

Brown City Athletics

2015-2016

Brown City Jr./Sr. High School

Athletic Handbook
For Student Athletes Parents and
Coaches



Brown City Community Schools

Athletics

Student & Parent

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BROWN CITY HIGH SCHOOL

Nickname: Green Devils
Colors: Kelly Green & White
Class: C
League: Greater Thumb Conference
Phone Number: (810) 346-4700
Fax Number: (810) 346-4813
Superintendent: Doug Muxlow
Principal: Neil Kohler
Asst. Principal/AD: Tony Burton

BOARD OF EDUCATION

President: Alan Burgess
Vice President: Gary Rutkowski
Secretary: Ron Marion
Treasurer: Jeff Liebler
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ATHLETIC PROGRAM PHILOSOPHY

The goal of education is to help young people to develop physically, emotionally, intellectually, and socially. The athletic program at Brown City High School is meant to contribute to this goal by providing our student athletes with opportunities to participate as team members in athletic competition with other schools. Desirable individual outcomes include the development not only of physical skills but of sportsmanship, teamwork, self-discipline, loyalty, tolerance and perseverance.

MESSAGE TO STUDENTS

These policies have been developed in the interest of administering and operation an effective athletic program. It is our intent to provide fairness and consistency throughout all facets of the athletic program. Therefore, it is your responsibility to be aware of the primary policies which will govern the athletic program. We would like to suggest that you study the contents carefully. You should be aware that these rules are considered in effect for all athletes, regardless of age, and at all times whether in season or out of season, twelve months each year, during your entire athletic career.

Athletes are held in high esteem by their peers and community. Because of community commitment to our schools and its athletic program, it is expected that a Student-Athlete will conduct himself/herself in a manner acceptable to the supporters of the program. Brown City High School has established an ATHLETIC CODE that clearly defines certain behaviors as inappropriate and harmful to the young adult and his/her athletic endeavors. Using illegal or harmful substances, exhibiting improper conduct, or engaging in activities considered to be unbecoming an athlete are areas where violations of the code would be dealt with by suspension from athletic contests or from the athletic program.

It is our belief that citizenship and sportsmanship are important life qualities held precious by our community and schools. We expect the athletes of Brown City High School to accept the responsibilities of good behavior along with the privileges and benefits athletics will afford them.

Athletes will be expected to comply with the STUDENT HANDBOOK as outlined for the daily functioning of the normal school program. The rules of the STUDENT HANDBOOK shall be applied to each athlete. This ATHLETIC CODE shall reinforce the STUDENT HANDBOOK and provide for those situations not included in the STUDENT HANDBOOK. An athlete is a student first and an athlete second. A student participating in athletics shall accept the responsibility for following all rules of the STUDENT HANDBOOK and the ATHLETIC CODE. In situations where a student is suspended from school, and is involved in athletics, he or she will not participate in ANY athletic activity during the period of suspension.

SPORTS OFFERED

FALL SPORTS

Boys

Var Football	Aren Cooper
JV Football	Dan Loutzenhiser
Cross Country	Michele Blake & Joann Fuhrman
Equestrian	Carrie Birkett
Soccer	Russ Cushion
JH Grade Football	Rick Jones
8 th Grade Cross Country	Doug Hiles
7 th Grade Cross Country	Michele Blake Joann Fuhrman

Girls

Var Volleyball	Jenna Welke
JV Volleyball	Sandra Oligney
Fresh Volleyball	
Var Cheerleading	Susan Morse
JV Cheerleading	Susan Morse
Cross Country	Michele Blake & Joann Fuhrman
Equestrian	Carrie Birkett
8 th Grade Cross Country	Michele Blake
7 th Grade Cross Country	Joann Fuhrman
8 th Grade Basketball	Tiffanie Bissett
7 th Grade Basketball	Vicki Burgess

WINTER SPORTS

Var Basketball	Anthony Troshak	Var Basketball	Cindy Burton
JV Basketball	Ryan Smith	JV Basketball	Jeremy Burgess
Fresh Basketball			
Wrestling	Jim Blake	Competitive Cheer	
Bowling	Shawn Wheeler	Bowling	Shawn Wheeler
8 th Grade Basketball	Open	8 th Grade Cheerleading	Michele Blake
7 th Grade Basketball	Ricky Jones	7 th Grade Cheerleading	Michele Blake
		8 th Grade Volleyball	Cindy Burton
		7 th Grade Volleyball	Tiffany Bissett

SPRING SPORTS

Golf	Steve Kohler	Golf	Steve Kohler
Track	Michele Blake	Track	Mike Banyas
Var Baseball	Jesse VanBuskirk	Var Softball	Jeff Pitts
JV Baseball		JV Softball	
8 th Grade Track	Jim Blake	Soccer	Nikki Sanchez
7 th Grade Track	Jim Blake	8 th Grade Track	Cindy Burton
		7 th Grade Track	Cindy Burton

TEAM TRYOUTS AND CUTTING

All eligible students will be offered the opportunity to try out for an Athletic team. Each sport has a starting date and there will normally be a minimum of three days of tryouts/practice before cuts are made. Each team and coach may have additional rules and guidelines that are relative to the particular sport.

At the Junior High level it is the goal of the Brown City Athletic Program to focus mostly on participation and less on competition. There are no cuts in Junior High Sports. We want all junior high athletes to have an opportunity to be a part of the team and to participate in as many events as possible. Our coaches make every attempt to allow each athlete of the team to be a contributing member.

RESPONSIBILITIES AND OBLIGATIONS

THE BROWN CITY STUDENT ATHLETE

The Brown City Student Athlete is a school leader and representative at all times. This means both on and off the field or floor of competition. With these responsibilities come certain privileges and certain obligations. The Brown City Student Athlete:

1. Must maintain conduct of the highest standard at all times.
2. Must comply with all training rules and guidelines as set down by individual coaches or their respective teams.
3. Must comply with all rules and guidelines contained in the ATHLETIC CODE.
4. Must maintain academic standards and adhere to the eligibility requirements as prescribed by the Michigan High School Athletic Association and the Brown City ATHLETIC CODE.
5. Will be held financially responsible for the use and care of the assigned equipment and must be cleared by the previous coach within the week following the conclusion of the previous season.
6. Is encouraged to support other Brown City athletic teams and members and to attend all Brown City School activities whenever possible.
7. Understands that the uniform represents the athlete during competition and the school at all times, therefore it is to be worn with pride and ONLY DURING THE APPROPRIATE TIMES.

THE BROWN CITY PARENT OR LEGAL GUARDIAN

The Brown City Parent or Legal Guardian plays a highly important role in the career of the Student Athlete. It is often not realized how his or her support and involvement in the Brown City Athletic Program can affect the thinking and actions of the Student Athlete. Therefore, the Brown City Parent or Legal Guardian is urged to:

1. Encourage the Student Athlete to attend practices regularly and to adhere to the rules and guidelines of this the ATHLETIC CODE.
2. As a Brown City Parent/Guardian and/or Grandparent you are a member of the Athletic Boosters Club! You are encouraged to become an active member by attending meetings and voluntarily working at home contests.
3. Sign the Brown City ATHLETIC CODE acknowledgment agreement.

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION CODE FOR ATHLETES

1. Know and adhere to the athletic code of the school.
2. Exceed all attendance academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school sponsored athletics.
3. Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
4. Counsel with the athletic director over questions of eligibility.
5. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and opponents in defeat.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and officials before, during and after contests.

STATE ELIGIBILITY REQUIREMENTS

1. **ENROLLMENT** - a student must be enrolled in a high school not later than the fourth Friday after Labor Day (1st semester) or the fourth Friday in February (2nd semester). A student must be enrolled in at least twenty (20) credit hours in the school for which he or she competes.
2. **AGE** - a student who competes in any interscholastic athletic contests must be under nineteen (19) years of age, except that a student whose nineteenth (19th) birthday occurs on or after September 1 of a current school year is eligible for the remainder of that school year.
3. **PHYSICAL EXAMINATIONS** - a student must have on file in the office of the athletic director, a statement for the current school year certifying that the student has passed a physical examination and is physically able to compete.
4. **SEMESTERS OF ENROLLMENT** - a student shall not compete in any branch of athletics who has been enrolled in grades nine to twelve, inclusive, for more than eight semesters.
5. **SEMESTERS OF COMPETITION** - a student, once enrolled in grade nine shall be allowed to compete in only four first semesters and four second semesters.
6. **UNDERGRADUATE STANDING** - must not be a high school graduate.
7. **PREVIOUS SEMESTER RECORD** - must have received at least twenty (20) credit hours of work for the previous semester enrolled.
8. **CURRENT SEMESTER RECORD** - must be passing at least twenty (20) credit hours of work during the current semester up to within seven (7) days of the contest.
9. **TRANSFER STUDENTS** - check with the athletic director for further eligibility requirements.
10. **UNDUE INFLUENCE** - the use of undue influence for athletic purposes by any person or persons directly or indirectly associated with the school to secure or encourage the attendance of a student or the students parents or guardians as residents of the school district, shall cause the student to become ineligible for a minimum of one semester and a maximum of one year.
11. **AWARDS** - a student may accept, for participation in athletics, a symbolic or merchandise award which does not have a value or cost in excess of \$25.
12. **AMATEUR STATUS** - after once representing a MHSAA member school in competition in any sport, a student shall not be eligible to represent his or her high school if that student: (1) perceives money or other valuable consideration from any source for participating in athletics, sports or games.
13. **A. A LIMITED TEAM MEMBERSHIP** - a student who, after practicing with or participating in a athletic contest or scrimmage as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) contests/days of competition and maximum for the remainder of that season in that school year. The following exceptions to this Regulation will apply:
 1. Ice hockey and all individual sports will apply the limited team membership rule for the point of a student's first participation in a contest or scrimmage, rather than practice.
 2. During a season an individual may participate in a maximum of two (2) individual sports meets or contests in that sport while not representing his or her school. An event held on consecutive days is considered a single meet (for the purposes of this section only).
 1. Points earned, weight established, times or records established shall not count toward any qualifying requirements for MHSAA meets or tournaments.
 2. Meets or tournaments entered under the above provisions shall not affect the number or games, contests, or days of competition specified for each school team and individual.
- B.** A student shall not compete at any time in any sport under MHSAA jurisdiction in any of the following events: (1) Any event which is or purports to be an "All-Star" contest, regardless of the method of selection; (2) "All-Star fund raising events or similar exhibitions if they involve contestants other than the students and faculty of that student's school; (3) Any event which is or purports to be a national high school championship, or the qualification thereof. Participation in such a contest by a high school student shall cause that student to become ineligible for all interscholastic athletics for a maximum period of one year of school enrollment from the date of the athlete's last violation.

COLLEGE ELIGIBILITY RULES

If you want to practice and play your freshmen year at an NCAA Division I or Division II college, you must satisfy the requirements of NCAA Bylaw 14.3 commonly known as Proposition 48, Bylaw 14.3 requires the following:

1. You must graduate from high school.
2. You must attain a grade point average of 2.000 (based on a maximum of 4.000) in successfully completed core curriculum of at least 11 academic courses. This core curriculum includes at least three years of English, two in Mathematics, two in Social Science and two in Natural or Physical Science (including at least one laboratory class). If offered by the high school, and
3. Achieve a 700 combined score on the SAT verbal and math sections or 18 composite score on the ACT. Your SAT or ACT must be taken on a national testing date. You may not use residual or regional tests to meet 14.3 (Check with your counselor or athletic director for test dates).

NCAA CLEARING HOUSE

To participate in Division I & II athletics a student athlete must be approved by the NCAA Clearing House. See the High School Counselor for more information.

BROWN CITY ATHLETIC ELIGIBILITY

1. **ACADEMIC ELIGIBILITY** - To lend substance to the philosophy of being a student first and foremost and an athlete second, there has been incorporated an academic eligibility program that monitors the grades and citizenship of the Student Athlete on a bi-weekly bases. A Student Athlete failing in more than one class or displaying inappropriate behavior in more than one class is denied the opportunity to compete in the athletic events of the following two weeks. After the two week period, if grades or citizenship improve to an acceptable level that meets the eligibility criteria, the Student Athlete may return to compete in the interscholastic competition. During academic ineligibility the Student Athlete is still expected to be a full member of the team, participating in practice and other team functions, unless time away from the team has been granted by the coach to be spent improving school work and grades.
 - A. Using the master Student Athletic list, each teacher will indicate the Student Athlete in their class who are failing or receiving an unacceptable evaluation in citizenship. Eligibility sheets are to be returned to the office on Friday of each week by 3:15 p.m.
 - B. Categories for considering eligibility are:
 1. Academic - Failing - E
 2. Citizenship - Unsatisfactory - U
2. **PREVIOUS SEMESTER CREDITS** - In addition to Current Eligibility, a student may not have lost credit in more than one class from the previous semester. The Student Athlete that has lost credit in more than one class from the previous semester is ineligible for interscholastic competition for the current semester. This student would not be allowed to participate in practices or other team functions.
3. **SUSPENSIONS/EXPULSIONS** - Any student Athlete who is suspended or expelled from school because of a non-athletic violation of student conduct will also be suspended or expelled from the Brown City Athletic Program (including practices) for the same period of time.
4. **PHYSICAL EXAMINATION** - Each year the Student Athlete must have on file a physical examination form signed by a licensed physician stating he or she is physically acceptable for athletic participation in the Brown City Athletic Program before he or she may take part in any practices or contests. Any specific physical restriction must be noted.
5. **PERMISSION TO PARTICIPATE** - The Student Athlete must have on file a form signed by the parent or legal guardian of the Student Athlete granting permission to participate in sports for the calendar school year. This form must be on file prior to the first contest of the season or participation will be denied.

BROWN CITY ATHLETIC DEPARTMENT POLICIES

1. GENERAL TEAM GUIDELINES

Each athlete that is on a team must have a strong commitment to the team and the athletic department in general. Being on a team will require teamwork, self-discipline, loyalty, tolerance, sportsmanship and perseverance. If an athlete has a concern or conflict, first, begin with the Head Coach of the team. See Issues in Athletics.

2. ATTENDANCE

Extra-curricular attendance - A student must be in attendance for at least 4 class hours to participate in an extra-curricular activity on any given day. This rule may be waived if the student has a pre-arranged absence with the Principal/A.D. or was absent due to an emergency in the family.

Absence from a contest and/or practice sessions are excused for illness, death in the family and other circumstances at the discretion of the coach and/or Athletic Director.

Absenteeism from any part of school the day following a contest is to be discouraged. Coaches are to counsel their athletes to avoid this. A record of repeated violations shall require a conference with the coach and Athletic Director to determine disciplinary action.

3. UNSPORTSMANLIKE CONDUCT/PROFANITY

Activities at all athletic practice and competition sessions are under the direction of the coach in charge and will be handled by the coach. Flagrant or unsportsmanlike conduct, including profanity, by a student athlete occurring prior to, during, or immediately following an athletic event may require the student athlete to appear before the coach, athletic director and building principal for consideration of disciplinary action.

4. TRANSPORTATION

Athletes are to travel to and from away contests with their team in school authorized transportation. Parental requests to deviate from this rule must sign a Permission To Ride form with the coach at the sporting event. A note from a parent/guardian must be approved by the Athletic Director, High School Principal or Superintendent in advance to ride home with another adult other than the parent/guardian. Emergencies shall be handled at the discretion of the Coach of that sport.

5. SCHOOL EQUIPMENT & UNIFORMS

School equipment and uniforms checked out by the Student Athlete are his/her responsibility. He/she is expected to keep them clean and in good condition. Loss of any equipment or uniform is the athlete's obligation.

6. QUITTING A SPORT

An athlete that quits a sport after the 10th day of practice must sit out the first 25% of games/meets of the next sport they participate in, unless waived by the Athletic Director or Principal due to certain circumstances.

This does not affect Jr. High Athletes.

7. TRAINING RULES

All athletes in the Brown City Community Schools fall under the Board of Education policy on athletic training rules. These training rules are to be observed the entire calendar year.

ATHLETICS DEFINED

1. Member of any athletic team.
2. Team Managers
3. Cheerleaders

TRAINING RULES

USE OF TOBACCO/ALCOHOL/DRUGS OR NARCOTIC SUBSTANCES

This includes, but is not limited to Drugs, Medications without prescriptions, Alcohol, Fake Drugs, Inhalants, LOOK-ALIKE Drugs, Tobacco Free Snuff/Cigarettes or any Nicotine-Free or Smokeless Tobacco products.

Proven possession or use of shall result in:

A. First Offense

1. An immediate suspension from all competition for an equivalent of 25% of the MHSAA maximum competition dates involving that student's participation and completion of assessment/evaluation at cost to student. If treatment is deemed necessary the student athlete is expected to complete program.
2. If the number of games, contests, or days of competition is not fulfilled by the end of that season, then the athletic suspension will be carried over and pro-rated into the next season of competition of that Student Athlete by the Athletic Director.
3. An athlete during a suspension:
 - a. May not dress for a contest.
 - b. Must fulfill all responsibilities of team membership.

B. First Offense Out of Season

1. Same as penalty for First Offense in Season.
2. Practice with the team shall be at the option of the Head Coach of that sport.

C. Second Offense

Immediate suspension for 1 calendar year and successful completion of substance abuse program.

D. Third Offense

Immediate and permanent suspension for the remainder of the athlete's high school career.

PERFORMANCE – ENHANCING SUBSTANCES

Public Act 215 adds Section 1318 to the Revised School Code and requires the board of a public school district to "ensure that its policies concerning a pupil's eligibility for participation in interscholastic athletics include use of a performance-enhancing substance by the pupil as a violation that will affect a pupil's eligibility, as determined by the board..." A list of performance-enhancing substances is available through the Department of Community Health and is based on a list of banned drugs contained in NCAA Bylaw 31.2.3.1.

Any athlete using performance-enhancing substances will jeopardize their athletic eligibility as determined by the Head Coach and Athletic Director.

BANNED DRUGS

The Department of Community Health shall periodically distribute to the District the list of banned drugs based on bylaw 31.2.3 of the National Collegiate Athletic Association. This information shall be provided to parents, students, and the community annually. This information will be included in student handbooks and publications regarding athletics and extra curricular activities.

Banned Drugs

The following is a list of banned-drug classes, with examples of substance under each class:

A. Stimulants:

Amiphenazole	methylenedioxymethamphetamine (MDMA, ecstasy)
Amphetamine	methylphenidate
Bemigrade	nikethamide
Benzphetamine	pemoline
Bromantan	pentetrazol
Caffeine 1(guarana)	phendimetrazine
Chlorphentermine	phenmetrazine
Cocaine	phentermine
Cropropamide	phenylpropanolamine (ppa)
Crothetamide	picrotoxine
Diethylpropion	pipradol
Dimethylamphetamine	prolintane
Doxapram	strychnine
Ephedrine (ephedra, ma huang)	synephrine (citrus aurantium, zhi shi, bitter orange)
Ethamivan	and related compounds.
Ethylamphetamine	
Fencamfamine	
Meclofenoxate	
Methamphetamine	

B Anabolic Agents:

Anabolic steroids

Androstenediol	methyltestosterone
Androstenedione	nandrolone
boldenone	norandrostenediol
clostebol	norandrostenedione
dehydrochlormethyl-testosterone	norethandrolone
dehydroepiandro-sterone (DHEA)	oxandrolone
dihydrotestosterone (DHT)	oxymesterone
dromostanolone	oxymetholone
epitrenbolone	stanozolol
fluoxymesterone	testosterone 2
gestrinone	tetrahydrogestrinone (THG)
mesterolone	trenbolone
	and related compounds

other anabolic agents

methandienone	methenolone	clenbuterol
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c. Substances Banned for Specific Sports:

Alcohol	pindolol
Atenolol	propranolol
Metoprolol	timolol
Nadolol	and related compounds

D. Diuretics:

Acetazolamide	hydrochlorothiazide
Bendroflumethiazide	hydroflumethiazide
Benzhiazide	methyclothiazide
Bumetanide	metazone
Chlorothiazide	polythiazide
Thlorthalidone	quinethazone
Ethacrynic acid	spironolactone (canrenone)
Flumethiazide	trimeterene
Furosemide	trichlormethiazide
	And related compounds

E. Street Drugs:

Heroin	tetrahydrocannabinol
Marijuana 3	(THC)3

F. Peptide hormones and Analogues:

Corticotrophin (ASTH)
Human chorionic gonadotrophin (hCG)
Luteinizing hormone (LH)
Growth hormone (HGH, somatotrophin)
Insulin like growth hormone (IGF-1)

All the respective releasing factors of the above-mentioned substances also are banned:

Erythropoietin (EPO)	sermorelin
Darbepoetin	

CONVICTION OF ANY FELONY

A. First Offense

Will result in an immediate and permanent suspension from athletics.

Any violations accrued during 7th & 8th Grades will not be considered a part of the accumulation for the suspension in grades 9 - 12.

SELF-REFERRAL BY STUDENT ATHLETE

Student athletes may take advantage of a self-referral procedure to seek information, guidance, counseling and assessment in regard to student use of tobacco, alcohol and other drugs. Voluntary referrals do not carry punitive consequences.

- A. Referral is allowed one (1) time in a student's four year high school career.
- B. Referral must be made by the athlete or immediate member of the family.
- C. Referral must be previous to the first offense.
- D. Referral cannot be used by athletes as a method to avoid consequences once a training rule is violated and a student has been identified as having violated the training rules.
- E. Referral must be made to a coach, athletic director, teacher, administrator, or guidance counselor.

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache	Balance Problems	Sensitive to Noise	Poor Concentration	Not "Feeling Right"
Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	"Feeling Down"	Sleep Problems
		Grogginess		

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 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	Can't recall events prior to or after a hit or fall	Answers questions slowly
Is confused about assignment or position	Is unaware of game, score, or opponent	Loses consciousness (even briefly)
Forgets an instruction	Moves clumsily	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	Repeated vomiting or nausea	Becomes increasingly confused, restless or agitated
Is drowsy or cannot be awakened	Slurred speech	Has unusual behavior
A headache that gets worse	Convulsions or seizures	Loses consciousness (even a brief loss of consciousness should be taken seriously.)
Weakness, numbness, or decreased coordination	Cannot recognize people/places	

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 rest 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 month or longer.

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

UNBECOMING OR IMMORAL CONDUCT

Any athlete whose actions are deemed detrimental to the team, school or community may be permanently suspended from the team at the discretion of the Head Coach and Athletic Director.

REINSTATEMENT

One week prior to the completion of the suspension the student must in writing apply to the Athletic Director for reinstatement. To determine whether the student athlete should be reinstated, a conference with the student athlete, parent, Athletic Director, and Principal will be scheduled.

HIGH SCHOOL AWARDS

Numerals - Given for first freshmen or junior varsity award, one set only

Varsity Letter - Given as first varsity award - each student will receive only one letter during their high school career. Upon receipt of each JV or Varsity award, an athlete will always receive a designated participation certificate. Upon the receipt of EACH varsity award an athlete will also receive a gold pin representing that sport.

Three Year (Plaque) - Varsity award in each sport where (3) three varsity awards were earned.

Four Year (Trophy) - Varsity award in each sport where (4) four varsity awards were earned.

Greater Thumb Conference Award - this award is selected by the head coaches of the various sports. These awards are 1st Team, 2nd Team and Honorable Mention.

Greater Thumb Conference Scholar Athlete award - This award is issued to a Brown City Athlete who has met the following requirements:

1. Is a member of a varsity team at BC for a full season.
2. Has maintained a 3.0 GPA or higher while in a sport.

A player who has been injured during the season and not allowed to participate further on doctor's orders, may be eligible for an award upon the recommendation of his or her coach.

Replacement or duplication of any award if possible, at cost, from the Athletic Director.

JUNIOR HIGH AWARDS

Junior High athletes who complete the season in good standing receive a participation certificate.

GOOD SPORTS ARE WINNERS: FUNDAMENTALS OF SPORTSMANSHIP

The following six steps will help people understand their responsibilities at an athletic event.

1. Gain an understanding and appreciation for the rules of the contest.
2. Exercise representative behavior at all times.
3. Recognize and appreciate skilled performance regardless of affiliation.
4. Exhibit respect for the officials.
5. Display openly a respect for opponents.
6. Display pride in your actions at every opportunity.

Never allow your ego to interfere with good judgment. Regardless of whether you are a student, player, coach, or official. This value is paramount since it suggests that you care about yourself and how others perceive you.

“THE CHAMPIONSHIP TRADITION CONTINUES”

VARSITY GIRLS BASKETBALL

STA Championship: 1972, 1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1991, 1992, 1993, 1994, 1995
District Championship: 1979, 1980, 1981, 1982, 1984, 1986, 1987, 1993, 1994, 1995, 1996, 1997, 1998, 2010, 2011, 2013
Regional Championship: 1980
GTC Championship: 2009, 2010

VARSITY VOLLEYBALL

District Championship: 1993, 1994, 1995, 1997, 2007, 2012, 2013, 2014
Regional Championship: 2014
GTC Championship: 2008, 2011
GTC Co Championship: 2013
GTC Co Championship: 2014

VARSITY SOFTBALL

STA Championship: 1996, 1997
GTC Championship: 2005, 2007, 2008, 2009, 2010, 2011
District Championship: 1993, 1994, 1996, 1997, 2004, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014

VARSITY GIRL'S TRACK

STA Championship: 1984, 1988, 1989, 1990, 1994, 1995
Regional Championship: 1993, 1995

COMPETITIVE CHEER

STA Championship: 1993, 1994, 1995
GTC Championship: 2003, 2005, 2007
Regional Championship: 1995 - 3rd in the State, 2004, 2005, 2006, 2008
2002 State Qualifier, 2003 State Qualifier, 2004 State Qualifier, 2005 State Qualifier

GIRLS CROSS COUNTRY

GTC Championship: 2002
Regional Championship: 2002

VARSITY FOOTBALL

STA Championship: 1976, 1980, 1981, 1985, 1987, 1991, 1992, 1993, 1994, 1995
GTC Championship: 1999
Regional Championship: 1993, 1997

VARSITY BOYS BASKETBALL

STA Championship: 1978, 1980, 1988, 1994, 1995
GTC Championship: 1998, 2001, 2004, 2006, 2007, 2008, 2009
District Championship: 1974, 1977, 1978, 1979, 1988, 1991, 1993, 1994, 1995, 1998, 1999, 2001, 2002, 2004, 2005, 2008, 2009, 2010
Regional Championship: 1999

VARSITY BOYS TRACK

STA Championship: 1985, 1988
Regional Championship: 2000, 2013

VARSITY BASEBALL

STA Championship: 1977
GTC Championship: 2005, 2006, 2008, 2012, 2013
District Championship: 1998, 2001, 2004, 2006, 2011, 2013

VARSITY GOLF

STA Championship: 1995
GTC Championship: 2008, 2013
2006 State Qualifier
District Championship: 2006, 2010

INDIVIDUAL STATE CHAMPIONSHIPS

Track	800m	Garnett Kohler	2000
Track	High Jump	Joe Baysdell	2001
Track	Pole Vault	Ben Petitpren	2002
Wrestling	215 wt.	Keith Peterson	2006
Track	Shot Put	Tyler Crenshaw	2014

WRESTLING

District Championship: 1995, 2000, 2002

BOYS CROSS COUNTRY

GTC Championship: 2001, 2003, 2008
Regional Championship: 2001, 2003

SOUTHERN THUMB ALL-SPORTS CHAMPIONSHIP: 1988, 1995

ISSUES IN ATHLETICS

The Brown City Community Schools is very proud of our sound educational and athletic programs. We have committed ourselves to continue to have a program that all student athletes can be proud to be part of while they are in school. As a result of our commitment, we will also invite comments and criticism from our public. We enthusiastically participate in discussion of ways to address and resolve the issue and challenges that lie ahead. When a person, such as a student, parent, coach, teacher, or Administrator has a question, concern, or complaint regarding an athletic situation we have found the following line of communication very effective in resolving issues. Wait until the next day to talk to the Coach.

1. Start with the source. Talk directly with the coach, in private, face to face, away from the practice site or game arena. A telephone call may be necessary to arrange an appointment. Appointments can be arranged through the Athletic Director by calling 810-346-2781.
2. If necessary, talk next with the head coach of the sport;
3. If necessary, talk next with the Athletic Director;
4. If necessary, talk next with the Principal;
5. If necessary, talk next with Superintendent.

All complaints MUST be heard at the lowest possible level BEFORE intervention by the higher authority can occur. This system has worked very well in the past. However, the ext arbitrator will always be willing to meet with a complainant if sub-level discussions do not accomplish their intended purpose. Help the child learn to resolve his or her own differences. When a student successfully deals with difficult situations, he or she learns and grows. Of course, a parent always has the right to intervene on behalf of a child. When stating your concern be prepared with the facts in so far as you understand, or can ascertain, them. Think through your expectations for the outcome resulting from voicing your concern. That is, be clear about what you hope will happen as result of your meeting. As you converse with the coach, or other authority, repeat back what you hear him or her say to be sure that you understand the important points. Stay calm and friendly as you talk and listen.

We always assume that all parties have the best interest of the students in mind when concerns are discussed. We will make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a concern.

APPEALS

It is understood and agreed when the Student Athlete and his or her parent or legal guardian sign the acknowledgment of the BROWN CITY ATHLETIC CODE that they agree to abide by all rules and guidelines contained, including punishments for violations.

There may be an occasion, however, when the Student Athlete and/or his or her parent or legal guardian either do not feel the violation took place or the punishment is not in accordance with this Athletic Code. The Athletic Appeal Council is established to hear such cases.

If an athlete and/or his or her parent or legal guardian feels it is necessary to appeal a decision, a WRITTEN request must be submitted to the Brown City Athletic Director within 2 calendar days after the notification of punishment for a violation takes place. Within two (2) school days of receipt of the appeal, the Athletic Director shall notify the student and parents of a hearing to be held under the following rules and regulations:

1. A letter stating the date, place and time of the hearing is to be sent to the athlete's parent(s) or guardian(s).
2. Witnesses may be presented at the hearing and the athlete or his/her parent(s) guardian(s) shall have the right to question any witness that is testifying against the athlete. It shall be entirely within the Appeal Council's discretion to admit only those people whom the council feels are essential to insure a fair and equitable settlement of the appeal.
3. The Athletic Appeal Council shall render a written opinion of its findings to all parties concerned within two (2) school days of the appeal hearing.

The Brown City Athletic Council has the power to uphold, modify, or reverse any previous decisions. Should the Committee reverse a decision, all records regarding the situation will be removed from the file of the Student Athlete. Suspensions or expulsions will stand and be in force during hearing proceedings or until such time as the Council deems.

ATHLETIC APPEAL COUNCIL - IN CASE OF SUSPENSION

MEMBERSHIP

Superintendent of Schools
High School Principal
Brown City School Board Member
Head Coach of Sport in question
Coach responsible for Student appealing
Head Coach of another Sport
President of Student Council
Athletic Director
*One vote only shared by Head Coach
of sport in question and/or coach
responsible for student

QUORUM

Five members

MEETING

To be called as needed with two days advance notice

CHAIRPERSON

Athletic Director

DECISIONS

Made on a majority vote of the members present

DUTIES OF ATHLETIC APPEAL COUNCIL

1. Rules on appeals concerning disciplinary suspension from athletics.
2. As necessary, the Athletic Director, could appoint a committee to review/discuss changes in the Athletic Policy or Code.

WARNING

Parents and students should fully understand and appreciate the risk of serious personal injury associated with participation in the educational sport's program provided by the Brown City Schools.

The Brown City Community Schools do not assume responsibility relative to doctor, ambulance or medical expenses. Athletics are a voluntary, extra-curricular program in which the student may participate if he/she so desires but does so at their own risk of injury.

PARENTS AND STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT ALLOW THEIR CHILD TO PARTICIPATE.

INSURANCE

Parents should carry accident or health insurance and are satisfied that this type of insurance gives sufficient coverage for participation in the interscholastic program.

Brown City Community Schools **DOES NOT PROVIDE** any type of health or accident insurance for injuries incurred by your child at school.

DIRECTIONS TO SCHOOLS

Bad Axe - 200 N. Barrie Rd., 517-269-9593, (57 minutes) take M-90 west out of Brown City to M-53. Travel north on M-53 approximately 45 miles to Bad Axe. As you enter Bad Axe locate the flower shop and church which are on the left side of M-53 on the corner of Barrie Rd. Turn left at Barrie Rd. the High School driveway is located on the right.

Bay City All Saints - 217 S. Monroe St., 517-892-2533, (1 hr 20 min) the Bay City All Saints athletic programs take place at a variety of sites. Call the Brown City Athletic Office for specific directions by sport. Take M-46 to M-15 North go to the first stop light past the M-81 intersection and turn left on Cass Road go 2 miles west. The gym is on the north side 1 block east of 1st stop light. Football field – M46 turn North on M15 and then turn left on Cass you will be heading west then turn north on Lincoln about ¾ mile across from the Water tower.

Caro – 301 N Hooper St., 989-673-3166,(47 minutes) take M-53 north about 13 miles turn left of Clifford Rd. then to about 13 miles turn right on E. Ohmer Rd. then turn left on E Frank St. then turn right on E Burnside Rd. then turn right on N Hooper St.

Cass City - 4868 N. Seeger St., 517-872-2148, (44 minutes) take M-90 west to M-53. Travel north through Marlette to M-46. Continue north on M-53 to M-81 turn left. Go approximately 4 miles to Cass City, turn right onto N Seeger St. at the first stop light. The High School is a short distance north on the right side. Baseball, softball and track events take place at the park.

Deckerville - 2633 Black River St., 810-376-3875, (43 minutes) take M-19 to Sandusky, turn right heading east on M-46 to Ruth Rd. Turn left, or north on Ruth Rd., all the way into Deckerville. Turn right at the light, go approximately 3 blocks, the school is located on the left.

Harbor Beach - 402 S. Fifth St., 517-479-3261, (1 hr 12 minutes) follow the same directions to Sandusky. Turn right at the light in Sandusky heading east on M-46 all the way to Port Sanilac. Turn left heading north on M-25 until you come into the town of Harbor Beach. Turn left off of M-25 at Trescott. Go 5 blocks to School St., turn right. The high school is on the right hand side of the road.

Elkton Pigeon Bayport Lakers - 6136 Pigeon Rd., 517-453-2348, (1hr 5 minutes) take M-90 west to M-53. Turn right and go north on M-53 approximately 35 miles to Sebewaing Rd. Turn left on Sebewaing Rd. travel a few miles to Elkton Rd. turn right. Take Elkton Rd. into the town of Elkton. Turn left at the light onto M-142. Go 2 ½ miles. The High School is located on the right side of the road.

Marlette - 3051 Moore St., 517-635-7425, (17 minutes) take M-90 west out of Brown City to M-53. Turn right at the light, travel approximately 8 miles to Marlette. Turn right on Euclid St. to get to the Middle School. The High School is located 2-3 blocks north of the middle school at the corner of Sterling & Moore.

Mayville - 6250 Fulton St., 517-843-6116, (32 minutes) take M-90 west to M-53. Go north on M-53 approximately 1 mile, turn left and continue west on M-90 through North Branch to M-24. Travel north on M-24 approximately 10 miles to the town of Mayville. Turn left at the caution light onto Mayville Rd. Continue on Mayville Rd. a few blocks, turn left at the stop light. Go 4-5 blocks turn right at Fulton St. The High School is down the road on the left.

Reese - 1696 S. VanBuren, 517-868-4191, (58 minutes) use same directions to Mayville but continue straight through the light on Mayville Rd. to Vassar. At Vassar pick up M-15 north to Richville. At Richville turn onto VanBuren Rd. Travel north on VanBuren Rd. into Reese approximately 3 miles. The football, baseball, softball and track complex and High School are 1-2 blocks north of M-81 on the left side of the road.

Sandusky - 191 Pine Tree Lane, 810-648-3401, (27 minutes) take M-90 west out of Brown City to M-19, then north to Peck. Or take Maple Valley Rd. north to Peck Rd. west into Peck. From peck travel north approximately 10 miles to Sandusky. Turn right off of M-19 at the CITGO station onto Pine Tree Lane. The High School is located down on the left.

Ubly - 2020 Union St., 517-658-8554, (46 minutes) take Maple Valley Rd. north to Marlette Rd. approximately 9 miles. Turn right on Marlette Rd., travel a few miles turn left on Juhl Rd.. go 5 miles to M-46 turn right, to 1 mile to M-19 which is Ubly Rd. turn left or north on M-19. Ubly is 13 miles. The high School and the athletic complex is on the right hand side of M-19 on Union St. just prior to the blinker light.

Unionville-Sebewaing (USA) - 2203 Wildner Rd., 517-883-2534, (1 hr 7 minutes) take M-90 west out of Brown City to M-53. Travel north on M-53 approximately 35 miles to Bay City Forestville Rd. turn left on Bay City Forestville Rd. and travel approximately 20 miles to the town of Unionville. Turn right or north in Unionville onto M-25. The school is a couple of miles north on the left side of the road.

Valley Lutheran (Saginaw) - 3560 McCarty, 517-790-1676, (1 hr 20 minutes) take M-90 west out of Brown City to M-53. Travel north on M-53 approximately 20 miles to M-46 turn left. Go to I-75 north then immediately get off the exit 675 and take this to the Tittabawassee Rd. exit turn left you will be heading west. Go to the third stop light which is Bay Rd. turn left (past McDonald's). Go to the third stop light which is McCarty Rd. turn right. Go about 1/4 mile and the School is on the right side of the road.

PERMISSION TO PARTICIPATE

As a parent or legal guardian, I authorize and give my permission for my son/daughter, _____, grade _____, to participate in the Brown City Athletic Program.

I also authorize and give my permission for my son/daughter to be medically treated for an emergency at the discretion of the coach or school official.

The Brown City Community Schools DOES NOT ASSUME RESPONSIBILITY relative to Doctor, Ambulance or Medical Expense. Athletics are a voluntary extra-curricular program in which the STUDENT may participate in if he/she so desires but does so at their own risk of injury.

As the undersigned, I hereby acknowledge, on this date, that I have received, reviewed, understand and support the rules, guidelines and punitive actions for violations of the rules and guidelines as set forth in the Brown City Athletic Code.

Signature of Brown City Athlete

Date

Signature of Brown City parent or Guardian

Date

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students.

Signature of Brown City parent or Guardian

Date

***MUST BE SIGNED AND RETURNED TO THE BROWN CITY ATHLETIC OFFICE PRIOR TO THE FIRST SCHEDULED CONTEST.**

****UPON SIGNING, THE ATHLETIC POLICY WILL BE IN EFFECT YEAR ROUND (IN SEASON/OUT OF SEASON) UNTIL CONCLUSION OF SENIOR CONTESTS.**