

Breitung Township Schools

KINGSFORD

HIGH SCHOOL
AND
MIDDLE SCHOOL



Athletic Handbook
2009-2010

“Sportsmanship is that quality of honor that desires always to be courteous, fair, and respectful, and it is interpreted in the conduct of players, spectators, coaches, and school authorities.”

~Fielding H. Yost~

~SCHOOL SONG~
HAIL SONS OF KINGSFORD

Hail Sons of Kingsford, loyal and true.
Raise high our banners, Maize and Royal Blue.
Rah! Rah! Rah!
Onward to battle, we'll see you through.
Onward Kingsford onto victory, we're for you.
Yea, Maize!!!!!!
Yea, Blue!!!!!!!
Yea, Team!! We're for You!!!

~SCHOOL ALMA MATER~
MAIZE AND BLUE

To thee we raise our voices now,
in praises to the sky.
A tribute to our sons we sing,
the Sons of Kingsford High.
Maize and Blue, Maize and Blue
Let our banners fly.
Our hearts are filled with love for thee,
the Sons of Kingsford High.

Website: www.kingsford.org

KINGSFORD HIGH SCHOOL

431 Hamilton Avenue
Kingsford, Michigan 49802
(906) 779-2670
Fax (906) 774-2883

KINGSFORD MIDDLE SCHOOL

445 Hamilton Avenue
Kingsford, Michigan 49802
(906) 779-2680
Fax (906) 774-1354

Superintendent of Schools CRAIG ALLEN
High School Principal LYLE SMITHSON
High School Assistant Principal ROBERT J. USITALO
Middle School Principal DAVID HOLMES
Athletic Director AL UNGER
Business Manager WENDY WARMUTH
Colors MAIZE AND BLUE
Team Nickname "FLIVVERS"
Conferences (*All Sports Except Hockey*) GREAT NORTHERN
Hockey (*Dual Conferences*) GREAT LAKES, LAKE SUPERIOR
M.H.S.A.A. Classification (*All sports except football & Hockey*) B
Football Division 4
Hockey Division 2

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INTRODUCTION

This booklet was designed to answer some of the most frequently asked questions about our interscholastic athletic program. We are anxious to have parents and athletes know the regulations governing their son/daughter's participation.

A participant in athletic activities is in the public eye from the minute his/her name appears on a school roster. At all times (12 months of the year) whether in school, around town or on an athletic trip, they represent their school and should conduct themselves in a manner which brings credit to the team, the school, the community and parents. To achieve the results desired in our athletic program and to insure that everyone is treated equally, it is necessary to set up specific athletic rules and regulations for all those participating in athletic activities at Breitung Township Schools.

If you feel you would like further clarification on some of the items we address, or if you feel we omitted some things that would be beneficial to all, then please contact us at the High School Office (779-2670) or the Middle School at (779-2680). We would be happy to share your opinions, and perhaps include your ideas in a subsequent printing of this booklet.

PHILOSOPHY STATEMENT AND OBJECTIVES FOR INTERSCHOLASTIC ATHLETICS

Interscholastic athletics are an integral part of the total education process. Policies are formulated and maintained which will cultivate high ideals of good citizenship and sportsmanship. The interscholastic athletic program is planned, organized, developed, directed and controlled to protect, conserve, and promote health and physical welfare of the participants without discriminating on a legally prohibited basis.

TO IMPLEMENT THIS PHILOSOPHY THE FOLLOWING GUIDELINES

GOVERN:

1. Protect the general welfare and safety of the participants.
2. Conduct a program that encourages maximum participation.
3. Involve dedicated coaches who are excellent teachers.
4. Conduct a program which promotes uniformity of standards in athletics.
5. Provide and maintain the best facilities and equipment possible.
6. Conduct a program in accordance with the M.H.S.A.A. and those rules set forth by the Breitung Township School District.
7. Promote consultation and cooperation between middle and high school coaches.
8. Stress the importance of team effort, concern for the individual, and the pursuit of excellence.
9. Foster good sportsmanship on the part of participants and spectators.

OBJECTIVES:

1. To learn the basic concepts and fundamentals needed to compete in a given athletic activity so the participant can compete to full potential.
2. To develop an understanding of the rules of each athletic activity and learn to participate within these rules.
3. To learn to show respect for those individuals who conduct athletic events and to accept official's decisions.
4. To learn the importance of training and conditioning for athletic competition and to adhere to the Breitung Township Schools Disciplinary Rules and Regulations for Interscholastic Athletics.
5. To be able to accept suggestions and criticism and be able to cooperate, associate with, and work with other people.
6. To provide an opportunity for competition, promotion of school spirit, and spectator participation.
7. To be able to develop as a team member toward a common goal.
8. To provide the opportunity to experience fellowship and respect for teammates and opponents.
9. To develop desire, pride and a good attitude while winning or losing and to control emotional experiences that accompany contest results.

ROLE OF “WINNING”

Winning in athletics is of great importance. However, that role is of a specific nature and keeping it in that proper perspective is critical. An athlete should strive to develop “the will” to win as you develop as a person. This helps you to do the things necessary to approach your full potential. The pride developed through such an attitude will build consistency in performance and in your character as a person. Winning is not everything, but pride and the desire to excel is critical.

CODE OF CONDUCT

The conduct of an athlete is closely observed in many areas of life. It is important that the athlete’s behavior be above reproach in all respects at all times. Participation in athletics is a privilege and not a right. When a student voluntarily participates in a sport, he/she agrees to abide by the Code of Conduct and training rules throughout his/her school career. Failure to comply with the Code of Conduct, including the athletic training rules, will result in disciplinary consequences, up to and including dismissal from athletics.

An athlete is expected to behave in a manner that brings only respect and admiration for the athlete and the school. The athlete is expected to have full knowledge of the substance use provisions below and team membership requirements, and is expected to be guided by wisdom and prudence in all actions, both in and out of season. The use or possession of tobacco, alcohol, or illicit drugs in or out of season, and involvement in any unlawful acts or situations that are detrimental to the athlete, team, or school, are examples of violations of this standard of conduct. Student athletes may not violate any rule or engage in unsportsmanlike conduct which reflects negatively on Breitung Township Schools at any time. Violations of the Student Code of Conduct as set forth in the High School Student-Parent Handbook are prohibited. Similarly, violations of any team training rules or Code of Conduct as may be established by the coach, including grooming regulations or curfew rules, are prohibited. Examples of violations include, but are not limited to: fighting, stealing, vandalism, inappropriate behavior at home or away school functions, antisocial behavior, unsportsmanlike conduct, or harassment of students. Undesirable conduct and/or involvement with the law (even without legal conviction) could result in consequences ranging from no action to dismissal from athletics. This decision will be made consistent with the disciplinary process described below. Any attempted misconduct is also prohibited. Penalties for infractions may be in addition to other punishment under the Student Code of Conduct. An athlete is expected to inform the coach of any occurrence that could alter eligibility.

ARTICLE I STUDENT/ATHLETE EXPECTATIONS

A KINGSFORD ATHLETE IS EXPECTED...

- A. To welcome the privileges of an athlete but sincerely assume the responsibilities and obligations that go with it.
- B. To agree that studies come first. Athletics, important as they may be, are secondary.
- C. To apply the philosophy that nothing worthwhile is accomplished without hard work, application and the “desire to succeed”. To realize that you must work “out of season” as well as during the time you participate.
- D. To sacrifice your own personal “whims” or desires for the good of the group or team.
- E. To value that you and the school are judged by the “company you keep”.
- F. To strive always to go first class in appearance, conduct, and performance.
- G. To respect and encourage excellence of performance and conduct regardless of who accomplishes it - or where.
- H. To recognize that a “true” athlete is one who, despite unjustified criticism, a losing season, or being up against an opponent that is better than he -still has the will to go beyond his apparent ability.
- I. Dropping out of a sport is a serious matter. No athlete should quit a team without first consulting the coach and/or athletic director.
- J. **WATCH YOUR LANGUAGE.** Abusive and/or vulgar language is totally unacceptable. It does not demonstrate a desire to excel, only a lack of self control. Focus your energy on your performance. **NOT YOUR MOUTH!** Here at Kingsford we will win, or lose, with class and sportsmanship.

ARTICLE II GENERAL TEAM EXPECTATIONS

- A. Squad members are to be punctual for practice, contests, buses and meetings.
- B. All participants should be home by a reasonable time. Parents are urged to assist the coaches in enforcement of a curfew.
- C. All practice sessions are mandatory. Unexcused absence could result in suspension. Excessive absences will result in dismissal from the team.
- D. It is the athlete’s responsibility to inform his/her coach personally if
- E. he/she will be absent from practice or contest before the scheduled time of such practice or contest. Do not send word with someone else.
- F. Dress of a participant should be fitting both in school and on road trips when representing Kingsford. Students are prohibited from wearing any clothing that advertises alcohol, tobacco or drugs at practices or any sporting events.
- G. Before an athlete is eligible to try-out for the next sport, all commitments related to the previous sport must be completed to the satisfaction of the athletic department.
- H. Individual sports and squads may have rules in addition to those listed as determined by the coach. They shall be given to squad members and explained by the coach at the start of each season.

ARTICLE III ATHLETIC TRAINING RULES

- A. Those persons participating in the athletic program in interscholastic activities are considered to be in TRAINING twelve (12) months per year. This athletic code begins with your entry into interscholastic competition at Breitung Township Schools and finishes with your graduation.
- B. All suspensions will be carried over and fulfilled in their next full season of athletic participation.
- C. The penalty will be served as soon as possible.
- D. When an athlete has violated a training rule he/she must finish a season for any served suspension to be counted.
- E. Students who transfer to Breitung Township Schools with a known training violation will follow the same consequences.
- F. Parents will be notified by mail in cases of suspension.

It shall be a violation of training rules for a student athlete to:

- A. Use or consume alcoholic beverages, illegal drugs, including but not
- B. limited to those substances defined as “controlled substances”. narcotics,
- C. tobacco, steroids or other performance enhancing drugs; or
- D. Knowingly have in his/her possession alcoholic beverages, illegal drugs, narcotics, tobacco, steroids or performance enhancing drugs; or
- E. Use, possess drug paraphernalia or counterfeit or “look alike” drugs of performance enhancing substances; or
- F. Inhale or ingest any chemicals or products such as glue or other inhalant substances with the intention of bringing about a state of exhilaration or euphoria; or
- G. Transmit, distribute, or sell to others any of the above items; or
- H. Remain in a situation where any of the above items are knowingly in the possession of, provided to, or being used by minors.

It shall not be a violation of the Athletic Code for an athlete to use or possess a prescription or patent drug when taken pursuant to a legal prescription issued by a licensed physician for which permission to use in school has been granted pursuant to Board policy. An athlete shall notify his or her coach if he or she is taking a prescription medication which could alter the athlete's behavior or affect the athlete's ability to participate in a physical activity.

The Athletic Council shall determine, by a majority vote, if a violation of training rules has occurred. This committee shall make and conduct such investigations and hearings, formal or informal, as it shall see fit.

The Athletic Council shall consist of:

1. A representative of the school administration
2. The Athletic Director
3. Coach of the sport (or next sport if between seasons)
4. Two other coaches selected by the Athletic Director

The above procedure will not be necessary if the student athlete admits his involvement and accepts the penalty.

PENALTIES FOR VIOLATION OF RULES

The penalty for athletic training rules violations may vary depending upon the seriousness of the offense and totality of circumstances. For example, the distribution of illegal drugs may be deemed a more serious offense than possession only. Although progressive discipline will normally be imposed, the following guidelines do not preclude imposition of greater penalties depending upon the circumstances.

A. First Offense:

1. The athlete shall be suspended from twenty-five percent of the originally scheduled full team dates of competition. The athlete must participate in practices during the period of time the athlete is suspended from participating in contests.
2. The athlete shall also perform five hours of community service. This will be assigned by the Athletic Director.

B. Second Offense:

1. If occurring within a 365-day period from the first offense, the athlete shall be suspended from 50 percent of the originally scheduled full team dates of competition. The athlete must participate in practice during the period of time the athlete is suspended. The athlete will voluntarily, and at his/her own expense, begin a program of substance abuse counseling, if the first and second violations involved alcohol or controlled substance. The athlete will be assigned 25 hours of community service.

C. Third Offense:

1. The third offense within 365-days of the second offense will lead to suspension from all athletic activities for one calendar year. Each additional violation will result in a 1-year suspension.

- D. If a parent or student turns themselves in and requests admittance into the student assistance program, they shall not have to miss any games. This will not apply if the athlete has been caught and/or charged by an adult or police official.

A student athlete, found guilty of a training violation by said committee, his parents or guardian, shall have the right to appeal and have a hearing before the Board of Education, provided a written notice of appeal is filed with the Superintendent of Schools within seven(7) days after the decision by the committee. The student involved shall have the right to be represented by an attorney.

ARTICLE IV OTHER UNACCEPTABLE BEHAVIOR

All other offenses, serious in nature, including larceny, physical assault, vandalism, conviction of a crime or other inappropriate behavior will be referred to the athletic council.

A decision regarding the charges will be made after the Athletic Council has had a chance to review all of the facts.

Penalty for the above inappropriate behavior can result in:

- A. Suspension for a part of a sport season which could carry over to the next sport season - not to exceed 12 months.
- B. Removal from the current squad.
- C. Other corrective/rehabilitation action as determined by the Athletic Council.
- D. Permanent exclusion from participation in athletics.

ARTICLE V RULES OF ELIGIBILITY

In order to be eligible to represent Kingsford High School/Middle School in athletic contests a student must meet all M.H.S.A.A. and the Breitung Township Schools rules of eligibility including the following:

- 1. Must be enrolled by Monday of the fourth week of the semester.
- 2. Must be under nineteen years of age. Exception: when a student whose nineteenth birthday occurs on or after September 1 of a current school year, the student is eligible for the balance of that school year.
- 3. Shall not be enrolled more than eight semesters. The last two semesters must be consecutive.
- 4. Shall not compete for more than four seasons.
- 5. Shall not have been a member of any other team during the season.
- 6. Shall not have played for money, played under an assumed name, or with players who were playing for money.
- 7. Must have passed 3 credit hours of work the previous semester.
- 8. Must not accept any award exceeding \$15.00 in value.
- 9. Must pass a physical examination and have approval of parents for participation in athletic contests.
- 10. Must be passing 5 credit hours during the current semester. Eligibility is checked with teachers on a weekly basis.
- 11. When a student is disqualified during a contest for unsportsmanlike conduct, that student shall be withheld for at least the next contest.

GENERAL SCHOOL ATHLETIC POLICIES

ATTENDANCE REQUIREMENT

A student may participate in an extra curricular activity, (meeting, practice, or competition) after school or during the evening only if the student has been in school all during the day. An exception will be made if there is an approved, prearranged absence with the School Administrator or if the student is ill in the morning and well enough to attend at least 4 classes.

- A. If the activity is on a Saturday or other non-school day, the student must have attended or have an approved absence for the last school day prior to the activity.
- B. Any athlete who is assigned detention or who is suspended from school will not practice or participate until the detention or suspension is fulfilled. Any athlete who knowingly goes to practice and cuts detention will not participate in the next scheduled sport event.
- C. All participants involved with athletics should be in school the day following the game (home/away) unless excused for medical or dental appointments, or has been injured and cannot attend classes. In this case, the coach should be informed of the injury. If missing school the day after becomes a habit, it may warrant suspension.

EARLY DISMISSAL POLICY

There are times during the year that our student athletes will have to miss class time. When this does occur only students passing all of their classes will be dismissed early. In regards to missed school work the student is responsible to contact the teacher and make up all work in a timely manner as to satisfy the teacher. Students falling behind with make up work will not be excused early.

AWARDS

All members of the teams that finish the season in good standing, will receive an award of some type each season. All criteria for awards to be earned is set by each coach and announced to all athletes before the season begins. In order to receive an earned award, athletes must maintain squad membership beyond the last scheduled contest, return all equipment, maintain the Rules for Athletes of the Kingsford High School and attend the Sports Award Banquet.

1. The first time a student earns a letter in a sport he/she will be awarded the school "K".
2. Seniors will automatically earn a letter "K" in each sport if they complete the season in good standing.
3. Ninth grade team members that complete the season in good standing will earn their class numerals. A student only qualifies for one set of numerals while in high school.
4. Tenth grade team members that complete the season in good standing will earn a Flivver Patch. A student will receive one patch while in high school.
5. Certificates will be awarded when the student athlete has already earned his numerals, patch or letter "K".
6. All senior award winners will receive a senior plaque at the spring sports banquet.
7. For an Upper Peninsula Championship Squad, special letters will be awarded.
8. Letters may neither be sold, loaned or given away.
9. Letters must be worn with dignity.

TRANSPORTATION-HIGH SCHOOL

It is necessary that athletes must travel to and from all contests with the squad if the school district has provided transportation. Transportation for contests with Iron Mountain will not be provided except for football. The Coach and Athletic Director must make sure that all team members can secure the necessary transportation. If it is necessary for an athlete to travel to or from a contest in a different manner, the parents should submit that request in writing to the Coach for approval prior to making that trip. Our coaches may, however, release an athlete to a parent following a contest, but no one else without the written consent of the parents.

TRANSPORTATION-MIDDLE SCHOOL

Parents will be responsible for providing transportation to and from Middle School games. The head coach and the athletic director will work with parents to make certain that all athletes have transportation.

PHYSICAL EXAMINATIONS

As per Michigan High School Athletic Association regulations, Breitung Township Schools requires a physical examination prior to participation in athletics. Each year free exams are provided. These are scheduled at the end of the school year and are good for the entire **NEXT** year. This is the **ONLY** time that school provided physicals will be offered. If you are unable to make the scheduled dates, you will be responsible for your own physical. **NO ONE WILL BE PERMITTED TO START PRACTICE WITHOUT A PHYSICAL CARD ON FILE IN THE OFFICE.**

EQUIPMENT/ UNIFORMS

Athletes are responsible for ALL equipment and uniforms issued to them by their coach. The use of school equipment is important. We are committed to purchasing the best at all times. If you destroy, lose or steal equipment then you are taking from yourself and your team mates. Each athlete is financially responsible for all equipment.

School athletic clothing issued to students is to be worn in direct connection with school athletic activities only. Possession of equipment from other schools or sports within Breitung Township School will be unacceptable.

We ask the parents of our athletes not only to launder all school uniforms and equipment issued to them, but also to maintain them in a good state of repair. If parents have any questions concerning the proper care of the uniforms issued, please contact the Coach. Most of our uniforms are relatively new, and for the most part are made from synthetic fibers. We ask that bleach not be used in the laundering of these uniforms. Athletes have to provide their own shoes, socks, athletic supporters, and practice gear when appropriate.

USE OF FACILITIES

The school athletic facilities are open to the athletes for their use. It is important to emphasize to all athletes their responsibilities as squad members to take good care of school equipment and facilities, and to report any abuses to their coach. **At no time are athletes to use school equipment and facilities without authorized supervision.**

POLICY FOR SNOW DAYS AND SCHOOL CLOSING

Inclement weather causing cancellation or early dismissal of school will cancel all previously scheduled practices. Primary consideration will be given to participants safety with regards to road conditions, weather forecast and other factors. Practices may be re-scheduled if the weather permits. All practice sessions approved under these conditions must be under totally voluntary conditions for all participants. Varsity squads will receive first and primary consideration for practice time and facilities in inclement weather situations.

SUNDAY AND HOLIDAY PRACTICE

There can be no practice on Sunday or holidays without permission being granted by the Athletic Director or an Athletic Assistant. All practice sessions on Sunday or holidays are totally voluntary.

DUAL PARTICIPATION /WITHDRAWING FROM TEAM

- A. Competing on TWO athletic teams during the same season is NOT ALLOWED.
- B. Athletes will be expected to remain a squad member for the full season. Changing sports once the season has started may be done only with the approval of the athletic director and both coaches involved.
- C. Any athlete desiring to quit the squad shall personally notify the coach and return all equipment.

INSURANCE

The only insurance carried by Breitung Township Schools is catastrophic insurance. This covers only major catastrophic injury. Family insurance should be used in all injuries.

BOOSTER CLUB/BANQUET

The Kingsford High School Booster club is very supportive of our athletic programs. The Athletic Department encourages each athlete and his or her family to become a member and become involved with our Booster Club. Each spring the Booster Club sponsors a sports banquet to honor all varsity letter winners, most valuable players and other special award winners for all participants.

CONFERENCE AFFILIATIONS

Kingsford High School is a member of the Great Northern Conference for all sports except hockey, soccer, and bowling. The following schools are members of the

GREAT NORTHERN CONFERENCE:

1. Escanaba
2. Gladstone
3. Kingsford
4. Marquette
5. Menominee
6. Stephenson (except Football)

LAKE SUPERIOR HIGH SCHOOL HOCKEY CONFERENCE

1. Hancock
2. Houghton
3. Ironwood
4. Jeffers
5. Kingsford
6. L'Anse
7. Negaunee

GREAT LAKES HOCKEY CONFERENCE

1. Calumet
2. Escanaba
3. Kingsford
4. Marquette
5. Negaunee

MIDDLE SCHOOL

1. Florence
2. Forest Park
3. Iron Mountain
4. Niagara
5. North Dickinson
6. Norway
7. West Iron County

SPORTS OFFERINGS

SEASON	SPORT	LEVEL OF PARTICIPATIONS
Fall	Football	Varsity-J.V.-9th Grade
	Girls Volleyball	Varsity-J.V.-9th Grade
	Girls Basketball	7th & 8th Grades
	* X-Country (Boys-Girls)	Varsity (9-12 Grades)
	* Girls Tennis	Varsity (9-12 Grades)
	Football Cheerleading	Varsity-J.V.-9th Grade
	Boys Soccer	Varsity (9-12 Grades)
Winter	Boys Basketball	Varsity-J.V.-9th Grade 7th & 8th Grades
	Girls Basketball	Varsity-J.V.-9th Grade
	Wrestling	Varsity (9-12 Grades)
	Skiing (Boys-Girls)	Varsity (9-12 Grades)
	Cheerleading	Varsity-J.V.-9th Grade
	* Hockey	Varsity
	Competitive Cheer	Varsity- J.V.-9th Grade
	* Swimming	Varsity
	Bowling (Boys-Girls)	Varsity (9-12 Grades)
	Track (Boys-Girls)	Varsity (9-12 Grades)
Spring	Golf (Boys-Girls)	Varsity (9-12 Grades)
	Boys Tennis	Varsity (9-12 Grades)
	Girls Soccer	Varsity (9-12 Grades)

*Co-op Programs

SPORTSMANSHIP CODE

1. Accept as final all decisions of the officials.
2. Always control your temper and refrain from booing.
3. Play to win, but play fair.
4. Win or lose, accept the outcome graciously and in a sportsmanlike manner.
5. Treat all opposing players and fans with courtesy.
6. Remember the Golden Rule:

*“Do unto others as you would have
others do unto you.”*
7. Become familiar with the rules of the sport.

**PARENT / STUDENT ACKNOWLEDGEMENT
OF
ATHLETIC HANDBOOK
2007-2008**

We, _____,
Parent / Guardian

and _____
Student

have read the Breitung Township Schools Kingsford High / Middle School Athletic Handbook. We understand the rights and responsibilities pertaining to students and agree to support and abide by the rules, guidelines, procedures, and policies of the School District. We also understand that this handbook supersedes all prior handbooks and other written material on the same subjects.

Parent / Guardian Signature

Student Signature

Date

THANK YOU VERY MUCH

THE COACHES AND ADMINISTRATION OF KINGSFORD HIGH SCHOOL