

# ***KALAMAZOO CHRISTIAN HIGH SCHOOL***

Athletic Handbook  
2020-2021



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# **KALAMAZOO CHRISTIAN SCHOOL ASSOCIATION**

## **Mission Statement**

The Kalamazoo Christian Schools, in partnership with Christian families and churches, prepare students to serve God responsibly in His world by equipping them with knowledge, skills, and a biblical vision for life, for the advancement of His kingdom.

## **Athletic Philosophy**

The athletic program at Kalamazoo Christian Schools (KCS) is an integral part of the entire school structure and experience. The athletic programs align with and reinforce the school's overall mission. Our highest goal is to bring athletics under the lordship of Jesus Christ by encouraging the physical, emotional, and spiritual growth and development of all participants through their athletic experiences. In short, the Kalamazoo Christian Schools athletic program is an extension of the classroom. Properly done, athletics become a valuable, engaging, positive learning experience. Students who play sports experience the privilege of membership on a team and learn their responsibilities to each other, the coach, spectators, their school, and their opponents. Being part of a team reinforces the important life lesson of placing the group's goals ahead of personal ones and how to make a personal contribution to the welfare of the team. Additionally, through their participation, student-athletes develop many of the "soft skills" necessary in navigating life successfully--self-discipline, sportsmanship, self-control, grace under pressure, courtesy, humility, and generosity to name a few. Everyone involved in the Kalamazoo Christian Schools athletic program--players, coaches, and spectators--can witness to the world around them and can, by their behavior and attitude, bring honor to the name of Jesus Christ. The KCS athletic program provides a way for our community to come together and support the efforts of "our" team, and it is the intent of our athletic program for everyone involved to glorify our Lord through their participation in KCS athletics, whether as fans or as active contestants.

## **POLICIES AND PROCEDURES**

### **Athletic Training**

#### **Nutrition**

Athletes are expected to maintain proper care of their body including adequate sleep and proper diet. Athletes must be careful to individually take in a balanced amount of nutritional calories and fluids to replace what was used during practice or competition. Healthy foods such as whole grains, fruits & vegetables, and healthy sources of protein and fat are a better way of doing this compared with processed foods high in sugar. Water and sports drinks can help replace fluid and electrolyte loss as opposed to high energy drinks that are not recommended. A properly hydrated athlete may need up to 100 ounces of fluid intake per day.

#### **Weight Room Policy**

Kalamazoo Christian's weight room has been setup to allow students and faculty the opportunity to improve their lifestyle through strength and fitness training. To ensure safety for all participants, the following rules will be enforced and supported by the coaching staff.

- Athletic teams will have first priority.
- An approved supervisor must be on duty when the weight room is open.
- Coaches who allow players to use the weight room must supervise.

#### **Certified Athletic Trainer (ATC)**

Ordinarily, a licensed athletic trainer is on staff and available in the training room generally from 2:30-7:00 PM as well as most home events. Athletes are encouraged to visit the athletic trainer when there is any question about a medical situation including injury prevention, treatment, and rehabilitation. As always, parents are primarily responsible for the medical treatment of their child. Beyond care by our certified athletic trainer, families are financially responsible for the medical treatment of their child.

Referrals will be made to an appropriate health care professional when the athletic trainer feels the injury needs further evaluation. It is important to note that any time an athlete seeks medical care for any reason while in season, appropriate documentation and clearance allowing the athlete to continue participation must be signed by an MD, DO, NP or PA and given to the athletic trainer. Participation includes practice as well as competition.

Specifically for concussions, if an athlete displays signs or symptoms of a concussion, he/she must be pulled from participation immediately and evaluated by the athletic trainer or another healthcare professional who is trained in concussion recognition, treatment and management. This is for the health and safety of the athlete and to maintain compliance with Michigan State Law. MHSAA rules only allow an MD, DO, PA, or NP to clear athletes and must be done so in conjunction with the athletic trainer. A seven-day return to activity progression must be completed before return to play is

allowed. Parents will be promptly contacted if a head injury occurs and all details will be fully communicated by the athletic trainer.

### **Neurocognitive Testing**

In order to assist licensed healthcare professionals in evaluating and treating concussions, Kalamazoo Christian utilizes ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) concussion testing (<http://impacttest.com/>). If a student-athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury as well as when the brain is cognitively healed after the injury. Student-athletes in grades 9 and 11 on every athletic team must complete the computerized baseline test administered by the athletic trainer. The non-invasive preseason test tracks information such as memory, reaction time, speed, and concentration. During the course of the season, if a concussion is suspected, the athlete will be required to take a post-injury test. The data will be compared and evaluated by the athletic trainer and a physician if necessary to assist in injury evaluation and the return to play decision.

## **Attendance**

### **Practice**

The athlete is expected to attend every practice and contest and to give full effort both in practice and in competition. The athlete, the athlete's family, and the coach must resolve any exceptions of attendance at practices and contests prior to the absence. Each player is expected to adhere to all rules and expectations as outlined by their coach. These expectations are articulated to students prior to the season.

### **School**

Athletes may not participate in a practice, game, or any athletic activity on a school day in which they were absent from school. Students must be present for at least ½ of the school day (3.5 hours) in order to be eligible for an athletic practice or contest. Skipping classes without permission may render a student-athletes ineligible for the day. If students are excused due to a medical appointments, academic coursework/activities (e.g. field trips), or college visit, or the like, they may be eligible in the afternoon/evening at the athletic directors discretion.

### **Events**

In scheduling athletic events and other school activities, every attempt will be made to avoid conflicts. Scheduling conflicts, however, will occur from time to time. In the event of such a conflict, the coaches affected will meet to determine what is best for both the school and the individual student. The student will be informed of the decision in advance. If the coaches are unable to reach an agreement, the principal and/or athletic director will make the decision.

### **Withdrawing**

If a student-athlete must drop out of a sport, he/she must personally speak with the coach giving reason for the withdrawal. All school-issued uniforms and equipment must be returned to the KCS Athletic Office.

## **Awards**

The coach of each program will make recommendations for letter awards on the basis of the participants contribution to the team and their ability to follow athletic policies. Sub-varsity athletes who have been moved up to the varsity level during the season must participate in at least ½ of the varsity contests in order to be eligible for a varsity letter.

Ordinarily, student-athletes receive the following awards:

- Freshman: Certificate of participation
- Junior Varsity: Junior Varsity letter
- Varsity: Varsity letter
- All-Conference and All-Area athletes receive specific awards through the athletic department.

## **Communication**

### **Guidelines for Parents & Communication**

Parents of KCS student-athletes are also held to high standards. Parents, just like coaches and athletes, together represent the school community through their different roles. Parents are also expected to display Christian sportsmanship that reflects positively on the school community. It is important that respect for opponents and officials be shown at all times. Parents' attitudes greatly influence athletes' attitude; parents are expected to encourage loyalty and dedication to the school's athletic program, team and coaching staff. Sending mixed messages to your student-athlete about other player's abilities, coaching methods, and officiating skills does not assist in your child's development as a teammate nor does it allow the team to function at its highest level. Coaching and parenting can be difficult, but in spite of the challenges we all want the athletic experience to be positive, educational, and competitive for each student to the greatest extent possible. It is our desire to make this a team effort that benefits the student.

We encourage all parents to volunteer in some way and actively pray for athletes, coaches, and the team. Parents will be expected to assist the booster club in running concessions on the day of their child's event.

### **Communication between players, coaches, and parents**

Parents and athletes should expect communication on the following from their coach:

- Expectations including teams rules and policies
- Schedule of team events

- Philosophy of the coach

Coaches should expect communication on the following from parents and athletes:

- Concerns that are brought directly to the coach
- Notification of any schedule conflicts well in advance
- Specific issues regarding the philosophy or expectations of the coach

If concerns arise during the season, please follow these guidelines:

- The athlete should first speak with the coach
- If not resolved, the parent should contact the coach to discuss the situation. The coach and parent may each have additional information about the student-athlete unknown by the other to assist the situation. The discussion should be beneficial to both the coach and the parent keeping the welfare of both the student-athlete and the team in mind. Refrain from approaching a coach directly before or after a game. Contact the coach the following day to set up a time to talk or meet personally.

Items not to discuss with the coach:

- Playing time (the athlete should do this)
- Strategy or play calling
- Other student-athletes

Items appropriate to discuss with the coach:

- The treatment of your child
- Ways to help your child improve
- Concerns about your child
- If necessary and if your concern is with a sub-varsity coach, talk next with the head varsity coach of that sport or the athletic director.
- If the conflict is not resolved, you may contact the athletic director to discuss your concerns.

### **Demonstrations, Protests, Rallies**

Student-led or initiated demonstrations, protests, or rallies are prohibited on campus (and off-campus if using Kalamazoo Christian School's name or identity) unless first requested and approved by the building principal or the Board of Directors.

Ordinarily, all requests must be submitted to the building principal or Board of Directors no less than one week before the planned event.

Kalamazoo Christian Schools recognizes that students' voices play an important role in civil discourse and sharing their thoughts & opinions on important matters is an important part of their human development. To that end, Kalamazoo Christian Schools desires to maintain a standard for student rhetoric that preserves and promotes positivity and respect for others within a Christian learning environment. The school reserves the right

to decide what is proper and fitting for public discourse and will do so in light of the school's mission & vision statements & its core values. Requests that do not align with the school's foundational statements of belief or are affiliated with causes that may bring about substantial disruption, distraction, or substantial interference with the educational process or the orderly operation of the school will be denied. When students are out of compliance with this policy, they may be subjecting themselves to disciplinary action including but not limited to dismissal from the school.

### **Dual Sport Participation**

A Kalamazoo Christian athlete may participate in more than one MHSAA sport during the same season if both coaches of those sports, parents, school officials, and the student-athlete agree. The athlete must choose a primary sport to which he/she attends practices and competition most often. In the secondary sport, the student-athlete will attend practices and competition less often. It is possible that even if an athlete is on a varsity team for his/her secondary sport that a student-athlete will not receive a varsity letter depending on the varsity letter requirements of that sport.

### **Eligibility**

Because participation in extracurricular activities is viewed as a privilege, participants are required to meet the standard for eligibility in academic and behavioral areas (see below). All students may participate during pre-season tryouts. Students who are behaviorally ineligible may practice but not participate in competitions or performances during the ineligibility period. Academically ineligible students are not permitted to participate in practices or contests until their eligibility is restored. Further, a suspended student is always ineligible for the duration of the suspension for both practices and/or contests.

#### ***MHSAA Eligibility***

As a member school of the MHSAA, Kalamazoo Christian student-athletes must adhere to the following:

- Students cannot reach their nineteenth birthday before September 1st of the current school year.
- Students must have a physical on file on the athletic office that was completed on or after April 15th of the previous school year before they participated in any practice or competition.
- Students must be enrolled in the school. Unless transfer students qualify for a residency or other exception, they are not eligible to compete in any sport they competed in the previous year. New 9<sup>th</sup> grade students are fully eligible regardless of where they transfer from.
- International students (F1 or J1 visa) in grades 9-12
  - Must enroll using one of the MHSAA Approved International Student

Program (AISP) to be fully eligible during their first year at any secondary school in the United States

- MHSAA ineligibility their second year and full MHSAA eligibility for years three and four.
- International students in grades 9-12 who do not enroll using one of the MHSAA AISP may be eligible after 90 school days for participation on a sub-varsity team only for the remainder of their time as a student.
- Students cannot fully participate on another team of the same sport during the same season as an MHSAA sport. There are allowances for limited competitions on “club” teams when “same sport” seasons overlap.
- Students who completed their 12th grade season in a particular sport may participate in an MHSAA approved All-Star contest in that sport. Younger students shall not compete at any time in any sport under MHSAA jurisdiction in All-Star contests or National Championships regardless of the method of selection.
- Students shall not receive money or other valuable considerations for participating in MHSAA sponsored sports. Students may accept, for participation in MHSAA sponsored sports, a symbolic or merchandise award which does not have a value over \$40.00.

### **Kalamazoo Christian School Academic Eligibility Policy**

Extracurricular activities are an extension of the classroom. They provide students an opportunity to explore interests which are not offered with regularity in the classroom. Extracurricular activities are optional for students and are not required for graduation, therefore, academic requirements must take precedence over the extracurricular activities.

Academic eligibility will be determined by the Athletic Director during the 2nd, 4th, 6th, and 9th week of each marking period. The following guidelines will determine a student-athlete's eligibility:

- A student-athlete must be passing at least 5 classes to be considered eligible to participate in KCS athletic programs.
- If at any eligibility review date, a student-athlete is failing any class and/or is deemed ineligible because of incomplete work (at least 3 incomplete pieces of classwork), then the student-athlete will not be able to participate in athletic practices and, perhaps, athletic competitions. This information will be communicated to student-athletes, coaches, and parents by the Athletic Director.
- If a student-athlete is ineligible because of incomplete work, but is still passing the class, then he/she will only be ineligible for practice sessions (not competitions) until the work is completed. Coaches will uphold and enforce this procedure.
- A student-athlete will not return to practice and/or competition until he/she is determined to be eligible by the student-athlete's teacher(s). The Athletic Director will communicate eligibility status to the student-athletes, coaches, and parents.

- A student-athlete will be ineligible until he/she has made appropriate efforts (i.e. completing classwork or meeting with a teacher to create a success plan) to correct the ineligibility status by improving GPA to a passing level in the class in question.
- When a student-athlete is deemed ineligible by a failing grade, he/she must create a success plan with the teacher and follow through with the plan in order to return to eligible status. (A copy of the IAEP must be provided to the Athletic Director). The student-athlete will be responsible for initiating communication with the teacher. Once the success plan expectations have been fulfilled satisfactorily, the teacher will make the Athletic Director and Superintendent aware, and the student-athlete will return to eligible status.
- It is expected that the ineligible student-athlete use athletic practice sessions to conference with teachers and/or complete work.
- If at any time a student-athlete is passing fewer than 5 classes based on cumulative grade percentages, the MHSAA requires that a student is ineligible for competition for at least one (1) week. If this situation applies, MHSAA eligibility policy will remain in place until the student returns to an eligible status. The ineligibility period will start on the following Monday after the student and parents have been officially notified.
- At the end of each semester, eligibility will be based on the final semester grade. In order to be eligible for extracurricular activities, a student must meet the MHSAA guidelines and KCS guidelines. If a student does not meet these guidelines, they are on probation. During the probationary week the student is fully eligible, but if the student is unable to achieve 5 passing grades by the next grade check, they will be ineligible for the next week. (The student will also be on probation for 1 week following ineligibility to prove the maintenance of their passing classes.) Students who struggle to maintain 5 passing classes are strongly encouraged to meet with their teachers in person.
- Academic progress reports for eligibility purposes will be run at the beginning of the eligibility check week. Students who are not meeting eligibility requirements will be notified and given time before.

### **Kalamazoo Christian School Behavior Eligibility**

Like academic eligibility, behavior eligibility is based on a higher standard of behavior for co-curricular participants and includes behavior both on and off-campus. The High-School Principal and the Athletic Director reserve the right to administer disciplinary action as they deem appropriate. Special consideration may be given to students-athletes who self-report and/or demonstrate a high-level of honesty, integrity, cooperation and the like when facing disciplinary action. Ordinarily, the following guidelines apply to all students-athletes participating in extracurricular athletics:

- If a student participates in behavior that makes the student a poor representative of Kalamazoo Christian (vandalism, pranks, conviction for any legal problem, etc.), the student becomes ineligible for all extracurricular athletic activities for a length of time determined by the athletic director and/or principal.
- If a student is determined to be in possession of or using drugs (including

tobacco/nicotine products and vapes or other equipment used with nicotine) and alcohol **at anytime** (before, during, or after school; during vacations and summer break, etc.) and **in any place** (public places, private homes, cars, the beach, etc.), the student becomes ineligible for all extracurricular athletic activities until the following are served:

■ **First Offense**

- Alcohol, Tobacco, E-cigarettes (vape)
  - The student is immediately ineligible for 1/3 of the current or next regular season schedule. If the student-athlete completes the restorative option\*, then the ineligibility period is reduced to 1/4 of the current or next regular season schedule.
- Drugs (including but not limited to marijuana, opioids, heroin, methamphetamine, inhalants)
  - The student is immediately ineligible for a full season. The period of ineligibility will be completed over two seasons if the offense occurs during a season. If the student-athlete completes the restorative option\*, then the ineligibility period is reduced to 1/2 of the current or next regular season schedule.

■ **Second Offense**

- Alcohol, Tobacco, E-cigarettes (vape)
  - The student is immediately ineligible for one full season. The period of ineligibility will be completed over two seasons if the offense occurs during a season. If the student-athlete completes the restorative option\*, the ineligibility period is reduced to 1/2 of the current or next regular season schedule.
- Drugs (including but not limited to marijuana, opioids, heroin, methamphetamine, inhalants)
  - The student is immediately and permanently ineligible. If the student completes the restorative option\*, then the ineligibility period is reduced to one full season. The period of ineligibility will be completed over two seasons if the offense occurs during a season.

■ **Third Offense**

- Alcohol, Tobacco, E-cigarettes (vape)
  - The student is immediately and permanently ineligible.
- Drugs (including but not limited to marijuana, opioids, heroin, methamphetamine, inhalants)
  - The student is immediately and permanently ineligible.

■ **\*Restorative Option**

- Where listed above, Kalamazoo Christian School desires

student-athletes and their families to choose the restorative option by reducing the period of ineligibility. The goal is to create an environment and pathway to assist students in making positive choices that restore trust and confidence among and within the team rather than imposing punishments that drive student-athletes away from their team. To complete the restorative option, the student must enroll, participate in, and complete a substance abuse assessment and prescribed treatment program. Families must bear all expenses. The Athletic Director and/or the Principal will determine if the restorative option has been completed.

- Regular season MHSAA approved competitions (not MHSAA state tournament games) are used to determine the total number of regular season games or days. All contests including MHSAA state tournament games are used to complete the ineligibility period. Where the MHSAA counts total days, days will be used, where the MHSAA counts total contests, contests will be used.
- Failure to live up to the expectations set forth by school administration in the Student Handbook may be the cause for suspension of athletic activities.
- Student-athletes who use or are in possession of drugs, including tobacco, alcohol, and e-cigarette paraphernalia at school or school related events will be subject to the penalties for all students as well as the additional penalties reserved for student-athletes.
- Suspensions that are unable to be completed during the current season or school year will carry over to the next season or school year.
- Students who are behaviorally ineligible may practice but may not participate in public events or games on the playing court or field.
- This code is not intended to infringe upon the authority of the home. Specific occasions may occur where the literal letter of the law is violated but the spirit of it is not. Such an instance would be when the student is under the direct supervision of his or her parents at a family party, wedding, or other special occasion. Such instances would be subject to review by the administration to determine whether or not they would be considered violations of the code.
- Students formally agree to the behavioral eligibility policies annually through Kalamazoo Christian's policy written on our physical form registrations process.
- Parents may appeal the decision of the administrator to the Kalamazoo Christian School Association's Board of Directors by contacting the Board President or KCSA's Lead Administrator.

### **Steroid/Supplement Policy**

Kalamazoo Christian recognizes that the use of androgenic/anabolic steroids presents a serious health and safety hazard. Students participating in athletics at

Kalamazoo Christian are prohibited from possessing or using androgenic/anabolic steroids not prescribed by a physician. A student who is found to have violated this agreement shall be restricted from participating in athletics and may be subject to disciplinary action including, but not limited to suspension or expulsion in accordance with law, Kalamazoo Christian School policy, and administrative regulation.

## **Participation/Playing Time Expectations**

### **High School Policy**

- Freshman
  - All eligible athletes on freshman teams are expected to make an appearance in every scheduled competition, but playing time does not need to be equal in each game for every roster member.
- Junior Varsity (JV)
  - Coaches of JV teams should make every attempt to get all of their eligible players in every scheduled competition, however, there are times when coaches may make playing time decisions based on the needs of the team and game situations.
- Varsity
  - Eligible athletes will receive playing time at the discretion of the varsity coach. Ordinarily, players with the most developed skills and/or who best fill the team's needs will see a majority of playing time.

### **In season/Out of season policy**

- Coaches who currently are in season have priority over out of season sports. This applies to both the athletes and the facilities.
- Coaches who are out of season may not require any athletes to attend out of season activities.
- Athletes may not participate in an in season practice/competition and an out of season activity on the same day.

### **Moving players up a level**

Ordinarily, junior varsity (JV) teams are populated by freshmen and sophomores, and ordinarily varsity teams are populated by juniors and seniors. However, there are procedures for moving players up from the freshman to the JV level and/or from the JV level to the varsity level. It is important to note that "moving players up" is an "exception-to-the-rule" situation and not common practice. The following guidelines should be used to determine if the player gets moved up a level:

- Is the athlete physically ready for the demands of practice and completion at that level?
- Is it in the best interest of the athlete socially and emotionally to complete at a higher level?
- How will moving an athlete up a level effect the other athletes on that team?

- Have the player, parents, coaches, and school officials talked through the scenario, and are they in agreement?
- What team needs are being filled by moving a player from one level up to another? (Ordinarily and primarily determined by the coach.)

**Where applicable, any move of a freshman to a varsity team must be approved by the Athletic Director or Principal.**

## **Social Media**

Social media platforms (including but not limited to Twitter, Facebook, Instagram, Snapchat, internet forums, blogs, and texting) serve as powerful tools to communicate, develop community and positively impact our world, but they can be equally destructive. Student-athletes must portray themselves, every member of their team, their coaches, and the Kalamazoo Christian School community in a positive uplifting manner at all times and in ways that meet both the letter and spirit of the guidelines of this handbook. Profanity, drug references, indecent photos, and comments designed to harass and/or bully are examples of prohibited behavior using social media. Participation in athletics is a privilege, not a right, and although the use of social media needs to follow government laws, student-athletes are held to an even higher standard. Consequences for not adhering to this policy will be at the discretion of the athletic director and administration. Remember, social media posts also cannot be taken back and can be considered “public record” in many ways though they were intended for a small audience. Student-athletes should recognize their posts are often seen by many people including parents, college admissions directors, future employers.

## **Sportsmanship**

### **Athletes**

In its commitment to building character for life, Kalamazoo Christian High School stresses the values of fair competition and good sportsmanship. We expect all of our student athletes to follow the rules of fair play, to respect the decisions of judges/officials and to treat their opponents with appropriate Christian regard.

### **Spectators**

The spectator expectations listed below will be followed at all school sponsored events, at home and away. Cheers and signs are to be positive and respectful, fans should be considerate and courteous, noisemakers of any kind are not allowed, and the throwing of objects is not allowed. No behavior will be tolerated that is immoral, disrespectful or vulgar in nature from anyone in attendance at a Kalamazoo Christian function. Michigan’s Anti-Hazing Law (750.411t) will be fully adhered to by the letter and spirit of the law. Administration and event management will determine if these guidelines are being followed. Failure to adhere to behavior expectations may result in a warning, an ejection from that contest, and/or a suspension of privileges to attend school activities for a specified period of time. Disciplinary action will be determined based on prior

occurrences and/or the severity of the offense.

**Spectator Expectations are as follows:**

- Respect decisions made by contest and school officials.
- Refrain from taunting, booing, heckling, and the use of inappropriate language.
- Recognize and acknowledge outstanding performances by athletes on both teams.
- Attendance at athletic contests is not a license to verbally assault others or to be generally offensive.
- Respect athletes, coaches, officials, and fans.
- Be a fan, not a fanatic.

**Summer Gym Usage**

- Basketball in June only
- Volleyball in July only

**Any variation from this schedule must be approved by the Athletic Director.**

**Sunday Play Policy**

There will not be any competition or practice on Sundays for any Kalamazoo Christian Sports on campus or off campus. If Kalamazoo Christian is hosting an MHSAA tournament, no facilities will be used for hosting the tournament on Sunday. Any request or deviation from this policy must be submitted to the Athletic Director and the Principal for prior approval.

**Transportation Policy**

All athletes must use school organized transportation when it is provided for travel to events. Kalamazoo Christian High School intends to provide transportation for any events more than 30 miles away. If an event is closer than 30 miles away, parents may be asked to transport their students to the competition venue depending on the situation. Kalamazoo Christian school does not recommend that students drive to competitions. Specific written parental permission for each event is needed for students to transport themselves. School transportation includes parent drivers, coach drivers, and bus driver transportation. Students are always permitted to travel home with their own parent(s) unless the coach requires a team to travel home together. Students can also be released to a teammates parent for transportation home if the coach or athletic director has written approval beforehand. Per MHSAA policy, Kalamazoo Christian does not provide transportation for student-athlete athletic events during the summer.

**Uniforms and equipment**

Every season for each sport, Kalamazoo Christian School will issue a uniform to each player on the roster. Additionally, the school may issue sport/position specific equipment to players. Every effort must be made to keep equipment in good working order, and

uniforms should be frequently and properly launder team uniforms. To avoid color fading, please wash athletic uniforms in cold water and without bleach. The complete uniform and all equipment must be turned into the coach within one week of the last contest or as directed by the coach. The team uniform is only to be worn at the events for which it is intended. Requests for uniforms for senior pictures can be made to the athletic office. Replacement value of any missing uniforms or equipment at the end of the season will be billed directly to the athlete who was responsible for the care of them.

## **Weather**

Evening events are not automatically cancelled when school is cancelled. Event cancellations are updated on the website as soon as possible. Some specific situations are detailed below:

### **Lighting**

- Outdoor activities will be suspended with athletes sent indoors until the lightning subsides. Practice or a contest may resume after the officials or coach issues an all clear to play.

### **Tornado Watch**

- If before a contest, events will be canceled unless there is an all clear two hours before the scheduled start time.
- If during a contest, events will be suspended and athletes will be released to leave with parents or using their own car or a teammate's car.

### **Tornado Warning**

- Suspend the contest or practice at the sound of the warning siren. Take cover in the nearest building on the east and north sides if at an outdoor facility, or in the designated areas in the school if indoors. Practice or a contest may resume following the warning.

### **Snow Storm**

- Practice or contest may be held at the discretion of the principal. Absences from practice or contest under these conditions will be excused.
- In the event of a snow day, sub varsity teams will not have practice. Varsity teams may practice with the approval of the athletic director or principal.

### **Heat & Humidity Policy (adapted from the MHSAA 2013 model policy)**

30 minutes prior to the start of an activity and 60 minutes into the activity, the athletic trainer will take a reading of the heat index at the site of the activity (indoor or outdoor) using a digital sling psychrometer. The athletic trainer will record the heat index readings and communicate specific action to coaches if needed. If the athletic trainer is unable to perform the reading, a designee (either the head coach or athletic director) will complete the measurement. The temperature must be at least 80 degrees for the heat index to be problematic. Coaches are responsible for following through with the following precautions based on the heat index reading.

### **Heat Index < 95 degrees**

- Provide ample water for athletes and allow for voluntary water breaks every 30 minutes.
- Athletic trainer will ice-down towels for cooling.
- Watch/monitor athletes carefully for necessary action.

**Heat Index > 95 - 99 degrees (in addition to action listed above)**

- Helmets and other possible equipment should be removed while not involved in contact.
- Consider reducing the time of the outside activity and postponing practice to later in the day.
- Recheck the heat index every 30 minutes to monitor for increased readings.

**Heat Index > 99 - 104 degrees (in addition to the above action)**

- 10 minute water breaks every 30 minutes are mandatory for all athletes.
- Alter personal gear by removing items if possible and allow for changes into dry T-shirts/shorts.
- Practice should be postponed to later in the day if at all possible.

**Heat Index > 104 degrees**

- Stop all activity for practice and play.

**MHSAA CODE FOR ATHLETES, ATHLETIC DIRECTORS, COACHES, AND PRINCIPALS**

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION (MHSAA)**

The Michigan High School Athletic Association, Inc. is a private, voluntary association for public, private and parochial secondary schools which choose to join and participate in the organization. The primary function of the Association is to conduct postseason tournaments and to help member schools have rules and guidelines to follow and enforce locally to promote equitable competition.

**MHSAA CODE FOR ATHLETES**

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

Participation in extracurricular competitive interscholastic athletics is a student's privilege, not a right, that can be removed at any time for failure to meet the standards and requirements of particular teams, school or school districts, leagues or conferences, and regional, statewide or national organizations to which the student's school belongs.

#### **MHSAA CODE FOR ATHLETIC DIRECTORS**

1. Place the athletic policy of the school district in writing and communicate it often to coaches, athletes, parents, spectators, and support groups.
2. Cooperatively lead the school and community in creating and maintaining an atmosphere which is conducive to an educationally sound athletic program.
3. Develop schedules which are educationally and physically sound for the athlete.
4. Originate contracts with schools and officials which are complete and specific.
5. Hire officials who have the confidence and agreement of both teams, and arrange for their comfort and security.
6. Support officials in cases of adverse rulings, and rate officials objectively on the basis of all parts of their effort and all events, not isolated parts of a single contest.
7. Provide every athlete on each level in all sports proper equipment and uniforms for practice and competition.
8. Prepare and maintain the contest site in the best possible condition.
9. Maintain sidelines for exclusive use of players, coaches and officials, and handle crowds so there is no encroachment on playing space.
10. Refuse admission to athletic contests to persons who have shown a lack of sportsmanship.
11. Provide printed programs which accurately report names of players and help spectators understand the purpose and rules of the sport and encourage good sportsmanship.
12. Provide working accommodations for media covering the contest.

#### **MHSAA CODE FOR PRINCIPALS**

1. Develop a complete understanding of the athletic policy of the school system and of the individual responsibility of all concerned.
2. Certify eligibility of contestants and base that certification on complete information concerning the student's athletic and scholastic status. Questionable cases will be referred to the Michigan High School Athletic Association before the privilege of competition is given.
3. Support coaches in their efforts to carry out MHSAA and local athletic policies.
4. Instruct the student body of its responsibilities in making the athletic program a valuable one and require desirable types of conduct at "home" and "away" games.

#### **MHSAA CODE FOR COACHES**

The Coach is the official representative of the school at interscholastic athletic activities. In this important capacity, these standards should be practiced:

1. Develop an understanding of the role of interscholastic athletics and communicate it to players, parents and the public.
2. Develop an up-to-date knowledge of the rules, strategies, precautions, and skills of the sport and communicate them to players and parents.
3. Develop, communicate and model policies for athletes' conduct and language in the locker room, at practice, during travel, during competition, and at other appropriate times.
4. Develop fair, unprejudiced relationships with all squad members.
5. Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out-of-season activities.
6. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
7. Give the highest degree of attention to athletes' physical well-being.
8. Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.
9. Teach players strict adherence to game rules and contest regulations.
10. Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unproven allegations of questionable practices by opponents.
11. Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.
12. Present a clean and professional image in terms of personal appearance and provide a positive role model in terms of personal habits, language and conduct. Use of tobacco within sight of players and spectators and use of alcohol any time before a contest on the day of the contest is not acceptable.

**In addition to these MHSAA guidelines, coaches at Kalamazoo Christian High School are expected to:**

- 1) Teach our athletes that sport can be God glorifying and that we expect our athletes to represent Christ in how they perform.
- 2) Include a spiritual aspect into the athletic season to help our young men and women develop as Christians.
- 3) Present a Christ-like image to our athletes, parents, and community.