will honor a senior athlete for each of the following awards: Male Athlete of the Year, Female Athlete of the Year, Male Academic Athlete of the Year and Female Academic Athlete of the Year. Criteria for the awards are available in the Athletic Director's office.

UNDERSTANDING CONCUSSIONS

Educational Material for Parents and Students

(Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

Some Common Symptoms

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

WHAT IS A CONCUSSION?

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

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

IF YOU SUSPECT A CONCUSSION:

1. SEEK MEDICAL ATTENTION RIGHT AWAY – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.

2. KEEP YOUR STUDENT OUT OF PLAY – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.

3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

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

CONCUSSION DANGER SIGNS:

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

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

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

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

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

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form Located On the Student & Athletic Emergency Form.