

# **ATHLETIC HANDBOOK**

# **LAINGSBURG HIGH SCHOOL**



The purpose of this handbook is to define and clarify the athletic policies and procedures of Laingsburg High School.

The success of the athletic program depends on the understanding and cooperation of the administration and faculty as well as parents and students in carrying out the basic athletic policies of the Laingsburg Community Schools' Board of Education.

With the exception of extra local rules as defined in this handbook, Laingsburg High School athletes are governed by the rules and regulations presented in the current handbook of the Michigan High School Athletic Association and adopted by the Laingsburg Community Schools' Board of Education by an annual resolution.

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# I. THE ADMINISTRATION OF ATHLETICS

## A. STATEMENT OF PHILOSOPHY

1. The Laingsburg Community Schools' Board of Education believes individual students will benefit through opportunities to grow physically and intellectually through their experience in self-discipline and their contribution to team effort made possible through competitive inter-school sports activities.
2. The purpose of high school athletics is both educational and recreational. The athletic program should encourage participation by as many boys and girls as possible and should be carried on with the best interest of the participants as the first consideration.

It is recognized that a well-organized and well-conducted athletic program is a valuable educational benefit and a potent factor in the morale of a high school student body and an important phase of good community/school relations.

## B. OBJECTIVES OF PARTICIPATION

1. To broaden and develop strength and character.
2. To develop team concepts and positive attitudes.
3. To develop leadership.
4. To develop sportsmanship.
5. To develop pride.
6. To learn to accept constructive criticism.
7. To develop basic skills unique to each sport.
8. To encourage all coaches to play all athletes whenever possible, especially at freshman and junior varsity levels.

## C. ADMINISTRATIVE ORGANIZATION

1. Superintendent
  - a. Role – The superintendent should be considered the chief executive officer of the board of education
  - b. Responsibilities – All individuals employed by the district are responsible directly or indirectly to the superintendent of schools.
2. Principal
  - a. Role – The principal reports to the superintendent.
  - b. Responsibilities – The principal is in charge of the functions and activities of the high school.
3. Athletic Director
  - a. Role – The athletic director reports to the principal.
  - b. Responsibilities – The athletic director is in charge of high school athletic programs.
4. Program Coaches
  - a. Role – Program coaches report to the athletic director.
  - b. Responsibilities – Program coaches are in charge of their program, along with making sure all of their coaches know the responsibilities and the job description of their particular sport. They also make sure all coaches and volunteers have proper knowledge of LCS, MHSAA and League policies, and have proper training in bloodborne pathogens.

## II. GENERAL INFORMATION

### A. ATHLETIC CODE

1. Definition of an Athlete – A student will be considered an athlete when he/she has signed the student athletic handbook and has been accepted as part of any Laingsburg Community Schools athletic team roster and has paid the Athletic Participation Fee. For the purposes of the standards set forth in this handbook, the student will continue to be considered an athlete from that point and for the duration of his/her high school career.
2. Athletics – Athletic prowess is a natural desire to many students. It is a means of satisfying their desire to exercise and compete physically. Athletics help build strong bodies and develop many desirable traits which will be a credit to a student later in life. Any student who competes as a member of an athletic squad must remember that he/she represents his/her school and that it is his/her duty to represent it honorably and well at all times.

*The range of sports is so varied that any student who has the time to do so can find one fitted to his/her desires and abilities. All students are encouraged to participate.*

3. Good Sportsmanship – A school and community is frequently known by the action of its members at athletic contests. Everyone wants a winning team to always give their best, and it is only fair to expect the same of all those who follow our teams.

*No fair-minded and thinking player, coach, or spectator will lose his self-control and become abusive in action or word. Courteous treatment of our opposing teams, their spectators, and the game officials in accordance with the Golden Rule is a good guide for all of us.*

4. MHSAA Code for Athletes –
  - A. Know and adhere to the athletic code of the school.
  - B. Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school-sponsored athletics.
  - C. Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
  - D. Counsel with the athletic director over questions of eligibility.
  - E. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
  - F. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
  - G. Demonstrate respect for opponents and officials before, during, and after contests.
  - H. Participation in extracurricular competitive interscholastic athletics is a student's privilege, not a right that can be removed at any time for failure to meet the standards and requirements of particular teams, school or school districts, leagues or conferences and regional, statewide, or national organizations to which the student's school belongs.

### MHSAA STUDENT ADVISORY COUNCIL BELIEF STATEMENT

We believe athletes should be competitive, sportsmanlike, and excel academically. We believe students in the stands should have fun, but not take the focus away from the game. We believe coaches should act as teachers, helping student athletes develop while still keeping high school sports in perspective. We believe that parents should always be positive role models and be supportive of their child's decisions. We believe officials commit their own time to high school sports and respect should always be shown and given to them.

**The most important goal for student athletes is to enjoy high school sports while keeping a high level of respect between all those involved in the game.**

## B. POLICY FOR SQUAD SELECTION

1. Philosophy – In accordance with our overall athletic philosophy and our desire to see as many student-athletes as possible participate in the athletic program while at Laingsburg High School, coaches are encouraged to keep as many student-athletes as they can without affecting or compromising the integrity of their sport. Obviously time, space, facilities, personal attention and individualized instruction, along with other factors, are necessary for team development and will affect squad size. However, when developing the individual sport policy in this area, coaches are encouraged to maximize the opportunities for our student-athletes without diluting the quality of their program.
2. Limitation of Team Membership Policy – The coaches of the respective sports will determine minimum and maximum team membership limits, taking into consideration the criteria listed above. In cases when the “Squad Reduction Policy” is used, the coach will keep the athletic director informed concerning the method and time of “cuts.”
3. Squad Reduction Policy –

### Responsibility

- The choice of the membership of any athletic team will be determined by the coach of that team. Membership may be reviewed by the athletic director or other administrators as appropriate.
- There is no such thing as a final team cut. The athlete’s membership on any team is always subject to proper behavior as outlined in specified team guidelines.
- Lower level coaches shall follow the policies as established by the head coach of their program when selecting team members.
- Prior to tryouts, the coach shall provide the following information to all candidates for the team.
- The cutting procedure including specified tryout period and criteria used to cut
- The practice commitment required of each athlete who makes the team.

### Tryout Procedure

- When a squad cut becomes necessary, the process should include these important elements. Each athlete should:
- Have a completed a minimum number of practices specified for the tryout.
- Be permitted, whenever possible, to compete in a scrimmage situation.
- Be at all tryouts or provide written communication to the coach in advance for missing the tryout period due to extenuating circumstances.
- If permission is granted for an alternative tryout, the athlete must go through a similar criteria process as other team members.
- If an athlete is cut, the coach will inform him or her personally as to the reason for the cut and the skills or techniques that they can work on for the next season, such as strength, catching, shooting, etc. There will be no posting of lists until after all individuals have been personally notified.
- Coaches should take the opportunity to discuss alternative possibilities for participation in the sport.
- If a coach foresees difficulties arising because of squad cuts, he or she will discuss the situation with the athletic director ahead of time.

### C. HIGH SCHOOL ELIGIBILITY

*An athletic physical valid for the current school year must be turned in to the school before a student may participate in any practice, tryout, or competition. The Athletic Participation Fee for the current school year must be paid before an athlete may be officially listed on a roster of any team and thus become eligible to compete in an athletic event.*

1. Athletes taking less than six classes must be passing all classes on a weekly and semester basis to be eligible.
2. Athletes taking six classes must be passing five of six classes on a weekly and semester basis to be eligible.
3. Students with unique academic problems will be given special consideration in regard to eligibility.
4. Baker College/RESA/LCC grades do not affect weekly eligibility. Monitoring will be done on a semester basis.
5. Any off-campus summer courses taken must be similar to content to those offered at Laingsburg High School. These classes will not replace, but rather be in addition to, those taken at L.H.S. for purposes of computing a student's G.P.A.
6. Parents may appeal semester eligibility decisions to the athletic director who, in turn, may comprise a committee to include two or more of the student's teachers, and his/her counselor. The purpose of the committee will be to determine whether or not the student is working to his/her capabilities. Standardized test scores will be used heavily to help the committee Determine whether or not eligibility should be restored.
7. The deadline for completion of class work for consideration for weekly eligibility is the end of the school day each Thursday. If a student is ineligible on a weekly basis, the penalty runs from Monday through Sunday of the following week.
8. A special education student, through the IEPT (individualized educational plan team) process or a student with a 504 plan may receive special accommodations. This must be supported by the entire team or 504 committee and should be indicated on the student's IEP or in the 504 plan. A copy of the IEP or 504 must be forwarded to the athletic director. Criteria to be considered by the IEPT or 504 plans are, "Is the student working to their potential, yet still unable to meet the LHS eligibility guidelines?"
9. A student athlete may enroll in summer school to retake any class (up to two) in which they received a failing semester grade. The class(es) must be the same or equivalent to the class(es) in which they did poorly. A GPA (for athletic purposes only) will then be calculated taking into consideration the new summer school grade(s).
  - a. Student athletes will be allowed to take up to two classes per summer.
  - b. This policy only impacts GPA for athletic eligibility. All original grades will remain on the student's transcript
  - c. The athletic director will determine if summer school classes are the same or equivalent to the class(es) being replaced
10. If a student athlete is not eligible at the beginning of a sports season and commits an athletic handbook training violation, he/she will serve their consequence when they become eligible.
11. After three consecutive weeks of ineligibility due to poor grades, a student athlete may be removed from an athletic team at a head coach's discretion.
12. A student athlete must be in compliance with all requirements in Section 1 of the current MHSAA Handbook. (The MHSAA Handbook is available at the high school office or by visiting their website [www.mhsaa.com](http://www.mhsaa.com))

## D. ATTENDANCE

1. Participating student athletes must be in attendance on the day of the game or practice by 10:00 a.m./3rd hour. Absences for first or second hour must be excused in the office in order for an athlete to participate that day.
2. If a student athlete must be absent after 10:00, arrangements must be made in advance with the attendance secretary or the athletic director.
3. Participating student athletes that are absent the day before a Saturday contest, and that absence has not been excused, will not be allowed to participate in the Saturday contest.

## E. TRAINING RULES

1. Training rules are established with the thought that athletes not only represent themselves and their team, but that they represent their parents, school, and community. Training rules are also established for the physical well-being of the athletes themselves in their ability to do the best they can.
2. Athletes are to refrain from the following in or out of their athletic season(s) whether they be on or off of school property:
  1. The use, possession or distribution of tobacco (including e-cigarettes and vapor pens).
  2. The use, possession or distribution of alcoholic beverages.
  3. The use, possession or distribution of illegal drugs and/or paraphernalia.
  4. The use, possession or distribution of anabolic steroids or PEDs.
3. An athlete who is proven guilty by admission or by a preponderance of the evidence, as determined by the athletic director and/or principal, or who is observed in any of the above violations by a staff member of the Laingsburg Community Schools, will be subject to disciplinary action, as stated below, should the ensuing investigation confirm the violation. Violations shall accumulate over the course of a student's high school career. (Ex: a student has a violation during their sophomore year [1st violation], then has another violation senior year—this would be the second violation).

### **1st Violation**

Suspension for three weeks (21 calendar days) from athletic contests, starting from the time the violation is confirmed by the administration. The three-week period of suspension must be during a period of time when athletic contests occur (excludes spring break and Christmas break). The athlete must continue to attend practice sessions and games during the suspension period. Examples of other penalties which may be imposed individually or collectively with the suspension, and may be imposed at the discretion of the athletic director, include but are not limited to:

- Referral for drug screening\* to an agency acceptable to school authorities. The screening shall take place during the suspension period. The results of the screening shall remain confidential between the agency and the parent(s) of the student. The school shall pay the cost of the screening if requested by the parent(s).
- Forfeiture of athletic awards (i.e. team letter, M.V.P., M.I.P., All-League Honors) or consideration for any awards during the sports season in which the violation occurred.

### **2nd Violation**

- Dismissal from all athletic teams for one calendar year from the date of the violation
- Forfeiture of athletic awards or consideration for awards during the sports season in which the 3rd violation occurred
- An example of another penalty which may be imposed with the above at the discretion of the athletic director includes but is not limited to:
  - Referral for a drug screening or an assessment\*\* to an agency acceptable to school authorities. A screening shall take place consistent with the verbiage included under the first violation. Any assessment shall take place during the first 21 days of the suspension period and the results shall remain confidential between the agency and the parent(s) of the student. The school shall not be responsible for the cost of the assessment.

### **3rd Violation**

- Suspension from all athletic teams for the duration of the student's attendance in Laingsburg High School.
- Forfeiture of athletic awards or consideration for awards during the sports season in which the 3rd violation occurred.

- Referral for assessment consistent with the verbiage included under the second violation.

\*Screening is the use of a brief questionnaire to determine if alcohol or other drugs are a problem

\*\*Assessment is an emotional/behavioral evaluation to determine the extent of an individual's chemical, alcohol, or tobacco use, if any and to recommend a plan for individual treatment or counseling based upon the degree of abuse or dependency.

4. The Laingsburg Athletic Department and coaches support the following Guiding Principles regarding the use of substances as outlined in the Laingsburg High School Handbook. No tolerance will be shown to athletes using any substances which are violations in the Disciplinary Steps of the LHS Handbook.

- Student athletes observed violating any of the athletic handbook standards of conduct will be held accountable for the consequences outlined in our athletic handbook.
- Student athletes caught on school property or at school-related events either in possession of or under the influence of substances will not only face the consequences outlined in the athletic handbook but also the consequences listed in the Disciplinary Steps of the LHS Handbook.
- It is not acceptable to use the aforementioned substances at any time during the high school career of our student athletes.
- The Laingsburg Community Schools will enlist the aid of local, county, and state law enforcement agencies to support our efforts in enforcing our training rules for student athletes in the area of substances.
- Documentation of completion of any screening or assessment must be given to the athletic director prior to the reinstatement of the athlete.
- If a student is found in violation of a training rule with less than two weeks remaining in a season he/she is participating in, the unserved days remaining in the penalty will carry into the next season in which the student participates, even if the next season is in an ensuing year.

6. Violations occurring while a student is not participating on an athletic team (out of season) shall be imposed at the time the student begins participation on their next athletic team. A student that has not yet become an athlete (see "Definition of an Athlete" page ) shall not be held to the provisions of the athletic handbook. They will, however, be held to the provisions within the Disciplinary Steps of the LHS Handbook.

7. A student who is serving a penalty for a violation and then withdraws from Laingsburg High School will have the penalty status reviewed by a Coaches Council should he/she re-enroll.

8. A student entering Laingsburg High School and currently serving a penalty from their departing school will have their status reviewed by a Coaches Council before competing.

9. Athletes may appeal training rule penalties in writing to the athletic director who will convene a Coaches Council – three head coaches and a building administrator – to consider the appeal. The major criteria will be, "Did the penalty cause undue hardship?"

10. More specific team rules may come from the coach of a sport each season. A coach may add to, but not delete from this policy. Coach's rules shall be in writing and distributed to players.



## F. EQUIPMENT

Each athlete will be responsible for turning in his or her equipment at the end of the participating season. If any equipment is lost or stolen, it is the responsibility of the athlete to pay for the missing articles. The athlete will not be allowed to participate in the next sport season if equipment is not turned in or paid for.

It is the responsibility of coaches to keep records of their equipment and report any names to the athletic director if an athlete violates this policy.

## G. GROSS MISCONDUCT

1. Gross misconduct by an athlete will result in immediate suspension. A Coaches Council will be convened to discuss the circumstances and make a recommendation to the athletic director as to the status of the athlete's current and future eligibility. The Coaches Council will use good judgment and will consider issues as outlined in #3 above. The athletic director will then provide his/her final recommendation to the high school principal.
2. Examples of conduct requiring Coaches Council action would be, but are not limited to:
  - a. Major violation under game conditions
  - b. Sale or distribution of illegal drugs including Anabolic Steroids.
  - c. Involvement in or having a record of a felony (criminal) conviction.
  - d. Admittance to or conviction of any unlawful conduct in regard to the Public Acts of the State of Michigan. Examples of such conduct are theft, substance abuse, sexual misconduct, sexual harassment, physical abuse, etc.
3. Coaches Council recommendations of continued suspension from athletic eligibility shall be guided by the following, with the purpose of reinstating the athlete at some future date if possible.
  - a. The surrounding circumstances.
  - b. Former gross misconduct infractions.
  - c. Former training rules infractions.
  - d. Past positive behaviors as demonstrated in class, as a spectator or in game situations.
  - e. Completion of any required rehabilitation as established by a court, the school board or the Coaches Council.
  - f. In the judgment of the Coaches Council, can/will the athlete be a positive representative for Laingsburg High School and the Laingsburg community when competing?
4. The suspended athlete and his/her representatives (no more than two additional) will have the option to briefly meet with the Coaches Council before deliberation to state their position (limited to 2 minutes per representative). The Coaches Council will then deliberate in private to determine their recommendation.
5. The recommended length of suspension will be at the total discretion of the Coaches Council will not be required to conform the process as outlined in the "Training Rules" section. The nature of the "gross misconduct" area requires a different approach and complete flexibility.
6. All student athletes are subject to the direction and authority of school district personnel and are governed by all applicable rules and regulations of the Laingsburg Community Schools when at school-sponsored events, off-campus events, and when traveling to and from these events.

## H. SCHOOL CLOSINGS

The superintendent is empowered to close the school district schools or dismiss them early in the event of hazardous weather conditions or other emergencies which threaten the health or safety of students and personnel.

1. There may be times when school is closed due to inclement weather at the start of the school day, but by mid-day weather conditions may improve permitting games or practices to be held. Each situation will be dealt with on a case-by-case basis. The athletic director and principal will collaborate with the Transportation director, the Superintendent, State Police, and the National Weather Service to determine if events can take place.
2. In case school has been cancelled or dismissed early due to hazardous conditions, the athletic teams will follow the procedures below as they relate to practice and scheduled home events:
  - a. Coaches will check with the athletic director for permission to practice
  - b. Practices may not take place before 12 noon.
  - c. Practices are optional and athletes will not be penalized for not attending.
  - d. Games will be played if weather permits.
  - e. The Laingsburg Athletic Department prides itself in creating safe, competitive interscholastic activities for priority when determining whether or not to hold practices or contests when schools have been closed.

## I. DUAL SPORT PARTICIPATION POLICY

LCS believes that an athlete should commit themselves to and concentrate on only on sport each season, thus, students are generally limited to participation in a single interscholastic sport activity per season. Students may participate in two sports during a season only with the approval of the athletic director, both coaches involved, and the parents of the athlete. This dual participation will include a clear and detailed plan for attendance and participation in the practices and games of each sport. It will be signed by the player, parents, coaches and athletic director.

1. Prior to participation in either sport, the athlete will be required to designate a primary sport. This means that the athlete must attend all practices and contests of the designated primary sport before being allowed to participate in the secondary sport.
2. The athlete must be in good academic standing and continue to be during the course of dual sport participation. If the athlete's academic performance noticeably decreases from their normal performance, and can be attributed to the dual participation, the student may be required to withdraw from the secondary sport.
3. If the athlete wishes to participate in the non-primary sport when there is a conflict, it may only be done with the approval of both coaches and the athletic director.
4. If it becomes obvious that the athlete cannot fulfill the obligations of the primary sport or that by limited participation is raised, the athlete may be required to withdraw from the secondary sport.
5. A student shall not be granted dual sport participation if its results in the loss of opportunities for other athletes; i.e., another student is cut or not selected for a team.

## J. DROPPING OUT OF A SPORT

LCS believes that it is a valuable life lesson for a student to make and keep a commitment to an activity for the entire season. If for any reason an athlete feels the need to terminate his/her association with a

team, it must be communicated with the athletic director, then he/she may forfeit one third (1/3) of the next sports season in which he/she participates. This applies if the athlete terminates his/her association with the team after cuts have been made, or one week before the first scheduled contest.

#### K. TRANSFERRING TO ANOTHER SPORT WITHIN THE SAME SEASON

LCS believes that it is a valuable life lesson for a student to make and keep a commitment to an activity for the entire season. If an athlete has participated in an athletic contest for the sport in which they are involved, they will not be allowed to transfer from one sport to another during the same season. If, however, the athlete, his/her parents, both coaches of the sports involved and the athletic director all agree upon making an exception to this rule, such a transfer may be allowed to take place.

#### L. UNDERSTANDING CONCUSSION

Public Acts 342 and 343 of 2012 (Concussion Law) were created and the web site established by the Michigan Dept. of Community Health (MDCH) to create concussion awareness and compliance with the law. One of the three components of the law requires that students and parents be provided educational materials and sign an acknowledgement form kept on file by the Laingsburg High School Athletic Department.

### UNDERSTANDING CONCUSSION 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 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 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 he/she 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                      |
| Has unusual behavior  | Becomes increasingly confused, restless or agitated |
| 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, he/she should be kept out of the 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 involved 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 rest 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 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.

## M. PARENT/COACH COMMUNICATION

It is very difficult to accept that your child is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all of the students involved. While there are certain things which can and should be discussed with your child's coach, there are other things which must be left to the discretion of the coach.

Appropriate concerns to discuss with coaches:

1. The treatment of your child, mentally and physically
2. Ways to help your child improve

### 3. Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

1. Playing time
2. Strategy
3. Play calling
4. Other student athletes

If you have a concern to discuss with a coach, the procedure you should follow is:

1. Call the high school to set up an appointment with the coach
2. The Laingsburg High School telephone number is 651-5091
3. If the coach cannot be reached, call the athletic director at 651-5091 ext. 2225. He/she will make arrangements for the coach to meet with you.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for parent, athlete and the coach. Meetings of this nature are not fruitful.

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

1. Call and set up an appointment with the athletic director at 651-5091 to discuss situation.
2. At this meeting the appropriate next step can be determined.

## N. TRANSPORTATION WAIVERS

Laingsburg High School's policy regarding transportation states that athletes are expected to travel to and from athletic events in school buses when they are provided. We realize that emergencies and extenuating circumstances sometimes require other arrangements. In the even those extenuating circumstances exist, a Transportation Waiver form must be picked up in either the front office or student services.

This form must be completed and signed by the parent/guardian, the coach, and a school administrator prior to the day of the activity. At no time will we allow students to drive themselves or ride with anyone other than parents to and from activities without the approval of the administration. THIS WAIVER NEEDS TO BE RETURNED TO THE ATHLETIC DEPARTMENT AT LEAST ON (1) DAY PRIOR TO THE DAY OF THE ACTIVITY.

## O. INSURANCE

It is strongly advised that all athletes have medical insurance. The school is not responsible for payment of medical services. Laingsburg High School is a member of the Michigan High School Athletic Association. By accepting membership on a team at LHS, the student agrees to abide by all rules of eligibility and competition of the MHSAA and LHS.

## P. CONFLICT BETWEEN END/BEGINNING OF SEASONS

If an LHS varsity team (Sport A) should advance far enough into the MHSAA postseason so as to conflict with the beginning of another season (Sport B), the players on Team A should not attend practice or otherwise officially participate in Sport B until the prior season ends.

### III. ACKNOWLEDGEMENT & ATHLETIC PARTICIPATION FEE

#### A. ATHLETIC PARTICIPATION FEE

The Athletic Participation Fee has been implemented by the Laingsburg Community Schools' Board of Education to help maintain budgetary requirements in our athletic programs. Although our athletic programs have been impacted by necessary budget cuts, the participation fee will allow us to maintain current levels without a serious reduction in programs. The fee for the 2018-19 year will be \$75 per athlete/per sport with \$150.00 maximum per athlete. It is the position of the Board of Education that no athlete should be denied the opportunity to participate in our athletic programs as a result of financial need. Therefore, financial hardship will be addressed on a case-by-case basis, at the request of the athlete's parent/guardian, through the athletic office.

LAINGSBURG HIGH SCHOOL  
ATHLETIC PARTICIPATION FEE AND ATHLETIC HANDBOOK  
ACKNOWLEDGEMENT FORM

Laingsburg High School invites you to take advantage of a unique learning experience by participation on an athletic team. This learning experience is a privilege and unique because it offers educational opportunities that are not readily available in the classroom.

Here at Laingsburg, we emphasize the participation aspect of the program. By participation, our student athletes learn the necessary skills to work effectively with others, solve problems, and be productive and contributing members of society by developing the following employability skills:

1. Teamwork Skills- Learning to work with people in authority, to develop team and individual goals, to function in changing work settings and work groups, to use a group to solve problems, to communicate, to work with and respect different ethnic groups and to exercise give-and-take to achieve group results.
2. Personal Management Skills- Learning to be punctual, to value sportsmanship, to be responsible, to demonstrate self-control, to react appropriately in competitive, stressful situations, to represent the school and community with pride, to follow written or verbal directions, and to be a leader or follower depending on what is necessary for each situation.
3. Academic Skills – Athletes are required to meet specific academic standards for continued participation, therefore requiring them to perform in the classroom as well. Through athletic participation they learn to apply skills learned in the classroom to real life situations. Athletes will learn to think, act and react logically.

I agree to permit my son/daughter to try-out for and/or participate in school-sponsored interscholastic athletics. I have read the Laingsburg High School Athletic Handbook and agree to follow the standards of conduct and procedures contained therein, including the Parent/Coach Communication process located on page 29 as a condition of my child's participation in interscholastic athletics at Laingsburg High School. I understand that if they violate the handbook's standards for conduct, he/she will be subject to penalty as provided in the handbook, including exclusion from the opportunity to participate in interscholastic athletics. I recognize that by signing this, surrounding police agencies, including but not limited to, City of Laingsburg, Shiawassee County and Michigan State Police, may inform Laingsburg High School if a "police" violation occurs. Further, I have reviewed and understand that the Athletic Participation Fee does not guarantee playing time, control over any conditions of the team, and is not refundable except as indicated. In addition, I understand that the fee will not be refunded or prorated for the athlete who becomes ineligible during the season, when an athlete is removed from a team for disciplinary reasons, when canceled contests cannot be rescheduled or when a full allotment of games cannot be scheduled. I understand that the number of scheduled contests may vary from level to level and sport to sport. I also understand that paying this fee does not alter the policies as outlined in this handbook, the regulations of the Michigan High School Athletic Association and individual team rules.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

MAKE CHECKS PAYABLE TO: Laingsburg Community Schools

Please call the Athletic Department if the Athletic Participation Fee will cause a financial hardship for your family, 517-651-5091, ext. #2225. Payment installments or other arrangements can be made to make this more affordable. All information will remain confidential.

# ADMISSION AND PASS FEES

## ATHLETIC PASSES

|                                  |          |
|----------------------------------|----------|
| Family District* All Season Pass | \$175.00 |
| Fall Season Family Pass          | \$100.00 |
| Winter Season Family Pass        | \$100.00 |
| Student Pass                     | \$30.00  |

Annual passes are not valid at all state-sponsored tournaments and individual tournaments.

\*\*FAMILY PASSES INCLUDE CURRENTLY ENROLLED K-12 STUDENTS.

## ADMISSION FEES

### ALL VARSITY AND NON-VARSITY CONTESTS

|                                 |        |
|---------------------------------|--------|
| Adults                          | \$5.00 |
| Students                        | \$5.00 |
| Grades K-12                     | \$5.00 |
| Under age 5                     | FREE   |
| Senior Citizens from Laingsburg | FREE   |