

Caledonia Fighting Scots



**ATHLETIC
HANDBOOK**

**CALEDONIA HIGH SCHOOL
ATHLETIC DEPARTMENT
HOME OF THE FIGHTING SCOTS
9050 Kraft Avenue, Caledonia, MI 49316
Telephone (616) 891-0211**

Caledonia Athletes and Parents,

Welcome to another exciting year of "Fighting Scot" Athletics.

To our athletes we say - "With your hard work, dedication, sportsmanship and team play, you will make 2011-2012 a rewarding and enjoyable experience for all at CHS."

To our parents we say - "Thanks for your loyalty to Caledonia Athletics and for supporting our efforts to provide a wholesome, competitive environment for your student-athletes."

We all need to work together for a common goal:

To make the high school sports experience a rewarding one for everyone concerned; athlete, coach, parent and fan.

Please keep in mind at all times that our athletic venues are, in fact, classrooms; just as much as the labs and classrooms we have in our buildings. We need to be teaching our youngsters and ourselves the lessons that competitive, educational athletics can offer.

Together, let's always, and in all ways, celebrate the efforts of our players and coaches as they strive to make Cal #1 in class, style, sportsmanship and competitiveness.

Go Scots and have an enjoyable 2011-2012 school year.

The Caledonia High School Athletic Department,
Administration and Coaching Staff

Thought for the year.....

"Caring about Character is a priority for our student-athletes, coaches and our fans."

CALEDONIA COMMUNITY SCHOOLS POLICY

SPORTSMANSHIP CODE

It is expected that proper sportsman like behavior at athletic contests be ongoing and adhered to by all athletes, coaches, and spectators. The guidelines that the OK Conference has adopted for fans will be followed at all school sponsored events, at home or away. Cheers and signs are to be positive and respectful, fans should be considerate and courteous, and the throwing of objects will not be tolerated. Caledonia Community 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.

Administration and contest management will determine if these guidelines are being followed. Failure to adhere to behavior expectations may result in a warning, an ejection from that 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.

Sportsmanship will be a topic that is addressed with the student body and spectators annually by the administration. The Athletic Director will annually in August provide the superintendent with a copy of the plan of an educational program to promote good sportsmanship and a system of progressive discipline for failing to behave according to the code of good sportsmanship. The code of conduct will be publicized at all school sponsored events.

CALEDONIA HIGH SCHOOL ATHLETIC DEPARTMENT

ACADEMIC ELIGIBILITY CYCLE

- **Eligibility will be checked every four (4) weeks.**
- A grade below a C- (70%) is considered failing for eligibility purposes
- A CHS student athlete must be passing 4 of 5 classes with an accumulative grade of C- or better

The athletic academic cycle procedure is:

GRADE CHECK:

Athlete's grades will be checked through the Infinite Campus program every 4 weeks. At grade check, student athlete will be ineligible to participate in any CHS athletic contest if their accumulative grades are below 70% in more than 1 class and will be ineligible until their grades return to 70% or above.

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.

If an athlete does not receive credit for four or more classes at the end of a trimester, the student/athlete will not be allowed to participate in any sports during the following trimester.

PARTICIPATION FEES:

The following are participation fees for the high school level.

\$90.00 per sport, per season. If a family has more than one athlete during the same season, the second athlete would pay \$65.00. There is a family cap of \$345 for the entire year.

Students are required to pay their participation fee before the first day of tryouts. Participation fee will be refunded if athlete is not chosen for the team.

(1) Physical, (2) participation fee and (3) signed athletic code signature form must be turned into either the Athletic or CHS Main Office BEFORE TRYOUTS BEGIN.

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

If a student is injured and continues as part of the team, he/she is still responsible for the participation fee.

CALEDONIA HIGH SCHOOL ATHLETIC TRAINING CODE

The Caledonia Community Schools provide 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 CHS Training Code and its application may be directed to your head coach or to the CHS Athletic Office.

The Caledonia 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!

I. WHO/WHEN

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

II. ***CONDUCT or BEHAVIOR VIOLATION**

An athlete shall conduct himself/herself in such a manner as to not bring discredit to the school, team or the athlete. Examples of behavior unbecoming to an athlete are, but not limited to vandalism, theft, insubordination etc.

A. PENALTY

- **Each offense will result in immediate suspension from interscholastic competition for 30% of the scheduled athletic contests in the sport the athlete is participating in or will participate in. The suspension (if not completely served) will carry over into the next season of competition if the athlete does not complete the required 30% in their present season.**

B. SUSPENSION PROCEDURE WILL BE:

- **The student will be informed of the violation and suspension by his/her coach and/or athletic director. A parental contact (phone call or meeting) will be made by the coach and/or athletic director to inform the parent of the violation and suspension.**
- **As a follow-up, a letter will be sent by the athletic office to the athlete's parents or guardians or to the athlete if the 18-year-old waiver is on file stating the offense, the penalty and the appeal procedure.**
- **The parents/guardians of the athlete may request an appeal of the suspension (if an adult waiver is on file) to the building principal within ten (10) days of receipt of the suspension letter. Said appeal must be in writing to the principal**

III. TOBACCO USE/POSSESSION VIOLATION

Athletic training rules forbid the use or possession of tobacco (in any form) by any athlete who represents Caledonia High School.

A. PENALTY

- First offense will result in immediate suspension from interscholastic competition for 30% of the total scheduled athletic contests in the sport the athlete is participating in or will participate in. The suspension (if not completely served) will carry over into the next season of competition if the athlete does not complete the required 30% in their present season.
- Second offense will result in suspension from all athletics for a period of twelve (12) months from the date of suspension.
- Third offense will result in permanent suspension of the athlete from participation in athletics for his/her high school years.

B. SUSPENSION PROCEDURE WILL BE:

- The student will be informed of the violation and suspension by his/her coach and/or athletic director. A parental contact (phone call or meeting) will be made by the coach and/or athletic director to inform the parent of the violation and suspension.
- As a follow-up, a letter will be sent by the athletic office to the athlete's parents or guardians or to the athlete if the 18 year old waiver is on file stating the offense, the penalty and the appeal procedure.
- An appeal of the suspension may be requested by the parents/guardians of the athlete (if an adult waiver is on file) to the building principal within ten (10) days of receipt of the suspension letter. Said appeal must be in writing to the principal

IV. CONTROLLED SUBSTANCE or ALCOHOL POSSESSION/USE VIOLATION

Athletic training rules forbid the possession, use or abuse of any drugs anabolic steroids, look alike drugs, narcotics or alcohol in any form by any athlete who represents Caledonia High School.

A. PENALTY

- First offense will result in immediate suspension from interscholastic competition for 50% of the scheduled athletic contests in the sport the athlete is participating in or will participate in. The suspension (if not completely served) will carry over into the next season of competition if the athlete does not complete the required 50% in their present season.
- Second offense will result in immediate suspension from all interscholastic competition for a period of twelve (12) months from the date of the suspension.
- Third offense will result in permanent suspension of the athlete from participation in athletics for his/her high school years.

B. SUSPENSION PROCEDURE WILL BE:

- Per IIIB above

The following is a list of banned drugs classes with examples of substance based on bylaw 31.2.3 of the National Collegiate Athletic Association and well as Caledonia School District.

A. Stimulants:

amiphenazole	Methylenedioxyamphetamine
amphetamine	(MSMA, ecstasy)
bemigride	methylphenidate
benzphetamine	nikethamide
bromantan	pemoline
caffeine (guarana)	pentetrazol
chlorphentermine	phendimetrazine
cocaine	phenmetrazine
cropropamide	phentermine
crothetamide	phenylpropanolamine (ppa)
diethylpropion	picrotoxine
dimethylamphetamine	piprodol
doxapram	prolintane
ephedrine (ephedra, ma huang)	strychnine
ethamivan	synephrine (citrus aurantium, zhi shi, bitter orange)
ethylamphetamine	and related compounds
fencamfamine	
meclofenoxate	
methamphetamine	

B. Anabolic Agents:

anabolic Steroids

androstenediol	methyltestosterone
androstenedione	nandrolone
boldenone	norandrostenediol
clostebol	norandrostenedione
dehydrochlormethyl-testosterone	norethandrolone
dehydroepiandro-sterone(DHEA)	oxandrolone
dihydrotestosterone (DHT)	oxymesterone
dromostanolone	oxymetholone
epitrenbolone	stanozolol
fluoxymesterone	testosterone
gestrinone	tetrahydrogestrinone (THG)
mesterolone	trenbolone
	and related compounds

other anabolic agents

methandienone	methenolone	clenbuterol
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C. Substances Banned for Specific Sports

Rifle:

alcohol	pindolol
atenolol	propranolol
metoprolol	timolol
nadolol	and related compounds

D. Diuretics:

acetazolamide	hydrochlorothiazide
bendroflumethiazide	hydroflumethiazide
benzthiazide	methyclothiazide
bumetanide	metolazone
chlorothiazide	polythiazide
chlorthalidone	quinethazone
ethacrynic acid	spironolactone (canrenone)
flumethiazide	triamterence
furosemide	trichlormethiazide
	and related compounds

E. Street Drugs:

heroin	tetrahydrocannabinol
marijuana	(THC)

F. Peptide Hormones and Analogues:

corticotrophine (ACTH)
human chorionic gonadotrophin (hCG)
luteinizing hormone (LH)
growth hormone (HGH, somatotrophin)
insulin like growth hormone (IGF-1)

All the respective releasing factors of the above-mentioned substances also are banned

erythropoitin (EPO)	sermoreline
darbepoetin	

WARNING!

USE:

A person who knowingly uses an androgenic anabolic steroid in violation of section 17766a of the public health code, Act No. 368 of the Public Acts of 1978, being section 17766a of the Michigan Compiled Laws is guilty of a misdemeanor, punishable by imprisonment for not more than ninety (90) days, or a fine of not more than \$100.00, or both.

POSSESSION:

A person who knowingly possess an androgenic anabolic steroid in violation of section 17766a of Act No. 368 of the Public Acts of 1978 is guilty of a misdemeanor punishable by imprisonment for not more than ninety (90) days, or a fine of not more that \$100.00, or both. A second or subsequent violation is a felony, punishable by imprisonment for not more than four (4) years, or a fine of not more than \$2000.00, or both.

DELIVERY:

A person who knowingly delivers or knowingly possess with intent to deliver an androgenic anabolic steroid or counterfeit androgenic anabolic steroid to another person is violation of section 17766a of Act No. 368 of the Public Acts of 1978 is guilty of a felony, punishable by imprisonment for not more than seven (7) years, or a fine of not more than \$5000.00, or both.

POSSIBLE SIDE EFFECTS OF STEROID USE:

Acne	High Blood Pressure
Addiction	Impotence
Atrophy of the Testicles	Kidney Damage
Cardiovascular Disease	Psychosis
Enlarged Breasts	Sterility
Hair Loss	Stroke
Heart Attack	Stunted Bone Growth
High Blood Cholesterol	Withdrawal

TRANSMITTED DISEASES AND INFECTIONS:

The shared use of hypodermic needles can result in the transmission of serious communicable diseases and infections including AIDS and Hepatitis B.

An athletic services provider shall conspicuously place this notice in the following locations:

- (a) If the facility is an educational athletic facility, in each locker-room of that facility.
- (b) If the facility is a recreational athletic facility, near each entrance and in each locker-room of that facility.

PLAYER ELIGIBILITY (MHSAA and OK Conference):

Players in all sports must meet all MHSAA and Caledonia High School requirements. All rules regulating eligibility as set forth by MHSAA and Caledonia High School will be enforced (refer to specific eligibility policy).

Player Eligibility – MHSAA:

- **Age:** Students must not turn nineteen (19) years of age prior to September 1st.
- **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.
- **Awards:** Students may accept a symbolic award that does not have a value over \$25.00.
- **Enrollment:** Students must be enrolled no later than the fourth (4th) Friday after Labor Day or the fourth (4th) Friday of February. Students cannot be enrolled in high school for more than eight (8) semesters. The seventh (7th) and eighth (8th) semesters must be consecutive.
- **Academic Requirements:** Per Caledonia High School policy for maintaining academic eligibility
- **Physical Exam:** Yearly 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.
- **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.

TRAVEL-TRANSPORTATION

Transportation is available on district school buses and vans. One way transportation can be requested by the Head Coach and approved by the Athletic Director. Exceptions to this policy would be lack of busses 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. 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 the parental permission slips must be obtained.

Transportation to athletic competition that exceeds 60 miles one way must be provided by parents or school vans. (Vans are limited to two school vans per team when available)

Weekend transportation to all day athletic events will be one way only to event site. Exceptions would be for spring sports due to weather related safety.

Trip Conduct:

Representatives of Caledonia High School are expected to look and act like ladies and gentlemen. This is especially important when they are on the road. Discipline in this area is manifested in the following manner:

1. Everyone should be on the bus, ready to leave, at the set time of departure.
2. Everyone should be properly dressed and remain so throughout the trip.
3. Coaches must outline what is expected of players and managers and not accept anything less.
4. Coaches are responsible for the control of students on buses and the clean up of said bus at the return to school.

Athletes riding the bus will return home on the bus unless the coach allows them to ride home with his/her 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 parent.

ATTENDANCE

Each coach will have his/her own policy regarding absences from practice.

An athlete may not participate in an athletic event or practice if he/she has been absent from school the day of the athletic event or practice. He/she must be in school **for the entire school day** unless excused by the principal or his/her designee **24 hours in advance**. 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 into the Athletic Office an “Excused” note from the Doctor’s office for that appointment.**

A student who misses school on Friday, with an excused absence, may play in a Saturday contest if he/she has parental permission.

The athlete or a parent should contact his/her coach any time they will be unable to attend practices, contests or team functions.

SNOW DAYS:

On a declared snow day there will be **NO PRACTICE** for Freshman or JV Teams.

Varsity 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

SCHOOL SUSPENSIONS:

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

*****TRY-OUTS:**

Team try-outs will take place for a minimum of 3-4 days. After that time, team selections will take place. Any athlete that does not make a team will meet with the coaching staff for a short meeting. Athletes and Parents that have concerns or questions should contact the coach at their sport level with 48-72 hours after try-outs are completed.

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 his/her reasons. An athlete will not be permitted to participate in another sport during the same season in which he/she quit the first sport (unless he/she has the approval of the head coaches involved and the athletic director).

*****VALUABLES:**

CHS and the Athletic Office will not be responsible for the valuable items of Athletes. We strongly suggest that substantial amounts of cash and other valuable items are not brought to Athletic events either at home or away.

Parent/Coach Communications

Research shows us that participation in athletic activities in high school gives students opportunities to gain valuable skills for life. Parents and coaches all are striving for the benefit of students. Communications between coaches and parents is encouraged so that decisions made are best for all of the participants. Clear communications allow for clear expectations and greater understanding.

Communications parents can expect from the coach

- Philosophy of the coach
- Expectations the coach has for your child as well as all members of the team
- Location and times of all practices and contests
- Team requirements, i.e., fees, special equipment, off-season conditioning
- Rule infractions that result in the denial of your child's participation
- Prompt response to messages left with the athletic director's office

Procedure for parents to use in communication with a coach

Call the Athletic Director's office, (616) 891-0211, to leave information for the coach to contact you. Give the nature of your call, time(s) and phone numbers or email addresses that are appropriate for the coach to use. That information will be given to the coach. Please keep in mind that most of our coaches are classroom teachers and may not be able to contact you during the academic day.

Please do not attempt to confront a coach before, during or after a contest or practice. The primary focus for the coach at these times must be the student-athletes.

When meeting with a Coach, Athletes must also be present.

Appropriate concerns to discuss with coaches

- The treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior and classroom performance

Issues not appropriate to discuss with coaches

- Playing time
- Team strategy
- Play calling
- Other students or athletes

Additional Procedures

Parents must have full understanding of the consequences of pulling their student athletes out of practices and/or contest. Consequences can be explained clearly in the pre-season meetings with parents and athletes. There must be continuity in a sport and as much as possible within all sports and fairness in the consequences. The Athletic Director should be responsible for encouraging consistency in rules and fairness in enforcement of those rules established for all high school athletic activities.

In the event of extenuating circumstances of feelings of inequities parents should have access to due process. The Athletic Director is available to meet with parents/athletes who would like to appeal a decision after they have had a meeting with the coach according to the guidelines in the Athletic Handbook. That meeting should be a time for the Athletic Director to listen to the parents/athletes and promise them that he will gather information, facts, and reports back to them in a timely manner.

**ATHLETIC CODE CAN BE FOUND AT:
<http://www2.caledonia.k12.mi.us/athletics/athletics.html>**

CALEDONIA HIGH SCHOOL
TRAINING CODE & COMMUNICATION PROCEDURES
SIGNATURE FORM

We have read and discussed the CHS athletic training code and parent/coach communication procedures and will abide by both.

Athlete's Name (please print): _____

Athlete's Signature: _____

Year of Graduation: _____

Parent/Guardian name (s): (please print) _____

Parent/Guardian Signature: _____

E-mail Address: _____

(This will be used for sport updates)-optional

Prior to participation in any interscholastic athletic contest, this form MUST be signed by both the athlete and his/her parent or guardian and returned to the athletic office.

CALEDONIA COMMUNITY SCHOOLS
PERMISSION TO PHOTOGRAPH OR VIDEO RELEASE

We grant permission for our child and our child's original work (i.e. artwork, poetry, essays, performances, etc.) to be photographed or videotaped as part of an educational program produced by Caledonia Community Schools. We understand that our child's image, name, work product, school, and grade may be revealed in the presentations but that no other information about our child or child's schoolwork will be revealed without our prior consent.

We further grant permission for the photographs or videotapes to be used in media presentations that are made available to other educational institutions or through a cable television station or network.

Regarding the website we understand that full names will not be directly connected to any pictures on the Caledonia Community Schools web pages, but that the full names of all students involved in an activity may be listed on the web pages.

I have read and give my permission for photo/video release:

Parent/Guardian Signature

Date