

Warren Consolidated Schools  
Athletic Handbook Guidelines  
for  
Parents and Student Athletes

Revised August, 2016

## **NON-DISCRIMINATION AND ACCESS TO EQUAL EDUCATION OPPORTUNITY**

The Board of Education prohibits discrimination on the basis of race, color, national origin, sex, disability, age (except as authorized by law), religion, military status, ancestry, or genetic information (collectively, "Protected Classes") in its educational programs or activities.

Equal educational opportunities shall be provided to all students, without regard to the Protected Classes, age (unless age is a factor necessary to the normal operation or the achievement of any legitimate objective of the program/activity), place of residence within the boundaries of the District, or social or economic background,

In compliance with Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, the Americans with Disability Act of 1990, the Elliott-Larsen Civil Rights Act of 1977, and the Genetic Information Nondiscrimination Act of 2008, it is the policy of the Warren Consolidated Schools that no person shall, on the basis of race, color, national origin, sex, disability, age, religion, height, weight, marital or family status, military status, ancestry, genetic information, or any other legally protected category, (collectively, "Protected Classes") be excluded from participation in, be denied the benefits of, or be subjected to, discrimination during any program, activity, service or in employment. Inquiries should be addressed to the Chief Operating Officer – Human Resources, 31300 Anita, Warren, Michigan 48093, (586) 825-2400, ext. 63110.

## **INFORMED CONSENT**

By its nature, participation in interscholastic athletics includes the risk of injury. These injuries may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk of injury. Participants have the responsibility to help reduce the risk of injury by obeying all rules, reporting all physical problems to their coaches, following a proper conditioning program and inspecting their own equipment on a regular basis.

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## **FOREWORD**

This booklet has been prepared for your use and we expect you, as a part of the Athletic Program of Warren Consolidated Schools, to follow the guidelines within this booklet. Please read it carefully so that you are familiar with it.

The Warren Consolidated Schools Athletic Handbook has been put together for athletes and parents of Cousino, Sterling Heights, and Warren Mott High Schools and all WCS middle schools, to be used as a guide for all athletes. It is the desire of the WCS Athletic Department that all athletes have a quality experience in athletics. Good sportsmanship is expected from athletes, coaches, and fans that participate in or attend events. The coaching staff, athletic directors, and administration are dedicated to providing a quality experience to WCS students. Student welfare and safety are a top priority as athletes enter the spirit of competition.

## **ATHLETIC PHILOSOPHY**

Athletes participating in the WCS athletic programs should find their experience rewarding, satisfying, and generally positive. A goal of the athletic program is to develop self-confidence and self-discipline while acquiring individual and team skills necessary to compete. Athletics falls under the educational umbrella and as such is considered an extension of the classroom. As an integral part of the educational process, the athletic program should always conform to and support the objectives and standards of the school. Athletes should strive for educational excellence, playing excellence, as well as staying within the boundaries of good sportsmanship. Athletes are expected to develop appropriate attitudes toward sportsmanship, fair play, and respect for fellow athletes, teammates, and opponents.

Coaches and students who are involved in athletics are in a leadership role representing their family, school, school district, and community. As such, they have a responsibility to exemplify high ideals, sportsmanship, and leadership in the competitive arena and community. Coaches must display professional behavior and respect for athletes.

Participation in interscholastic athletics is a privilege and an honor. The Warren Consolidated Schools are members of the Michigan High School Athletic Association (MHSAA). Consequently, its athletes and coaches are governed by the rules of MHSAA, the policies of the WCS Board of Education, and the WCS Student Code of Conduct.

## **ATHLETIC OBJECTIVES**

1. To provide a positive image of school activities at Warren Consolidated Schools.
2. To provide students with opportunities for physical, mental, and emotional development.
3. To experience team play along with loyalty, cooperation, and fair play.
4. To create a desire to exceed and excel.
5. To practice self-discipline and emotional maturity while learning to make decisions under pressure.
6. To develop an understanding of the value of extracurricular activities in a balanced educational experience.
7. To demonstrate good sportsmanship at all times.
8. To develop leadership qualities and skills.
9. To develop well-rounded student athletes.

The primary objective of middle school and freshman teams is participation and the development of skills – winning should be secondary at these levels. All athletes fulfilling appropriate preset guidelines should participate in contests. Cutting athletes from teams should be done only when necessary.

The **Freshman Team** is limited to ninth grade students. Participation in daily practice and contests will be stressed. Coaching will be directed **skill development** as coordinated by the varsity program. The **Junior Varsity Team** should be composed primarily of tenth graders. Eleventh graders may participate to develop skills. Freshmen will be allowed on a limited basis. The junior varsity level represents a transitional period. Participation and development of more **advanced skills** under the direction of the varsity program will be the focus of these coaches. Twelfth graders are excluded from most junior varsity participation. **Varsity Teams** place more **emphasis on winning**. Coaches have the responsibility of judging a player's talents, skills, and abilities to determine participation and playing time. It is important for coaches to emphasize the value of support to athletes as well as "starters." Athletes who are brought up from lower level teams are expected to receive quality playing time.

**"Winning is not everything – but making the effort to win is."** Vince Lombardi

## **ATHLETIC PARTICIPATION**

Participation in interscholastic athletics is a privilege and an honor. Students who are involved in athletics are in a leadership role representing their family, school, community and school district. Students have a responsibility to exemplify high ideals, fair play, and leadership in the competitive arena and in the community.

Students who use alcohol, tobacco, performance enhancing supplements, and other drugs, and who engage in inappropriate behavior, sacrifice peak performance. The athletic department intends to protect and promote the health and safety of its athletes through its policies and procedures. In order to create a safe and healthy environment for its athletes, the athletic department expects its athletes to follow its guidelines and procedures.

## **MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION**

The Michigan High School Athletic Association, Inc. is a private, voluntary association for public, private and parochial secondary schools which choose to join and participate in the organization. The primary function of the Association is to conduct postseason tournaments and to help member schools have rules and guidelines to follow and enforce locally to promote equitable competition.

WCS, as a member of this organization, is bound by its regulations, which are explained in detail in the handbook published by the Representative Council of the Association. This handbook may be examined in the Athletic Director or Principal's office. Primarily, the rules deal with: Enrollment, Age, Physical Exams, Academic Requirements, Transfers, Limits of Competition, and Out of Season Limitations.

## MACOMB AREA CONFERENCE

Cousino, Sterling Heights, and Warren Mott are members of the Macomb Area Conference for high school athletics. Other members of the Macomb Area Conference include the following high schools: Anchor Bay, Center Line, Chippewa Valley, Clawson, Clintondale, Dakota, East Detroit, Eisenhower, Fitzgerald, Ford, Fraser, Grosse Pointe North, Grosse Pointe South, Lake Shore, Lakeview, Lamphere, L'Anse Creuse, L'Anse Creuse North, Lincoln, Madison, Marine City, Marysville, New Haven, Port Huron, Port Huron Northern, Romeo, Roseville, South Lake, Stevenson, St. Clair, Utica, and Warren Woods Tower.

The goal of the MAC is fair and equitable competition with each sport being aligned independently into divisions with the strongest programs in the Red Division, followed by the White, Blue, Gold, Silver, and Bronze, if necessary.

The WCS Middle Schools are members of MAMSAA (Macomb Area Middle School Athletic Association). There are over 30 schools in this conference, and MAMSAA's goals are to "Be respectful, Be Responsible and Be Safe", while teaching the necessary skills for middle school students to become successful high school student athletes.

## PHYSICALS/MEDICAL INSURANCE

A physical must be on file with the Athletic Department for any athletic participation. Physicals must be done after April 15th prior to the current school year.

In addition, Warren Consolidated Schools requires athletes to have medical insurance. It is the responsibility of each family to provide proof of medical insurance for their student athletes.

In the event that the athlete is not covered by a family medical plan, the parent/guardian assumes all responsibility for the cost of care.

## WARREN CONSOLIDATED HIGH SCHOOLS INTERSCHOLASTIC PROGRAMS

Warren Consolidated Schools offers a varied program of high school interscholastic athletics. The purpose of this program is to aid in the development of leadership, cooperation, sportsmanship, competitive spirit, and physical well-being. It is hoped that all students have the experience of participating on one of more of the following athletic teams:

### **Boys Fall Sports (approx. start date for practices – 2<sup>nd</sup> week of August)**

Cross Country	J.V. & Varsity
Football	Freshman, J.V. & Varsity
Soccer	J.V. & Varsity
Tennis	J.V. & Varsity

### **Girls Fall Sports (approx. start date for practices – 2<sup>nd</sup> week of August)**

Sideline Cheerleading	Freshman, J.V. & Varsity
Cross Country	J.V. & Varsity
Dance	J.V. & Varsity
Swimming and Diving	Varsity
Volleyball	Freshman, J.V. & Varsity

**Boys Winter Sports (approx. start date for practices – 3<sup>rd</sup> week of November)**

Basketball Freshman, J.V. & Varsity  
\*Bowling J.V. & Varsity  
\*Hockey Varsity  
Swimming and Diving Varsity  
Wrestling J.V. & Varsity

**Girls Winter Sports (approx. start date for practices – 3<sup>rd</sup> week of November)**

Basketball Freshman, J.V. & Varsity  
\*Bowling J.V. & Varsity  
Competitive Cheer Freshman, J.V. & Varsity  
Dance J.V. & Varsity

**Boys Spring Sports (approx. start date for practices – 2<sup>nd</sup> week in March)**

Baseball J.V. & Varsity  
Golf J.V. & Varsity  
Track J.V. & Varsity  
\*Lacrosse Varsity

**Girls Spring Sports (approx. start date for practices – 2<sup>nd</sup> week of March)**

Soccer J.V. & Varsity  
Softball J.V. & Varsity  
Track J.V. & Varsity  
Tennis J.V. & varsity

**\*Denotes non-funded Varsity Sport. Students are responsible for all expenses.**

*Freshman and J.V. Teams are determined on the number of student-athletes interested in participating.*

**WARREN CONSOLIDATED MIDDLE SCHOOLS INTERSCHOLASTIC PROGRAMS**

**Fall Sports (approx. start date - 2<sup>nd</sup> day of school)**

Boys Football 7<sup>th</sup> and 8<sup>th</sup> grade  
Girls Volleyball 7<sup>th</sup> and 8<sup>th</sup> grade

**Winter Sports (approx. start date – 1<sup>st</sup> week in November)**

Boys Basketball 7<sup>th</sup> and 8<sup>th</sup> grade

**Winter Sports (approx. start date – last week in January)**

Girls Basketball 7<sup>th</sup> and 8<sup>th</sup> grade

**Spring Sports (approx. start date – 1<sup>st</sup> week in April)**

Boys and Girls Track 7<sup>th</sup> and 8<sup>th</sup> grade

**ACTIVITY FEE**

WCS does not charge an activity fee for participation.

## TRANSPORTATION

WCS provides one-way bus transportation to all weekday athletic events. Return trip and weekend transportation may be provided, but it is the responsibility of the team to pay the additional costs associated with using WCS buses. To ensure that all parents understand their responsibility for return trip supervision, **all parents must complete the “WCS Player Contract/Parental Consent Form”** that is found in this booklet. This form gives permission for private transportation for the return trip. **All athletes are required to ride the assigned bus when transportation is provided.** There will be no transportation for non-funded sports.

## ACADEMIC REQUIREMENTS

**Scholastic Eligibility:** In order to participate on a Warren Consolidated Schools athletic team, each athlete satisfy all of the scholastic eligibility requirements of the MHSAA prior to participation. Grades are checked at each card marking. If at semester a student is not passing at least 66% of his/her classes, he/she is academically ineligible for the following semester. If a student is performing poorly academically, he/she may be placed on probation. Probation may range from weekly progress reports to loss of playing time.

## STUDENT ATTENDANCE

Athletes are expected to be in school for at least three (3) classes in order to participate in contests or activities during the same day or evening. Exceptions may be granted by the principal or his/her designee.

## CONCUSSION AWARENESS

All WCS coaches are required to undergo training on the signs and symptoms of concussions. In addition, all parents should receive a handout on concussion awareness. WCS does IMPACT testing for our collision sports, and follows established protocols before allowing a student with concussion like symptoms to return to play. WCS will follow the motto, “When in doubt, sit them out”.

## TEAM SELECTION

In accordance with our philosophy of athletics, and our desire to see as many students as possible participate in the athletic program while at Warren Consolidated Schools, we encourage coaches to keep as many students as possible within the framework of high school interscholastic competition. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective team size of any particular sport. Prior to trying out, the following information will be made available to all candidates for the team:

- A. Extent of try-out (a minimum number of practice sessions)
- B. Criteria to select team
- C. Number to be selected
- D. Practice commitment if they make the team (including possible holiday conflicts and/or commitments)
- E. Game/season commitments

Choosing the members of the athletic teams is the sole responsibility of the coaches of those teams. Each candidate shall have a predetermined minimum number of practice sessions, and be personally informed of the cut by each coach.

### **LEAVING A TEAM**

Leaving a sport without a valid reason is considered a serious matter. If an athlete wants to leave any sport, he/she should notify the coach and return all equipment. If an athlete does leave a sport, he/she will not be permitted to try out or use school facilities to work out for another sport until the conclusion of that sport season, unless the athlete gets the approval of the head coaches of both sports.

### **PRACTICES**

High School athletic teams practice up to six (6) days a week. Athletic team practices shall not be held on Sundays or holidays except as they may become necessary in connection with Monday games or district/regional tournament play.

Perfect attendance for all practices is the expectation for all high school athletes. If it is necessary for an athlete to miss a practice, the coach of that team should be notified prior to the absence. Unexcused absences are unacceptable and can lead to consequences related to the athlete's status on the team.

Middle school teams do not practice on weekends or during school vacations.

### **PARENT AND ATHLETE CONCERNS**

Any disputes between parents and coaches need to be addressed at least 24 hours **after** the incident. Please do not attempt to confront the coach before, during, or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

The Athletic Department encourages parents to address their concerns in the following manner:

- Discussion between parent and child
- Parent/athlete meeting with coach
- Meeting with Building Athletic Director
- Meeting with Building Administrator

### **EMERGENCY SCHOOL CLOSING**

In the event of school closing due to weather, all practices and athletic events are cancelled for that day, unless otherwise directed by the Superintendent or his designee. No students, parents, or spectators should report for any event when schools are closed, unless otherwise directed. All scheduled practices, games, or other events will be rescheduled to a later date as needed. All rescheduling of after school events will be done by the appropriate athletic director. Information will be disseminated to students as soon as practical by the coaching staff. Refer to [www.wcskids.net](http://www.wcskids.net) for more information and to sign up for text alerts.

## AWARDS

Head Coaches will determine the criteria for awards and explain the criteria to the athletes at the pre-season meeting. Special awards are determined by the level of participation. All awards will only be given once during an athlete's high school career.

- First year Junior Varsity      Numerals
- First year Varsity Letter      Letter
- Second year Varsity Letter      Pin/Bar
- Third year Varsity Letter      Medallion
- Fourth year Varsity Letter      Plaque

## UNIFORMS AND EQUIPMENT

Athletes are responsible for the care and security of the uniforms and equipment issued to them. They are required to pay the **replacement** cost for uniforms and equipment that is abused or not returned.

**Athletes will NOT be allowed to participate in succeeding programs until all their obligations from past seasons are met.**

## ATHLETIC TRAINER SERVICES

Each WCS high school has an athletic trainer on staff. These services include evaluation of injuries, limited rehabilitation after injury, first aid for injuries, preventative taping, and training program development.

The athletic trainer is not expected to replace medical attention when needed. Recommendations of the athletic trainer will never supersede that of a physician. In the event of a concussion, the Certified Athletic Trainer will observe the state-mandated concussion protocols.

The District reserves the right to restrict participation at the discretion of the Certified Athletic Trainer and in accordance with Warren Consolidated Schools policies.

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

*- MHSAA Protocol for Implementation of National Federation Sports Playing Rules for Concussions*

## DISCIPLINARY ACTION

Any athlete whose conduct is determined to be a discredit to him/herself, the team, or the school, **during his/her high school career**, from the first date of participation in athletics through graduation, will be subject to disciplinary action. This includes vacation breaks, summer recess, weekends, and off-season times, on or off campus.

**All members of athletic teams of organizations (competitors, players, managers, scorers, trainers, cheerleaders, and other support teams) are bound by the Warren Consolidated Student Code of Conduct.**

Suspension or removal from a team may be determined by the coach of the sport, the athletic director, assistant principal, and/or the principal. Suspension from a team results in non-participation in **play and possibly practice** during the entire period of the suspension. Play and practice during suspension is at the discretion of the principal (or assistant principal in the absence of, or as designated by, the principal) or athletic director. Removal is the termination of your participation in that sport.

If a student is suspended from school, then the student is not allowed on school grounds.

### **CODE VIOLATIONS**

Penalties associated with violations of the Student Code of Conduct will supersede the Athletic Department guidelines and procedures for dismissal and suspension of athletes. Athletes in the locker room, on the field, and at contests are subject to the Student Code of Conduct. Violations of the athletic code may also constitute disciplinary action that could include suspension or expulsion from school.

**Causes for suspension/removal from participation include but are not limited to the following:**

- Violations of the WCS Student Code of Conduct, including but not limited to bullying or hazing occurring on school grounds, on school property, or through any form of electronic communication.
- Violations of school, athletic, or team rules.
- Personal misconduct occurring before, during, or after school hours that involves police or court action.
- Verbal or physical attack upon a team member, opponent, contest official, teacher, fan, coach, or any other person.
- Acts of unsportsmanlike conduct.
- Excessive weekly ineligibility, school absences, or tardiness as determined by the coach, athletic director, assistant principal, and/or principal.
- Failure to participate in practices or contests.
- Disciplinary penalties associated with violations of the Student Code of Conduct.

### **ILLEGAL SUBSTANCE VIOLATIONS – The 1/9<sup>th</sup> Rule**

The Athletic Department endorses the “1/9<sup>th</sup>” rule for athletics.

- a. If an athlete is disciplined for possession or use of alcohol and /or tobacco, the athlete will be forced to miss “1/9<sup>th</sup>” of the season for the first offense. For the second offense, the athlete will miss 1/3<sup>rd</sup> of the current or next season of participation. A third offense will result in the termination of the athlete’s participation.

First Offense Examples (based on 2016 scheduling):

Baseball	2 dates	Softball	2 dates
Basketball	2 games	Swim	2 meets
Cheerleading	1 competition/game	Tennis	2 matches
Cross Country	2 meets	Track	2 meets
Football	1 game	Volleyball	2 dates
Golf	2 matches	Wrestling	2 dates
Soccer	2 games		

- b. If an athlete has been found to have either possessed or used an illegal substance (i.e. marijuana, cocaine, pills, steroids, etc.), he/she will be removed from the team ***and terminated from the athletic program for 1 (one) calendar year.***

All cases reported to the athletic department or school officials will be investigated. Violations do not have to occur on school grounds.

### APPEAL

Any student or athlete suspended or removed from participation will have the opportunity for appeal as outlined in the Warren Consolidated Schools Student Code of Conduct.

***This appeal shall be presented to the Principal within five school days of the notice of violation. If the appeal is denied by the Principal, the student may appeal to the Superintendent in writing within 5 days of the decision. Students will not be permitted to participate during the appeal process.***

**WCS PLAYER CONTRACT/PARENTAL CONSENT FORM**

Please Print:

Student-athlete Name:

\_\_\_\_\_

First

Last

Please initial each statement below:

\_\_\_\_\_ I have read the Warren Consolidated Schools Athletic Handbook Guidelines for  
Initials Parents/Guardians/Athletes and the Player's Contract, and I understand its contents.

\_\_\_\_\_ I pledge to NOT violate the rules of the Student Code of Conduct and the Player's  
Initials Contract.

\_\_\_\_\_ I understand and will follow the district's transportation policy as listed in this  
Initials handbook.

\_\_\_\_\_ A copy of this contract must be on file with the athletic director. I understand the  
Initials consequences for violating the terms of this contract.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

Graduation Year: \_\_\_\_\_