

Hillman Jr/Sr. High School ATHLETIC HANDBOOK



“While it is not necessarily cause and effect, it is a statistical fact ... that participants in athletics have higher grade point averages, lower drop-out rates, better daily attendance and fewer discipline problems than non-participating students.”

- from the MHSAA archives

Hillman High School Mission Statement

The mission of Hillman Community Schools is inspiring each student to reach their maximum potential through a collaborative, rigorous, and student-focused education.

Hillman High School Athletic Philosophy

Consistent with the mission of Hillman High School and the underlying philosophies of the MHSAA, we believe that athletics are voluntary by participation, secondary to academics, and vital to the overall development of our students.

As a part of the educational process, we believe the interscholastic programming at Hillman High School provides unique opportunities for students to develop the values of sportsmanship, teamwork, fair play, sacrifice, hard work, discipline, competition, and commitment. We believe these values echo throughout adult life.

We believe the primary goal of all athletics is to foster the development of our students into productive young men and women. We believe that this is not measured in playing time or in wins or losses, but in values our athletes carry with them and exercise openly as a result of their participation in Hillman High School athletics.

Athletic Policy

Student athletic eligibility is governed by the Michigan High School Athletic Association (MHSAA) requirements for the student athletic eligibility, the academic standards for the participation and extra-curricular activities and the Hillman High School standards for personal conduct of athletes. Students who have inquiries regarding athletic eligibility should contact the Athletic Director.

Michigan High School Athletic Association

Hillman High School is a member of the MHSAA and agrees to abide by the rules and regulations of that organization. A brief summary of the major MHSAA student athlete eligibility rules are stated below:

1. Be properly enrolled in school.
2. Be under 19 years of age unless the birthday is on/after September 1st. The Executive Committee may consider an exception to the maximum age limitation for up to one year only (student not to exceed age 20 prior to Sept. 1) for students who, following medical documentation sufficient to establish that they had a disability, were delayed in their education progress prior to their initial enrollment in the 9th grade in any school solely by reason of such disability (2012-13). (See the MHSAA Handbook (Section 2) for complete changes to this eligibility rule).
3. Have passed a current physical examination after April 15th of the previous school year.
4. Have not more than four (4) first semesters and four (4) second semesters of competition.
5. Have not enrolled more than eight (8) semester in grades 9-12 and the last two semester must be consecutive.
6. Pass at least five classes the previous semester (7 hour day). Pass at least four classes the previous semester (6 hour day).
7. Carry and pass at least four classes during the present semester.
8. Meet requirements if a transfer student.
9. Accept no awards valued over \$40.

MHSAA ELIGIBILITY RULES

Enrollment

To be eligible for interscholastic athletics, a student must be enrolled in a high school no later than the fourth Friday after Labor Day (1st semester) or fourth Friday of February (2nd semester). A student must be enrolled in the school for which he/she competes.

Age

A student who competes in any interscholastic athletic contest **must be under nineteen (19) years of age** with the exception being a student whose 19th birthday occurs on or after September 1st of a current school year is eligible for the balance of that school year. This may be waived by the Executive Committee if a student provides medical documentation sufficient to establish that they had a disability ... prior to their initial enrollment in the 9th grade. Students are not to exceed the age of 20.

Physical Examination

No student shall be eligible to represent a high school for whom there is not on file in the office of the superintendent, principal, or the athletic director of that school a statement for the current school year certifying that the student has passed a physical examination and is physically able to compete in athletic practices and contests. (A physician's statement for the current school year is interpreted as physical examination given after April 15th of the previous school year.) Physical examination forms are available in the Athletic Office.

Semesters of Enrollment

A student shall not compete in any branch of athletics who has been enrolled in grades 9-12, inclusive, for more than eight semesters. The seventh and eighth semester must be consecutive. Enrollment must take place prior to fourth Friday count dates.

Semesters of Competition

A student, once enrolled in grade nine shall be allowed to compete in only four first semesters and four second semesters. A student shall be limited to participation in only one sports season when that sport is sponsored twice during the school year.

Undergraduate Standing

A student who is a graduate of a regular four-year high school shall not be eligible for interscholastic athletics.

Previous Semester Record

No student shall be allowed to compete in any athletic contest during any semester who does not have to his or her credit recorded with school represented at least twenty (20) credit hours of work for the last semester during which he or she shall have been enrolled in grades 9-12, inclusive. Any athlete who did not pass five classes (7 period day) or 4 classes (6 period day) the previous semester will be ineligible for 60 school days.

Current Semester Record

Academic eligibility checks of not more than ten weeks are required. If a student is not passing at least twenty credit hours when checked, that student is ineligible for competition until the next check but not less than the next Monday through Sunday. **(Current semester record check will be conducted every quarter.)**

Transfers

A student enrolled in grades 9-12 who transfers from one high school to another high school is ineligible to participate in an interscholastic athletic contest or scrimmage according to MHSAA handbook (refer to MHSAA Handbook for ruling on availability to play) unless they qualify under a transfer exception. (All transfers must have their eligibility cleared with the Athletic Office.)

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 \$40.00. Awards for the athletic participation in the form of cash, merchandise certificates, or any other type of negotiable documents are never allowed. A violation of this rule may lead to ineligibility.

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 school if that student receives money or other valuable consideration from any source for participating in athletics, sports or games, or has signed a professional athletic contract to participate in that sport.

Limited Team Membership

A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a high school athletic team, participates in any athletic competition not sponsored by his/her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) days of competition and a maximum of the remainder of that season.

Academic Standards for Participation in Extra-curricular Activities

A student's academic eligibility to participate in extra-curricular activities, athletics, clubs, and/or organizations will be based on the following:

1. Each student's academic eligibility will be based upon his or her weekly eligibility report, to start the second week of each semester.
 - a. A part-time student is currently taking 4 or less classes; he/she must be passing all of them with at least a 2.00(C) average to remain eligible.
 - b. A full-time student is currently taking seven (7) classes; he/she must pass six (6) and must have at least a 2.00(C) average to remain eligible. A full-time student is currently taking (6) classes; he/she must pass (5) and have at least a 2.00 ©
 - c. Any student who has not met the requirements in either section (a) and (b) will be suspended from all extra-curricular activities for the following eligibility report period. Sanctions will start on the school day after eligibility reports are issued.
 - d. Any student who is ineligible at the end of a marking period and starting a new sports season must wait until the next three week teacher progress report is turned in before becoming eligible.
 - e. Students ineligible after the last marking period of the school year may participate in extra-curricular activities during the summer, unless the event is recognized by the Michigan High School Athletic Association, then the student would be deemed ineligible. Example: A student who has below a 2.00 G.P.A. for the last marking period of the year may participate in summer team camps and practices but would be ineligible to play in any high school games that occurred before the first day of school, i.e. football, basketball, and golf.
 - f. The principal may make an exception if the student has been participating in a superintendent approved intervention program and has shown satisfactory progress toward achieving the minimum grade point average.

2. Extra-Curricular Activities/Clubs/Organization

Students must meet all athletic academic eligibility requirements each marking period to participate in school sponsored extra-curricular clubs, organizations and their related activities. Students whose GPA falls below a 2.00 will be excluded from these activities during the following progress report period. Students who are ineligible during the reporting period are not allowed to ride the team bus to away events unless the coach prefers the athlete rides the bus and the athlete should spend this time doing homework and studying in an effort to regain their eligibility. These restrictions will not apply to attendance at athletic events, dances, Senior Trip, special student recognition programs, and fundraising.

3. Coaches will encourage student participation in TUTORING sessions when needed. The student should communicate to the coach their need to miss practice before attending tutoring. There should be no repercussion from the coaches in regards to missed practices or participation due to the student attending these sessions. Athletes will be marked by the tutor as to if they were productive at the tutoring session and a copy of this progress report will be given to the coach to let the coach know that the student was at tutoring and was additionally productive while there.

Class/sports and other necessary meetings will take place during ICE or before/after school whenever possible. Sponsors must record their meeting date/times on the office calendar one week in advance to insure compliance and avoid conflict. Sponsors will give teachers a list of students either before or after academic meeting. (A.S.A.P.)

4. Student Athlete Discipline

Any student athlete suspended during a sport season will miss one event that occurs on or immediately following the suspension. If the sport event occurs during the time the student is suspended, then that will be

considered the event missed and the student will not be required to miss an additional event following the suspension. (Also see Discipline Policy for Extra Curricular Activities **Student Handbook**)

Physical Examination

No athlete shall participate in any phase of the athletic program that does not have on file in the athletic director's office a physical examination card for the current school year. A physician, nurse practitioner or physician's assistant indicating that the student has passed a physical examination and is able to compete in athletic practices and contests must sign this card. For the card to be valid, the physical examination must be given after April 15th of the previous school year. As a further condition of participation, an emancipated minor's parent/guardian must also consent to such participation. In case of serious injury or extended illness, school officials reserve the right to require an athlete to be re-examined by a physician before being allowed to participate in interscholastic athletics.

Hillman High School Standards for Personal Conduct of Athletes

1. Any athlete who is absent from school for any part of the last two class periods of a day, except for doctor or dental appointments or funerals, will not be allowed to participate in that day's practice or competition.
2. Care and maintenance of school equipment is every athlete's responsibility. Restitution for the loss or destruction of school property is part of that responsibility.
3. On team trips all team members will ride on transportation provided by the school. The coach of the sport may have a team rule that all players have to ride the bus home after the game unless the game is in the middle of the week and they are playing Augres, Detour, or Hale. If the game is somewhere else and it is on a Friday night and the parent(s) are planning to go somewhere (other than home), then they can get a preplanned waiver approved by the athletic director. A parent must give a note to the coach if they wish their child to ride with them. A player can only ride home with **their** parent or legal guardian. Athletes who have reached the age of majority are not exempt from this rule.
4. Each coach will issue reasonable regulations regarding his/her specific sport. Those rules are in addition to, not in place of, these rules. Copies will be distributed to all players and Athletic Director before season.
5. Players are expected to dress neatly and according to the instructions of the coach.
6. Use of illegal drugs, alcohol, tobacco products, steroids, human growth hormones and other performance enhancing drugs is strictly forbidden. For purposes of this policy, "tobacco product" means a preparation of tobacco to be inhaled, chewed, or placed in a person's mouth. "Use of a tobacco product" means any of the following: the carrying by a person of a lighted cigar, cigarette, pipe, or other lighted smoking device; the inhaling or chewing of a tobacco product; the placing of a tobacco product within a person's mouth; and/or the smoking of electronic, "vapor", or other substitute forms of cigarettes, clove cigarettes or other lighted smoking devices for burning tobacco or any other substance. Any athlete found using or possessing these products anytime during the year (12 months, 24 hours a day) will be punished as follows: 1st offense - miss the equivalent of 50% of the season's games and mandatory counseling. 2nd offense - one calendar year suspension from all athletic participation. 3rd offense – permanent. These percentages will be cumulative and carried over from season to season and year to year. Offenses will be kept on file until the student graduates from school. Example of 50% (10 games athlete would be required to sit 5).
7. Students convicted of misdemeanor/felony violations will be immediately suspended from all athletic participation and dealt with on an individual basis.
8. Students may be disciplined while waiting criminal prosecution.
9. Students wishing to join a team once the season has started (first game played) must be in good standing with the athletic code and have approval of the coach and administration. The student should realize they may

not be eligible to participate in tournament play based on MHSAA timelines. No student may join a team once the season has begun (According to MHSAA) if they have an athletic code violation.

Additional Information

- Coaches are required to issue a copy of team rules to team members.
- Athletes must pay a \$50.00 Sports Fee for every sport in order to play athletics (attached)

Hillman Junior/Senior High School – Athletic Awards

Junior High

- 7th – certificate
- 8th – certificate and patch for that sport
- In order to receive awards you must attend the awards ceremony. Dress for the awards night is dress up, jeans, shorts, and sandals are not appropriate for this event. Students not meeting this guideline will forfeit their awards.

Junior Varsity

- 1st year – receive a black “H” and a certificate
- 2nd year – certificate
- In order to receive awards you must attend the awards ceremony. Dress for the awards night is dress up, jeans, shorts, and sandals are not appropriate for this event. Students not meeting this guideline will forfeit their awards.

Varsity

- 1st year – orange “H” – one per student – pin in the varsity sport + 1st year pin
- 2nd year – medallion for the sport
- 3rd year – orange and black medal “H”
- 4th year – 4 year certificate

All varsity athletes receive an orange and black certificate.

- In order to receive awards you must attend the awards ceremony. Dress for the awards night is dress up, jeans, shorts, and sandals are not appropriate for this event. Students not meeting this guideline will forfeit their awards

Varsity Letter Requirements

- Each program has different requirements for a varsity letter. These should be reviewed at each individual team/parent meeting at the beginning of the season. General guiding principles for earning a letter include:
 - Remaining an active member of the program the entire season
 - Participating at the varsity level.
 - Completes the season in good standing.

- Adheres to good sportsmanship and behavior expectations the entire season.
- Attends the awards ceremony to accept the award. Dress for the awards night is dress up, jeans, shorts and sandals are not appropriate for this event.

* Remember, a varsity letter is something you EARN, not something you receive.

Senior Award Plaques

- The student-athlete must earn a total of 6 points (JV = 1 point and Varsity = 2 points) to receive a senior award plaque. The student-athlete must participate in a sport their senior year in order to receive the senior award plaque.

Scholar Athlete Award

Criteria:

1. Have to receive a varsity award in the sport (i.e. varsity letter/certificate).
And
2. Have a cumulative grade point average (G.P.A.) of 3.5 or higher.

** Freshman who receive a varsity award their first semester of participation – fall season, may not receive a Scholar Athlete Award, as they do not have a cumulative G.P.A. from the high school yet.

** Do not round up G.P.A. – 3.48 does not make a 3.5.

** Athletes qualifying for a Scholar Athlete Award, will receive a t-shirt and certificate. Every season an athlete receives a varsity award and maintains a cumulative G.P.A. of 3.5 or higher, they will receive another certificate.

Announcing Scholar Athlete Awards

When announcing Scholar Athlete Awards, the school can only announce that a student has a “cumulative G.P.A. of 3.5 or higher”. The school may not announce the actual grade point average of the student.

Equipment and Supplies

- Some athletic equipment is supplied to athletes by the Hillman Public Schools. This equipment is on loan for that sport season. Students are responsible for the care of this equipment and for the replacement cost of the equipment when damage or loss occurs.
- No athlete may tryout or participate in a high school sport that has outstanding school fines. All fines must be paid before a student is allowed to participate/tryout. Athletes will not receive a uniform in their next sport until all uniforms are turned in from the previous sport.

Injury/Emergency

- When there is any question as to the extent, seriousness, or nature of an injury, the coach, athletic director, or game manager will seek or advise professional medical help immediately. Hillman High School is not responsible for ambulance cost.

Team Travel

On team trips all team members will ride on transportation provided by the school. The coach of the sport may make exceptions when the parents of the student personally contact him/her through writing, and arrange for the trip with the parents. If a parent wishes the student-athlete ride home with another adult, the parent must have a release form signed by the parent and the Principal or athletic director prior to each event. Athletes who have reached the age of majority are not exempt from this rule.

VISIT

www.hillmanschools.com

for current athletic schedules



SPORTSMANSHIP EXPECTATIONS

Each COACH is expected to:

- A. Exemplify the highest moral character, behavior, and leadership, adhering to strong ethical and integrity standards. Practicing good citizenship is practicing good sportsmanship!
- B. Respect the integrity and personality of the individual athlete.
- C. Abide by and teach the rules of the game in letter and in spirit.
- D. Describe and define respectful and disrespectful behavior. Stress that disrespectful behavior, especially taunting, trash talking, and intimidation, will not be tolerated.
- E. Set good examples for players and spectators to follow.
- F. Refrain from arguments in front of players or spectators.
- G. Not use gestures which indicate an official or opposing coach does not know what s/he is doing or talking about.
- H. Not throw objects in disgust.
- I. Shake hands with the officials and the opposing coaches before and after the contest in full view of the public and demand the same of his/her players.
- J. Respect the integrity and judgment of game officials.

The officials are doing their best to help promote athletes and the sport.
Treating them with respect, even if the athlete disagrees with their judgment, will only make a positive impression of the athlete and the team in the eyes of the officials and all the people at the event.

- K. Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media.
- L. Confine his/her remarks to game statistics and to the performance of his/her team.
- M. Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.
- N. Develop a program that awards participants and spectators for displaying sportsmanship and enforcing penalties on those who do not abide by sportsmanship standards.
- O. Be no party to the use of profanity or obscene language, or improper actions.

Sportsmanship Expectations For Student-Athletes

Each Student-Athlete is expected to:

- A. Accept and understand the seriousness of his/her responsibility, and the privilege of representing the school, District, and community.
- B. Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- C. Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist the student and others to achieve a better understanding and appreciation of the game.
- D. Treat opponents the way the student would like to be treated, as a guest or friend. Who better than the participating athlete can understand all the hard work and team effort that is required of the sport?
- E. ***Refrain from the use of drugs of all types including performing enhancing drugs.***
- F. Refrain from taunting, trash talking, and making any kind of derogatory remarks to opponents during the game, especially comments of ethnic, racial, or sexual nature.

- G. Refrain from intimidating behavior.
- H. Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat.
- I. Respect the integrity and judgment of game officials.

The officials are doing their best to help promote athletes and the sport. Treating them with respect, even if the athlete disagrees with their judgment, will only make a positive impression of the athlete and the team in the eyes of the officials and all the people at the event.

- J. Win with humility; lose with grace. Do both with dignity. Avoid excessive celebrating after a play or end of a game.

Any form of unacceptable behavior by any student is subject to discipline which may include removal from the event, suspension of participation in all athletic events for a season or school year, suspension from school, and/or referral to the local authorities.

Each Cheerleader is expected to:

A. ***NOT use performance-enhancing substance(s).***

- Understand the seriousness of his/her responsibility, and the privilege of representing the school, District, and community.
- Treat opposing cheerleaders the way the student would like to be treated, as a guest or friend.

Who better than the cheerleader can understand all the training and team effort that goes into a cheerleading squad?

- Wish opposing cheerleaders good luck before the game and congratulate them in a sincere manner following either victory or defeat.
- Establish standards of desirable behavior for the squad and attempt in a cheerful manner to transfer that to the school's spectators.
- Select positive cheers which praise the school's team without antagonizing the opponents.
- Encourage a positive crowd alternative when booing, or an inappropriate chant begins by starting a popular cheer.
- Use discretion in selecting the times to cheer. Give the opposing school the same amount of time the school's squad would want in performing cheers, and treat opposing players like the school's team is treated.
- Give encouragement to injured players and recognition to outstanding performances for both teams.
- Respect the integrity and judgment of game officials.

The officials are doing their best to help promote athletes and the sport. Treating them with respect, even if the athlete disagrees with their judgment, will only make a positive impression of the athlete and the team in the eyes of the officials and all the people at the event.

Members of Other Student Groups (Pep Club, Band) are expected to:

A. ***NOT use performance-enhancing substance(s).***

- Establish themselves as leaders in conduct before, during, and after contests and events. Always provide positive support for the school's team, rather than intimidating or ridiculing the other team.
- Assist cheerleaders with yells, chants, etc., and be a working part of pep assemblies, with preparation, organization, and involvement.
- Treat opposing players, coaches, spectators, and support groups with respect and enthusiasm.
- Refrain from taunting or making any kind of derogatory remarks to opponents during a game, especially comments of ethnic, racial, or sexual nature.
- Conduct themselves in an exemplary manner, remembering they represent the school both home and away.
- Respect the integrity and judgment of game officials.

Treating them with respect, even if disagreeing with their judgment, will only make a positive impression of the group, the team, and community in the eyes of all people at the event.

- Be exemplary role models by positively supporting teams in every manner possible, including content of cheers and signs.

Each Spectator is expected to:

- Remember that s/he is at a contest to support and yell for the team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in the classroom.
- Remember that a ticket to a school athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game, so s/he may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups. Treat them as one would treat a guest in his/her own home.
- Refrain from taunting or making any kind of derogatory remarks to the opponents during the game, especially comments of ethnic, racial, or sexual nature.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games, and afterwards on or near the site of the event (i.e. tailgating).
- Recognize and compliment the efforts of school and league administrators in emphasizing the benefits of educational athletics and the role of good sportsmanship to the end.
- Be a positive behavior role model through his/her own actions and by censuring those close by whose behavior is unbecoming.

TEN BASIC BELIEFS FOR INTERSCHOLASTIC ATHLETICS IN MICHIGAN

1. Interscholastic athletics were begun outside the school day and curriculum and remain there as voluntary, extracurricular programs in which qualifying students earn the privilege of participation.
2. Interscholastic athletics are not courses offered by schools but are tools used by schools to reach and motivate students and to rally support within the community for schools' academic and activity programs.
3. In order to justify school sponsorship, interscholastic athletics must be compatible with the academic mission of schools, giving priority deference to the academic schedule and requiring proper decorum at athletic events.
4. Interscholastic athletics are secondary to the academic program of schools and are partners with schools' non-athletic activities in providing students opportunities to develop loyalty and school spirit, to practice teamwork, hard work, discipline, sacrifice, leadership and sportsmanship and to gain lifetime appreciation for the arts, sports and healthy lifestyle.
5. There is equal potential to achieve these objectives in every sport and on the subvarsity as well as varsity level.
6. A proper philosophy of interscholastic athletics emphasizes participation by many, not for few, and academic scholarship in school, not athletic scholarships to college.
7. To promote competitive equity and a program that is educational in both its means and its ends, the policies and procedures of interscholastic athletics must be determined by school representatives, not by courts, legislators or commercial interests.
8. Schools, through their elected boards of education and their appointed administrators, are solely responsible, legally and practically, for governing and conducting interscholastic athletics at the local and league levels.
9. Any statewide organization which schools join to assist their administration of interscholastic athletics must be independent of outside interests and guided exclusively by the direct input of its member schools.
10. Interstate competition in interscholastic athletics is unnecessary in most situations; regional and national events are harmful to the purposes of interscholastic athletics in Michigan.

-MHSAA Executive Director Jack Roberts



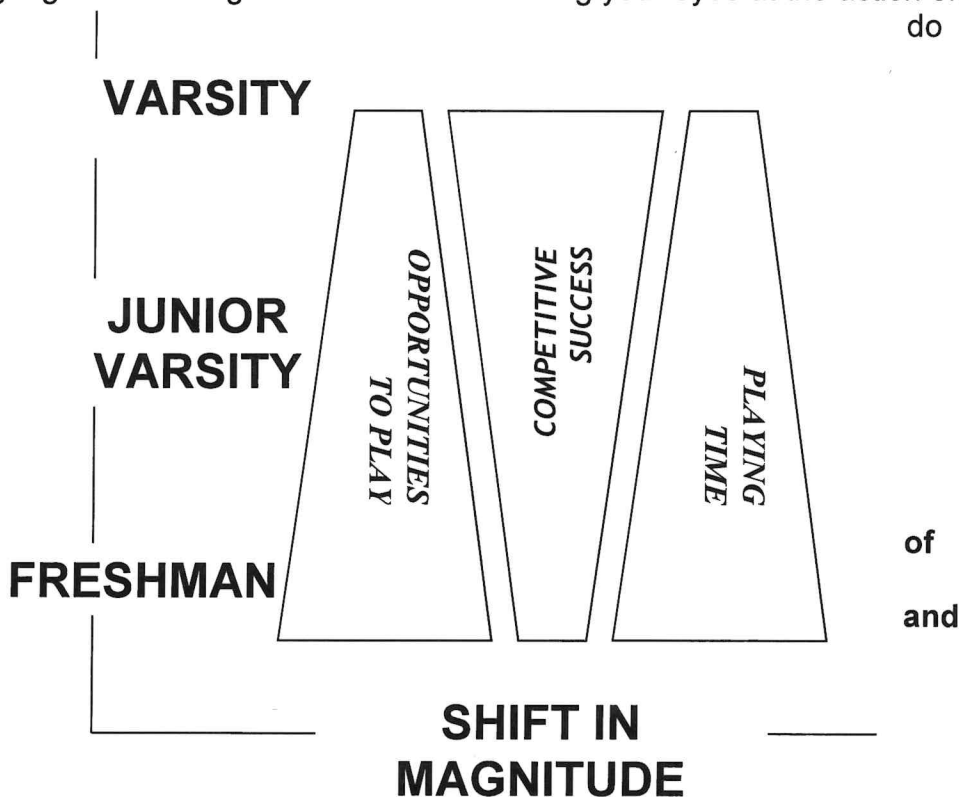
TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN

1. Make sure your children know that win or lose, scared or heroic, you love them, you appreciate their efforts, and you are not disappointed in them. Allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast. It is tough not to coach, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them develop the feel for competing, for trying hard and having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team.
8. Get to know the coach so that you can be assured his/her philosophy, attitudes, ethics, and knowledge make you comfortable having your child participate under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting. There are at least two sides to every story; hold your final decision until you know both.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and be afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened by certain things. Explain that courage is not the absence of fear, but a means of doing something in spite of fear. Parenting an athletic child can be difficult. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky."



KEYS FOR THE BACKUP ATHLETE AND PARENT

1. Know your role on the team. If you do not know what or how you are supposed to be contributing to the team, ask the coach.
2. Prepare in practice to make an immediate, positive impact on the court/field/etc. at the coach's request. Be prepared to make a maximum contribution in a minimum amount of time.
3. As a backup, you do not have the luxury of quietly settling into the game/match over a long period. Your job is to immediately contribute.
4. There is no question that staying in the game mentally is tougher for players on the bench than for players in the game.
5. Have supportive body language. Slouching on the bench and rolling your eyes at the action on the court/field/etc. will do little to support the team or your case for getting in the game.
6. When you leave the game, come out as fired-up as when you entered.
7. Push yourself and your teammates to get better.
8. **Emphasize the value athletic participation over playing time the importance of TEAM play over individual players.**



IT'S ABOUT TEAM!

FOR THE STUDENT-ATHLETE

1. Know and adhere to the athletic of the school.
2. Exceed all attendance and academic requirements as practical evidence of loyalty to school and team.
3. Observe completely all policies regarding conduct.
4. Counsel with the athletic director questions of eligibility.
5. Practice and play fairly, giving complete effort in all circumstances. Give credit to teammates in victory and to opponents in defeat.
6. Accept with equal grace favorable unfavorable decisions, victory and defeat.
7. Demonstrate respect for opponents and officials at all

IT'S ABOUT TEAM

High school sports are a privilege unique to American education. Unique in what it does for schools, kids and communities. However, in our sport-crazed society, some people want what happens in educational activities to be defined by the edutainment and entertainment levels of athletics – major collegiate and professional sports. That's not the primary focus of high school sports.

Only in America is this after-school activity so tightly entwined with, but yet secondary to, a school's mission – educating boys and girls to become productive members of society; tomorrow's leaders.

It's in understanding that high school athletics primarily serve to prepare young people for the next level of life – not the next level of sports – that defines high school sports as a unique and positive force in the lives of our young people and communities.

The opportunities to play organized athletics beyond high school come to only a select few. College athletic scholarships are earned by one in a hundred participants, and the stories of people like Tiger Woods and LeBron James are one in a million.

--from the MHSAA

code

over

and

times.

What can I do to make my team better?

Whatever it takes!

SCHOOL CLOSINGS / WEATHER CONDITIONS / PRACTICES & GAMES POLICY

When are games/practices cancelled?

- If our area is under a winter storm warning, all practices and games will be cancelled.
- if our area is under a high wind advisory, with blowing and drifting of snow, all practices and games will be cancelled.
- When there is an early school dismissal because of weather, all practices and games are cancelled.

When can practices/games be held on school cancelled days?

- **Only Varsity Teams** can practice if the weather advisories and warnings have been cancelled and roads have been plowed by 12:00 p.m. If there is going to be practice on a school closed day, the practice will be held in the afternoon, starting at 12:30 p.m.
- Contests that have both the JV and Varsity teams scheduled to play on the same night may play if advisories and warnings have been cancelled.

What happens on cold related school closings?

- Practices can be held in the afternoon, starting at 12:30 p.m.
- Games can be played as scheduled.

**THE ATHLETIC DIRECTOR AND/OR PRINCIPAL HAS THE RIGHT TO CANCEL
ANY GAMES/PRACTICES AT ANY TIME.**

RETURN TO COACH

Athletes may not participate in competition until this form is signed and returned.

STATEMENT OF UNDERSTANDING

I have received and read a copy of the Athletic Handbook and fully understand the training rules, the appeal process, and the **MHSAA and Hillman High School eligibility standards** for students participating in athletics at Hillman Jr/Sr. High School.

I further agree to comply with and hold my son/daughter accountable for the policies set forth herein until his/her final date of competition in his/her senior year.

I further authorize Hillman High School personnel to release information regarding grades, grade point average, rank in class and attendance for athletic scholarships, awards, and for scouting purposes.

Date

Student-Athlete's Signature

Date

Parent/Guardian's Signature

THE REAL SCORE

A coach can never make a great player of a youngster who isn't potentially great.

But a coach can make a great competitor out of any child.

And miraculously, coaches can make adults out of children.

For a coach, the final score doesn't read so many points for my team, so many points their team.

Instead it reads:

So many men and women out of so many boys and girls.

And this is a score that is never published.

And this is a score that coaches read themselves, and in which they find real joy ...
when the last game is finally over

- Anonymous

Sports Fee Contract

Student Athlete's Name _____

Grade _____ School Year _____

Sport _____

I, _____, understand I/We are obligated to submit fees for our son/daughter to participate in interscholastic athletics.

The Hillman Board of Education has set the \$50.00 per athlete per sport fee.

The fact that the fee is paid does not in any way influence playing time or lack thereof.

Payment of this amount accompanies this contract and I/We do hereby grant the above named athlete permission to participate in the athletic program listed above.

Parent or Guardian

There will be no refund of fees after the first day of competition and the athlete will not receive a uniform/equipment until the fee is paid.

For office use only:

Dated: _____

Amount Paid _____

Check: _____

Cash _____