



## **Middle/High School Athletic Handbook 2025-2026**

### **Philosophy of Athletics**

Athletics are part of the total educational program of the Wayland Union Schools. We realize not everyone can be a team member, but we do realize everyone can benefit from the program. The criterion upon which our program is judged is as follows:

1. Interscholastic participation is a privilege, not a right.
2. Participation in interscholastic athletics is for those that have physical skills appropriate for the respective sport.
3. Success of the program is not solely determined by the won and loss record.
4. School and community values should be evident throughout the program.
5. The school community is identified by the publicity generated through its athletic program.
6. The coaching staff, athletes, student body, and adult followers should never act in a manner that would be detrimental to the name of Wayland Union Schools.
7. The student's athletic experience should be fun.

### **Philosophy of Winning**

#### **Middle School**

Participation in middle school athletics is an introduction of interscholastic sports to student athletes. Recognizing that a strong middle school athletic program is the foundation of a successful high school program, middle school athletic participation should be encouraged by providing as many students as possible with an opportunity to learn the skill and physical requirements necessary for athletic competition. Playing time is guaranteed to all members of a team during each contest, but not equally.

#### **Freshman Athletics**

The Wayland athletic program will continue to teach and to instill pride in the Wildcat tradition, focusing on teamwork, character building, spirit building, participation, time

management, competition, building fundamental motor skills and good sportsmanship. The goal is to provide student athletes with the tools necessary in all areas of life to build a solid foundation for the high school program. Freshman athletics begins to instill a winning attitude.

### **Junior Varsity Athletics (includes freshman and sophomore athletes)**

Building on what is learned at the freshman level, the focus of Wayland's JV program is to prepare and develop athletes for varsity competition. The level of intensity on the practice field as well as in competition will increase, as should the commitment to the sport by the student athlete.

### **Varsity Athletics (Open to all Wayland students)**

To be chosen to represent Wayland as a varsity athlete is a privilege and an honor that is earned through hard work, effort and commitment to a sport. The best athletes within Wayland, regardless of class level, can make the varsity team.

All student athletes are to be committed and focused at all practices and events, exhibit the highest skill level, demonstrate good sportsmanship on the field of competition as well as off, and be excellent role models of the Wildcat tradition. Students who participate are expected to represent the highest ideals of character by exemplifying good conduct and good citizenship on and off the playing field/court/mat/course.

### **Objectives of Athletics**

An athletic program should have objectives if it is to be meaningful. These objectives should be applicable for all levels. The objectives should be consistent with its philosophy and the educational objectives of Wayland Union Schools.

The Wayland Union Schools Athletic Program is dedicated to the following objectives within means available:

1. Provide all athletes with the best teaching and coaching personnel possible.
2. Provide all athletes with the best facilities and equipment possible.
3. Provide the opportunity for all athletes to participate in the best interscholastic program possible.
4. Provide all spectators an opportunity to identify with and support the interscholastic teams of Wayland Union Schools.
5. Provide all athletes an opportunity to grow physically and emotionally through participation in the athletic program.

## **The Goals of Athletic Participation**

The ultimate goal of every athlete is to become a more effective citizen in our democratic society. This can be realized by achieving the goals through athletic participation.

1. **YOU LEARN TEAMWORK**—To work with others in a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. You accomplish this by placing the team and its objectives higher than your personal desires.
2. **YOU LEARN TO BE SUCCESSFUL**—Our society is very competitive. You will NOT ALWAYS WIN, but you WILL SUCCEED WHEN YOU CONTINUALLY STRIVE to do so.
3. **YOU LEARN TO BE A GOOD SPORT**—You must learn to humbly accept success. You must also learn to accept defeat knowing that you've done your best. You must constantly strive to treat others, as you would have them treat you. Through participation in athletics you must develop positive social traits. Some of these traits worth mentioning are: emotional control, honesty, cooperativeness, and dependability.
4. **YOU LEARN TO ENJOY ATHLETICS**—Athletes are involved in athletics for many reasons, including the enjoyment derived from participating. It is hoped that you will learn to enjoy this period in your life and appreciate your personal rewards.
5. **YOU MUST LEARN DESIRABLE HEALTH HABITS**—To be an active, contributing citizen, it is important to obtain and maintain a high degree of physical fitness through exercise and good health habits. Your participation in athletics should demonstrate to you the importance of good health habits. It is hoped that you will have developed a desire to maintain this level of physical fitness after formal competition has been completed.

## **Sportsmanship**

Sportsmanship is playing fair, taking a loss or defeat without complaint, not gloating when winning, and always treating opponents and officials with courtesy, generosity and fairness. These ideals represent the role of interscholastic activities included in Wayland Union Schools. When these concepts are followed, interscholastic activities are shown as a positive and productive part of the total educational system.

Sportsmanship is:

- Citizenship
- Integrity and Ethics
- Respect for Opponents and Officials
- Moral Character
- Fair Play
- Acceptance of Results

- Appreciation for all Performances

It is important to both our school and our community that Wayland Union Schools athletic teams and spectators (adults as well as students) show sportsmanship at all times. *Please review the following suggestions for future considerations:*

1. A student spectator represents his/her school the same as the athlete.
2. The good name of the school is more valuable than any game won by unfair play.
3. Recognize and show appreciation for fine play or good sportsmanship on the part of the opponent.
4. Accept decisions of officials without dispute.
5. Advocate that any spectator or athlete who continually demonstrates poor sportsmanship be excused from the athletic contest or program.

### **Rules of Conduct and Sportsmanship for Athletic and Extracurricular Events**

Students are encouraged to attend games, cheer, clap and otherwise encourage participants. Support, however, must be exhibited in a sportsmanlike manner. Students who behave in an unsportsmanlike manner may be denied admission to school events for up to a year in addition to any other penalty prescribed by the student conduct code.

Any fan, including adult fans, who behaves in an unsportsmanlike manner during athletic or extra curricular events may be denied admission to school events. We have determined some behaviors that are deemed acceptable and unacceptable. This is definitely not an all-inclusive list. Common sense must also prevail in sportsmanlike behavior.

#### **Acceptable Behavior:**

- Applause during introduction of players, coaches and officials.
- Accept all decisions by officials.
- Cheerleaders lead fans in positive yells in a positive manner.
- Handshakes between participants and coaches at end of contest, regardless of outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize outstanding performance.
- Applause at the end of the contest for performance of all participants.
- Everyone sharing concern for an injured player, regardless of the team.
- Encourage surrounding people to display only sportsmanlike conduct.

#### **Unacceptable Behavior:**

- Taunting, trash talk and other intimidating actions.
- Disrespectable or derogatory yells, chants, songs or gestures.
- Booing or heckling of officials' decisions.
- Criticizing officials in any way; displays of temper with an official's call.
- Yells that antagonize opponents.
- Refusing to shake hands or give recognition of good performances.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Wearing extreme/unusual clothing or excessive face or body painting, which detracts

from the action on the playing surface.

### **Conduct of an Athlete**

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in the following areas at all times:

1. Students and parents are reminded that the school rules and regulations as set forth in the student handbook are the basis for dealing with all student-related matters. The Athletic Code of Conduct is to be viewed as an addition to the high school handbook and is intended to deal with the behavior and conduct of the student athlete in non-school related settings.
2. On the field of competition, your conduct should be beyond reproach at all times.
3. In the classroom the good athlete becomes the good student. A person can't be lazy in the classroom and think he can be an outstanding athlete. If one is lazy in the classroom, then one will be lazy on the practice field.
4. The way we act and look on campus is of great importance. Athletes should be leaders and fellow students should respect and follow their example.
5. The use of school equipment is important. We are committed to purchasing the best at all times. If you destroy or steal equipment, then you are taking from yourself and teammates. Each athlete is financially responsible for all equipment checked out.
6. Any athlete removed from a team for disciplinary reasons will not be allowed to try out for another team during the same season. (Example: wrestling to basketball).
7. All Wayland athletes should refrain from keeping late hours. Keeping late hours can hinder athletic performance and put a drain on mental and physical energy.

Being an athlete carries with it a great responsibility. Not everyone is fortunate enough to have this opportunity in his/her life to participate in athletics. Since you are afforded this opportunity, you will be expected to observe these guidelines while participating in our athletic programs.

### **Multi-Sport Participation**

The Wayland Union Athletic department encourages multi-sport participation by our student-athletes. We believe it is in the best interest of any athlete to play in multiple sports throughout the year.

### **Dual-Sport Participation**

A dual sport athlete is defined as a student-athlete who participates in two sports simultaneously during the same season. We want as many of our students as possible participating in sports in a meaningful way.

An athlete may dual sport when it is agreed upon between both coaches and the athletic administrator. And that it is in the best interest of the student-athlete to compete in two sports in the same season. Each coach and student-athlete must have a signed letter from the athletic administrator stating that the student athlete has permission to be a dual sport athlete. Expectations and the primary sport will be discussed and agreed upon by the coaches and student-athlete. Students should not participate on a non-school sponsored team when in season.

## **General Information**

1. There may be occasions when you will have a conflict of responsibilities. We suggest the following set of values to aid you in determining your prime responsibilities.
  - a. Home responsibilities
  - b. Academic responsibilities
  - c. Athletic responsibilities
  - d. All other social and school responsibilities
2. An athlete may win one (1) varsity letter, junior varsity letter, and set of numerals, in his/her high school career.
  - a. Should an athlete earn more than one letter, he/she will be given a certificate or pin designed for that purpose.
3. Athletes who have not turned all equipment in from one sport will not be eligible for any future sports participation, either practice or games, until the equipment has been accounted for or the school district reimbursed.
4. To participate in an athletic contest, an athlete must be in school the entire day. Excused absences will be in correlation with the student handbook. To participate in practice, an athlete must be in school for a full 3 class periods on a day of practice (PRIDE time does not qualify for a class period).
5. Students who have been suspended from school or placed on in-house suspension for disciplinary reasons (example: skipping school, fighting, smoking, etc.) are not to practice or participate in athletic competition of any kind until they are reinstated in school.
6. No student may practice or participate in any athletic team without filling out their Final Forms documentation. When a student voluntarily participates in interscholastic athletics, he/she agrees to abide by the Wayland Union Middle School or Wayland Union High School Athletic Code throughout his/her athletic career. A student may neither attend tryouts nor participate with a team until he/she has submitted a signed acknowledgement form agreeing to abide by the Athletic Code (this is done on the front page of the physical form). This Athletic Code applies to candidates, members, and managers of all athletic teams.
7. A student must pass 4 classes. Two (2) D grades (D+, D, D-) will equal one failure for the purpose of athletic eligibility. Therefore, you will be ineligible if you have two E's, one E and two D's or four D's. If a student is deemed ineligible, they will sit out for the entire week (a week will be defined as Sunday to Sunday). Ineligible high school student grades will then be checked one week later to determine if the student athlete is meeting the minimum standards to become eligible. \*Grades are checked each week at the high school and middle school. There is a 2 week grace period at the beginning of each trimester.
8. According to MHSAA guidelines, a student who fails to pass the equivalent of 66% of a full time student's potential class load at the end of any trimester period may not be eligible for 60 school days. Middle School students must pass 50% of a full time student's potential class load to remain eligible at the end of a trimester.
9. When an athlete is injured, requiring medical attention, a signed statement from the doctor must be presented to the Athletic Director/Athletic Trainer allowing the athlete

to return to participation.

10. Athletes may participate in 2 sports per season with permission from parents, coaches and administrators. Athletes must contact the athletic department for forms and more information. Academic performance will be evaluated weekly to determine the athlete's eligibility.

### **Summary of Eligibility for Senior High School Students and Middle School Students**

1. Enrollment - have been enrolled in High School by the fourth (4th) Friday after Labor Day (for 1st and 2nd trimesters) or the fourth (4th) Friday of February (for 2nd and 3rd trimesters).
2. Age-
  - High School- Be under nineteen (19) years of age at time of contest unless nineteenth (19th) birthday occurs on or after September 1 of a current school year, in which case student is eligible for balance of that school year in all sports.
  - 8th Grade- To compete on a team limited to 8th graders an 8th grader must be under fifteen (15) years of age at time of contest unless fifteenth (15) birthday occurs on or after September 1 of a current school year, in which case student is eligible for balance of that school year in all sports.
  - 7th Grade- To compete in a team limited to 7th graders and 7th grader must be under fourteen (14) years of age at time of contest unless fourteenth (14) birthday occurs on or after September 1 of a current school year, in which case student is eligible for balance of that school year in all sports.
3. Physical Examination – Prior to participation in a tryout or practice every student must submit a statement from an MD, DO, Nurse Practitioner or Physician's Assistant that they are physically able to compete in athletic tryouts, practices and contests and also provide consent to information otherwise prohibited by HIPAA and FERPA laws. These statements must be on file in the appropriate school office and must be for the current school year, not necessarily in conjunction with the insurance year. The earliest date that a physical can be dated for use in the coming school year is April 15. This allows the school sports physical to also be used for summer activities.
4. Seasons of Competition – (High School) Have not more than the equivalent of four (4) first trimester, four (4) second trimester and four (4) third trimester seasons of competition in a four (4) year high school including present season. When two seasons leading to a state championship in the same sport are offered, an athlete may participate in only one.
5. Trimester of Enrollment – (High School) Not have been enrolled for more than the equivalent of twelve (12) trimesters in grades nine to twelve (9-12), inclusive. The equivalent of eleven and twelve (11 and 12) trimesters must be consecutive. Three weeks enrollment or participation in one (1) or more athletic contests constitutes a trimester of enrollment.
6. Undergraduate Standing – Not be a high school graduate.
7. Previous Trimester Record – Have passed at least 66% (High School) and 50% (Middle School) for work taken during the previous trimester of enrollment.
  - High School - passes a minimum of four (4) classes and maintains a “C-”

- average.
  - Middle School - passes a minimum of three (3) classes and maintains a “C-” average.
8. Current Trimester Record – Be carrying and doing passing work in at 66% of classes during the present trimester up to within seven (7) days of the contest.
    - High School - passes a minimum of four (4) classes and maintains a “C-” average.
    - Middle School - passes a minimum of four (4) classes and maintains a “C-” average.
  9. Transfers - a student enrolled in grades 9 - 12, who transfers from one high school or middle school to another high school or middle school is not immediately eligible to participate in an interscholastic athletic contest or scrimmage in the school to which the student transfers. UNLESS the student qualifies under one or more of the Exceptions and all related interpretations for sport-specific eligibility. If a transfer student does not meet one of the exceptions or interpretations, they would be eligible in any sport they did not participate in at their previous school the year prior.
  10. Awards – Must not have accepted any award or merchandise exceeding \$25.00 in value for athletic performance. Athletes accepting cash merchandise certificates or negotiable certificates are in violation.
  11. Amateur Practices – Not have accepted money, or other valuable considerations in excess of \$25.00 from any source for participating in any form of athletics, sports, or games, or for officiating interscholastic athletic contests unless registered as a participant of the LEGACY program sponsored by the M.H.S.A.A., or have signed a professional athletic contract. Reinstatement will not be considered for one (1) year.
  12. Limited Team Membership - Not have participated in any outside competition in a sport during the season after the athlete has represented his or her school in that sport except individual sports meets or contests (limit 2). Not have participated in a so-called all-star, charity, or exhibition contest during the school year.
  13. When a student is disqualified during a contest for flagrant or unsportsmanlike conduct, that student shall be withheld by his/her school for at least the next contest (1-day of competition) for that team. Disqualifications (meaning the athlete must be in attendance but cannot participate) for one season carry over to the next season in that sport for undergraduates or the next season in any sport for seniors. (MHSAA regulations)
  14. Career Connections Academy (CCA) students are not eligible to participate in any MHSAA sponsored sports.

### **SUMMER DEAD PERIOD**

The Summer Dead Period is a period of seven full consecutive calendar days after school is out in June and after a school's participation in MHSAA tournaments is completed. This week usually coincides with the week that includes the 4th of July. During the dead period, there is no involvement or contact by the school or coach with students in grades 7-12 in any MHSAA tournament sport. It is a zero coach-player period; at school or elsewhere. There are to be no school or coach conducted open gyms, conditioning or weight lifting programs on school premises or sponsored by the school or coach at other facilities. The Representative Council adopted the following to further clarify the intent of the summer dead period: The



Summer Dead Period is intended to provide at least seven consecutive days when school coaches will have no contact with students in grades 7-12 of the school district in any manner related to any sport sponsored by that school. Unplanned, casual, normal community contact is permitted. The Summer Dead Period applies to all levels of MHSAA member schools; coaches and students in grades 7-12 except that non-school summer baseball and softball practices and competitions regularly scheduled throughout the summer may continue with school coaches and students from the same district (e.g., American Legion). It is intended that no sport-related involvement, including attendance at school sport-related fundraisers and functions, take place during the Summer Dead Period. It is intended that no sport activities occur on school premises during the Summer Dead Period that involve school coaches or are sponsored by the school or supported by the school. Because school personnel are prohibited from holding such activities, it is intended that no school facilities be planned for use by non-school groups or individuals for athletic purposes (including student-led practices or conditioning) during the Summer Dead Period.

### **PRE-SEASON DOWN TIME**

The preseason down time specifies no open gyms for a period of six to 14 days prior to the start of each season. Mainly, it's designed for from Aug. 1 to the start of fall sports practices, 14 calendar days before winter sports start, and from March 1 until the beginning of spring sports.

### **TRAINING RULES**

Students shall be regarded to be under the rules of the Athletic Code beginning with their first day of participation in interscholastic athletics and continuing through to their date of graduation or the last date of participation whichever is later. This includes vacation breaks, summer recess, and off-season times. The participation is always under the student athletic code from the beginning to the end of their athletic career.

### **Drug/Alcohol/Tobacco Policy**

#### **Tobacco/E-Cigarette/Electronic Delivery Devices**

All Wayland athletes are to refrain from use of tobacco in any form, possession of tobacco in any form, and paraphernalia for the use of tobacco.

- A. Use of tobacco has been proven to be hazardous to health.
- B. Use of tobacco may hinder athletic performance.
- C. Use of tobacco by minors is illegal.

#### **Alcohol**

All Wayland athletes are to refrain from use of or possession of alcoholic beverages in any form.

- A. Use of alcohol may hinder athletic performance.
- B. Use of alcohol by minors is illegal.

#### **Drugs**

All Wayland athletes are to refrain from use of drugs, possession of drugs, and use of or possession of paraphernalia for the use of drugs.

- A. Continuous use of drugs may lead to addiction.
- B. The use of many drugs is illegal.
- C. The use of mind-altering drugs violates the spirit of amateur athletics and athletic performance. A drug violation is defined as:
  - a. all dangerous controlled substances as so designated and prohibited by Michigan statute;
  - b. all chemicals which release toxic vapors;
  - c. any prescription medication or patent drug, except those for which permission to use in school has been granted pursuant to Board policy;
  - d. “look-alikes”;
  - e. anabolic steroid and performance enhancing drugs;
  - f. any other illegal substances so designated and prohibited by law.

## TRAINING VIOLATION CHART

Offense	1 <sup>st</sup> Career Offense	2nd Career Offense	3rd Career Offense
TOBACCO	50%	One Calendar Year	Indefinitely suspended from athletic participation*
ALCOHOL	50%	One Calendar Year	
DRUGS	50%	One Calendar Year	

1. A **first** - violation of training rules is a 50 % of a season suspension. The student athlete may enter into a diversion program and have their **first offense** reduced to 25%. This program will only be accepted on the first training offense. The student must also complete a paper explaining what they learned in the diversion program and how they will use that information going forward before returning to play.
2. A **second** - training violation is a one calendar year suspension. The student athlete may enter into the Prime of Life Program offered through Allegan Area ESA and have the suspension reduced to a 50% suspension.
3. A **third** - training violation is an indefinite suspension from athletic participation. An athlete may request reinstatement after being permanently suspended (3<sup>rd</sup> offense) from all athletic participation after a period of 365 days. (See Section Appeal Process)

## Suspension Stipulation

1. If a student athlete is academically ineligible during his/her suspension, the disciplinary action does not begin until they are deemed eligible.
2. If a student athlete is participating in two (2) sports during one season, the disciplinary action will affect both sports.
3. There is only one first/second/third career training offense, whether it is tobacco, alcohol or drugs. There is not one of each.

4. Any athlete who has violated training rules must continue to practice with his/her team unless they are suspended in or out of school. Athletes are also to be in attendance at all contests as a spectator on the bench (must not be in uniform).
5. If the total contest dates for suspension cannot be fulfilled in the current athletic season, the suspensions will carry-over to the next sport in which the athlete participates in.
  - A. **Example: An athlete who is suspended for drinking after the 8<sup>th</sup> football contest date would miss one (1) football contest date which is 10% of the football schedule. He/she would also miss eight (8) basketball contest dates – if he or she would be a team member – which is 40% of the basketball schedule. (10% + 40% = 50%).**
6. The number of contest dates to be missed by an athlete in violation of training rules is calculated by taking the number of contest dates or meets scheduled and multiplying by the percentage factor of the violation. Calculations which end in .4 or below are rounded down, .5 are rounded up.

## **Appeal Process**

An athlete may request reinstatement after being permanently suspended (3<sup>rd</sup> offense) from all athletic participation after a period of 365 days.

1. Request for reinstatement shall be made in writing to the athletic director.
2. The athletic director shall solicit comment from the teaching staff, coaching staff, and administration who may comment either favorably or unfavorably regarding reinstatement.
3. The athletic director shall then either reinstate the athlete or decline reinstatement within ten school days of the request for reinstatement.
4. If reinstatement is denied, an appeal may be made by the athlete to the standing athletic committee. The standing athletic committee consisting of three school board members will be appointed by the school board president.

Reinstatement will be denied if the athlete has not demonstrated an ability to comply with the athletic code of conduct during the suspension period. If reinstatement is denied, the athlete may again apply for reinstatement after a period of 180 days from the date of the last application for reinstatement.

## **Conduct of Athletes**

A firm and fair policy of enforcement is necessary to uphold the regulation and standards of the athletic department. All student athletes shall abide by a code of ethics, which will earn them the honor and respect for their participation that competition in the interscholastic program affords. Any conduct that results in dishonor to the student athlete, the team or the school is not acceptable. Acts of unacceptable conduct such as, but not limited to, theft, vandalism, breaking and entering, hazing, cheating, disrespect, immorality, sexual harassment or violation of law tarnish the reputation of everyone associated with the athletic programs. The coach, athletic director and principal are charged with assuring compliance with the Athletic Code of Conduct. Penalties for noncompliance will be fairly and firmly levied and administered by the athletic director and/or principal.

Pursuant to Wayland Union School District Board of Education policy #5500, each student is responsible for his or her conduct in school, on school vehicles, and at school-related events.

1. Students and parents are reminded that the school rules and regulations as set forth in the student handbook are the basis for dealing with all student related matters. The Athletic Code of Conduct is to be viewed as an addition to the high school and middle school handbook(s) and is intended to deal with the behavior and conduct of the student athlete. Through your participation in athletics, you will be required to abide by the rules and regulations outlined in BOTH the Wayland Union Middle School Student Handbook as well as the rules and regulations outlined in the Wayland Union High School Athletic Handbook. Thus, you are open to disciplinary action under both said handbooks.

**Conduct Unbecoming an Athlete (i.e. theft, insubordination, truancy, weapons violation, trouble with the law, fighting, plagiarism, inappropriate social media posts, or anything that would negatively represent the individual, team and/or school.) The penalties will be at the discretion of the Athletic Director, based on the severity of the violation. Each additional violation will result in a progressive punishment**

1. Discipline for this violation will rest in the hands of the PRINCIPALS and the ATHLETIC DIRECTOR. Possible penalties could include but are not limited to: suspension for a number of days/contests, dismissal from the team and/or a permanent ban of participation in any program.
2. If the athlete wishes to appeal a decision, he/she may appeal to the STANDING ATHLETIC COMMITTEE\*.

These rules are in effect 365 days a year.

\*THE STANDING ATHLETIC COMMITTEE will consist of three school board members appointed by the school board president.

### **Training and Disciplinary Violation Procedure**

1. School employees such as school board members, administration, teachers and coaches, who witness an offense, shall have power to inform the athletic director in writing so that disciplinary action in accordance with the established procedure can take place on the violation. Police notification, police reports, and court records may also be utilized.
2. All acts of violation of training rules and disciplinary action shall be given to the athletic director in writing and dated by the person witnessing the violation. Violations must be reported to the athletic director within 30 days after the violation occurs and all penalties served within 365 days of the reported date or the penalty is dropped. The athletic director will then have 30 days to act following notification. The order of appeal for disciplinary action will be as follows: athletic director, standing athletic committee.
3. Court convictions for violations of the training rules and conduct not becoming an

athlete will serve as justification for suspension in accordance with the athletic handbook. The athletic director will have 30 days after publication of the court notice to act.

4. The standing athletic committee reserves the right to review the record of any athlete who consistently violates training rules for more drastic and far-reaching disciplinary action. Also, the standing athletic committee has the right to overrule any coaches' disciplinary decisions, which the standing athletic committee feels is not in keeping with amateur athletics
5. The standing athletic committee has power of suspension for reasons other than above training rules.

All training rule violations must be served as consecutive athletic contests, which will include any and all post season competition as defined in Regulation 1, Section 12, of the MHSAA Handbook.

### **Athletic Insurance**

Wayland Union Schools does not assume financial responsibility for medical, hospital, or ambulance expenses incurred because of athletic injuries. Athletics is a voluntary program in which students may participate at their own risk.

In your Final Forms documentation there is a signed athletic permission form and physical permission form indicating your insurance coverage, those forms must be completed before your son/daughter may begin participation. Insurance coverage became mandatory beginning with the 1986-87 school year.

### **Potential Dangers in Athletic Participation**

Parents and student athletes should fully understand and appreciate the risk of serious personal injury associated with participation in the educational sports program provided by Wayland Union Schools. Participation in school athletics involves flying objects; swift movement of bodies which many times are airborne, and unavoidable collisions.

Athletic activities are hazardous and taking part in such activities is calculated risk-taking on the part of the student athlete and parents. It is also understandable that for many young adults, the potential benefits exceed participation in a stimulating adventure and satisfies the student athlete's desire for competition, strenuous effort, and creative activity. Reducing injuries to a minimum without subtracting from this adventure is a continuous goal of the coaching and administrative staff.

### **COMMUNICATION COACHES EXPECT FROM PARENTS**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Social media should not be used to express or address concerns about coaches' decisions.
4. Specific concerns regarding a coach's philosophy and/or expectations.

As your children become involved in the Wayland Athletic program, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of others' positions.

#### **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.

Sometimes it may be very difficult to accept your child 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 students involved.

While there are certain things, which can and should be discussed with your child's coach, there are also things, which must be left to the discretion of the coach.

#### **Issues not appropriate to discuss with coaches**

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

When parent-coach conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

#### **If you have a concern to discuss with a coach, the procedure you should follow...**

1. Please wait 24 hours. Call the high school to set up an appointment with the coach.
2. The Wayland High School telephone number is (269) 792-2254.  
The Wayland Middle School telephone number is (269) 792-2306.
3. If the coach cannot be reached:  
call the H.S. Athletic Director, (269) 792-2254 ext. 1012.  
call the M.S. Athletic Coordinator (269) 792-2306 ext. 1416.  
They will set up the meeting for you.
4. Please **DO NOT** attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

#### **The Next Step**

*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 (269) 792-2254 ext.1012 to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Failure to adhere to any of the above may lead to exclusion from attendance of athletic events.

**MODEL POLICY FOR MANAGING HEAT AND HUMIDITY**  
**MHSAA Handbook**

As a precursor to the requirement that all MHSAA member schools adopt a policy to minimize the risk of heat-related illness in interscholastic athletic programs, the following MHSAA “Model Policy” is proposed for adoption by the Representative Council on March 22, 2013

**If the Heat Index is below 95 degrees:**

- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes in duration.
- Ice-down towels for cooling
- Watch/Monitor athletes carefully for necessary action

**If Heat Index is 95 to 99 degrees:**

- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes in duration.
- Ice-down towels for cooling
- Watch/Monitor athletes carefully for necessary action
- Contact sports and activities with additional equipment:
- Helmets' and other possible equipment removed while not involved in contact
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index

**If the Heat Index is above 99 degrees to 104 degrees:**

- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes in duration.
- Ice-down towels for cooling
- Watch/Monitor athletes carefully for necessary action
- Alter uniform by removing items if possible
- Allow for changes to dry t-shirts and shorts
- Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
- Postpone practice to later in the day.
- Contact sports and activities with additional equipment:
- Helmets' and other possible equipment removed while not involved in contact
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index

**If the Heat Index is above 104 degrees:**

- Stop all activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

**MHSAA PROTOCOL FOR IMPLEMENTATION OF NATIONAL FEDERATION SPORTS  
PLAYING RULES FOR CONCUSSIONS**

**“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”**



Participation in such athletics is purely voluntary; such activities involve physical exertion and contact and that there is inherent risk of personal injury associated with participation.

## **PUBLIC NOTICES**

### **PUBLIC ACT 31 (1990) REQUIRES NOTICE THAT POSSESSION/USE OF STEROIDS IS A CRIME**

In 1990, the Michigan Legislature enacted Public Law 31 which requires athletic service providers – including both educational and recreational athletic facilities – to post notice that warns that any person who uses or knowingly possesses an androgenic anabolic steroid violates Michigan law and is punishable by imprisonment and fine.

### **PUBLIC ACT 187 (1999) PROHIBITS PROMOTION/DISTRIBUTION OF PERFORMANCE ENHANCING SUPPLEMENTS**

Michigan public school employees and volunteers are prohibited by Public Law 187 from promoting or supplying dietary supplements which carry claims of enhanced athletic performance. The Law covers androstenedione, creatine and any compound labeled as performance enhancing. See MCL 380.1317.

### **PUBLIC ACTS 111 AND 112 (2004) PROHIBIT AND PENALIZE HAZING**

In 2004, the Michigan Legislature enacted legislation that prohibits hazing activities at educational institutions and provides penalties. Hazing is defined in the law as an intentional, knowing or reckless act by a person who acted alone or with others that was directed against an individual and that person knew or should have known would endanger the physical health or safety of the individual, and that was done for the purpose of affiliation with, participation in, or maintaining membership in any organization. The law does not apply to an activity that was normal and customary in an athletic program sanctioned by the educational institution. If the violation resulted in physical injury, the person would be guilty of a misdemeanor punishable by imprisonment for not more than 93 days, a fine of not more than \$1,000, or both. A violation resulting in an impairment of a body function would be a felony resulting in imprisonment of up to five years and a fine up to \$2,500, or both. A violation resulting in death of the person hazed would be punishable by up to 15 years imprisonment and a maximum fine of \$10,000 or both.

### **PUBLIC ACT 215 (2006) BANNED DRUGS**

The law requires all public school districts and academies to include in their local codes of conduct that possession or use of any National Collegiate Athletic Association banned drug is not permitted and shall subject the student to the same penalties that the school district has established for possession/use of tobacco, alcoholic beverages and illegal drugs.

(1) The board of a school district or board of directors of a public school academy shall ensure that its policies concerning a pupil's eligibility for participation in interscholastic athletics include use of a performance-enhancing substance by the pupil as a violation that will affect a pupil's eligibility, as determined by the board or board of directors. The governing body of a nonpublic school is encouraged to adopt an eligibility policy that meets the requirements of this section.

(2) For the purposes of this section, the Department of Community Health shall develop, periodically update and make available to school districts, public school academies and nonpublic

schools a list of performance-enhancing substances. The Department of Community Health shall base the list on the list of banned drugs contained in the Bylaws of the National Collegiate Athletic Association.

### **PUBLIC ACTS 342 AND 343 (2012) CONCUSSION AWARENESS IN NON-MHSAA SPORTS ACTIVITIES**

The law mandates that the Michigan Department of Community Health (MDCH) establish a concussion awareness website for youth sports sponsoring organizations (including schools) with educational material in **non-MHSAA** sports activities including physical education, intramurals, out-of-season activities, as well as out-of-season camps or clinics.

- Adult coaches must complete a one-time designated online concussion awareness course and the sponsoring organization maintains a record of completion.
- Students and parents must review concussion material and the organization maintains an acknowledgement of this material until age 18 or the student discontinues the activity.
- Participants with a suspected concussion must be withheld from activity and evaluated by an appropriate health care provider and not be returned to activity until written approval is provided by an appropriate health care provider. For MHSAA practices and competition, an MD or DO must provide a written return to play. See MHSAA Concussion Protocol on Page 111.

The MDCH Website is accessible through MHSAA.com Health & Safety Page or directly at [michigan.gov/sportsconcussion](http://michigan.gov/sportsconcussion).