

CARSON CITY-CRYSTAL ATHLETIC DEPARTMENT

ATHLETIC POLICY HANDBOOK

For
Parents and Students



Carson City-Crystal HS/MS
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<http://carsoncity.schoolwires.net>

FORWARD

We are very pleased that you have decided to become involved in athletics at Carson City-Crystal. Provided by the Board of Education, the interscholastic athletic program in the Carson City Crystal Middle/ High School offers a wide range of voluntary educational athletic activities to both young men and women at the middle and high school levels. To be able to represent Carson City-Crystal and its schools is a privilege afforded by the Board of Education only to those athletes who have earned the opportunity to do so. The purpose of this handbook is to inform Carson City-Crystal's student-athletes and their parents of our athletic rules and policies. The rules set forth in this document are intended to enhance the quality of the experiences available through educational athletics.

Participating as an athlete at Carson City-Crystal Middle/ High School carries with it a tremendous amount of responsibility. Failure to follow the rules spelled out in this document could cause the participant to be denied the privilege of participation in athletics. A considerable amount of time and effort on the part of both the athlete and parent is required to participate in athletics. We strive to have all of our athletes achieve in the classroom as well as in educational athletics. The success of the interscholastic athletic program is not based solely on the win-loss record of the teams. Instead, a goal of the program is to have each participant reach his/her maximum potential.

MISSION STATEMENT

The mission of the Carson City-Crystal Athletic Department is to further the educational aims of our school district while promoting the district's good name through the teaching of employability skills such as sportsmanship, teamwork, cooperation, fair competition, moral development, fitness, social skills, emotional maturity, dedication, self-sacrifice, commitment and to do so while pursuing excellence.

NON DISCRIMINATION

The athletic program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. All students at Carson City-Crystal Middle/ High School shall have an equal opportunity to participate in and benefit from all academic and extracurricular activities and services. No student, on the basis of sex, race, creed, color, national origin, marital status, or handicap will be excluded from participation in any program directed by the school unless the exclusion is lawful. All participants must accept the training rules, regulations, and responsibilities which are unique to an athletic program in order to participate in educational athletics. Membership on an athletic team is an honor and a privilege, not a right. Students deciding to become a part of the athletic program must understand that they are accepting the privilege and benefits of participation and should fully appreciate that they have taken on certain specific obligations and responsibilities.

AFFILIATIONS

Carson City-Crystal Middle/ High School is a member of the Mid-States Activities Conference (MSAC) and of the Michigan High School Athletic Association (MHSAA). The MSAC consists of the following schools: Ashley, Carson City-Crystal, Coleman, Montabella, Sacred Heart and Vestaburg. Athletic participants are governed by this *Athletic Policy Handbook*, the *MSAC Constitution* and the rules and regulations of the MHSAA.

POTENTIAL DANGERS IN ATHLETIC PARTICIPATION

Parents and athletes should fully understand and appreciate the risk of serious injury associated with participation in athletic programs provided by Carson City-Crystal Area Schools. Athletic activities can be hazardous, and taking part in such activities is calculated risk-taking on the part of the athlete and parents. While reducing injuries to a minimum is a goal of our coaching staff and administration, the possible dangers must not be overlooked.

ATHLETIC INJURIES AND INSURANCE

Athletics is a voluntary program in which students participate at their own risk. Carson City-Crystal Area Schools does not assume financial responsibility for medical, hospital, or ambulance expenses incurred because of athletic injuries. The Michigan High School Athletic Association does carry Catastrophic Accident Medical Insurance for athletes. If you have any questions on this insurance, please see their website at www.mhsaa.com.

HAZING

Hazing shall be defined for purposes of this policy 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 policy does not apply to an activity that was normal and customary in an athletic program sanctioned by our educational institution. Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy. Students who fail to abide by this policy may be subject to disciplinary action and may be held personally liable for civil and criminal penalties in accordance with law.

CARSON CITY-CRYSTAL ATHLETIC OFFERINGS

Fall:

Boys' Football – Varsity, Junior Varsity, 8th Grade & 7th Grade
Girls' Volleyball - Varsity, Junior Varsity, 8th Grade & 7th Grade
Boys' Cross Country – Varsity, 8th Grade & 7th Grade
Girls' Cross Country – Varsity, 8th Grade & 7th Grade

Winter:

Boys' Basketball - Varsity, Junior Varsity, 8th Grade & 7th Grade
Girls' Basketball - Varsity, Junior Varsity, 8th Grade & 7th Grade
Wrestling – Varsity, 8th Grade & 7th Grade
Pom Pon – Varsity, 8th Grade & 7th Grade
Boys' Bowling- Varsity
Girls' Bowling- Varsity

Spring:

Boys' Baseball - Varsity, Junior Varsity
Girls' Softball - Varsity, Junior Varsity
Boys' Track – Varsity, 8th Grade & 7th Grade
Girls' Track – Varsity, 8th Grade & 7th Grade
Girls' Soccer- Varsity

ACTIVITY CODE OF CONDUCT

Adopted June 2, 1997, Revised July, 1998, Revised August, 1999, Revised August, 2000, Revised June, 2003, Revised June, 2004, Revised 2008, Revised July 2012, Revised June 2013.

Representing Carson City-Crystal Middle/High School in co-curricular activities is regarded as a privilege. All students who take part in co-curricular activities must understand that adherence to all parts of the School Activity Code is an essential condition for participation. Co-curricular activities include all athletic activities and co-curricular activities that Carson City-Crystal Middle/High School offers beyond the regular school day.

The purpose of the School Activity Code is to encourage students to appreciate and practice the values of responsible behavior, healthy living and good citizenship. Students should remember that their behavior reflects on their team, their school, their community, their family and themselves.

Students shall be regarded to be under the rules of the School Activity Code beginning with their first day of participation in a co-curricular activity and continuing through to the date of graduation or the last date of participation, whichever is later.

***THIS INCLUDES VACATION BREAKS, SUMMER RECESS, AND OFF-SEASON TIMES. THE PARTICIPANT IS ALWAYS UNDER THE STUDENT ACTIVITY CODE FROM BEGINNING TO END OF THEIR PARTICIPATION.**

I. MAJOR VIOLATIONS

- A. Use or possession of tobacco products
- B. Use or possession of alcoholic beverages
- C. Use or possession of illegal and/or "look alike" drugs and/or any National Collegiate Athletic Association banned drug; illegal use or abuse of prescription drugs; and/or steroids and/or over-the-counter drugs and products.
- D. Conviction of a felony act.
- E. Theft, vandalism or malicious destruction of property.

II. PROCEDURES FOR MAJOR VIOLATIONS

- A. The athletic director is the administrator responsible for holding all hearings and invoking penalties when appropriate.
- B. All violations shall be reported to the appropriate administrator. What constitutes an acceptable source shall be left to the discretion of the administrator.
- C. The administrator shall arrange to hold a conference with the reported student and the student's coach and/or advisor.
- D. The administrator will give written notice of such penalties to the student's parents, coach and principal.

III. PENALTY STEPS FOR MAJOR VIOLATIONS

- A. First Offense:
 - 1. Suspension from all co-curricular activities for 40% (2/5) of the contests or competitions in the current season and/or the next season of competition.

Alternative Penalty: The student/parent may choose a 20% loss of the contests or competitions **and** 20 hours of community service to be completed *before* the student may resume competition.

*IF THE LENGTH OF THE SEASON HAS FEWER DATES OF PARTICIPATION THAN WHAT THE PENALTY STEP DICTATES, THEN THE REMAINDER (PROPORTIONALLY) OF THE PENALTY CARRIES OVER INTO THE NEXT SEASON. THE STUDENT MUST FINISH ANY SEASON(S) IN WHICH THE SUSPENSION OCCURS.

B. Second Offense:

1. Suspension from all co-curricular activities for 60% (3/5) of the contests or competitions in the current season and/or the next season of competition.

Alternative Penalty: The student/parent may choose a 40% loss of the contests or competitions **and** 40 hours of community service to be completed *before* the student may resume competition.

C. Third and Subsequent Offenses:

1. Suspension from all co-curricular activities for one calendar year.

- D. If one calendar year passes without any participation in co-curricular activities, the suspension for an activity code violation is negated.

IV. APPEALS FOR MAJOR VIOLATIONS

- A. Within three school days following the assessment of a penalty, a student or student's parent/guardian may file an appeal in writing with the athletic director.
- B. Any and all Activity Code violation appeals shall go directly to the Board of Education or to their appointed committee.
- C. Students shall not be allowed to participate in contests or competitions during the appeal process.
- D. An appeal cannot be filed for penalties resulting from violations of the Activities Code when the court has found the student guilty.

V. REINSTATEMENT

- A. Suspended students will be allowed to participate in practice activities.
- B. Students who receive penalties as seventh and eighth graders will have all previously fulfilled suspensions removed from their records upon entering the ninth grade.
- C. A student violating any substance rule (I. #A-C) will be required to attend a substance abuse program approved by the school arranged and funded at the student/parent's expense.
- D. Once a student has violated the activity code of conduct, he/she may not join an athletic team if 20% of the season has elapsed including practice time. Student-athletes who have not violated the activity code may join an athletic team at any time at the discretion of the coach and the athletic director.

VI. MINOR VIOLATIONS

- A. Violation of school rules, which does not constitute a major violation, or behavior at any school sponsored event or any activity associated with the school, which the coach/advisor regards as unbecoming of a student at Carson City-Crystal Area Schools.
- B. Misdemeanor violations other than non-criminal traffic violations.

VII. PENALTIES FOR MINOR VIOLATIONS

Penalties will be at the discretion of the coach/advisor of the student's co-curricular activity.

VIII. CITIZENSHIP VIOLATIONS

Behavior on or away from school grounds, which the school administration and/or coach/advisor regards as unsatisfactory citizenship.

IX. PENALTIES FOR CITIZENSHIP VIOLATIONS

Penalties will be at the discretion of the school administration and coach/advisor, and could lead to dismissal from the athletic/activity team.

X. ELIGIBILITY

- A. Students must meet all Carson City-Crystal Area Schools and the Michigan High School Athletic Association requirements to compete in athletics.
- B. Attendance to school is important and athletes should make every effort to attend. Misuse of the school's attendance policy will result in the student-athlete being placed on an individual contract and/or potential restrictions in athletic participation at the athletic director's discretion.
- C. Students are not to participate in an activity until all previously issued uniforms and equipment items have been turned in, paid for, or arrangements for paying for such items have been made with the athletic director.
- D. All students must meet MHSAA academic standards. In the high school, a student must be passing 66% of a full load. In the middle school, a student must be passing 50% of a full load. If a student fails to meet MHSAA standards at the time the school checks grades, then that student becomes ineligible **immediately** until the next check date.

Approved by the Board of Education on June 2, 1997. Became effective July 1, 1997. The provisions set herein supersede all previous Athletic Codes and their amendments or revisions.

MHSAA BANNED DRUGS

It is your responsibility to check with the appropriate athletics staff before using any substance.

The MHSAA bans the following classes of drugs:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions

- Blood Doping
- Local Anesthetics (under some conditions)
- Manipulation of Urine Samples
- Beta-2 Agonists permitted only by prescription and inhalation
- Caffeine if concentrations in urine exceed 15 micrograms/ml

Nutritional/Dietary Supplements Warning

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

Note to Student-Athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient.

Check with your athletics department staff prior to using a supplement.

Some Examples of Banned Substances in Each Drug Class

Stimulants

Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, “bath salts” (mephedrone) etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione) Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; testosterone; trenbolone; etc.

Diuretics (water pills) and Other Masking Agents

Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs

Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues

Growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens

Anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

Beta-2 Agonists

Bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting. Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

Last Updated: Nov 15, 2013

CARSON CITY-CRYSTAL SCHOOL DISTRICT SPORTSMANSHIP POLICY

- The school's and league's reputation should not be placed in jeopardy because of unsportsmanlike behavior.
- Fans in attendance at after-school events are expected to have fun by demonstrating positive enthusiasm without causing harm, danger or embarrassment to others or to the school.
- Fans are to follow all rules that are in effect during the school day at after-school events. (Use of controlled substances, swearing, fighting, etc.)
- Proper language is to be used. No swearing or language which is offensive to others will be tolerated. High school events are a family activity. Individual and group vulgarity is unacceptable, as is verbal harassment and booing of players, coaches and officials.
- Obscene gestures are unacceptable.
- Dangerous and boisterous behavior, such as pushing, shoving or fighting, is not acceptable.
- The throwing of objects, even toilet paper, at fellow spectators, band members, cheerleaders, officials, players or onto the playing surface, is unacceptable, and could result in an injury or the team being penalized by the game official.
- Respect is the key to good sportsmanship. Opponents should be respected. They are not enemies, but teenagers who happen to attend other schools.
- Be modest and humble in victory or defeat.
- Acknowledge good plays by both teams.
- Work together with cheerleaders for positive chants and avoid obscene, or degrading cheers.

ADULT FAN BEHAVIOR GUIDELINES

If a fan is acting in an unsportsmanlike manner, he or she will be approached and be advised of the inappropriate behavior by a staff member or the game management with a follow up letter sent by the athletic department. A second offense will result in a suspension of two home contests and any other athletic event during the suspension time period. A third offense will result in a suspension from all athletic contests for the remainder of the school year. This process may be accelerated if the administration deems necessary.

SUMMARY OF MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION RULES OF STUDENT ELIGIBILITY

To be eligible for interscholastic athletics, a student must comply with the following:

1. **AGE:** Senior high school students must be under 19 years of age, 8th-graders under 15, and 7th-graders under 14, unless that birthday occurs on or after September 1 of the current school year, in which case they are eligible throughout the school year.
2. **PHYSICAL EXAMINATION:** Students must have on file in the school administrative office a statement for the current school year certifying that they are physically able to compete in athletic tryouts, practices and scrimmages, and a consent for disclosure. Valid physical exams for each school year must be conducted on or after April 15 of the previous school year.
3. **ENROLLMENT:** Students must be enrolled in the school for which they compete. Students cannot be enrolled in high school for more than eight semesters. The seventh and eighth semesters must be consecutive. Students are allowed only four first semesters and four second semesters. A student must be enrolled not later than the fourth Friday after Labor Day (1st Semester) or the fourth Friday of February (2nd Semester). A student must be enrolled in at least 50% of his/her current course load in the school for which he/she competes for the middle school and 66% of his/her current course load for the high school.
4. **TRANSFER STUDENTS:** A student in grades 9 through 12 who transfers to another high school is not eligible to participate in an interscholastic contest for one full semester unless the student qualifies for immediate eligibility under one or more of the MHSAA published exceptions. An ineligible transfer student who is confirmed to have transferred for athletic reasons is ineligible to participate in an interscholastic contest for two full semesters for the school to which the student transfers. Students and parents anticipating a change of schools should first seek advice from their high school administration.
5. **UNDUE INFLUENCE:** The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one semester.
6. **LIMITED TEAM MEMBERSHIP:** After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport in the same season. Exception - Students in individual sports may participate in a maximum of two (2) non-school individual meets or contests during the school season while not representing their school.

7. **ALL-STAR COMPETITION:** Students shall not compete at any time in any sport under MHSAA jurisdiction in all-star contests or national championships, regardless of the method of selection. Participation in such a contest shall cause that student to become ineligible for a maximum period of one year of school enrollment.

8. **AWARDS & AMATEURISM:** Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA Handbook. Students may accept, for participating in MHSAA sponsored sports, a symbolic or merchandise award which does not have a value over \$25. Banquets, luncheons, dinners, trips and admissions to camps or events, are permitted if accepted "in kind." Awards in the form of cash, merchandise, certificates, or any other type of negotiable document are never allowed.

Further explanations of MHSAA rules can be found on the MHSAA website.

10-POINT CHECKLIST FOR STUDENT ELIGIBILITY

If you cannot check all 10 items, see your athletic director.

- 1. You were enrolled in a high school not later than the fourth Friday after Labor Day.
- 2. You will not have turned 19 before September 1.
- 3. You have had a physical examination since April 15, and it is on file in the school athletic office.
- 4 You have not been enrolled in more than eight semesters in high school (grades 9-12)
- 5. You have passed at least four full credit subjects in the previous semester of enrollment.
- 6. You are currently passing at least four full credit subjects.
- 7. You have not changed schools without a corresponding move by your parents or persons with whom you were living.
- 8. You have not received money or other valuable considerations for participating in MHSAA sponsored sports.
- 9. You have not participated in non-school contests in your sport after having reported for your school team.
- 10. You have not competed in an all-star or national championship after having played for a high school team in the same sport.

CONCERNS AND CHAIN OF COMMAND

Appropriate concerns to discuss with coaches.

1. What the expectations are for your student/athlete during practices and games.
2. Ways to help your student/athlete improve.
3. Concerns about your student/athlete.
4. Academic support and college opportunities.

It is very difficult to accept that your student/athlete is not playing as much as you may hope. Coaches are professionals. They make judgement decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your student/athlete's coach. Other things must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches are the following:

1. Playing time
2. Play calling
3. Team strategy and coaches' decisions
4. Other student athletes

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THIS IS THE PROCEDURE/ CHAIN OF COMMAND YOU SHOULD FOLLOW:

1. First, if applicable, the athlete should talk directly with the coach.
2. Then, if needed, the parent/guardian should call to set up a meeting with the coach. If this is either a middle school or junior varsity player, the Head Varsity Coach should be contacted before the next step. (989-584-3175 is the school phone number)
3. 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. Please make an appointment with the coach so all parties are prepared to discuss concerns in a appropriate time and place
4. Use the "24 hour rule"- wait until 24 hours after the contest or practice to discuss a situation with a coach. The situation may look and feel very different after you have had time to reflect upon a concern.

If a satisfactory answer or resolution has still not occurred,

1. The school athletic director should be contacted (989-584-3018). The athletic director will listen to the concern then determine the appropriate next step. This usually will be a meeting with the coach, parent/guardian, athletic director and possibly the student-athlete. There are situations that may require a conference between the student-athlete, coach and the parent/guardian. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.
2. At this meeting the appropriate next step can be determined if the situation is still unresolved.

TEAM DESIGN PHILOSOPHY

The Carson City-Crystal interscholastic athletic program is designed to allow students to participate at their level of readiness while being able to achieve satisfaction and enjoyment. The program shall emphasize fun, enjoyment, opportunities for all students, and a strong emphasis on building skills at all levels.

MIDDLE SCHOOL LEVEL

- A. Student athletes should be able to explore and expand interests and abilities.
- B. Coaches should maximize opportunities for as many students as possible to participate.
- C. Major focus on teaching and time commitment should focus on basic fundamentals of the activity. Emphasis is on building skills and participation.
- D. All student athletes will participate in all games with nearly equal playing time.

FRESHMAN LEVEL

- A. The program design at the freshman level will lend itself to increased interscholastic competition.
- B. A major focus on participation will continue by developing innovative ideas for allowing continued opportunities for each athlete to participate in practices and contests.
- C. The program will be designed to allow for individual differences in growth patterns.
- D. The continued emphasis on skill development will be stressed with an introduction of more defined team concepts in all aspects of participation.
- E. All student-athletes will perform in competition on a daily basis.

JUNIOR VARSITY LEVEL

- A. The junior varsity level is a major transitional period that calls for a balance between participation and winning.
- B. The major focus continues on the teaching of basic fundamentals to further develop the skill level of each participant.
- C. Whenever possible, each student athlete will be given the opportunity to participate in practice and contests.

VARSITY LEVEL

- A. Varsity competition lends itself to an emphasis on winning. Although winning is a point of emphasis, the program should never sacrifice winning at the expense of the rules governing play, good sportsmanship, or the welfare of team members.

TRANSPORTATION POLICY

I. POLICY

Athletes, coaches and other team personnel are expected to travel to and from athletic contests via the method of transportation provided by the school district. Athletes who violate this procedure will be suspended from their next scheduled contest.

II. GUIDELINES

1. Transporting students to and from athletic contests is the responsibility of Carson City-Crystal Area Schools.
2. Parents wishing to take their child home after a contest are required to make personal contact with the coach before leaving.
3. A student may be granted permission to ride home from a contest with another student's parent or responsible adult (over 18 years of age) if the parent personally contacts the coach or provides written notice in advance.
4. Under unusual circumstances, athletes may be permitted to provide their own transportation to or from a contest. In such cases, the athlete must obtain permission of the coach and athletic director. A signed and dated note from the athlete's parent will be required.
5. While on trips, the bus driver is in charge of driving the bus and the coach is in charge of the students. The coach is to cooperate with the driver in making sure that the proper behavior is being demonstrated on the bus.
6. The bus drivers are required by the transportation supervisor to follow designated routes while on athletic trips. Stops for food, etc. should be cleared by the coach with the bus driver in advance, or upon boarding the bus.
7. On returning from an athletic trip, buses must be cleaned, windows shut, and equipment and personal items gathered. The coach is responsible for making a final inspection of the bus after passengers have left.
8. Coaches are responsible for providing the athletic director a departure schedule at the beginning of each season and at least two weeks prior to the first contest.
9. Coaches are responsible for submitting a roster of team personnel to the athletic director before leaving for a contest, and seeing that no unauthorized person (not directly related to the team) rides on team transportation.

AWARD POLICY

The CCC athletic department shall grant the following awards:

7th and 8th Grade - certificate

9th Grade - certificate & numerals

Junior Varsity - certificate & JV pin

Varsity - certificate, letter, and sports pin (1st year) or service bar (2nd-4th year)

Pins - manager & captain (varsity teams only)

Four Year Award Certificate - Presented to seniors who participated in four years of a high school sport.

SPECIAL AWARDS- VARSITY TEAMS ONLY

Football – Coach’s Award, Best Offensive Player, Best Defensive Player, Iron Eagle
Jerry LaSarge Award, Scout Team Player of the Year

Girls Basketball - MVP, MIP, Coach’s Award

Boys Cross Country - MVP, MIP, Coach’s Award

Girls Cross Country - MVP, MIP, Coach’s Award

Boys Basketball - MVP, MIP, Coach’s Award

Volleyball - MVP, MIP, Coach’s Award

Wrestling- MVP, MIP, Coach’s Award

Boys Bowling - MVP, MIP, Coach’s Award

Girls Bowling - MVP, MIP, Coach’s Award

Pom Pon - MVP, MIP, Coach’s Award

Baseball - MVP, MIP, Coach’s Award

Softball - MVP, MIP, Coach’s Award

Boys Track - MVP, MIP, Coach’s Award

Girls Soccer- MVP, MIP, Coach’s Award

Girls Track - MVP, MIP, Coach’s Award

Comments:

1. Athletes may earn only one varsity letter during their high school career.
2. Varsity letter requirements will be determined by the varsity coaches. Requirements must be distributed and communicated at the pre-season parent meetings. Coaches must also submit a copy to the athletic director prior to the season.
3. Athletes must complete the season to earn awards.

ACADEMIC STANDARD FOR ACTIVITIES PARTICIPATION
- Activity Code of Conduct Form/ Parent and Student Contract-

We have read and understand the information given in this Student Athlete Handbook. We agree to the rules and regulations set forth in the handbook.

Print - Student Name	Print – Parent/Guardian Name
Student Signature ****	Parent/Guardian Signature ****
Date	Student’s Grade

This form must be filled out and signed before:

- August 20th** for high school fall sports
- September 1st** for middle school fall sports
- November 3rd** for middle school winter sports
- November 24th** for high school winter sports
- January 12th** for middle school girls basketball
- March 22nd** for high school spring sports
- April 12th** for middle school track

This form not turned in by the listed date will result in the student-athlete not being allowed to practice until form is in.

Facts about Concussion and Brain Injury



About Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

Concussion Signs and Symptoms

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion. Symptoms of concussion usually fall into four categories:

 Thinking/Remembering	Difficulty thinking clearly	Feeling slowed down	Difficulty concentrating	Difficulty remembering new information
 Physical	Headache Fuzzy or blurry vision	Nausea or vomiting (early on) Dizziness	Sensitivity to noise or light Balance problems	Feeling tired, having no energy
 Emotional/Mood	Irritability	Sadness	More emotional	Nervousness or anxiety
 Sleep	Sleeping more than usual	Sleep less than usual	Trouble falling asleep	

Getting Better

Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Be patient because healing takes time. Only when your symptoms have reduced significantly, in consultation with your doctor, should you slowly and gradually return to your daily activities, such as work or school. If your symptoms come back or you get new symptoms as you become more active, this is a sign that you are pushing yourself too hard. Stop these activities and take more time to rest and recover. As the days go by, you can expect to gradually feel better.

Tips to help you get better:

- Get plenty of sleep at night, and rest during the day.
- Avoid activities that are physically demanding (e.g., sports, heavy housecleaning, working-out) or require a lot of concentration (e.g., sustained computer use, video games).
- Ask your doctor when you can safely drive a car, ride a bike, or operate heavy equipment.
- Do not drink alcohol. Alcohol and other drugs may slow your recovery and put you at risk of further injury.



There are many people who can help you and your family as you recover from a concussion. You do not have to do it alone. Keep talking with your doctor, family members, and loved ones about how you are feeling, both physically and emotionally. If you do not think you are getting better, tell your doctor.

For more information and resources, please visit CDC on the Web at: www.cdc.gov/Concussion.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention

