

Michigan Lutheran High School Athletic Training Code

The MLHS athletic program exists as an integral part of the total curriculum. It exists as a tool for Christian education, and as such, the athletic leaders seek to prepare youth for a life of Christian service through the unique lessons that can be learned in athletics. Membership on an ML team is a privilege and carries with it certain responsibilities. Compliance with these rules is a responsibility of the athlete and his/her parents. This training code has been ratified by the MLHS Board of Regents. **This code is in effect 12 months a year.**

Before signing, players and parents are asked to read these rules and consequences carefully and to ask for explanations if any points are not understood. Signatures on this form indicate that player and parents understand the rules, intend to follow them, and are willing to accept the consequences of any infractions.

I. Alcohol/Tobacco

An athlete is expected to abstain from the use of alcohol, tobacco, chewing tobacco, e-cigarettes, and other look-a-likes. A first offense will result in a suspension of three (3) competition dates. A second offense will result in a suspension of six (6) competition dates. A third offense will result in a suspension from sports for one (1) calendar year. Infractions are cumulative over four years.

II. Drugs/ Marijuana

An athlete is expected to abstain from the use of marijuana and non prescribed drugs. An athlete is expected to properly use all over-the-counter chemicals. A first offense will result in a suspension of six (6) competition dates. A second offense will result in a suspension of twelve (12) competition dates. A third offense will result in a suspension from sports for one (1) calendar year. Infractions are cumulative over four years.

III. Suspensions

If a suspension can not be completed in one season, the suspension will carry over to the next season in which the athlete participates. A suspension normally means that an athlete continues to practice with the team, attends all team functions, and is on the bench inuring games in street clothes. The athlete shows a repentant attitude during the suspension. An athlete forfeits all team awards and the athletic letter with any violation of I. or II.

IV. Practices and Game Excuses

Athletes are expected to be at all practices and games. Permission to be excused or to be late should be obtained from the coach beforehand. Some examples of excused absences or tardies are the following: an ML school related event, driver's **test**, college visits, doctor appointment, a school office excuse for illness. The coach should be con-

sulted in the case of injury or minor illness. Vacations and hunting trips are generally unexcused unless they are family outings. Absences and tardies due to non-MLHS activities are generally unexcused.

An athlete will lose playing time because of an unexcused absence from a practice or game. The coach will determine the validity of the excuse. Excuses should always be obtained from the coach beforehand. An unexcused absence from a game will result in a one game suspension.

V. Performance Readiness

All athletes are expected to be ready to compete at all practices and games at a high level. Athletes are expected to arrive at practices and games free from injuries and with the ability to compete with energy and enthusiasm.

VI. Dual Sport Participation

Athletes may compete in two MLHS sports at the same time. A “dual sports participation” form must be completed and turned in before the athlete competes in a contest. Athletes may participate in non-school sports and activities at the discretion of their parents. ML practices and games will take priority over non-ML sports and activities. Athletes may NOT participate in a non-school sport at the same time that they are participating in the same ML sport.

VII. Parties

When an athlete is present at a party where the training code is being broken, the athlete’s reputation suffers and the team’s reputation suffers. Because of this, the athlete’s presence at a party where the training code is being broken is considered a violation. An athlete should be careful which parties he or she attends. When an athlete attends a party, it is his or her responsibility to know if the training code is being broken or not. If there is a problem, or if there is any doubt, the athlete should leave immediately.

VIII. Loyalty

Athletes are to exhibit loyalty to their school, team mates and coaches. Criticism in public or on social media is not acceptable.

IX. Sportsmanship

Sportsmanship is a great way to let our light shine. Michigan Lutheran High School is renowned as a great example of good sportsmanship. Poor sportsmanship will not be tolerated. As an example to their son or daughter, we expect parents to cheer for ML teams in a positive fashion. Cheering against opponents or loudly disagreeing with officials or coaches should not happen. All those connected with the game should be treated with courtesy. Adults are asked to gently correct others who are exhibiting poor sportsmanship. Booing should never happen.

X. Concerns and Complaints

Concerns and complaints should be directed to the coach first and handled in the light of Scripture and in accordance with MLHS policy as outlined in the student handbook. The correct order of due process is the following:

1. A sit down private conference with the coach.
2. If not resolved, a sit down conference with the Athletic Director and the coach.
3. If not resolved, a sit down conference with the Principal, Athletic Director, and the coach.
4. If not resolved, the Administrative Council will direct the procedure for a hearing before the Board of Regents.

Steps in the process should not be skipped.

We have read The Athletic Training Code, and our signatures below indicate our pledge to abide by it and our understanding that the compliance of both students and parents is necessary for the privilege of team membership.

Athlete's signature _____

Parent's signature _____

Parent's signature _____

date _____