

Spring Lake School District Athletic Policy and Procedures

Academics are a priority and participation in athletics is a privilege.

Spring Lake School District sponsors a variety of athletic programs that are open to all students. Students are required to meet all Spring Lake School District and Michigan High School Athletic Association rules and guidelines.

The athletic policy is in effect year around, including non-school days, holidays, and summer vacation. All athletes are advised of this policy and agree to comply with it in its entirety.

The Athletic Director has supervision over the Athletic Department, athletic events, athletes and coaches.

A. Michigan High School Athletic Association Eligibility

The athlete must abide by the rules and guidelines established by the Michigan High School Athletic Association and Spring Lake School District.

- * Athletes cannot be enrolled in more than twelve (12) trimesters.
- * Athletes must successfully complete 66% of full credit load per trimester.
- * Athletes must be under nineteen (19) years of age; and the nineteenth birthday must not occur before the first day of September.
- * Athletes cannot participate in any other organized team of the same sport, during the season.
- * Athletes cannot accept any monetary payment for play.
- * Athletes cannot accept any award exceeding a twenty-five (25) dollar value.
- * Athletes must have a physical examination performed after the fifteenth of April every year, and signed by a certified medical examiner.
- * The physical examination card must be on file with the Athletic Director before the athlete can practice or compete.
- * Athletes must have written permission to participate in athletics by a parent or legal guardian.

B. Spring Lake School District Eligibility

Athletes will be monitored weekly by the classroom teachers in five areas per trimester.

- * Failure to complete homework assignments.
- * Failure to be prepared for class
- * Unexcused absences
- * Failure to complete make up tests and quizzes in allotted time.
- * A cumulative failing grade recorded by the teacher .

If two teachers mark an athlete as deficient in any of the above criteria, a verbal warning will be issued by the Athletic Director. In the following week (Monday to Monday) the athlete will be monitored, and if no improvement is made, a weekly progress report is required. If the athlete fails to submit a progress report, he/she forfeits one week of participation in their sport.

If three or four teachers mark an athlete as deficient in any of the above criteria, the athlete will be placed on a weekly progress report. If no improvement is made weekly progress will continue. If the athlete fails to submit a progress report, he/she forfeits one week of participation in their sport.

If five teachers mark an athlete deficient in any of the above criteria, the athlete immediately forfeits one week of participation in their sport. A weekly progress report is required. If the athlete fails to submit a progress report, he/she forfeits another week of participation in their sport.

Only one verbal warning will be issued per trimester.

Spring Lake Board of Education requires student athletes to maintain a C- (1.7) grade point average and the grades are to be monitored by the athletic department.

- *The athletes grade point average will be monitored at the midpoint and end of the trimester by the athletic department.
- * If the athlete does not meet the academic requirements, he/she will be ineligible for competition the following week.(Monday to Monday)
- * The athlete will be monitored by the athletic department for the next six weeks, and the athlete will submit a weekly progress report to the athletic department.

C. Citizenship

Spring Lake Athletes are to conduct themselves in a manner that reflects favorably on themselves, their sport, and the school.

- *Athletes can not be truant.
- *Athletes must refrain from fighting or brawling.
- *Athletes must not disrupt or be dismissed from a classroom.
- *Athletes can not cause destruction to school or personal property.
- *Athletes can not be steal.
- *Athletes must respect all persons.
- *Athletes adhere to all school policies.

Any deviation from any of the above citizenship conduct may be cause for disciplinary action from the Athletic Director.

B. Dress Code

Spring Lake Athletes represent the school on and off the playing field. It is important that they dress appropriately.

- *Athletes must conform to all school dress codes.
- *Athletes should dress neatly and in good taste.

If the Athletic Director has been made aware of or notices inappropriate dress the athlete will be advised of the dress code and may be required to change clothing.

C. Social Gatherings

Spring Lake Athletes are to avoid any gathering where known alcohol or drugs are present.

*When a situation has been reported to the Athletic Director where an athlete has been present where known alcohol and drugs are present, verbal contact will be made to the parents/guardians to inform them of the situation.

*After verbal contact, written verification will be also be made to the parents/guardians.

*If an athlete arrives at a social gathering and discovers there is alcohol and drugs present, the athlete is to leave immediately.

D. Training Rules

Spring Lake Athletes are to adhere to all training rules provided by the Spring Lake District School Board.

*Spring Lake School District campuses are tobacco and drug free; this includes alcohol, illegal drugs, controlled substances, steroids, performance enhancement drugs, human growth hormones, inhalants, and any drug paraphernalia.

*Athletes are forbidden to use, possess, conceal, distribute or sell any of the above.

*Athletes are to adhere to all local, state, and federal laws.

E. Consequences of violating training rules

***First offense**-The athlete will be suspended from athletic participation for fifty (50) percent of the scheduled dates. The suspension will run concurrently until fulfilled. This means if the suspension is not completed in the current sport season it will carry over into the next participating season.

*There are no half games, innings, or periods used or counted into the suspension.

*The athletes are required to complete twelve (12) community hours appointed by the Athletic Director.

*An assessment by a professional is strongly recommended for any drug or alcohol infraction.

***Second offense**-The athlete will be suspended from athletic participation for one-half (18 weeks) of the calendar school year. Summer break does not count towards the suspension. (Summer break is from the end of the last spring contest to the first fall contest.)

- *When an athlete completes an approved counseling or rehabilitation program the suspension may be reduced to one-fourth (9 weeks) of the calendar year.
- *If counseling is not required, the athlete must complete thirty hours of community service. This could also reduce the suspension to one-fourth (9 weeks) of the calendar year.
- Third offense**-Suspension is for a full calendar year (12 months), with no opportunity for reduction in suspension.

F. Participation Athletic Awards

- *Certificates are awarded to all participating freshman and junior varsity athletes who have finished the season in good standing.
- *Athlete must meet all Michigan High School Athletic Association eligibility standards.
- *Athlete must meet minimum requirements established by the coach.

G. Numerals

- *Numerals are awarded to all athletes on junior varsity teams.
- *Numerals represent the year the athlete graduates.

H. Letter Athletic Awards

- *Letter certificates are awarded to varsity athletes who complete the season in good standing and meet the minimum requirements established by the coach.
- *If the athlete does not meet the requirements for a letter, a participation certificate will be given.
- *Athletes must meet all Michigan High School Athletic Association eligibility standards.
- *Senior athletes that have participated for four (4) years in any one sport and have not earned a letter, may be awarded a letter by the coach.
- *Team managers may receive a letter, if requested by the coach.
- *The athlete receives only one actual red or white letter during his/her high school career. Once the athlete has received his/her actual letter, a pin representing the sport will be awarded in its place along with the letter certificate.
- *Conference letters (white) are awarded to all members of conference championship teams.

I. General Information

- *The fall, winter, and spring seasons begin and end as prescribed by the Michigan High School Athletic Association.
- *The Michigan High School Athletic Association requires four "dead" periods per year.
- *Athletes are not allowed to participate in any school organized sports nor are they permitted to be coached during the "dead" period.
- *Coaches are not allowed to organize or direct athletes in off-season sport, if the sport is offered through the school.
- *Coaches are allowed to work with up to three athletes during the off-season.
- *Athletes are allowed to do physical training and conditioning in the off-season, provided it does not interfere with in-season sports.
- *Athletes will be assigned a locker and combination at the beginning of the sports season.
- *Athletes must be respectful of the locker room, making sure it is neat and organized when they leave it after practice or games.
- *Athletes and coaches are forbidden to have cameras and camera phones in the locker room.
- *Athletes are responsible for any equipment or uniforms issued during the sports season.
- *Athletes may be required to provide personal items. If this proves to be a monetary hardship,

the athletic department will work with the athlete to ensure the athlete does not go without.

*The last day of the season, the athlete is required to return any equipment and uniforms issued to them. If the equipment and uniforms are not returned in its entirety, the athlete may be required to pay for the missing pieces.

*At the end of the season the coach is responsible for ensuring all equipment and uniforms have been removed from the locker room.

The goal for Spring Lake School Athletics is to have a comprehensive policy that promotes fair, strong competitive play, and the well being of our athletes.