

Tecumseh Indians Athletics

Handbook



Tecumseh High School Indians

Athletic Handbook (2017-2018)

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The Athletic Office is located in Tecumseh High School

Athletic Director: Jon Zajac

Athletic Department Secretary: Jen Posten

For more information about teams, schedules, directions, athletic forms, participation fees, etc., go to www.tps.k12.mi.us, www.schedulestar.com, or www.mhsaa.com .

Note: The Tecumseh Public School District does not discriminate on the basis of race, color, national origin, sex, age, religion, or disability in admission, access to, or treatment of employment in any of its programs, activities, or policies.

Mission Statement:

The primary purpose of the Athletic Department at Tecumseh High School is to help teach the important life lessons through athletics. Our student athletes will learn that teamwork, dedication, discipline, respect, integrity, commitment, and hard work are an integral part of their everyday lives. It is the athletic department's goal and objective to work with coaches, administration, faculty and staff of THS to make athletics an extension of the learning environment. Athletics at THS will strive to be a challenging but positive and rewarding experience for the student athletes who participate and will help develop and mold them into outstanding young adults.

Code of Conduct:

The Athletic Department at Tecumseh High School is governed by the Board of Education. We are a member school of the M.H.S.A.A. (Michigan High School Athletic Association), and adhere to their rules and regulations. Our conference affiliation is the S.E.C (Southeast Conference)

Our athletic Code of Conduct follows all of the rules and regulations adopted by the Tecumseh Public School Districts policies and procedures. All athletes and coaches are expected to adhere to the rules set forth by the Board of Education, MHSAA, SEC, and Athletic Department.

Tecumseh High School Athletic Coaches:

THS coaches are proud members of the MHSAA and SEC. The coach's purpose is to provide a sound, competitive secondary athletics program that provides student athletes the opportunity to develop physically, emotionally, mentally, ethically, and socially. In doing so, coaches will be held responsible for assisting young men and women in their educational pursuits, development of skills in their respected sport to reach their full potential. THS coaches will work closely with the Tecumseh community, alumni, parents, and staff to build a supportive structure and environment to achieve success for our student athletes. The coaches are committed to the philosophy, vision, rules and regulations that the THS Athletic Department and Board of Education have implemented.

Expectations of THS Coaches:

- Set goals and visions for the team, players, and program
- Develop student athletes as proud members of the team, high school, and community
- Promote good sportsmanship
- Develop daily practice plans
- Serve as an ambassador with teachers, administrators, parents, and community
- Communicate effectively with everyone in the program
- Build a program as a whole: Elementary to MS to HS
- Establish and maintain a positive image as a role model at all times
- Maintain and update inventory and equipment
- Organize an off-season program
- Lead by example
- Supervision of athletes **at all times** after school during the season
- Fundraising
- Weekly visits to the athletic office to pick up information
- Treat the kids the way you would want your own kids to be treated
- Help promote and support our other sports teams and activities
- Never do anything to embarrass yourself, your family, your school, or your community

Expectations of THS Student Athletes:

- Student first, athlete second
- Maintain at least a 2.0 GPA
- Attend all classes, practices and contests on time
- Follow all rules and regulations presented in the student handbook
- Be Respectful, Responsible, Dedicated, and Committed to the TEAM
- Always show good sportsmanship
- Be leaders in the school and community
- Support other student activities
- Never do anything to embarrass yourself, your family, your school, or your community

Expectations of THS Parents:

- Support the TEAM
- Cheer for the TEAM
- Be a good role model for the TEAM
- Show proper SPORTSMANSHIP for the TEAM
- Help promote the TEAM
- Keep personal opinions to yourself and don't share with others
- If you have nothing nice to say don't say anything at all
- Adhere to the "24 hour rule" regarding issues
- Never do anything to embarrass yourself, your family, your school, or your community
- **IF THESE RULES ARE BROKEN YOU MAY BE ASKED TO LEAVE AND BANNED FROM ALL OTHER SCHOOL ATHLETIC EVENTS!**

If any of the above rules are broken the penalty for the violation will be up to the Athletic Director and the administration team.

Social Media/Sexting

Student athletes shall not become involved in improper use of social media. Sexting will not be tolerated. This includes but is not limited to sexually explicit photos, images, text messages, or e-mails by using a cell phone or other electronic device.

Any student athlete involved in inappropriate use of social media will be brought to the Athletic Director where some form of discipline may occur.

Tecumseh High School Athletic Department Rules and Regulations

INTRODUCTION

The following rules and regulations apply to all participants in all sports, in the Tecumseh Public School District, but are not intended to be all inclusive. These rules and regulations cover areas specific to participants in athletics **and are in addition to all rules and regulations outlined in the High School and Middle School Student Handbooks and the Michigan High School Athletic Association Rules.**

In addition to the following rules and regulations, **each coach will present in writing to the student athlete the rules and expectations specific to the sport** in which the student athlete is competing. The sport specific rules will be approved by the athletic director and will not be in conflict with the Tecumseh High School Athletic Department Rules and Regulations, the High School and Middle School Student Handbooks, or the Michigan High School Athletic Association Rules.

Any violation to the Tecumseh High School Athletic Department Rules and Regulations, the High School or Middle School Student Handbooks, the Michigan High School Athletic Association Rules, or rules and expectations specific to the sport in which the student athlete is participating in **will result in some form of discipline which is up to the Athletic Director.**

Note: Any issues not covered by the THS Athletic Department Rules and Regulations, the Student Handbooks, the MHSAA Rules, or specific team rules will be resolved by the Head Coach and the Athletic Director.

THE DEFINITION OF "IN SEASON"

Season Start:

The season begins with the first day of practice allowed by the Michigan High School Athletic Association (MHSAA).

Each team shall have a minimum of **4 tryout practices** before cuts are made. Two practices in one day count as such.

Season End:

The season ends based on whichever occurs LAST:

- The banquet for the team.
- The last competition for the team

PRACTICE AND COMPETITION ATTENDANCE:

Athletes starting after the first practice (see "The Definition of 'In Season'")

All student athletes are expected to be at the first day of practice or tryouts. Exceptions must be

discussed with the coach in order to participate in the sport. Make-up work will then be determined by the coach.

The consequences for missing or skipping the start of the season are as follows:

Missed Practice	Penalty
1	1 competition
2	2 competitions
3 or more	Not allowed to come out for team

***Exceptions to the consequences (as stated above, must be cleared with coach)**

- the athlete's seasons overlap
- death in the family or other emergency
- religious observation
- curricular class requirement (See "Conflicts of Interest" below for explanation)

Athletes missing practice or competitions during the season:

All student athletes are expected to be at all practices and competitions throughout the season. If a student athlete is injured or unable to participate, he/she is still expected to attend practices and competitions as part of the team. Absences must be discussed with the coach prior to the missed practice or competition.

The consequences for missed practices and/or competitions are as follows:

Missed Practice(s)/Competition(s)	Penalty
1	1 competition
2	2 competitions
3 or more	TBD by coach (possible suspension from team)

Note: In certain sports (for example, ones in which there are only a handful of competitions per season), alternative consequences may be offered. See your specific sport's team rules for exceptions.

***Exceptions to the consequences (as stated above, must be cleared with coach)**

- Parent excused, death in the family or other emergency
- religious observation
- curricular class requirement (See "Conflicts of Interest" below for explanation)

Scheduled School Breaks:

During scheduled school breaks and on Sunday's practice in every sport is optional. A missed practice will not be held against a student athlete. There will be no penalty for missing. There may be conditioning

and extra running to get the student athlete back in shape. During this time other players may get better and could result in a loss of playing time.

Conflicts of Interest:

It is expected that once an athlete commits to a sport and team, he/she will not shirk this responsibility for other interests, including club teams, and other outside events. We attempt to minimize as many of these types of conflicts as we can, but circumstances do not always allow us to eliminate team responsibilities during such times. All athletes will still be held accountable for absences due to these types of conflicts of interest. The only exception in the case of a conflict of interest would be if one of the classes in our curriculum REQUIRES attendance at a different event at the same time; in other words, if the student athlete's grade for that class will suffer because of lack of attendance at the required class event.

SCHOOL ATTENDANCE:

Consequences of School Absence

A student athlete is expected to attend classes at all times. If a student athlete is not in class for 50% of the day, he/she will NOT be allowed to practice or compete on that day. If a student is caught skipping class they will miss one competition date.

Note: Exceptions to this rule may be approved by submitting a written request to the Athletic Director prior to the day missed.

Consequences of Truancy

When a student athlete has been deemed "truant" by school administration, the following consequences in Athletics will occur:

Offense	Penalty
Truancy	Will not be allowed to practice the day of the truancy.
Recurring Truancy	Will not be allowed to compete in the next competition following the truancy report. Possible suspension from team.

MULTI-SPORT PARTICIPATION WITHIN THE SAME SEASON:

Two Sports in the same Season:

Tecumseh High School athletes do have the option to participate in two sports during the same season. To participate in two sports during the same season, there are a few steps that the student athlete must take. First, the student athlete must pick a primary sport. Second, the student athlete must meet with both head coaches of the sport. The primary sport receives the most attention of the student athlete. The student athlete is expected to be committed to his/her primary sports contests. Other alternatives may be agreed upon by the two coaches and student athlete in regards to practices and MHSAA tournaments or meets.

Quitting a Team:

Once a student athlete has made a commitment to a team and then decides to quit that team or is removed from the team, the student athlete will not be able to participate in any off season workouts for another sport, until the season is over for the sport they quit. That student athlete will not receive any award from the school in that sport (i.e., letters, numbers, etc.)

ACADEMIC ELIGIBILITY:

The MHSAA requires that student athletes pass 66% of their classes from the previous semester. If a student fails a semester they are ineligible for the entire next semester, per MHSAA and the Board of Education at TPS.

Coach Grade Checks:

To monitor and determine academic eligibility, coaches will be reviewing grades through grade checks, IPR's, and report cards. If a student is failing two classes at the time of a report card, grade check or IPR that student will be put on academic probation. The student athlete will have a week to get the failing grades up without penalty. If the grades are not brought up by the next week they will not be permitted to play in any contests until the grades are above failure.

FACILITIES AND EQUIPMENT:

Facilities:

A student athlete using ANY FACILITY (including but not limited to the weight room, gym, wrestling room) of Tecumseh High School must be under the DIRECT SUPERVISION of a coach at all times.

Trainer's Room and Coaches' Offices:

The trainer's room and coaches' offices are off-limits to all student athletes unless they are under the supervision of the trainer or coach.

Equipment:

All student athletes are financially responsible for equipment issued to them during their season. Equipment issued to a student athlete is to be worn only for practice or competitions, unless given express permission by the coach of the sport.

Athletes will not be permitted to participate in another sport until their equipment from the previous sport is turned in. If damaged or not returned the student athlete is charged the price of replacement for all missing pieces of uniform and damaged equipment. If the student athlete is a senior their transcripts and diploma may be held up until equipment and uniform is turned in or replaced.

Vandalism:

A student athlete will be financially responsible for acts of vandalism of athletic equipment or facilities home and away. The act may also be reported to the appropriate authorities.

Theft:

Stealing or caught in the act of stealing school, or an individual's property or equipment will not be tolerated. Disciplinary action for such an offense while a student athlete is in season will be determined by the coach and Athletic Director. Appropriate measures will be followed according to the student handbook.

Note: Violations of the above standards regarding facilities and equipment will result in appropriate discipline ranging from corrective action prescribed by the coach to suspension from competition(s) or expulsion from the team. The police may also be notified.

TRANSPORTATION:

When the school provides transportation (bus, van, etc.), all student athletes are expected to travel to and return from the destination together nonstop.

When there are extenuating circumstances, parents seeking an exception to the above rule should put a request in writing in advance (preferably 24 hours) to the coach and Athletic Director for approval. The student athlete should then deliver the signed note to the Athletic Department office.

COACH/PARENT MEETING:

Within one week of team selection there will be a mandatory all season sports team meeting with student athletes, parents, or guardians to discuss the upcoming season. The athletic director will cover expectations of all. After this meeting each team will have their own sport specific meeting. All families will receive copies of the schedule, team rules and expectations, and the Athletic Department Rules and Regulations.

The student athlete will not be allowed to compete in practice or games until a copy of the team rules and the Athletic Department Rules and Regulations are signed by a parent/guardian and filed with the coach. The parent/guardian's signature on both of these documents will serve to acknowledge acceptance of the conditions to participate in athletics at Tecumseh High School.

INJURIES/MEDICAL CARE:

All injuries must be reported to the coach and/or trainer promptly. The coach, trainer and/or athlete will then notify the parents of this injury.

If a student athlete receives care from any physician, including a physician's assistant (PA) or certified nurse practitioner (CNP), for any injury or illness, then that athlete is required to present a written note from a medical professional to the coach and trainer stating his/her status. Athletes will not be allowed to practice or compete until a written medical release to return to practice and/or competition is received.

MHSAA RULE INFRACTIONS RESULTING IN INELIGIBILITY:

The following represent a few of the commonly misunderstood MHSAA rules that will result in ineligibility. For more information regarding these and other rules go to www.mhsaa.com

- A student athlete who plays a sport for a team other than a THS team during the season he/she is a member of the same sport team at THS will be ineligible. The period of ineligibility will be dictated by current MHSAA rules.
- A student athlete who receives an award for participation in athletics that exceeds \$25 in value will become ineligible. The period of ineligibility will be dictated by current MHSAA rules.

AWARDS:

An athlete will receive a maximum of one (1) varsity letter while participating as a high school athlete. All other letters or awards won will be recognized via certificates.

Only members of a team finishing the season in good standing will receive any type of award or recognition (such as a certificate or varsity letter). The head coach will determine the status of "in good standing."

All awards given out shall not exceed a total of \$25 per MHSAA guidelines.

Note: Student athletes who have been expelled from the team for violations will not receive a team award and will not be allowed to attend the team banquet.

BEHAVIOR:

The behavior of Tecumseh student athletes will be held to the highest of standards. Athletes must understand that they represent their family, community and the school. Proper behavior in school, at practices, at athletic contests, and during bus rides should be exhibited at all times.

- Consequences for this will be determined by the Varsity coach and the Athletic Director.

Poor sportsmanship/disrespect:

Coaches will deal with poor sportsmanship, vulgarity, and other forms of poor behavior and disrespect. Any action by student athletes that violates behavior standards will result in appropriate discipline (based on the severity of the offense) ranging from corrective action prescribed by the coach, to suspension from competition(s), or expulsion from the team.

Hazing:

Hazing is defined as harassment, abuse, or humiliation by way of initiation. This definition can include both physical and mental forms of hazing. Hazing is associated with, but not limited to being initiated into, or pledging, a team. Student athletes participating in hazing activities will be subject to discipline appropriate to the offense. Depending on the severity of the violation, penalties may range from suspension to expulsion from the team.

Discipline from school:

All violations of rules and regulations outlined in the THS Student Handbook that result in a student athlete being assigned any form of discipline by school administration (such as detention or suspension from school) could result in suspension from the next competition. Recurring violations may result in further suspension or expulsion from the team.

Breaking the law:

If a student athlete breaks the law (misdemeanor, felony, other than minor traffic violations) and the action results in a conviction (or a separate school investigation determines culpability), discipline will be administered. Penalties could include suspension from competition or expulsion from the team.

If a student athlete's action (as described above) is also a violation of the regulations in the Student Handbook or the Athletic Rules and Regulations, discipline will be administered. Penalties could include suspension from competition or expulsion from the team.

Note: During an investigation (police or school), the student athlete in question may be temporarily suspended from all team activities.

Use of illegal substances:

THS recognizes that the use of tobacco, alcohol, and other drugs interferes with the physical, intellectual, social, and emotional development of our student athletes. Reflecting the prevention philosophy of both our athletic program and our school system, this policy's intent is to send a clear and consistent message to all athletes, coaches, parents, and program administrators regarding tobacco, alcohol, and other drugs. The adolescent use of tobacco, alcohol, vaping, and other drugs is illegal and presents a significant threat to an athlete's health and safety and to the orderly conduct of athletic programs. The additional safety factors associated with active, competitive participation give the athletic community an added responsibility to provide the safest and healthiest environment for all concerned.

Substance abuse violation:

The sale, possession, or distribution of, or use of, any controlled substance, paraphernalia, or look-a-likes is not allowed and could result in immediate suspension or expulsion from the team and police will be informed.

First Violation: After confirmation of a violation the student athlete shall be enrolled in a substance abuse class. The student athlete will not be able to participate in athletic contests until the course is complete. A completion certificate must be presented to the athletic director before the student athlete can participate in a contest. During this time they may practice and travel with the team.

Second Violation: After the confirmation of a second violation, the student athlete shall lose 50% of the current season.

Third Violation: After the confirmation of the third violation the student athlete shall lose eligibility for a full calendar year.

- **All appeals will be handled by the Athletic Director.**

APPEALS:

Any suspension or expulsion of a student athlete from practice(s) or competition(s) because of a violation of the rules may appeal the decision by following these steps:

1. If the appellant is not satisfied with the coach's decision, he/she may appeal to the Varsity coach of the sport by setting up a meeting.

2. If the appellant is not satisfied with the Head Coach's decision, he/she may appeal to the Athletic Director by setting up a meeting.
3. If the appellant is not satisfied with the Athletic Director's decision, he/she may appeal to the High School or Middle School Principal (whichever applies) by setting up a meeting.
4. If the appellant is not satisfied with the Principal's decision, he/she may appeal to the Superintendent by setting up a meeting.

Vaping:

If a student is caught in possession of, or using a vape or anything else that could be used as a vape the penalty will be as follows:

3 day suspension from school and athletic team.

25% loss of current or next season if the athlete is not in season.

- These steps and the chain of command rule must be followed.

Athlete and Parent signatures to acknowledge the participant contract:

I have chosen to participate in athletics at Tecumseh High School. I commit myself to continuously working toward the goal of top physical fitness. To do anything which would harm my body would not be in my best interest or in the interest of my team and school. I agree to remain free from tobacco, alcohol, and other drugs. I fully understand this pledge extends to seven days a week. If I have a problem or need help fulfilling this contract, I understand that the coaches, the substance abuse coordinator, and school counselors will be available to help me. I have read and understand the athletic rules and regulations and the consequences of violating them. I pledge to keep all rules and regulations and to help all of my teammates abide by the same. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations and accept the rules and regulations as a condition of participation.

Student Athlete Signature _____

Date _____

Please print your name (student athlete)

As the parent/guardian of _____, I understand and support this contract regarding substance abuse violations and pledge that my son/daughter has signed. Optimum health is the goal of our athletic program, and I support the school system in the efforts to attain this goal. I acknowledge the consequences stated above for athletes who violate the substance abuse policy of the Tecumseh Public School District. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations and accept the rules and regulations as a condition of participation for my child.

Parent/Guardian Signature: _____

Date: _____