

# Battle Creek Central High School Athletic Guidelines



## *Pride of the State*

### **PHILOSOPHY**

At Battle Creek Public Schools, we look upon our athletic program as an integral part of the total education curriculum. A program that offers positive and meaningful experiences that will enhance the growth and development of our young men and women. We encourage broad participation in all athletics. We feel there is much to be gained by being a member of the team, by belonging to a group, by following all the governing rules and regulations of that group, and by being identified as one of our Bearcat Athletes.

Athletics can be one of the most significant aspects of student education. However, the athletic program is only part of the total process. The Athletic program is an extension of and complimentary to the total educational program. The program offers each student an opportunity for self-growth, development of physical skills and fitness, sportsmanship, team work and the satisfaction found in competition.

Our athletic program will always be striving for a first-class operation in each of our nineteen interscholastic sports. We will be reaching for success, individually and collectively, on and off the field. We feel this kind of successful interscholastic program will let us realize our ultimate goal - the human growth and development of our young men and women, which will enhance their opportunity for success later in life.

## **MHSAA, Michigan High School Athletic Association**

Battle Creek Public Schools, along with more than 700 Michigan High Schools, is governed by the Michigan High School Athletic Association. All of our interscholastic sports teams compete for state honors in post-season tournaments, which are sponsored by the MHSAA.

The MHSAA issues the following summary of eligibility rules in order for high school athletes to be eligible to represent their school in interscholastic athletics.

- **Enrollment** - a student/athlete must have enrolled in the school system no later than Monday of the fourth week of the present semester.
- **Physicals** - a yearly physical examination of all athletes to ensure safe participation in school sports is required. A signed copy of the physical examination paperwork must be on file with the district.

## **TO THE PARENTS:**

- The Battle Creek Public Schools are providing this handbook because your son/daughter has indicated a desire to participate in interscholastic athletics. Since you as parents are willing to permit your student/athlete to compete in sports, you share the responsibility in helping them follow our Athletic Code. Your family interest is very important to your child's self-esteem and success.
- It should be remembered that participating in athletics is a privilege not a right. Our major focus is teaching skill, attitudes, knowledge and sportsmanship. By being part of a team, athletes learn responsibility, cooperation, dedication, and determination that are all valuable lifetime skills. In order for our athletes to learn the lessons of athletics, we need you to support our Athletic Code and training rules.
- Failure for an athlete to comply with the coach's rules and training rules may mean expulsion from the team. There is no place in athletics for young men/women who are not willing to follow rules, attend practices, or conduct themselves respectfully.

## **TO THE ATHLETE:**

1. Participation on an interscholastic team means athletes must realize that they are making a significant time commitment. *Athletes are expected to practice each day after school unless they have a game or meet.* Attendance is required unless there is an emergency or illness. Dedicated athletes will have to say "NO" to the many activities that friends may do, but such are the responsibilities of a conscientious athlete. In the classroom, athletes are expected to be good students and fulfill all academic and behavioral responsibilities. On the field, mat, court or in the pool, athletes are expected to conduct themselves with dignity. Athletes do not use profanity or illegal tactics. Be modest in victory and gracious in defeat.

2. The privilege you have earned to be a part of an interscholastic athletic team at our school is a true extension of your work in the classroom. We hope you will benefit as much from your athletic experience as you do from academic endeavors. As a high school athlete, the positive values learned on the playing field now will last a lifetime. To better ourselves and our school, we want you to reinforce the need for high levels of sportsmanship, ethics, and integrity in competition. Your help as an athlete representing our school is strongly needed to make a difference in our community. As an athlete, you are constantly in the public eye. Many people look to your display on the field as a source of community pride. Many young people in our school look to you as a role model they would like to emulate. The example you provide sets the standard of behavior by everyone associated with our program.
3. As a student/athlete, you should be giving careful consideration to the course selection you make during your high school career. The first goal you should establish is get your diploma. Between the courses offered at Central and the opportunities presented at the Calhoun Area Technology Center and the Battle Creek Area Mathematics and Science Center, you have a chance to graduate with some marketable skills and to be more than adequately prepared to continue your education at an institution of high learning.
4. If college is an avenue you wish to follow, the foundation for doing well will depend upon the choice made at Central. Choices should be made with several factors under consideration. One should weigh his/her personal goals and personal interests, and make an honest assessment of their abilities to perform in the classroom.
5. Your ninth grade counts as the first year of your high school transcript. Your “required” courses- English, Math, Social Studies (career/law), and Science - are like Foreign Languages or Computers, the core courses the NCAA talks about. Central offers a variety of courses in core areas. These classes will give you a solid background in those academic areas. Some classes will have a heavier academic emphasis than others and, as a result, give you an even better advantage on tests that evaluate your acquired knowledge. Discuss the different courses with your current teacher and parents. It will not be of any service to you to take a class that is too hard. Find a class that will give you the academic preparation to move on to a higher level of education and a higher level of sports participation while letting you learn without being overwhelmed.
6. To participate in college sports, you must maintain a minimum Grade Point Average of 2.5, score 17 on the ACT, or 700 on the SAT. In order to make a visit at the school’s request, you will need to take either of these tests or the P-SAT before visiting the campus. Take advantage of practice test found in the counseling center or in the library to learn what these test are about.
7. **Education should be your top priority and your athleticism an asset you use to obtain it.**

## **GOALS FOR ATHLETES**

1. To realize that athletic competition has definite responsibilities
2. To exemplify good sportsmanship
3. To make friends and learn to get along with others
4. To develop desirable competitive spirit
5. To learn self-control
6. To develop fundamental skills and appropriate athletic techniques

## **CODE OF ETHICS**

### **It is the duty of all concerned with school athletics:**

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play
2. To eliminate all possibilities which tend to destroy the best values of the game
3. To stress the values derived from playing the game fairly
4. To show cordial court courtesy to visiting teams and officials
5. To establish a happy relationship between visitors and host
6. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibilities
7. To encourage leadership, use of initiative and good judgment by the players on the team
8. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of individual players
9. To remember that an athletic contest is only a game- not a matter of life or death for player, coach, school, official and community, state or nation

## **ATHLETE RESPONSIBILITIES**

- Accept and understand the seriousness of your responsibility and the privilege of representing the school and community.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist them and yourself in the achievement of a better understanding and appreciation of the game.
- Treat opponents the way you would like to be treated, as a guest or friend. Who better than yourself can understand the hard work and team effort that is required of your sport.
- Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree will leave a positive impression of you and your team in the eyes of the officials and people at the event.

## **ATHLETIC CODE**

**The rules and regulations of the Athletic Code should be considered year-round training rules of the high school athlete.**

1. **Training Rules** - an athlete shall not be involved with:
  - A. Drinking of, and /or possession of alcoholic beverages.
  - B. Smoking of, and/or use of tobacco, including possession.
  - C. Illegal use or possession of drugs
  - D. Use or possession of steroids.
2. **Violations**

First Offense - suspension from 50% of remaining competition or documented enrollment in a substance abuse program.

Second Offense - suspension from the team for the season .

\* Suspended athletes may be expected to continue a regular practice schedule upon coaches discretion.
3. **An Athletic Board of Control will hear special cases which require decisions of an extremely final nature, i.e. accusations of illegal activities such as:**
  - Sale of drugs
  - Gross misconduct
  - Steroid use
  - Assault
4. **Sportsmanship**
  - Be classy, NOT sassy
  - Conduct yourself with pride and self-control
  - Follow the Rules
  - Don't be a showboat - let your skill speak for you
  - Profanity or vulgar gestures are not acceptable
5. **Athletes** are expected to keep reasonable hours with a suggested minimum of 8 hours of sleep each night
6. **Equipment** - athletes will be held financially responsible for all issued equipment. Athletes will not be permitted to join other school teams until all equipment is returned or paid for.
7. **Dress Code** - whenever athletes visit another school, they should dress in a manner that speaks well for their school and themselves. Outrageous hair styles and ridiculous accessories will not be tolerated.
8. **Eligibility** - an athlete shall be in attendance for at least three classes the same day of competition. The principal shall have the power to grant any exception for special circumstances.
9. **Quitting the Team** - if athletes want to quit a team, they must notify the coach and return all equipment. Only with permission from the principal and the two coaches will an athlete ever be able to change sports. It shall be subject to individual coach's rules and regulations.

10. **Coaching Rules** - athletes missing practices, arriving late for practices, or athletes negatively affecting practices shall be subject to individual coach's rules and regulations.

### **APPEALS PROCEDURE**

Most Athletic Code violations will be handled by coaches or principals at the high school.

1. If an athlete feels there are extenuating circumstances, parents may request a conference with the coach and athletic director or the principal.
2. A second appeal may be made the Athletic Board of Control by contacting the athletic director.
3. Any final appeals shall be made to the Director of Student Services.

### **TRANSPORTATION**

All student-athletes are encouraged to return with the team on the bus or van. If the parents feel they must transport their child home from the game, they must initiate contact with the coach.

### **EQUIPMENT**

**School equipment may only be used for the specific sport for which it is issued.**

- \* Athletes may not wear warm-ups to events
  - \* Athletes may wear warm-ups the day of a contest to school
1. Student/athletes are responsible for all school equipment that is issued during a sport season.
  2. Student/athletes should maintain their equipment according to rules established by the coaches of that sport. Any equipment not returned or lost will be reported to the athletic director.
  3. Student/athletes will be required to pay for any lost equipment and will be restricted from participating in any other extra-curricular activity until this obligation has been cleared by the coach or athletic director.
  4. Student/athletes will be billed by the school for replacement of lost equipment.

### **ATHLETIC AWARD SYSTEM**

**Awards may be presented to each athlete who completes the season in good standing and is recommended by the coach.**

**Numerals** - Freshman award. First year non-varsity award. Only one set of numerals will be issued. A second sport at the non-varsity level will merit a certificate.

**Bearcat Head** - Second year non-varsity award. Only one Bearcat Head will be issued, a second sport will merit a certificate.

**Varsity Letter** - First year varsity award. Only one varsity letter will be awarded. Letters earned in additional sports will merit a certificate.

**Certificate** - Second year varsity award. One for each 2nd year varsity sport.

**Small Bearcat Plaque** - three years on a varsity sports team.

**4TH Year Plaque** - 4th year on a varsity sports team.

**Best Competitor** - Only additional award issued by the Athletic Department.

**Star** - Awarded only to a captain.

Varsity jackets are a symbol of pride for the athlete and school. This should not be violated by inappropriate placement of awards or by wearing the jacket at inappropriate events.

### **TEN COMMANDMENTS**

1. Have a COMPLETE physical examination.
2. Wear footwear and other equipment that fits properly.
3. Be sure that your equipment is in good repair and that you use it according to the manufacturer's instructions and according to your coach's direction.
4. DO NOT eat a heavy meal within an hour of practice or a contest.
5. GO OVER WITH YOUR COACH any rules or instructions about which you have the slightest question.
6. DO NOT engage in reckless injury-inducing behavior.
7. DO NOT start any scheduled activity until an authorized supervisor is present.
8. Report any injury however trivial you and/or your teammates might think it is.
9. Drugs of any kind may not be used under any circumstances.
10. Follow training/practice rules to the letter.

### BATTLE CREEK CENTRAL HIGH SCHOOL

### **STUDENT-ATHLETE RESPONSIBILITY**

**Students, Parents, and Coaches sign this Student-Athlete Responsibility Form**

As a Battle Creek Central High School student participating voluntarily in interscholastic athletics, I understand that during my season\*:

1. I will abide by the Battle Creek Centrals' Student Code of Conduct, the school's Athletic Handbook, the Coach's Team Rules, and the laws of the State of Michigan.
2. I will conduct myself in an exemplary manner at all times.
3. I will be responsible for all athletic equipment issued to me through-out the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.

4. I will not use or be in possession of tobacco, alcohol, steroids, or other controlled substances. If I do use any of these substances, am in possession of such substances, or am suspended from school for use or possession of these substances, I understand that I may be immediately suspended from the team.
  
5. I understand that if I miss class without just cause, as determined by the principal, I will be ineligible to participate in contests and/or practices that day and repeated violations of this rule may lead to suspension.

I understand that should I violate any of the above rules, the **Athletic Handbook** rules, the **Student Code of Conduct** rules, the **Coach's Team Rules**, or the **laws of the State of Michigan**, I am subject to immediate suspension from the team.

I know what is expected of an athlete who represents the Battle Creek Public Schools' and I am prepared to so distinguish myself.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Coach's Signature \_\_\_\_\_ Date \_\_\_\_\_

\* The season is defined as the time period beginning with the first official practice date and ending on the date of last scheduled contest on the athletic calendar.