

Lapeer Community Schools Administrative Guideline 2431.01 (Secondary)

STUDENT ATHLETIC CODE HANDBOOK

Message to Students and Parents

This booklet is presented to you because of your interest in participating in our interscholastic athletic program.

Purpose Statement

The primary purpose of the athletic program in the Lapeer Community School District is to promote the physical, mental, social, emotional, and moral well-being of the participants. It is hoped that athletics in our schools will be a positive force in preparing young people for an enriching and vital role in American life.

The athletic program is considered an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. The student also accepts the training rules, regulations, and responsibilities which are unique to an athletic program. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations as the role demands sacrifices not required of others. Membership on an athletic team is an honor and a privilege, not a right. In addition to the "Lapeer Community Schools' Student Discipline Code" athletic program participants are also governed by the District Athletic Code and Michigan High School Athletic Association (MHSAA).

STATEMENT OF COMPLIANCE WITH FEDERAL LAW

It is the policy of the Lapeer Community School district that no person shall, on the basis of race, creed, color, national origin, sex, marital status, or handicap, be excluded from participation in, be denied the benefit of, or be subjected to discrimination under any program, activity, or employment. Inquiries or complaints regarding Title VI, Title IX and Section 504 may be addressed to the following:

**Executive Director for Human Resources
Lapeer Community Schools
Administration and Services Center
250 Second Street, Lapeer
(810) 667-2401**

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Statement of Ethics for Athletes

The conduct of an athlete is closely observed in many areas of life. Therefore, it is important that an athlete's behavior be above reproach both at and away from school. Accordingly, students who participate in athletics are reminded that the **REAL ATHLETE:**

- Understands that drinking, smoking, and use of illegal drugs are harmful to the body and hinder maximum effort and performance.
- Plans his/her time so as to give sufficient energy to studies to ensure acceptable grades. In addition, an athlete should give respectful attention to classroom activities and show respect for students and faculty members at all times.
- Maintains a good attendance record and is not absent or tardy from classes or school.
- Represents the community, school, and coaches and displays conduct becoming of an athlete at all times.
- Realizes that losing is part of the game and should be humble in defeat and modest in victory.
- Does not employ illegal tactics to gain an undeserved advantage.
- Refrains from the use of profanity on and off the field.
- Realizes that officials do not lose a game but are there for the purpose of ensuring that each team receives a fair deal; for this, they must receive your every courtesy.
- Works for the betterment of the school and what is right and good for fellow students.
- Supports the other athletic teams and makes an effort to attend other school activities.
- Observes the specific training and practice rules set down by the coach.
- Cares for all athletic equipment as though it were his/her own personal property.
- Appears neat and well-groomed at all times.
- Does not let employment interfere with regular practice sessions or games.
- Appreciates the importance of proper rest, diet, and exercise involved in athletic programs.
- Practices healthful habits of cleanliness and personal hygiene in all daily activities.
- Gives priority to the school district sport in which he/she is participating. This means the athlete must attend all practices and contests of the school district sport in season unless the coach gives approval for outside school district activities. In-season coaches may advise as to the best interest of the individual and the team.

Section I – RULES AND REGULATIONS

Student athletes and parents are required to sign and return the signature acknowledgement page of this code prior to the start of each athletic season.

A. GOVERNING RULES

Michigan High School Athletic Association rules must be followed as minimal regulations where more stringent district, league, school, or team rules are not specified.

B. DURATION OF ATHLETIC CODE

Students shall be regarded to be under the rules of the Student Athletic Code Handbook beginning with their first day of participation in interscholastic athletics and continuing through to the date of graduation or the last date of participation, whichever is later. These rules and regulations are in effect for athletes 365 days a year. Infractions that occur outside of the athletic season are subject to athletic consequences. Students entering 6th and 9th grade will be considered to have no previous behavior violations.

C. INDIVIDUAL TEAM RULES AND GUIDELINES

Each coach has the authority to develop additional award requirements and team guidelines for his or her sport not inconsistent with school wide rules and procedure. These rules will be subject to the approval of the Building Athletic Director's office and presented to all team members at the beginning of the season.

D. END-OF-SEASON AWARDS

Student athletes are eligible for season awards if they complete the season in good standing.

E. ATHLETIC DISCIPLINE

Athletes will be disciplined whenever referral is made to the coach and/or building athletic personnel based on (1) being caught in the act by school personnel or authorities; (2) police report or court action brought to the attention of school personnel; (3) self-admittance resulting from investigation of an incident or (4) conclusion reached after an impartial and fair investigation implicating a student athlete.

Disciplinary action may be imposed for up to one calendar year from the time of the infraction.

Violations of the Conduct of the Athlete and Use of Controlled Substance regulations will be cumulative during a student's high school athletic career. Accumulations will begin the first day an athlete begins tryouts for any team and will continue throughout his/her entire high school career.

F. CONDUCT OF THE ATHLETE

The community, school district, and school support the high standards of conduct and role modeling expected of student athletes. Proper behavior is expected in school, on and off the playing field, and to all areas beyond. Acts of unacceptable conduct include, but are not limited to, the following:

- Actions detrimental to the health, safety, and well-being of others
- Bullying
- Hazing
- Disrespect
- Improper use of technology and social media
- Insubordination
- Abusive or improper language
- Unsportsmanlike conduct
- Taunting and/or inciting
- Harassment
- Fighting/initiating a fight
- Negative attitude
- Theft or involvement in theft (school/personal)
- Falsifying documents or otherwise providing false information
- Destruction of school equipment
- Vandalism
- Conduct detrimental to the team or school
- Leaving the site of a competition without specific permission from the coaching staff
- Violation of school district and/or school rules and regulations
- Team policy offenses (absences, attitude, uncooperative behavior)

- Association with alcoholic beverages, drugs, tobacco products, or synthetic or mechanical tobacco/drug substitutes.
- Student athletes are expected to avoid association at activities where the illegal use of alcohol, drugs, or tobacco is present. Student athletes must make a conscious effort to immediately leave the area or situation when they realize that illegal activities are taking place in their presence.
- Other conduct as determined by the coach(es) or administration which could cause embarrassment or criticism to the team and/or school, or which is inconsistent with a student athlete's position as a leader and role model.

Participation in criminal activity adversely affects the school and/or athletic program. Due to the varied nature of criminal activities, consequences will vary from incident to incident based upon the severity and level of the offense, multiple offenses, and repeated occurrences of the same offense.

In cases or situations involving a student athlete's alleged criminal activity or civil infractions, school officials may proceed with disciplinary action under the Athletic Code whether or not criminal charges or civil infractions have actually been brought or filed against the student athlete, and notwithstanding the fact that such charges or infractions (if filed) may not yet have been resolved through the courts, provided the evidence available to the school officials reasonably warrants such discipline for violation of the Athletic Code.

Any Athletic Code of Conduct penalties would be in addition to any that may apply to the Student Code of Conduct, and it is understood that consequences specified within the student code of conduct supersede those of the Athletic Code. Violation of the rule involving conduct of the athlete will result in the application of the following:

1. **FIRST OFFENSE:** Suspension of up to 25% of the current season's contests*. If the violation occurs when less than 25% of the contests remain, the suspension will be carried over to the athlete's next season of competition. This penalty can carry over to the next school year for the student athlete. The suspended student athlete will be expected to participate in practice during the entire period of suspension, but will not be allowed to participate in or dress for games. In the case of drug, alcohol, or tobacco violations, the student must agree to enroll in, and complete, a school-approved program providing assessment and treatment for substance abuse related problems.

**Percentage of seasons will be based on MHSAA contest limitations or number of events scheduled for that season if less than MHSAA limits. Tournaments or invitationals that contain multiple contests on one day are counted as one event.*

2. **SECOND OFFENSE:** Will result in dismissal from athletic teams for up to one calendar year from the date of discovery of the violation.
3. **THIRD OFFENSE:** Will result in penalties up to termination of participation in any Lapeer Community School's Inter-scholastic athletic program for the remainder of the student's enrollment.

Penalties may exceed the guidelines, if in the judgment of the administration, the violation is of extreme severity. The penalty may include dismissal from the team and future participation in LCS athletic programs.

G. VOLUNTARY DISCLOSURE

An athlete may voluntarily disclose to a school employee, school official, coach, or an administrator a need for assistance for alcohol or substance abuse. Under such circumstances, the athlete will not be charged with a violation of the Student Athletic Code Handbook, unless it is determined that the athlete has used this self-disclosure opportunity to attempt to avoid a penalty. The athlete must agree to enroll and complete a school-approved program providing assistance for the problem. The school district will not be financially responsible for this program. This self-disclosure exemption is available to an athlete only once during his high school career.

H. AWARDS FOR DISMISSED ATHLETE

Any athlete dropped from team membership for disciplinary reasons will not be eligible to receive a letter, certificate, or other recognition and awards established for members of the team by the school. Athletes dismissed from a team will be considered not to have completed the season in good standing and have not met the award requirements.

I. SUSPENSION FROM SCHOOL

Athletes suspended from school will not attend practices or games during the suspension period. Athletic contests missed as a result of school suspension shall be counted towards the athletic code penalties.

J. TEAM TRAVEL

Transportation may be provided to and from away contests unless the event occurs on a Saturday or otherwise authorized by the school administration. District transportation will be provided on Saturday for participation in post-season competitions and track and football due to the equipment required for participation.

No district transportation is provided to events or practices for athletic teams that have home contests at off-campus venues a (or away contests at their home venue). Examples are: swimming, hockey, golf, soccer, tennis.

Transportation to athletic contests within district boundaries will vary by sport.

An athlete's conduct on a trip can have an effect upon his or her status as a team member.

When **district transportation is provided**, athletes must travel to and from contests away from Lapeer, in transportation provided by the school. The only exceptions are:

- Injury to a participant, which would require alternative transportation.
- Prior written arrangement between the participants' parent/guardian and coach for the student to ride with the parent/guardian or an approved volunteer driver.

When district **transportation is not provided**, coaches will communicate to parents the names of individuals who have been approved as volunteer drivers.

When district transportation is not provided, students will need to arrange for transportation to and from the event.

Lapeer Community Schools does not accept financial liability or responsibility for volunteer drivers transporting athletes to practices/events. Parents need to assess the risks and benefits of their child either driving themselves/other athletes, or riding with a volunteer driver.

K. ATTENDANCE AT MANDATORY PRACTICES

Unexcused absences or being late for scheduled practices will be handled by the coach of each sport and could result in loss of playing time or in persistent cases, in collaboration with administration, suspension or dismissal from the team.

L. SUNDAY/HOLIDAY NON-MANDATORY PRACTICES

Sundays should remain a day free of student activities. Athletic teams are discouraged from having practices on Sundays unless they have a Monday contest or prior administrative consent has been given. If this situation does occur, practice is considered non-mandatory. Practices scheduled over vacation/holiday periods during the season are to be considered non-mandatory. When practices are scheduled during holiday/vacation periods, students must prearrange, in writing, with the coach if they will not be in attendance. (Note: Games scheduled over this time period in hockey, wrestling, and basketball, etc. are to be considered part of the regular season and arrangements must be made with each individual coach of that sport.) *Under no circumstance shall athletes be penalized for missing a non-mandatory practice.*

M. PRACTICES ON INCLEMENT WEATHER DAYS

At no time does the Lapeer Community Schools demand that an athlete place his/her safety or the safety of anyone else in jeopardy. When practice is scheduled on days that school has been cancelled because of inclement weather, practice is considered non-mandatory. Athletes are to consult with their parents in determining whether it is sensible to attend on such a day. If not attending, it is important to confer with the coach prior to the time of the practice.

N. SCHOOL ATTENDANCE ON DAY OF CONTEST

Students must be in school the entire day of a contest or practice in order to participate. Exceptions to this rule and special arrangements for absences must be approved in advance by the building administration.

O. CARE OF EQUIPMENT

Any participant who is issued athletic equipment or uses any athletic equipment owned by the school district will be held financially responsible for the care of the assigned or designated athletic equipment.

P. CONCUSSION PROGRAM

Lapeer Community Schools utilizes the concussion program included in Appendix A of this handbook which defines our procedures for baseline testing of all athletes, assessment of concussions, and final procedures for safe return to play.

All LCS athletes will complete an ImPACT baseline assessment as a part of the LCS Concussion Program prior to the start of their first competition. For more details regarding the ImPACT program, please see the ImPACT concussion program link on the building website or obtain a copy from the athletic office.

Public Act 342 and 343 requires that all athletes and their parents sign a document stating they have received and reviewed concussion information provided in Appendix A of this handbook. All students and parents will be asked to sign that they have received and reviewed this concussion material on the student verification form at the start of the school year or at the time of enrollment.

Q. INJURED ATHLETES

A student who has been injured and has been referred to a physician for further assessment or medical treatment cannot participate again until he/she has written signed permission by the physician (MD/DO). The student cannot practice or compete until the trainer (or coach until the trainer is available) receives the written medical release.

R. MOVING UP AN ATHLETE

If an athlete is advanced from team or level of play prior to the conclusion of his/her season (i.e.: Freshman to J.V. or Varsity Level), then he/she is expected to play. Athletes are not authorized to be "brought up" unless consent has been given by the head coach, athlete's parents, and reviewed by the building administration.

S. PARTICIPATION IN MORE THAN ONE SPORT IN THE SAME SEASON

Once an athlete has started practicing a sport, he/she may not change to another sport that season without permission from the Building Athletic Director. An athlete may participate in two sports in the same season as long as both sport coaches and the Building Athletic Director are in agreement. In such cases, one sport has to be designated the athlete's primary sport. This means the athlete must attend all practices and contests of the primary sport before being allowed to participate in the second sport unless the coach of the primary sport gives approval. Coaches of teams involved are responsible for clarifying the role of the dual sport athlete to other teammates. This must be done prior to the start of the season, and all team members must be aware of expectations.

T. ATHLETIC PARTICIPATION IN NON-ATTENDANCE BUILDING

Students currently enrolled at Community High School or Lapeer Virtual Learning Center (LVLC) may be eligible to participate on the athletic team of a Lapeer School program if they meet all eligibility and attendance criteria for MHSAA and Lapeer Schools.

U. EXTRA-CURRICULAR/CO-CURRICULAR CONFLICTS

Lapeer Community Schools support the development of well-rounded student athletes. Student athletes who participate in extra-curricular activities and a curricular class, such as band, during the same season will occasionally experience scheduling conflicts. The athletic and curriculum areas will attempt to avoid such conflicts. Following are general guidelines for addressing conflicts:

1. State, Regional, and District contests will take precedence over regularly scheduled obligations.
2. Contests or performances take precedence over practices.
3. When schedule conflicts are unavoidable, the teachers, coaches, students/parents and a building administrator will work on a case by case basis to make a decision as to which students may or may not be excused from a performance or athletic contest. It should be understood that the when an agreement is reached, the directors will not lower a student's grade and the coaches will not bench or penalize the athlete.
4. Coaches and Teachers will attempt to avoid practice conflicts. When conflicts are unavoidable, the teachers and coaches will work out an amicable arrangement to split practice times.

V. STUDENT ATHLETE GAME ADMISSION

Student athletes attending home building athletic contests in their sport program will be allowed to attend free of charge (i.e. football program–Varsity, J.V. and freshmen). Under no circumstances can middle school athletes be admitted free of charge to senior high athletic contests. This is an MHSAA violation.

Section II – CODE OF CONDUCT APPEALS PROCESS

- A. In cases of dispute, athletes and parents appeal directly to the school employee involved to discuss and hopefully resolve the dispute.
- B. Following an appeal conference with the school employee involved, within three school days, an athlete or parent may appeal the decision in writing to the school employee's Supervisor (i.e. If the issue was with the coach, this written appeal would be addressed to the Athletic Director).
- C. Following an appeal conference with the school employee's supervisor, within three school days an athlete or parent may appeal the decision in writing to the Supervisor's Supervisor. (i.e. if the issue is not resolved with the Athletic Director, this written appeal would be addressed to the Building Principal).

Section III – ELIGIBILITY FOR PARTICIPANTS

A. AGE

A student who competes in any high school inter-scholastic athletic contest must be under nineteen (19) years of age. If a student becomes nineteen on or after September 1st of a current school year, he/she is eligible for participation for the balance of that school year. Individuals with disabilities meeting specific criteria may be eligible to apply to MHSAA for a waiver to the age requirement. For more information, please see a Building Athletic Director.

A sixth (6th) grade student competing in an athletic program must be under thirteen (13) years of age. A seventh (7th) grade student competing in an athletic program must be under fourteen (14) years of age. An eighth (8th) grade student competing in an athletic program must be under fifteen (15) years of age. A student who reaches that age on or after September 1st is allowed to participate for the balance of the school year.

B. PHYSICAL EXAMINATION

Student-athletes must have proof of a current (on or after April 15th of the previous year) physical examination on file in the athletic department prior to any athletic participation. *

**No student athlete shall be eligible to represent a high school for whom there is not on file in the offices of the superintendent, principal, or athletic director of that school, statements for the current school year certifying that (1) the student athlete has passed a physical examination and is physically able to compete in athletic tryouts, practices, and contests and (2) there has been consent for disclosure to the MHSAA of information otherwise protected by FERPA and HIPPA for the purpose of determining eligibility for interscholastic athletics. (MHSAA Handbook, p. 29)*

C. DURATION OF ELIGIBILITY

A student shall not compete in any branch of athletics if such student has been enrolled in grades nine (9) to twelve (12) for more than four complete school years. The final three terms of participation must be consecutive.

D. ACADEMIC ATHLETIC ELIGIBILITY

In determining athletic eligibility, Lapeer Community Schools considers an athlete's previous and current academic record.

1. PREVIOUS TERM ACADEMIC RECORD

To be eligible to participate in athletics, a student must receive credit (**pass**) in 5 out of 6 classes at the high school or middle school during the previous term.

An athlete is not eligible to participate in athletic competition for a period of 90 school days (1 semester) if he/she has not received credit (**passed**) in at least 5 out of 6 classes the previous term.

Athletes that have failed one course and/or are below a 2.0 GPA will be placed on Academic Probation at the beginning of the term and will have weekly academic monitoring for the remainder of the term.

MAKE UP FOR CREDIT DEFICIENCIES

A student athlete with "credit deficiencies" may earn "makeup credits" from any approved school program. Any program/course used to make up athletic credit deficiencies must be approved by the Guidance Department prior to enrollment. Reinstatement to the eligibility list is done once the final passing credit has been given and approved by the Guidance Department.

TRANSFER STUDENT'S ACADEMIC RECORD

Students transferring into the district must meet LCS athletic eligibility guidelines to be eligible for athletic participation.

2. CURRENT TERM ACADEMIC RECORD

Students participating in athletics must meet the standard of passing all classes six (6) classes **OR** passing at least five (5) high school classes or middle school classes **AND** maintaining at least a current term 2.0 G.P.A.

All athletes involved in a sport will have a grade check at the end of the fourth week of the semester. Athletes who fail to meet the above-mentioned standard will be placed on Academic Probation for the remainder of the term. Academic Probation consists of two levels:

Level One: Eligible with Progress Report

Level Two: Ineligible with Progress Report

Periodic checks throughout the term may result in additional athletes being placed on Academic Probation during the term.

Level One: Eligible with Progress Report

After the four-week time period, the student-athlete will be subject to a weekly progress report that governs participation in athletic competition the following week (Monday – Sunday) for:

- ✓ Passing all six (6) classes but G.P.A. is below a 2.0

If at the end of the week, the athlete is meeting the previously mentioned standard, he/she is eligible but will still be required to submit a weekly progress report.

If at the end of the week, the athlete is not meeting the previously mentioned standard, he/she is ineligible and will still be required to submit a weekly progress report and moves to Level Two.

Level Two: Ineligible with Progress Report

After the four-week time period, the student-athlete will be subject to a weekly progress report that governs participation in athletic competition the following week (Monday – Sunday) for:

- ✓ Failing more than one (1) class
- ✓ Failing one (1) class **AND** G.P.A. is below a 2.0

If at the end of the week the athlete is meeting the minimum academic standard, he/she is eligible but will still be required to submit a weekly progress report.

If at the end of the week the athlete is not meeting the minimum academic standard, he/she remains ineligible and will still be required to submit a weekly progress report.

During this period of ineligibility (up to three consecutive weeks), the athlete is expected to practice and attend contests or scrimmages; however, he/she may NOT participate in the contests or scrimmages and may NOT dress in the team uniform.

After three consecutive weeks on the Ineligible with Progress Report level (Level Two), the athlete is removed from the team and relinquishes any privileges to being a part of the team. The athlete does NOT finish the season in good standing and therefore gets NO letter or award. There also will be no refund of Pay to Participate fees.

E. AWARDS

Students cannot accept any award for athletic performance other than an emblematic award. The value of an emblematic award may not exceed \$25.00.

F. AMATEUR STATUS

Student athletes cannot have received money or other valuable considerations from any source for participation in athletics; received money or valuable consideration for officiating interscholastic athletic contests; or signed a professional contract.

G. OUTSIDE ATHLETIC COMPETITION

A student cannot participate in any athletic team competition in the same sport during the same season or cannot participate in post-season all-star charity or exhibition games in football, basketball, or ice hockey at any time. There are exemptions to this rule involving individual sport meets. For more information, contact the building athletic supervisor.

Section IV – PAY TO PARTICIPATE

The individual will pay a one-time per year sports fee that would entitle that student to participate in any sport without an additional participation fee. See chart below for reduced rates based on food service guidelines.

- A. The High School (9th-12th) Fee will be set at \$150 for the school year.**
- B. The Middle School (7th-8th grade) Fee will be set at \$120 for the school year.**
- C. The Middle School (6th grade) Fee will be set at \$60 for the school year.**
- D. The Family Rate will be set at \$300 for families who have 3 or more participating children in grades 6 - 12.**
- E. Food Service Guidelines:**

Lunch	9-12	7 & 8	6
Full	\$150	\$120	\$60
Reduced	\$75	\$60	\$30
Free	\$25	\$20	\$10

Pay to Participate fees must be paid in full before an athlete will be placed on the team roster. Fees will be collected in the Main Office of each school during regular office hours or can be paid online utilizing the student's Pay School Account. Students who have not paid will not be on a team until said fees are paid.

Fees are not refundable unless a student is "cut" from a team where roster limits are enforced or if a team is canceled because of lack of participants. Partial refund consideration will be given to individuals who are physically injured prior to midway through a season and unable to compete in other activities for the remainder of the school year.

Voluntary withdrawal, lack of playing time, academic ineligibility, or disciplinary actions taken by the coach and/or school administration will not be the basis for refunding fees.

Payment can also be made by **MasterCard, Visa or Discover**. This might offer some families an extension or time payment plan. MasterCard, Visa or Discover payments can be made at the Administration and Services Center Monday through Friday between the hours of 8:00 AM and 4:30 PM.

Financial Hardship

The Board does not want students whose families have financial problems to be denied the opportunity to participate. Any student who wishes to participate, but is unable to because of finances, should complete a special form available from the school office or athletic director. The completed form is to be returned to the athletic director. The income guidelines for determining that a student will have the participation fee partly waived will be the same as the Federal income criteria which is used for the free or reduced lunch program. The athletic director will make determinations in these cases. Students who are approved for reduced athletic participation fees must make their payment to a building athletic office and may not utilize the Pay School system.

Section V – PROSPECTIVE COLLEGE ATHLETES

All prospective collegiate athletes **need** to register with the NCAA or NAIA Eligibility Center. If you desire to play college athletics, log on to the following website:

<https://web1.ncaa.org/eligibilitycenter/common/> or <http://www.playnaia.org/eligibility-center>

In order to be eligible for Division I, Division II, or NAIA athletic scholarship opportunities, you must be registered with the NCAA or NAIA.

If you have further questions, seek out your respective guidance counselor.

Section VI – INJURIES

A. INJURY WARNING

There are many benefits from activities in sports, but it must be recognized that the accident probabilities increase considerably with such participation. Serious physical injuries (and even death) can happen with all athletic activities although contact sports such as football and ice hockey greatly increase these probabilities. Therefore, it must be pointed out to all participants and their parents that safety procedures and correct use of equipment must be followed by all parties involved in helping prevent serious accidents.

B. RESPONSIBILITY FOR MEDICAL BILLS

The school is **not** responsible for payment of medical bills incurred as a result of athletic injuries. All athletes are encouraged to carry some type of medical and/or accident insurance. Individual student accident insurance is available to students through the school at a nominal fee to the participant. Information about the accident insurance program can be obtained through the school office.

C. CONCUSSION PROGRAM AND RETURN TO PLAY

In order to ensure the health and safety of our athletes and comply with Public Act 342 and 343, Lapeer Community Schools utilizes the concussion program and return to play protocol included in Appendix A of this handbook. Additional information regarding concussions is provided for students and parents in Appendix A of this handbook.

Ticket Prices 2016-2017

High School

Varsity Football	\$5.00
JV and Freshman Football	\$5.00
Volleyball	\$5.00
Swimming	\$5.00
Varsity and JV Girls' Basketball.....	\$5.00
Varsity and JV Boys' Basketball	\$5.00
Freshman Girls' and Boys' Basketball (single game only)	\$3.00
Hockey (No passes accepted)	\$5.00
Wrestling.....	\$5.00
Track	\$5.00
Softball, Baseball	\$5.00
Soccer Boys and Girls	\$5.00
League Tournaments	\$5.00

Middle School

Football, Basketball, Wrestling, Volleyball, Track	\$3.00
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All preschool students - no charge

Other Options for Admission

Discounted Punch Cards

Discounted Punch Cards are available at the middle and high school offices during normal school hours. One punch card will cost \$25 and can be used for \$50 worth of tickets. Punch cards must be presented when purchasing tickets.

With the purchase of five punch cards, you will receive one free. Lapeer Community School families that qualify for free and reduced lunch can receive one free punch card for the year.

Athlete Entry

Student athletes attending home building athletic events in their sport program will be allowed to attend free of charge (i.e. JV football player may attend home varsity football event free). Under no circumstances can middle school athletes be admitted free of charge to senior high athletic contests. This is an MHSAA violation.

Free Entry for Lapeer Community School Students

LCS Students obtain free entry to all home regular-season LCS athletic events. Elementary students **must** be accompanied by an adult. It is **suggested** that all 6th through 8th grade students be accompanied by an adult as well.

Appendix A

Lapeer Community Schools Concussion Program

The following concussion program has been established for use with all Lapeer Community Schools athletes. The concussion program contains three components:

- baseline testing of athletes
- assessment of injury
- return to play procedures

The purpose of the LCS concussion program is to provide specific procedures to manage concussions in accordance with current medical standards and research and to be in compliance with the policies and procedures of the following organizations:

1. Lapeer Community Schools
2. Michigan High School Athletic Association (MHSAA)

The concussion program is managed by the certified athletic trainer who serves as the Lapeer Community Schools Athletic Department "Designated Healthcare Professional."

Definition

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion. *From the National Federation of State High School Associations.*

Baseline Testing

Lapeer Community Schools will conduct baseline testing utilizing the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) program. This program, supported by current medical research, is utilized in order to objectively evaluate the athlete following an injury in order to ensure that safety of the athlete when returning to play and prevention of further injury.

This is ONE tool in the process to help assess and manage our student-athletes in their care of concussion injuries. The baseline test provides an initial measure of cognitive function, prior to any injury, and use in comparison, post injury.

Baseline testing will be conducted prior to the start of the athletic competitive season for the following athletes every two years:

- All athletes in grades 7, 9 and 11;
- Any athlete in grades 8, 10 or 12 who did not receive baseline testing the previous year;
- Any athletes with a previous history of concussion during last year of participation;
- Any Athletes who received poor baseline data on previous baseline test.

Trained program administrators will compare athletes' results to norms and standards set forth by ImPACT program, and any athlete with results consistent with ImPACT's "sandbagging" criteria will be re-tested in efforts to curtail all athletes from "sandbagging" on baseline test thereby making it easier to pass a post-concussion test.

Trained LCS staff members and/or the designated healthcare professional will administer baseline testing. Lapeer High School, Rolland-Warner and Zemmer Middle Schools will each will maintain two staff members trained in the administration of baseline testing.

Assessment of Injury

Any LCS student-athlete (in-season) suspected of concussion and/or demonstrating behaviors consistent with a concussion is to be referred to the athletic trainer (AT) for further assessment, during a practice, contest, or occurring outside of athletic participation. If the AT is not available, parent/guardian should be contacted and student referred to a primary care physician/ER for further assessment. The AT is to be notified and follow up assessment to be performed as soon as available (based on circumstances).

If it is confirmed by the AT that the student did not sustain a concussion, the athlete may reenter practice or an athletic contest.

If the athlete has been referred to a physician/ER for further assessment, the following procedures must occur:

1. Athlete is removed from continued athletic participation for that day (*MHSAA policy*)
2. Referral to primary care physician/ER for medical evaluation/clearance
3. Parent/guardian of the athlete is contacted and provided instructions
4. Coach completes *LCS Incident Report* within 24 hours and forwards to athletic director. Athletic director will forward to the business office
5. AT monitors until asymptomatic

A student with persistent symptoms should continue to follow up with their Primary Care Physician or other medical professional, as needed.

Return to Play Process (RTP)

Medical clearance by a primary care physician/ER is NOT the only factor in determining when the student-athlete may return to play, but ONE step in the process. When an athlete has been referred for medical attention, all of the following steps will be completed prior to resuming full athletic participation:

1. Obtain written medical clearance, by MD/DO. However, this may not be used to return on same day as initial injury. Clearance should be provided on the *Return to Competition* form.
2. Must be symptom free, as reported on the follow up assessments, from the AT;
3. Demonstration of "normal" function on ImPACT software (if baseline data was obtained). Athletes may be assessed 24-48 hours after onset of symptoms and can be retested again once symptom free. Post-injury results will be reviewed with Dr. Czarnota, PhD. Athlete will not be allowed to return to play until ImPACT testing, as confirmed by Dr. Czarnota, is normal.

Full return to participation is not immediate.

In accordance with current medical research/recommendations, pertaining to adolescent student –athletes, following a confirmed concussion, athletes will complete a standard progression of activity, progressing to each step the following day (2 steps may be combined into one day at the AT's discretion):

1. Rest until symptom free for 24 hours (physical/cognitive)
2. light aerobic exercise (ex: stationary cycle)
3. Sport specific exercise, jogging, light cardio work, basic skills - non contact
4. Non-contact training drills (start light resistance training)
5. Full contact training
6. Return to competition (game play)

If symptoms present at any stage above, activity is to stop and resume the same step the next day (as long as symptoms have resolved by that time).

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache
Pressure in the Head
Nausea/Vomiting
Dizziness

Balance Problems
Double Vision
Blurry Vision
Sensitive to Light

Sensitive to Noise
Sluggishness
Haziness
Fogginess
Grogginess

Poor Concentration
Memory Problems
Confusion
"Feeling Down"

Not "Feeling Right"
Feeling Irritable
Slow Reaction Time
Sleep Problems

WHAT IS A CONCUSSION?

A **concussion** is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

1. **SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
2. **KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
3. **TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can't recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

Signature Acknowledgment

Graduation Year _____

We, student and parent/guardian, have reviewed and understand the rules and regulations set forth in the Lapeer Community School's Student Athletic Code and agree to abide by same.

Print Student Name _____

Student's Signature _____

Print Parent or Guardian Name _____

Parent or Guardian's Signature _____

NOTE: This form is to be signed and returned to the school before the student will be allowed to go out for practice in any sport.