

***Jeffers High School  
Student Athletic Code  
2018-2019***



***GO JETS!***

**Adams Township School District  
Jeffers High School  
Athletic Code**

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# ***Introduction***

This handbook is a useful tool for administrators, athletes, coaches, teachers, and parents. The athletic code applies to all student-athletes in grades seven through twelve. Elementary levels will follow rules supplied by their coaches, which are subject to the approval of the principal.

This handbook provides a general philosophy and the rules and regulations that must be followed. In order to obtain consistency in our athletic program, all participants should become familiar with our philosophy, rules, and regulations.

## ***Athlete***

All students at Jeffers High School are special, but as a student athlete, more is expected of you. You are expected to balance a personal schedule including being able to tolerate the rigors of practices and the pressures of athletic contests while doing your best in the classroom. This is a significant responsibility:

**You are expected to be a role model in the classroom, during competition, and in public. Being a student athlete is a responsibility you accept 24 hours a day, 365 days per year.**

While other students are able to leave when the final bell rings, you have to stay for practices. While other students enjoy late nights out, you will have to abide by the curfew set by the coaching staff. Never lose sight of the fact that you are a student athlete and a role model for others.

When performing at a game or meet, you represent Jeffers High School. You are expected to perform in such a way that will reflect favorably on yourself, your family, your community, and your school.

All of these demands on you are not without rewards. Most importantly, you feel good about yourself. You will acquire habits that will make you a winner in life. You will learn self-discipline, poise, and the basics of leadership. You will earn the praise and respect of adults, students, and the community. **Your school experience will be more complete as a student athlete than those who are non-participants.**

## ***Philosophy***

As an educational institution, Jeffers High School endeavors to educate the individual: mentally, morally, socially, and physically. In sports, we strive to develop those characteristics that demonstrate: **fair play, a healthy lifestyle, and teamwork.**

A positive public image is the result of the attitudes and ethical behaviors displayed before, during, and after public performances by the various athletic teams. Every adult involved is responsible for enforcing these positive policies.

Participation in interscholastic athletics at Jeffers High School is considered a privilege, a responsibility, and, we hope, a pleasure. Athletics are completely extracurricular and voluntary. Regular classes, both required and elective, take precedence.

**You are a student-athlete—A student first, an athlete second.**

## ***Eligibility Guidelines***

Current eligibility rules of the Michigan High School Athletic Association will be in effect at all times. Following are some basic directions of immediate and frequent concern:

- Physicals: All students participating in athletics are required to have a physical examination. This includes cheerleaders. Proof of this

examination must be on file in the Principal's office before any participation in games or practice. Each year calls for a new physical examination. A "new year" for purposes of physical exams shall begin after April 15.

- All student-athletes must be taking at least five academic subjects per week that count towards graduation. Each subject must meet at least five times per week that count toward graduation. All student-athletes must have received credits in at least four subjects during the previous subjects that count toward graduation in order to participate in an event. This status is checked every Wednesday. No student shall compete in athletics that has been enrolled in grades nine through twelve more than eight semesters.
- The coaches are responsible for staying informed about academic performance of their players. This performance will be checked weekly. If ineligibility is determined, it will begin on the following Monday and, if ineligibility is withdrawn on the next eligibility check, restored on the following Monday.
- Athletes **may not accept** any award of merchandise exceeding \$15 in value for athletic performance. Awards in the form of cash, merchandise certificates, or negotiable documents are never allowed. Students must not participate in any non-school event, such as junior hockey or city league basketball, at any time without checking with their coach first.
- In addition to an up-to-date physical form, an athlete must also have on file in the Principal's office a **Parent/Student Signature Form**. This signed form means that both the student and parents or guardian has read, understands and will support the Athletic Code.

***The regulations above, and the following pertaining to drugs, smoking, tobacco products, drinking and general conduct, apply to all athletes including cheerleaders during the entire year, twenty-four hours per day.***

**Special Note:** All athletes should carry insurance in case of injury. The school district does not provide insurance for athletes.

## ***Athlete Conduct***

As a student-athlete you are obligated to the following guidelines regarding your behavior:

### **Behavior in Athletic Contests**

Your conduct in an athletic contest must be in accordance with the rules and regulations set forth by the Michigan High School Athletic Association, the State Board of Education, and applicable sections of the Jeffers High School Student Handbook.

### **General Behavior**

Your behavior **will** reflect favorably on yourself, your family, your team, and your school.

### **Excessive Disciplinary Problems**

If you repeatedly experience disciplinary problems such as detentions or removal from classes, you may be assessed game suspensions or more severe penalties as determined by the Athletic Director in cooperation with the High School Principal.

## ***Academics Come First!***

As a student-athlete, you must learn to do the following:

- **Plan your time.** Students need to achieve a harmonious balance between sports and academics.
- **Retain sufficient energy.** Students need to insure that academics do not suffer.
- **Practice good attendance habits.** Students who display poor attendance habits as determined by the Principal or develop a pattern

of taking a day or morning off following contests will be subject to the following disciplinary actions:

1. If you develop such a pattern you will first receive a warning from your coach.
2. If your behavior persists, further disciplinary action will follow up to and including being dropped from participation in any and all sports sponsored by the school district.

## ***Coach Conduct***

As a coach, it is expected that you will, in all cases, implement and model the Code of Ethical Conduct you have signed prior to the start of the school year. A copy is on the following page for all to review. Sportsmanship and fair play will be emphasized and practiced at all times. **Coaches, student-athletes, and parents will be expected to model these behaviors at all events.**

Coaches shall establish team training and other rules that are specific to their sports, file a copy with the principal, and distribute these rules to participants of their sport. Coaches shall establish rules in the following areas:

- Curfews
- Practice attendance
- Behavior at contests
- Conduct, personal dress, and appearance for trips
- Personal dress and appearance on days of home games
- Participants' financial responsibilities for equipment

Coaches shall set penalties for violations of their own training rules not covered in this code. Penalties shall be applied consistently to all athletes and shall reflect the seriousness of the infraction. Any student misconduct, as defined in the Student Handbook will result in penalties to be determined by a committee of the Coach, Athletic Director and an administrator.

**JEFFERS HIGH SCHOOL COACHES  
CODE OF ETHICAL CONDUCT**

The District shall adhere to these standards of ethical conduct for all coaches, assistant coaches, trainers & administrators of the District who provides supervisory and instructional services in interscholastic athletic programs and activities. Such persons providing service shall:

1. Show respect for players, parents, other coaches and staff.
2. Respect the integrity and judgment of the game officials.
3. Establish and model fair play, sportsmanship and proper conduct during practices/contests and in the community.
4. Establish player safety and welfare as the highest priority. If there is any question as to the extent of an injury, a physician must be consulted and a written release obtained.
5. Provide proper supervision of student-athletes while under the coach's direction.
6. Use discretion and proper language when providing constructive criticism and when reprimanding players - use of profanity is unacceptable.
7. Understand the proper administrative chain of command and refer all requests or grievances through proper channels, i.e., equipment purchases, fundraising, program funding, eligibility, etc.
8. Consistently require all players to adhere to the established rules and standards of the game.
9. Properly instruct players in the safe use and care of equipment and uniforms.
10. Not exert undue influence on a student-athlete's decision to enroll in a particular athletic program at a public or private post-secondary educational institution.

I have read and will adhere to the policies of the Jeffers High School Athletic Code and to this Code of Ethical Conduct and understand that failure to do so may result in suspension and/or dismissal from the position.

Coach's Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_



# Violations and Penalties

The school is not staffed by “detectives” who have the skills or the time to investigate infractions in complete detail. The school also does not “hold court.” Therefore, some penalties are assessed based on information received from those involved. The school reserves the right to assign penalties based on its own investigations and conclusions. The student-athlete will always be treated fairly and reasonably. A student’s parents or guardian will be informed of the actions taken by the school. Every effort will be made to inform a parent or guardian prior to the start of such disciplinary action. Penalties may be adjusted following a meeting between the principal and the coach involved, including one other coach and the athletic director, but must not be less than the following:

<b><u>Violation</u></b>	<b><u>First Offense</u></b>	<b><u>Second Offense</u></b>	<b><u>Third Offense</u></b>
<b>Drinking or possession of alcoholic beverage; use or possession of tobacco products, vaping or other suspicious materials</b>	Two (2) Game Suspension	Four (4) Game Suspension	1 year suspension from participation.
<b>Selling, use, possession or abuse of illicit or performance enhancing drugs</b>	Five (5) Game Suspension	10 (10) Game Suspension	1 year suspension from participation.
<b>Felonious offense or matters pertaining to civil law</b>	Suspension from all athletics pending a meeting between the Principal, Athletic Director and coaches to determine the nature of the violation and severity of the punishment. <b>Police agencies may be involved in these matters.</b>		
<b>Rules established by individual coaches</b>	Coaches shall set penalties and enforce them. See “ <i>Coaches Rules</i> ”.		
<b>Stealing:</b> <b>1. Value under \$100-minor offense</b> <b>2. Value over \$100-major offense</b>	1. A minor offense will result in a four (4) game suspension. 2. A major offense will result in suspension from all athletics for one year.	1. A second minor offense will result in an eight (8) game suspension.	1 year suspension from participation.
<b>School Suspension</b>	An athlete will not be permitted to practice or play in an athletic event on the day of a school suspension or the day immediately following the suspension if the event is scheduled on a weekend.		

# ***Notes on Violations***

## **Violations build from one year to the next.**

Violations are carried throughout your high school career. Example: An athlete violates the tobacco rule as a freshman, and again as a junior. The violation in the junior year will be considered a second violation.

## **Violations build throughout the year.**

These regulations are in effect from June to June. An assessed penalty that cannot be served during the season in which it occurred shall carry over to the next year and be served when the new season begins, unless otherwise decided by the principal, the coach involved, and the athletic director.

## **Violations build regardless of the type of offense.**

Violations, despite being about two separate acts, are still built upon one another. Example: An athlete violates the tobacco rule as a freshman, and then violates the drinking rule as a sophomore. The violation of the drinking rule is considered a second violation.

# ***Other Infractions***

Athletes **may** receive an immediate one game suspension for the following infractions:

- Failure to ride the bus to and from athletic contests unless a parent personally contacts the principal and the student rides with a parent. An athlete may ride home from a contest with a parent if the parent speaks to the coach personally.
- Failure to attend school or a school sponsored event in the afternoon on the day of a contest (or the last day of school if the contest is held on a non-school day.) Students ill in the morning may be prohibited from participating due to the nature of the illness and the sport. Students who miss school on the afternoon proceeding an extended holiday (Christmas, Easter) will have their eligibility to play during the holiday determined by the principal and athletic director.
- Unexcused absences from any class period on the day of or day before a contest (or the last day if the contest is held on a non-school day).

## ***Special Note to Seniors***

We believe that the spirit of this code provides excellent life values and should carry through graduation and beyond. A senior who has completed an athletic season is still subject to this code and penalties may be assessed for blatant violations. Infractions that occur after a senior's final season will be dealt with as follows:

**First Violation:** The student-athlete and his or her parents will receive a notice describing the violation and any penalties that will be assessed should a second violation occur in the future.

**Second Violation:** The student-athlete will be suspended from the awards banquet but retain all awards earned. Parents will be notified of this action.

**Third Violation:** The student-athlete will be suspended from the awards banquet and will forfeit any awards scheduled to be received. Parents will be notified of this action.