

Caledonia Community Schools

Fighting Scots

6th-12th Athletic Handbook



Have Pride – Show Character – Build Tradition

GO SCOTS!

TABLE OF CONTENTS

Purpose of Caledonia Athletics

A Message to the Student-Athlete

A Message for Parents and Guardians

Parent and Coach Relationship

Conduct and Values of a Student-Athlete

Sportsmanship Code

Player Eligibility

Prerequisites for Participation

Athletic Fees

Insurance

Multi-Sport Participation

Academic Eligibility Cycle

Academic Support

Attendance Requirements

Team Rules

Equipment and Uniforms

Personal Items

Travel–Transportation

Injuries

Changing/Quitting Sports

Athletic Awards

Athletic Code of Conduct

Banned Substances

NCAA Participation

Understanding Concussion

PURPOSE OF CALEDONIA ATHLETICS

The primary goal of the Caledonia athletic program is to help our student-athletes develop character skills through education-based athletics.

Being a member of an athletic team is an important activity for the student-athlete, the parents, the coach, and the community. Athletics has the potential to teach the character skills that are needed to be successful in life. Some of these skills include: responsibility, self-discipline, work ethic, respect toward others, honesty, integrity, humility, perseverance, commitment, teamwork and the ability to handle competition with enthusiasm and grace. It is important that administrators, coaches, parents, student-athletes and the community work together to ensure that the experience for student-athletes is positive, enjoyable and accomplishes the purpose of education-based athletics.

A MESSAGE TO THE STUDENT-ATHLETE

As an athlete at Caledonia, your peers and community will hold you in high esteem. You will be expected to be a leader, to exhibit self-control, and self-discipline in all situations. You will need to develop a strong sense of character, and let this guide you as you face decisions in and out of athletic competition. When you wear the Purple and Gold of Caledonia, we expect you to assume the responsibilities that go with them. Keep in mind that many times during your years at Caledonia, our school will be judged by your actions and attitudes.

Student-athletes are subject to the Caledonia Athletic Code, the District Code of Conduct, the rules and regulations of the OK Conference, and the rules and regulations of the Michigan High School Athletic Association (MHSAA). MHSAA guidelines can be found in the Athletic Director's office or online at www.mhsaa.com. Read the following rules carefully so you fully know and understand them. Your dedication as a student-athlete is essential for a successful athletic program.

A MESSAGE FOR PARENTS AND GUARDIANS

Successful programs have student-athletes, parents/guardians, and coaches working toward common goals. As a source of encouragement, as a behavior model, and as a program and student supporter, parents/guardians are a critical part of this triangular partnership. Successful athletes and successful programs are often directly influenced by supportive and caring parents/guardians. In this important capacity, these standards should be practiced:

1. Recognize the importance of discussing and understanding with the student-athlete the prerequisite of team membership, time commitments, team rules, and a commitment to always doing one's best along with fulfilling other team, student and family responsibilities.
2. Encourage participation while respecting the student-athlete's choice of team or other activity involvement. Sometimes a choice may have to be made if a compromise between two or more interests is not possible.
3. Encourage and support involvement by attending contests.
4. Demonstrate positive support at contests as a way of modeling good sportsmanship.
5. Attend parent meetings and other school support group meetings.
6. Recognize that mistakes, poor choices, developing independence, expressing ideas and thoughts, while experiencing and learning from both failure and success, are all important aspects of a young person's growth and learning.

7. Acknowledge that the real value of athletic involvement rests in the positive educational lessons that come with being a student-athlete, and recognize that parents are a strong and positive force in supporting, shaping and encouraging learning from these lessons.
8. Understand and support the team concept and recognize how each student-athlete accepts, contributes, and works toward this goal.
9. Recognize how playing time relates to skill level, practice effort, team roles, and out-of-season preparation.
10. Understand and support the athletic handbook.
11. Please follow the Caledonia Athletics Communication Guidelines listed in this document.

PARENT AND COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of each other and provide greater benefits to our students. As parents, when your child becomes involved in our program, you have a right to understand the expectations placed on your child. This begins with clear communication from the coach of your child's team.

Communication You Can Expect from the Coach

1. Expectations the coach has for your student-athlete and the team.
2. Location and times of all practices and contests.
3. Team requirements; i.e.: fees, special equipment, off-season conditioning, and team/individual camps.
4. Procedures to follow should your student-athlete be injured during participation.
5. Team rules, guidelines, and requirements for earning awards.

Communication Coaches Can Expect From Student-Athletes

1. Notification of any schedule conflicts well in advance.
2. Specific concerns regarding a coach's philosophy and/or expectations.
3. Injury or circumstances that may endanger the student-athlete when participating.

As your student-athlete becomes involved in the athletic programs at Caledonia Community Schools, they will experience some of the most rewarding moments of their lives. It is important to understand, however, there may be times when things do not go the way you or your student-athlete wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your student-athlete, mentally and physically.
2. Ways to help your student-athlete improve.
3. Concerns about your student-athlete's behavior.

It is very difficult to accept your student-athlete not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your student-athlete's coach. Other issues, such as those listed below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches

1. Playing time.
2. Team strategy.
3. Play calling and game strategy.
4. Other student-athletes.

There are situations that may require a conference between the coach and parent. These are to be encouraged. However, if you have a concern, you may want to discuss the issue with your student-athlete first. You may find through this communication, an answer, resolution or understanding of the situation before contacting others. It is important that both parties involved have a clear understanding of the other's position. When a conference is necessary, the following procedure should be used to help promote a resolution of the concern.

Procedure to Use in Discussing Concerns with a Coach

1. Call (or email) the coach to set up an appointment with yourself and your student-athlete.
2. If the coach cannot be reached, please call the Director of Athletics and a meeting will be set up for you.
3. Please give yourself time to understand your concern before approaching a coach. Attempting to confront a coach before or after a contest or practice is not acceptable. This can be an emotional time for all parties. Meetings in this setting usually do not promote resolution. We fully support the use of the 24-hour rule.

Next Steps

What can a parent do if the meeting with the Coach did not provide a satisfactory resolution?

1. If a positive resolution was not reached, please contact the Athletic Director and a meeting with you, your student-athlete, the coach, and the Athletic Director will be set up.
2. If a positive resolution is still not reached, a meeting with the Principal, the Athletic Director, the coach, the student-athlete and the parent will be scheduled.

Research shows us that participation in extracurricular activities in high school gives the student a greater chance of success during adulthood. A recent survey of America's CEOs revealed that over 40% of these individuals participated in extracurricular activities while in high school. We are confident that the Athletic Department at Caledonia Community Schools will aid in the preparation of those students who choose to participate in our programs. We are also hopeful that the information provided in this handbook will enhance both student and parent participation in our athletic programs.

CONDUCT AND VALUES OF A STUDENT-ATHLETE

The conduct of a student-athlete is closely observed in many areas of life. It is important that your behavior be above reproach in the following areas at all times:

- A. In the classroom, a student-athlete should work hard and have good study habits and good behavior. Detentions must be taken care of promptly. A student-athlete must notify each coach of a detention or other disciplinary consequence, which always takes precedence over practice or games.
- B. During competition, a student-athlete must always exhibit good sportsmanship. Use of profanity or illegal tactics is strictly forbidden and will not be tolerated. Student-athletes are not to argue with or show disrespect toward officials, coaches, teammates, opponents or any adult personnel. Disciplinary actions will be left up to the discretion of the coach and Athletic Director.
- C. On trips, student-athletes directly represent the community, school and coaches. Therefore, it is expected that all concerned will dress in an acceptable manner when traveling and conduct themselves on the bus in a respectful manner.
- D. A student-athlete must respect school property and equipment at all times. If the student-athlete destroys, loses or steals equipment, they are taking away from themselves, teammates, and the school, entity or person that owns the equipment. Each student-athlete is financially responsible for destruction of equipment or loss of property. Student-athletes and parents will be notified by the coach of any item that is missing or that needs to be replaced due to loss or destruction. Student-athletes who intentionally destroy or damage school property or equipment, are subject to disciplinary sanctions up to and including loss of the privilege of participating in athletics, suspension or expulsion from school and/or referral to appropriate law enforcement authorities.

SPORTSMANSHIP CODE

It is expected that proper sportsmanlike behavior at athletic contests is ongoing and adhered to by all athletes, coaches, and spectators. The guidelines the OK Conference has adopted for fans will be followed at all school sponsored events, home or away. Cheers and signs are to be positive and respectful, fans should be considerate and courteous, noisemakers of any kind are not allowed, and the throwing of objects will not be tolerated. Caledonia High School students are expected to follow the Student Code of Conduct as printed in the student handbook at all school-sponsored activities, home and away.

Failure to adhere to behavior expectations may result in a warning and ejection from the contest and/or a suspension of privileges to attend school activities for a specified period of time. Disciplinary action will be determined based on prior occurrences and/or the severity of the offense.

PLAYER ELIGIBILITY (MHSAA and OK Conference)

Players in all sports must meet all MHSAA and Caledonia Community Schools requirements. All rules regulating eligibility as set forth by MHSAA and Caledonia Community Schools will be enforced. The following is an overview of some of the key eligibility requirements of the MHSAA:

- **Age:** Students must not turn nineteen (19) years of age prior to September 1st.
- **Physical Exam:** An annual physical exam must be on file in the Athletic Office dated after April 15th of the previous school year to be valid for the entire succeeding school year.
- **Enrollment:** Students must be enrolled no later than the fourth (4th) Friday after Labor Day, or the fourth (4th) Friday of February for second semester eligibility. Students cannot be enrolled in high school for more than eight (8) semesters, and the seventh (7th) and eighth (8th) semesters must be consecutive.
- **Amateurism:** Students cannot receive money or other valuable consideration for participation in MHSAA sports or officiating in interscholastic athletic contests (unless registered with the MHSAA Legacy program for officials) or have signed a professional athletic contract. Students may only accept a symbolic award that does not have a value over \$40.00.
- **Academic Requirements:** Student-athletes must meet academic standards as required by Caledonia Community Schools' policy for maintaining eligibility. Academic eligibility includes maintaining minimum levels of grades in both the current semester and, for students in high school, at the end of the previous semester.
- **Limited Team Membership:** Once the practice season begins, students must end all outside competition on non-school teams. Exceptions are Ice Hockey and all individual sports, where the student may be allowed two (2) outside competitions in addition to the regular school schedule.

Some sports require a minimum of practice days before participation in that sport. Coaches are aware of these restrictions. Only one practice per day will count toward the number of required minimum practice days.

Other eligibility rules also apply. [Click here for more information](#) or contact the Athletic Office with questions.

PREREQUISITES FOR PARTICIPATION

As a student-athlete, you are not permitted to participate in interscholastic competition until the following items have been completed and are on file in the Athletic Office:

Before Tryouts Begin

Registration must be complete within FINAL FORMS.

- A. A physical examination by a physician- The physician and parent or guardian must sign the Physical Form, including the medical treatment consent, parent or guardian consent, and emergency information. The physical form is available in the Athletic Office. Physicals are valid for the following year if they were received after April 15.
- B. Read and sign the athletic handbook and permission form (parent and student).
- C. Read and sign the concussion form (parent and student).
- D. Read and sign the assumption of risk form.

By First Contest

Make athletic fee payment.

Please contact the Athletic Office for assistance with these items.

ATHLETIC FEES

The following are participation fees for athletics:

- **High School \$100.00 per sport, per season.**
- **Middle School \$75.00 per sport, per season.**

There is a family cap of \$400.00 for the entire year. Please communicate with the Athletic Department if you have reached this limit.

As a reminder, students are required to pay their athletic fee by the first contest.

If a student quits a sport, the fee is not refundable.

If a student is injured and continues as part of the team, they are still responsible for the participation fee.

INSURANCE

Caledonia Community Schools offers Student Accident Insurance through a company called First Agency. This insurance provides certain specified coverage to any student injured during a school-sponsored event. If such an accident should occur, the student's parents insurance is the primary carrier and the First Agency policy provides secondary coverage. In the event that the student-athlete has no insurance, then First Agency becomes the primary insurance. Caledonia Community Schools makes no representations concerning the coverage provided by this policy as the level of insurance coverage is determined by the terms of the insurance policy.

MULTI-SPORT PARTICIPATION

The Caledonia Athletic Department encourages our student-athletes to participate in a variety of sports. Our desire is to have as many of our students as possible participating in sports in a meaningful way. Our policies and practices will reflect this philosophy. At the same time, participating in multiple sports during the same season is difficult and is not encouraged. Students should not participate on a non-school sponsored team when in season. All physical and mental preparation should be focused on your school sponsored in-season sport.

Dual-Sport Participation in the Same Season

A dual-sport athlete is defined as a student-athlete who participates in two sports simultaneously during the same season.

An athlete may participate in only one varsity sport per season unless it is determined by the Athletic Administrator that there is a compelling reason that dual-sport participation is in the best interest of the student-athlete. Generally, dual-sport participation will only be considered for varsity level competition and for top tier or elite athletes only. Prior to starting practice, the student-athlete and each coach involved must have a signed letter from the Athletic Administrator stating that the student-athlete has permission to be a dual-sport athlete.

The following criteria have been established to protect individuals and coaches when a dual-sport arrangement is being considered or used:

1. A student-athlete who wishes to participate as a dual-sport athlete must fill out the appropriate paperwork with all required signatures before they will be considered for such participation.
2. Dual-sport athletes must declare a primary sport and secondary sport, but will be allowed to participate in practices and games in both sports. Varsity sports will be the primary sport. Preference should be given to all MHSAA and Conference games. For this reason, it is very important that all parameters of the arrangement are established before the season begins and approved by the Athletic Director in writing.
3. Any subsequent conflicts that are not able to be resolved by the coaches will be resolved by the Athletic Director.
4. The privilege may be revoked if a noticeable decline in academic achievement is evident.

ACADEMIC ELIGIBILITY CYCLE

Eligibility will be checked every week beginning the 2nd week of each semester.

- A grade below a D- (59.5%) is considered failing for eligibility purposes.
- A student athlete must be passing 4 of 6 classes with a cumulative grade of D- or better in each class to be eligible.

Athletes' grades will be checked through the district's PowerSchool program every week. At grade check, student athletes will be ineligible to participate in any Caledonia Community Schools' athletic contest if they are not passing 4 of 6 classes. The athlete will not be able to participate from Monday to Sunday (1 week).

- Athletes who are ineligible will still be required to attend and participate in all team functions (i.e. meetings, meals, practices, etc.) unless their ineligibility takes them past the end of the competitive season.

After beginning high school, if an athlete does not receive credit for four or more classes at the end of a semester, the student-athlete will not be allowed to participate in any sports during the following semester.

ACADEMIC SUPPORT

Education is the primary purpose for the existence of schools, and academics have precedence over athletics. Student-athletes must maintain academic eligibility as established by the Athletic Department.

At CHS, DLMS, and KMIS, systems are in place for supporting the academic achievement of our student athletes. The athlete is responsible for taking advantage of all available academic support opportunities. Please see your counselor, teacher, or administrative team member for additional guidance.

If the athlete is an online student, they must contact the school and access academic support at the school during an agreed upon time.

Off-Season Athletes

The goal of the Caledonia Athletic Department is to academically support students throughout the entire school year. Therefore it is highly encouraged that all Caledonia student athletes continue to work with their coach, teacher, and administrative team to maintain eligibility.

ATTENDANCE REQUIREMENTS

An athlete may not participate in an athletic event or practice if they have been absent from school the day of the athletic event or practice. The athlete must be in school **for the entire school day** unless specifically approved in advance by the principal. Types of allowable excused absences are – medical or dental appointments, funerals, or other valid reasons that may not involve illness.

When an athlete is "In Season" and leaves for a medical appointment, the athlete must turn in an "Excused" note from the Doctor's office for that appointment to the Attendance Office.

A student who misses school on Friday with an excused absence may be allowed to participate in weekend activities.

Missing Practice

An athlete should always consult their coach before missing practice. Missing practice or a game without permission from the coach will result in a loss of play during the next scheduled competition.

Unexcused absences will not be tolerated by the Athletic Department. The following consequences will be used when dealing with unexcused absences.

- 1st unexcused absence: Student-athlete will miss a minimum of up to ½ of the next contest.
- 2nd unexcused absence: Student-athlete will be dismissed from the team.

Each coach may have their own additional policies regarding absences, approved by the Athletic Department, from either practice or competitions.

Snow Days

On a declared snow day there will be NO PRACTICE for middle school, freshman, or JV Teams. Varsity teams will be allowed to practice; however, practice will be after 1:00 p.m. after a clearance to travel has been received by the coach through the Athletic Director and Administration.

School Suspensions

An athlete on in-school or out-of-school suspension will not be allowed to practice or participate on the days of their suspension. If the suspension carries over the weekend (Thursday-Friday-Monday), the athlete will not participate in any weekend events.

Conflicts in Extracurricular Activities

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.

When a conflict arises, the teacher and coach will work out a solution so the student does not feel caught in the middle. Competition/performance takes precedence over practice. If both groups have a competition/performance, then a conference competition/performance will take precedence. State competition/performance will take precedence over all other competition(s)/performance(s).

If a solution cannot be found between the teacher and coach, the Athletic Director and the Principal will make the decision based on the following criteria: (1) the relative importance of each team's/group's competitive schedule, and (2) the contribution the student can make to the team/group.

TEAM RULES

Each coach has the authority and responsibility, with the approval of the Athletic Director, to establish additional rules and regulations as they pertain to their sport. All team rules must be in writing and clearly communicated to each team member and their parent(s) at the beginning of the season. Coaches have the right to dismiss participants for conduct considered detrimental to the team. To assure that such decisions by individual coaches are reasonably just and fair, any decision can be appealed.

EQUIPMENT AND UNIFORMS

A student-athlete is financially responsible for all issued equipment.

Destroyed, lost, or stolen equipment must be paid for, or the student-athlete will:

- Not be allowed to participate in the next sport they go out for.
- Not receive their athletic award.
- In the case of seniors, they may not participate in graduation.

Uniform shirts, sweaters or traveling outfits may be worn to school on game days only as directed by the coach. Only shirts that are appropriate school attire will be allowed.

Any uniform or equipment that will be kept by the student-athlete must be purchased by the student-athlete before competition begins.

PERSONAL ITEMS

A student-athlete is solely responsible for their own personal items. We encourage students to bring locks and use them. **Caledonia Community Schools and the Athletic Office will not be responsible for the valuable items of athletes. We strongly suggest that substantial amounts of cash and/or other valuable items are not brought to athletic events, either at home or away.**

TRAVEL-TRANSPORTATION

Transportation is available on district school buses and vans. Exceptions to this policy would be lack of buses due to budget constraints, bus availability, or limited number of athletes being transported. The coach or other responsible adults may drive a school-owned van. One-way transportation can be requested by the Head Coach and approved by the Athletic Director. A schedule of departure times is to be worked out with the Athletic Office before the start of the season. It is the head coach's responsibility to check these times. If private vehicles must be used for transportation, parental permission slips are required.

Athletes riding the bus will return home on the bus unless the coach allows them to ride home with their parents. Athletes may be given permission to ride home with another parent when one-way busing is being used by supplying the coach with a special permission form given by the coach of that specific team. Under no circumstances will an athlete be allowed to leave an away contest with anyone other than the coach, supervised bus driver or designated parent.

Trip Conduct

Student-athletes are representatives of Caledonia Community Schools and the Caledonia community, and proper conduct is especially important when traveling. Coaches are responsible for the conduct and safety of their players and will establish procedures and guidelines for their team. The following guidelines are general expectations:

- All players and support personnel should be on the bus/van, ready to leave, at the set time of departure.
- All team representatives should be properly dressed according to the guidelines issued by the coach, and should remain so throughout the trip.
- When interacting with individuals from opposing schools, all team representatives are expected to display courtesy and sportsmanship.
- Exemplary behavior is expected on buses/vans, and vehicles must be left clean at the end of the trip with all trash collected and thrown away.

INJURIES

The Certified Athletic Trainer, physician and/or qualified health care provider may prohibit any student-athlete who sustains an injury from returning to participation until evaluated and released.

Any student-athlete that sustains an injury is prohibited from returning to participation until the Certified Athletic Trainer has had either written or verbal communication with the coaching staff.

Any student-athlete who has been referred to a physician must have a written release from a medical doctor (MD) or doctor of osteopathic medicine (DO) in order to return to participation. A parental medical release or waiver is not acceptable for a return to participation following an injury.

If any healthcare provider involved in the care of the student-athlete feels the student-athlete is unfit to participate, the Certified Athletic Trainer will not allow the student-athlete to participate.

If a student-athlete is restricted in any physical education class, that student-athlete may not be allowed to participate in interscholastic athletic activities.

CHANGING/QUITTING SPORTS

Quitting any team must be regarded as a serious matter. No athlete should quit a sport without first consulting with the coach and explaining their reasons. An athlete will not be permitted to participate in another sport during the same season in which they quit the first sport (unless they have the approval of the head coaches involved and the Athletic Director).

ATHLETIC AWARDS

- A. One (1) varsity letter will be awarded to a student-athlete during their high school career.
 - a. Insert pins will be awarded for any other letters earned.
 - b. A student-athlete who has earned more than one (1) letter and desires a second letter will be allowed to purchase the same.
- B. Each sport will be allowed to present, at the expense of the school, three (3) awards to individual student-athletes. The individual awards given to the student-athletes will be a plaque.
- C. When a student-athlete completes a sport season in their first year, graduation year numbers will be issued.
- D. Student-athletes who do not receive a letter, pin, or numerals will be given a certificate of participation.
- E. All awards must be given within the guidelines of the MHSAA.
- F. Each head coach will determine the criteria for awarding a letter in their sport. These criteria will be explained to all student-athletes at the beginning of each sports season.
- G. Any student-athlete, who is disqualified in their last game played as a Caledonia student-athlete, may forfeit all awards presented by the Athletic Department.
- H. All conference awards will be earned based on conference guidelines.

ATHLETIC CODE OF CONDUCT

Caledonia Community Schools provides a well-rounded program of interscholastic, competitive athletics, with a wide range of voluntary athletic activities for our young women and men. It is a privilege afforded by the Board of Education to be a member of a Caledonia athletic team. In life, with each privilege comes a corresponding responsibility. Our athletic program is no different; we provide much, but much is expected.

Student athletes must develop and maintain habits of personal behavior and health that will enable them to perform at an optimum level, to minimize the risk of injury and to also represent themselves and Caledonia in a manner which merits respect from all. Questions regarding our Athletic Code and its application may be directed to your head coach or to the Caledonia Athletic Office.

The Caledonia Fighting Scot tradition has taken years to develop. It is a constant desire to succeed and excel. Do nothing to detract from the PRIDE that is Caledonia Athletics. You have a tradition to uphold! We will be successful with class, style and sportsmanship. Go Scots!

All members of athletic teams (players, managers, and trainers) are bound by the following Code of Conduct at all times throughout the ENTIRE CALENDAR YEAR.

Section 1 – Prohibited Conduct or Activities

1. Use or possess any tobacco or tobacco products at any time either during or outside of the season. This would include, but is not limited to cigarettes, cigars, smokeless & chewing tobacco.
2. Use or possess any electronic smoking device, vaping device, or anything related to the act of the smoking of the substance.
3. Attempt to obtain, use, or possess alcoholic beverages of any kind.
4. Use, possess, purchase or sale of other illegal substances, pepper spray or illegal look-a-like drugs.
5. Use of any drug, medication or food supplement in a way not prescribed by the manufacturer or a physician.
6. Use or sale of any drug, medication or food supplement solely for performance-enhancing purposes as defined by the department of community health.
7. Student-athletes are not to engage in or be in association to activities deemed to violate state or federal law (including, but not limited to theft, vandalism, consumption of alcohol, use of drugs, etc.).
8. Student-athletes are not to engage in inappropriate conduct at any time during the school year or engage in actions or behavior that may adversely affect the general welfare or reputation of the team and/or school or which may endanger the health and/or safety of any individual person or group.
9. Student-athletes must follow the Caledonia High School or Middle School handbook at all times. Serious violations that result in out-of-school suspensions from school may be considered conduct unbecoming of an athlete and may result in a suspension from athletics as well.

Note: Any images which may portray the use and/or act of participating in any activity which would be in violation of the school code and/or Athletic Code may be considered a violation of the code.

Section II – Disciplinary Procedures

The Athletic Director will provide notification to the student-athlete of the reported violation. The student-athlete's full cooperation and honesty is expected. If the student-athlete is found to have violated the Athletic Code, appropriate penalties will be levied. The Athletic Director will make every attempt to notify parents of the reported charge of the student-athlete's violation and penalties. All decisions shall be based upon the preponderance of evidence.

The Athletic Director will notify the student-athlete, parents, and coach of the decision in writing.

Section III - Penalties for Violations

The following penalties represent the guidelines that will be followed in assessing discipline with regard to athletics. Minimum and maximum percentages for discipline vary based on the level of honesty and cooperation of the student and severity of the offense. Caledonia Community Schools reserves the right to assess discipline at any step of this policy for serious violations of its provisions. These penalties are separate, distinct, and in addition to any discipline that may be assessed to a student outside of athletics.

- A. **First violation:** Will bring a suspension of up to 40% of all the interscholastic competition dates or contests in the present or future sport season. This penalty can be reduced by one-quarter if the student self-reports or completes online education modules as assigned. This penalty can be reduced further (by one half) if the student athlete both self-reports and completes online education modules.
- B. **Second violation:** Will bring a suspension of up to 50% of all the interscholastic competition dates or contests in the present or future sport season. The student athlete is required to complete online education modules as assigned and is not eligible for participation until the modules are completed.
- C. **Third violation:** Will bring an indefinite suspension from all athletics for not less than 1 calendar year. This includes practice and competition.
- D. **Fourth violation:** Suspension from all athletics for up to the remainder of high school career.

Depending on the date of the violation, suspensions may run into two sport seasons to fulfill a full suspension. This will be determined by using the percentage of the season missed in one season and applying the percentage of the penalty left to the next season.

All suspensions from athletic contests are immediate and successive.

MHSAA guidelines for each sport will be used to determine whether "competition dates" or "contests" are used for purposes of determining the length of the suspension.

Section IV - Penalty Enforcement

All current student-athletes and potential student-athletes shall be considered under the jurisdiction of the Athletic Code, upon enrollment in the Caledonia Community Schools. It is understood that the principal, designee or other administrator may suspend from athletics a student-athlete at any time when the student-athlete's conduct may have a detrimental effect upon the image of Caledonia Community Schools.

- A. These regulations are in effect throughout the calendar year.
- B. In order for a suspension to count, the athlete must fully complete that season in good standing. If not, the penalty will be served in full during the next sport season the athlete participates in.
- C. When serving an athletic suspension, a student-athlete must attend all practice sessions (unless previously excused) and must be present (not in uniform) at all contests. The only exception to this rule would be if a student-athlete were suspended for the full season in one sport or on a one-year suspension from athletic competition.
- D. If a second penalty is imposed while a previous penalty is being served, the penalty for the second offense will not begin until the penalty for the first offense has been served.
- E. If a penalty is not completed during a given sports season, the portion not served will be carried over to the next sport that the student-athlete previously participated in.

Section V - Appeals Process

Step 1: All requests for an appeal must be made in writing. Any appeal by the student-athlete must be initiated within three (3) school days after notification of the penalty. If any of these steps are not followed, the right to appeal will be denied.

Step 2: The Principal will consider the appeal and provide a written result to the Athletic Department, parents/guardians and the student-athlete within two (2) days of the request.

Step 3: A further request for appeal may be made in writing to the Executive Director of Teaching & Learning within three (3) school days after notification of the denial. A conference with the parents/guardians and student-athlete will be scheduled within two (2) days of the request. A decision will be rendered within two (2) school days of the conference.

The student-athlete may not participate in any interscholastic competition while the appeal is pending.

Note: If the appeal concerns a post-season tourney, the process may be expedited.

BANNED SUBSTANCES

The Caledonia Athletic Department believes in promoting good health and outstanding athletic achievement through proper training and nutrition. As such, athletes are strictly forbidden from the use of substances included on the NCAA list of banned drugs. This list includes drugs considered to be stimulants, anabolic agents and steroids, diuretics, peptide hormones and analogues, street drugs, and more.

For a complete listing of banned drugs or questions regarding this regulation, please contact the Athletic Office.

NCAA PARTICIPATION

Some Caledonia student-athletes have the goal of continuing their athletic involvement in college. If this is your goal, the following information may be helpful:

Does the NCAA award scholarships for athletics?

Individual schools award scholarships for athletics. Divisions I and II schools provide \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools, with more than 180,000 student-athletes, do not offer athletically related financial aid, but many student-athletes receive some form of academic grant or need-based scholarship.

Do many high school athletes earn scholarships for athletics?

No, very few. In fact, about 2 percent of high school athletes are awarded some form of athletics scholarship to compete in college.

Do NCAA student-athletes have difficulty meeting graduation requirements with the time demands of their sport?

While competing in college does require strong time-management skills and some thoughtful planning with academic advisors, on average NCAA student-athletes graduate at a higher rate than the general student body.

Do many NCAA student-athletes go on to play professionally?

Fewer than 2 percent of NCAA student-athletes go on to be professional athletes. In reality, most student-athletes depend on academics to prepare them for life after college. Education is important. There are more than 460,000 NCAA student-athletes, and most of them will go pro in something other than sports.

What are the requirements for participation in an NCAA program?

Athletes considering participation in NCAA sports should be aware of the requirements of the NCAA clearinghouse for initial collegiate eligibility. More information may be found through these links:

[NCAA Initial Eligibility Brochure](#)

[NCAA Eligibility Center Website](#)

UNDERSTANDING CONCUSSION

Concussion INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

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

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

