

UNION CITY HIGH SCHOOL ATHLETIC HANDBOOK

FORWARD

The purpose of this Athletic Handbook is to place in one unit the basic philosophies, objectives and regulations pertinent to the operation of the athletic program as a part of the total educational program of Union City High School.

We sincerely hope that this handbook will be of service to the athlete and his/her parents and will aid us in showing the true objectives of athletics.

The contributions by athletics to the education of those who are fortunate enough to take part may be a greater bonus than imagined. The special environment and experience that promote the values of competition, based on a citizenship concept that included loyalty and dedication to a cause, are to be found in the special world of athletics.

If something is educational, it must change or re-enforce young people, it must make demands. Too many young people have been led to believe that the sport needs them more than the athlete needs sports.

We would like to invite those interested to accept the challenging opportunity called athletics, and base their goals on these thoughts.

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GENERAL INFORMATION

Remember that an athlete is not eligible to practice any sport until the following items have been completed.

1. Physical examination
2. All lost equipment fees paid
3. Academic eligibility
4. Waiver sheet

GENERAL ATHLETIC ELIGIBILITY REQUIREMENTS

Scholarship: The Michigan High School Athletic Association requires that you pass 20 hours of credit in the semester previous to your participation and maintain this standard through each nine weeks grading period.

Age: A student may not have reached their nineteenth birthday on or before September 1st of the current school year and be eligible to participate.

Residence: Your parents or legal guardians shall be bonafide residents of the school district. For exceptions of this rule contact the Athletic Director.

Amateur Practices: Students shall not be eligible if they accept any money or merchandise for participation of athletics.

Limited Team Membership: An athlete may not participate in any outside competition in a sport during the season after they have represented their school in that sport. Nor may they participate in any so-called All-Star, charity or exhibition football or basketball game.

Dropping or Transferring Sports: On occasion an athlete may find it necessary to drop a sport for a good reason. In this the following procedure must be followed.

1. Talk with your immediate coach
2. Check in all equipment issued
- 3 Report the situation to the Athletic Director

If this procedure is not followed, the athlete will not be allowed to participate in another sport.

ACADEMIC ELIGIBILITY

1. **Eligibility Requirement:** Any student having a failing/NC grade in more than one class from the beginning of the semester through the Friday prior to the scheduled extra-curricular activity shall be ineligible to represent UCHS during that eligibility participation period and any subsequent periods until the eligibility provisions of this policy are met. This policy shall be enforced by the principal.
2. Teachers report eligibility on Friday or the last scheduled day of school each week.
3. Students are declared eligible/ineligible on a weekly basis beginning on Monday and ending on Sunday. If an athlete wishes to change sports during a season or after having won an award in one sport, and wishes to change sports, he must receive approval of both coaches concerned and the Athletic Director. An athlete has until the first contest to decide whether or not he would like to come out for a sport or change sports. However, this is left up to the discretion of the coaches involved. Exceptions will be handled through the Athletic Director.

Curfew: Proper rest is essential in maintaining good health. Therefore, athletes should have good sleep habits. Each coach will stress this and instruct athletes as to what are considered proper hours.

School Suspension: If an athlete is suspended for three or more days from school, he/she will not be allowed to participate in practice. If any games fall during the suspension the athlete will not be allowed to participate. If no game falls during a suspension the athlete will not participate in the first contest following the suspension. The principal reserves the right to rescind this rule.

School Absences: A student must be in school for the whole day in order to participate in practice or in an interscholastic contest on that day. The Athletic Director has the power to waive this rule depending on circumstances. To be able to participate in extra-curricular activities, athletes must have a pre-approved excuse or their parent must call and speak directly to the athletic director/principal to have the absence excused in times of emergency. A phone call to the attendance office in the morning explaining your absence does not qualify as an excuse and allow you to participate. All school related absences for field trips, etc. are excused.

TRAINING RULES

A training violation shall include the use of, possession of, or being under the influence of any of the following:

1. Tobacco (smoking, chewing or snuff)
2. Alcoholic Beverages
3. Controlled Substances (unless prescribed by doctor)

Verified violations of the above training rules by a responsible adult will result in the following:

- A. **First violation:** Suspension from athletics for 1 year from date of violation. An athlete has the option of applying for reinstatement three (3) months after his/her initial violation, as long as he/she has successfully completed a rehabilitation and counseling program or is released by STARS or a program approved by STARS.
- B. **Second violation:** Termination of athletics at Union City High School (per high school career). An athlete has the option of applying for reinstatement after serving a one (1) year suspension (from date of violation) and successfully completing a rehabilitation and counseling program from STARS or a program approved by STARS.
- C. **Third violation:** Termination of athletics at Union City High School (per high school career).

Once an athlete appears on a master eligibility list at Union City High School, he/she will be considered "in training" during the full school year. Above rules will be in effect when a student is classified as an athlete and will terminate upon his/her graduation. Parents will be notified upon any alleged training violations.

DUE PROCESS

Any athlete accused of a training violation will be given the right of procedural due process.

THE ATHLETIC CODE

Philosophy

The Athletic Program at Union City High School is designed to give students an opportunity for physical, mental and social growth through competitive sports. A Union City athlete is expected to stand high above his peers in personal habits, attitudes, character and appearance. It is the hope of those involved in supervising the athletic program that by demanding the above mentioned virtues along with a demand for the highest physical performance by each athlete on the practice field and playing field, that the athlete will be better prepared to meet the demands of adult life.

Further, it is felt that if an athlete chooses not to abide by the above standards, they should disassociate themselves or be disassociated from the athletic program.

General Attitudes

Recognizing that the word "team" implies a unified effort, the wishes and desires of the individual must be directed toward the best interest of the team. It must be clearly understood that the attitude of the athlete is the most important single factor in achieving a successful athletic program. Any candidate for an athletic team must accept the full responsibility of conducting himself in an appropriate manner at all times.

An athlete should not be only a sportsman, but a true representative of Union City High School. Therefore, it must be realized that an athlete may be dropped from an athletic team if his attitude or conduct is believed by the coach or athletic council to be detrimental to the team or the program.

A Set Of Values For The Athletes

On occasion an athlete may have a conflict of responsibilities. We suggest the following set of values to aid him in determining his prime responsibilities.

1. Home Responsibilities
2. Academic Responsibilities
3. Athletic Responsibilities
4. Social and School Responsibilities

Your Philosophy As An Athlete

The philosophy influencing your athletic efforts should promote the following behavior:

1. Instead of worrying about your game, work on your weaknesses. Spend extra time on those things that will increase your value to the squad.
2. Be confident that you can and must improve. Think only about "winning the game, scoring points, succeeding", but respect your opponent's abilities and realize your own weaknesses that must be improved.
3. Set definite goals for yourself. Try to keep moving up on the squad. Your best way to become a necessary part of this team, or next year's team, is to try to make yourself a better all-around athlete.
4. If you are satisfied with your present spot, you will be the same next season and someone will beat you out. You have to be getting better, or you'll get worse.
5. Do as many things as you can in every game that will help the team. Remember that you can tell if some other fellow is "all for himself" very quickly, and others can detect the same characteristics in you. Think of team success, not individual success.
6. Avoid being critical of teammates; that is the coach's job. AVOID ALIBIES.
7. Operate as a "team family", constantly conquering your selfish desires for the sake of the betterment of the team.
8. Avoid forming small groups on the team. Make an effort to show no partiality to your best friends on the playing floor or field.
9. Take all personal grievances and problems to your coach. He/she is experienced in the game, and can advise you.

TRAVEL

1. All athletes must travel to and from out-of town athletic contests in transportation provide by the athletic department. If a coach receives a personal request from a parent to ride to or from a contest, it can be allowed (Coaches' discretion).
2. You will remain with your squad and under supervision of your coach when attending away contests.
3. Follow all regular school bus rules, including food, noise, remaining in seats and respect for the equipment.
4. Dress in good taste.

LOCKER ROOM REQUIREMENTS

1. Proper conduct is expected at all times.
2. No glass allowed in locker room.
3. No running or horseplay
4. No swearing
5. No one is allowed in the training room without a coach or manager.
6. Any athlete causing damage to school facilities will be charged for that damage.
7. THE LOCKER ROOM IS YOUR SPECIAL PLACE--KEEP IT LOOKING NICE!!!

EQUIPMENT

School equipment checked out by the student athlete is his/her responsibility. You are expected to keep it clean and in good shape. Loss of any equipment is your financial obligation (replacement value). You will not be allowed to go out for another sport until the financial obligation is met. This can be taken care of through the Athletic Director.

COLLEGE RECRUITMENT POLICY

In the event you should be contacted personally by a college recruiter you have an obligation to work through your coach and the athletic director. Inform your coach of such a contact as soon as possible.

ATHLETIC AWARDS

1. All members of J.V. athletic squad who successfully complete an athletic season will receive numerals of their graduating year and a certificate of participation.
2. All athletes who successfully complete a varsity sport will receive a U.C. varsity letter and pin and certificate of participation.
3. After receiving a varsity letter, the athlete will receive a pin for his letter for each sport in which he/she wins additional letters.
4. Requirements for letters may change with personnel changes in coaching.
5. Letter earners shall be determined by the coach.

VARSITY LETTER REQUIREMENTS

Football:

- a. Complete the season as a squad member in good standing.
- b. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it if not for the injury.

Cross Country (Boys and Girls):

- a. An individual must earn varsity points in two invitationals or in 1/3 of the dual meets
- b. A combination of parts of both. A player's attitude in practice is also a determining factor at the coaches' discretion.

Basketball (Girls):

- a. Complete the season as a squad member in good standing.
- b. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned the letter had it not been for the injury.

Basketball(Boys):

- a. A player must have played 1/4 of all quarters played or have added something special to the team as determined by the coach.
- b. Practice is also a consideration in determining the award.

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Wrestling:

- a. Wrestle varsity at least 15 times, or win a medal at a tournament.
- b. Score 20 points, 3 points by pin, 2 by decision, for a draw, 0 by loss, -1 by getting pinned.

Track (Boys & Girls):

- a. Score a point in a varsity meet.
- b. Coaches' Discretion.

Volleyball (Girls):

- a. Complete the season in good standing
- b. Coaches' Discretion

Baseball:

- a. Pitchers only must compete in 15 innings
- b. Players must compete in 30 innings or 15 bats. Unusual circumstances will be taken into consideration by the coach of that sport and the Athletic Director.

Cheerleading:

- a. Complete the season in good standing
- b. Advisor's Discretion

Golf:

1. Participate in at least 3 varsity matches
2. Coaches' Discretion

Softball:

- a. A player must have appeared in half of the games played.
- b. Or a player must have batted twelve (12) times.
- c. Coaches' Discretion

DEFINITIONS

Athlete: Any student who has appeared on a Union City High School eligibility form, including team managers and cheerleaders.

Athletic Council: Decision making group made up of the Athletic Director and all Varsity Head Coaches.

Equipment: Anything assigned by a coach to a player.

School Year: The school calendar as set by the Board of Education.

Suspension: An athlete suspended from school may not participate in extra-curricular activities on each date of suspension or during inclusive dates.

Training Role Confines: An athlete is in training during the entire school year.

Season: Time comprised from the first day of practice through the last game and/or the bus ride back to school.

SPORTSMANSHIP:

The Michigan High School Athletic Association lists various ways in which high school students can practice good sportsmanship and bring about desirable relationships with other schools. Union City students should try to do the things advocated, which are:

High School Students should set a good example in the matter of sportsmanship and should quickly condemn unsportsman actions of other students and adults. To this end, they should:

1. Remember that student spectators represent their school the same as does the athlete.
2. Recognize that the good name of the school is more valuable than any game won by unfair play.
3. Accept decisions of officials without comment.
4. Recognize and applaud an exhibition of fine play or good sportsmanship on the part of the visiting team.
5. Insist on the courteous treatment of the visiting team as it passes through the streets or visits the local school building.
6. Acquaint the adults of the community with ideals of sportsmanship that are acceptable to the school.
7. Advocate that any spectator who continually displays poor sportsmanship be requested not to attend future contests.

POTENTIAL DANGERS IN ATHLETIC PARTICIPATION

Parents and student athletes should fully understand and appreciate the risk of serious personal injury associated with participation in the educational sports program provided by the Union City Community Schools. Participation in school athletics involves flying objects, and swift movement of bodies, which many times are airborne and can cause unavoidable collisions.

Athletic activities are hazardous (especially football where bodily contact is part of the game) and taking part in such activities is a calculated risk taken by the student athlete and their parents/guardians. It is also understandable that with many young adults the potential benefits exceed the potential hazards. The very element of a calculated risk makes the participation a stimulating adventure and satisfies the student athlete's desire for competition, strenuous effort, and creative activity. Reducing injuries to a minimum without subtracting from this adventure is a continuous goal of our coaching and administrative staff.

**UNION CITY COMMUNITY SCHOOLS
DEPARTMENT OF ATHLETICS
ATHLETIC RESPONSIBILITY ACKNOWLEDGEMENT**

As a Union City Community School student participating voluntarily in interscholastic athletics, I understand that during the school year:

Student Name(please print)_____

Parent Student
Initials Initials

_____ _____ I have read and will abide by the Union City Community Schools Athletic Handbook, rules of the Michigan High School Athletic Association, the laws of the State of Michigan, and my coaches stated rules. Specifically, I understand the following:

_____ _____ 1. that I must attend school the **entire** school day to participate in practice or a contest in the same day, unless a parent has pre-excused it with the AD

_____ _____ 2. that I **will not** be able to participate from the Monday to next Sunday after I have been marked ineligible (Failing or NC) in more than one class

_____ _____ 3. that I passed 20 hours of credit in the semester previous to my participation

_____ _____ 4. that I understand the training rules and my rights to due process

_____ _____ 5. that if I have transferred between schools, I have established my eligibility with the athletic director, whom will verify it with the MHSAA

_____ _____ I will conduct myself in an exemplary manner that will not discredit myself, my family, my team, the school, or my community.

_____ _____ I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.

_____ _____ I also understand that should I violate any of the rules I am subject to the penalties as stated in the Athletic Handbook, or by my coach.

I know what is expected of an athlete who represents Union City High School and am prepared to distinguish myself.

Student Signature_____ Date_____

Parent Signature_____ Date_____

Coaches Signature_____ Date_____

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* This form needs to be signed and handed in to the coach before the first game of every athletic season in which he/she participates.