

HURON VALLEY LUTHERAN HIGH SCHOOL ATHLETICS STUDENT-ATHLETE HANDBOOK



HAWKS

33740 Cowan Rd.
Westland, MI 48185
(734) 525- 0160
Fax (734) 525-6717

“Whatever you do,
do it all for the
glory of God.”
I Corinthians 10:31b

MEMBER OF:



TABLE OF CONTENTS

<u>TOPIC</u>	<u>PAGE</u>
Huron Valley Lutheran High School Mission Statement.....	3
Philosophy of Athletics.....	3
Athletic Vision Statement.....	3
Athletic Department Objectives.....	3
Athletic Affiliations.....	4
Michigan Independent Athletic Conference Code of Conduct.....	4
Michigan High School Athletic Association Purpose and Code for Athletics.....	4-5
Michigan High School Athletic Association Rules and Regulations-Eligibility Requirements for Participation in Interscholastic Athletics.....	5-6
Huron Valley Lutheran High School Rules and Regulations Eligibility Requirements for Participation in Athletics.....	6-7
Student Athletic Code.....	7-8
Parental Consent	8
Sports Offered.....	9
Parent Meetings.....	9
Criteria for Letters.....	9-10
Letter Jackets.....	10
Attendance of Practice and Games.....	11
Game Disqualification.....	11
Conflict Resolution.....	11
Transportation.....	11
Uniforms and Equipment.....	12
Equipment Fee	12
Cancellations/Announcements.....	12
Athletic Banquets and Awards.....	12
Huron Valley Lutheran Scholar-Athlete Awards.....	12
Huron Valley Lutheran Senior Athlete Award.....	12

MISSION STATEMENT

Huron Valley Lutheran High School, in partnership with families and Association churches, exists to provide each student with a quality Christ-centered education preparing them for lives of service now and for eternity.

PHILOSOPHY OF ATHLETICS

Huron Valley Lutheran High School encourages students to use their God given talents and abilities outside the regular classroom setting in athletic activities.

Athletics is a vital part of the educational process of many students at HVLHS. Athletics exist to give a unique opportunity to teach and train students using God's word through athletic competition always keeping in mind I Corinthians 10:31 "So, whether you eat or drink or whatever you do, do it all for the glory of God." Therefore, our purpose is to train student athletes to handle themselves during competition using good Christian sportsmanship throughout their high school years and then applying those actions to living a Christian life.

ATHLETICS VISION STATEMENT

Huron Valley Lutheran High School athletics strive to provide the highest quality teaching and learning experience for coaches, student-athletes, parents, and anyone involved. Continued growth and maintenance in the areas of education, technology, and facilities will provide a safe and memorable experience. Always keeping God's Word as the basis for all we do.

ATHLETIC DEPARTMENT OBJECTIVES

The following is a list of objectives that the Huron Valley Lutheran Athletic Department strives to foster in student-athletes. Each student-athlete will:

1. provide a positive Christian image and witness in practice, competition, and in the community on and off the fields and courts.
2. be challenged with opportunities for physical, mental, emotional, and social (sportsmanship) development as a Christian on and off the fields and courts.
3. experience group concepts such as team play, loyalty, sacrifice, hard work, fair play, common goals, and fulfilling individual roles through competition and play from the perspective of a Christian on and off the fields and courts.
4. practice self-discipline along with social and emotional maturity as a Christian during competition and pressure situations on and off the fields and courts.
5. develop a sense of Christian pride and spirit for the school on and off the fields and courts.
6. create a desire for physical fitness and development now and for the future.
7. develop a level of leadership qualities and skills, with respect to God-given abilities on and off the fields and courts.

ATHLETIC AFFILIATIONS

Huron Valley Lutheran High School is a member of the Michigan High School Athletic Association (MHSAA) and must abide by their regulations and guidelines in order to continue membership.

Huron Valley Lutheran High School is also a member of the Michigan Independent Athletic Conference (MIAC) and must abide by their regulations and guidelines in order to continue membership. Member schools include:

Novi Christian Academy of Novi, Inter-City Baptist of Allen Park, Lutheran Northwest of Rochester Hills, Lutheran Westland of Westland, Macomb Christian of Warren, Oakland Christian of Auburn Hills, Parkway Christian of Sterling Heights, Plymouth Christian of Canton, The Roeper School of Bloomfield Hills, Southfield Christian of Southfield, and Charyl Stockwell Academy of Brighton

Most conference sports are split into two divisions (blue - upper and red - lower).

MICHIGAN INDEPENDENT ATHLETIC CONFERENCE CODE OF CONDUCT

Sportsmanship is defined as the practice of playing fair; of taking defeat without complaint or victory without gloating, and of treating opponents with fairness, generosity, courtesy, and integrity. As member schools of the MIAC, we encourage students, athletes, families, and spectators to support this belief in sportsmanship. When the MIAC sponsors an athletic event, we consider this event to be an extension of the classroom, with lessons learned as important as those coming out of a textbook. Therefore, we ask that students, athletes, families, and spectators conduct themselves appropriately and positively in following the code of good sportsmanship. We encourage students, athletes, families, and spectators to cheer, clap, or otherwise uplift those who are participating. By doing this, we are supporting good sportsmanship. As member schools of the MIAC, we are committed to the enforcement of high standards of conduct. Therefore, any student, athlete, family, or spectator observed participating in unacceptable behavior will be approached and counseled regarding behavior. Severe infractions may lead to immediate removal from the premises without warning. This action will be up to the discretion of the administrator and/or school representative in charge of the event.

Infractions may lead to a warning or immediate removal from the athletic event. Examples of infractions are listed below.

- 1. Harassment of an official, team member, coach, spectator, or visiting team participants.*
- 2. The use of foul language.*
- 3. The throwing of any object onto or near the playing area, or in the stands.*
- 4. Activity that is deemed as unsportsmanlike.*

Additional follow-up steps may be taken:

- 1. Talk to school personnel to identify the offender.*
- 2. Contact the Athletic Director of the school whom the offender was representing.*
- 3. Ban the offender from attending some or any remaining MIAC contests.*

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION PURPOSE AND CODE FOR ATHLETES

PURPOSE

The Michigan High School Athletic Association, Inc., is a private, voluntary association for public 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.

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 to opponents in defeat.*
6. *Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.*
7. *Demonstrate respect for opponents and of 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.

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION RULES AND REGULATIONS ELIGIBILITY REQUIREMENTS FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

Enrollment

To be eligible for interscholastic athletics, a student must be enrolled in a high school not later than the fourth Friday after Labor Day (1st Semester) or the fourth Friday of February (2nd Semester).

Age

A student who competes in any interscholastic athletic contests must be under nineteen (19) years of age, except a student whose nineteenth (19th) birthday occurs on or after September 1 of a current school year is eligible for the balance of that school year.

Physical Examinations

No student shall be eligible to represent a high school for whom there is not on file in the offices of the superintendent or principal of that school, a physician's (M.D. D.O. Physician's Assistant, or Nurse Practitioner) 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 current-year physical is one given on or after April 15 of the previous school year.

Semesters of Enrollment

A student shall not compete in any branch of athletics who has been enrolled in grades nine to twelve, inclusive, for more than eight semesters. The seventh and eighth semesters must be consecutive. Enrollment in a school beyond the fourth Friday after Labor Day (first semester) or fourth Friday of February (second semester), or competing in one or more interscholastic athletic contests, shall be considered as enrollment for a semester under this Rule.

Semesters of Competition

A student, once enrolled in grade nine shall be allowed to compete in only four first semesters and four-second semesters.

Undergraduate Standing

A student who is a graduate of a regular four-year high school or who is a graduate of a secondary school, which has the same requirements for graduation as a regular four-year high school, shall not be eligible for interscholastic athletics. However, a student who satisfactorily completes the required number of credits for graduation in less than eight semesters shall not be barred from interscholastic athletic competition, while passing at least twenty credit hours of undergraduate work, until the end of the eighth semester.

Previous Semester Record

No student shall compete in any interscholastic scrimmage or contest who does not have to his or her credit in the official records of the school to be represented, at least 66 percent of full credit load potential for a

full-time student for the last semester during which he or she shall have been enrolled in grades 9 to 12 inclusive. A student entering the 9th grade for the first time, except those who had eligibility advanced, may compete without reference to his/her record in the 8th grade.

Transfers

A student who does not meet an exception (e.g. full residential change) and transfers to another school will not be eligible in any sport he or she played this year (scrimmage or game) in the next season. In sports not played in the previous season, the student would be eligible.

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 \$25. Awards from athletic participation in the form of cash, merchandise certificates, or another type of negotiable documents are never allowed. Banquets, luncheons, dinners, trips, and fees or admissions to camps or events, if accepted in kind, are permitted.

Amateur Practices

No student shall be eligible to represent his or her high school who: (1) has received money or other valuable consideration from any source for participating in athletics, sports, or games; (2) has received money or other valuable consideration for officiating in interscholastic athletic contests, (except for two exceptions; see the Athletic Director); (3) has signed a professional athletic contract.

Limited Team Membership

A student who, after practicing with 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 or her school in the same sport during the same season, shall become ineligible for a minimum of the next three contests/days of competition and maximum of the remainder of that season in that school year. The following exceptions apply: (1) Individual sports will apply the limited team membership rule from the point of a student's first participation in a contest or scrimmage, rather than practice. (2) During a season an individual may participate in a maximum of two individual sports meets or contests in that sport while not representing his or her school.

HURON VALLEY LUTHERAN HIGH SCHOOL RULES AND REGULATIONS ELIGIBILITY REQUIREMENTS FOR PARTICIPATION IN ATHLETICS

ELIGIBILITY

After two weeks in each semester, a weekly eligibility report will be printed each Friday at 3:30. This report will indicate who will be ineligible that calendar week. Advisors will notify students concerning their status. To be eligible to participate in extra-curricular activities each week, the Friday report must meet the following three standards: A student's grade point average (GPA) must be 2.0 (C average) or above, he/she must have a passing grade in all subjects, and he/she must be complete in all subjects. Not meeting these requirements for any week causes the student to become ineligible effective at 8:10 AM the following school day. The student may not participate in practices, games, scrimmages or performances representing HVLHS. Ineligibility remains in effect until the issuance of the next report. Should a student become ineligible three times during a season, that student may be removed from the team for the season.

In the event that a person becomes ineligible at the end of a semester, the person will become ineligible the next school day and be ineligible for one week. Since a report will not be printed for two weeks at the beginning of a semester, teachers will need to notify the faculty at the end of the first week that a student needs to remain ineligible for one more week due to attitude issues or other unforeseen circumstance. Late work turned in at any time during the week will be corrected by the individual teacher after typical daily work has been corrected. This means work turned in late on any day but especially Friday may result in missing work for the week and may show an incomplete for the Friday report. Students may drop a class using the Add/Drop Form, however ineligibility remains in effect.

A poor attitude about school and the work involved, misbehavior in school, or disrespect toward those in authority may also cause a student to become ineligible for one week or more. Although the school has established these minimal guidelines for eligibility, parents may wish to establish a higher standard for their student's eligibility taking into account the gifts God has given.

DETENTION

Because letters are mailed to parents prior to any detention, attendance at a detention may only be excused prior to the detention by a parent. If not excused prior, detentions supersede work, sports, etc. If a student does not show up for a detention, the student will serve a second detention.

AFTER SCHOOL STUDY HALL

Students not completing their work may be required to stay after school until 4:00pm. Parents will be notified. After-school study halls supersede extra-curricular activities.

TRAINING RULES AND DISCIPLINE FOR ATHLETES

Athletes have the privilege to play sports. With this privilege come extra consequences should they break training rules. An athlete who breaks training rules will lose some or all of the season, will forfeit his/her letter, and will lose any Conference Awards/Recognition.

STUDENT ATHLETIC CODE

At the beginning of each school year (or possibly the beginning of the season in which the student-athlete is participating), each student-athlete will be given a copy of the athletic handbook. Each student-athlete will be required to sign documentation assuring the document has been read and all guidelines will be followed. Without documentation of understanding and compliance, the student athlete will not be allowed to participate in any sport.

Athletes must understand that drinking, smoking, and the use, possession, or implied use of narcotic or hallucinatory drugs is harmful to the body and hinders maximum performance. Any violation through use or possession of alcohol, tobacco, e-cigarettes or other narcotic or hallucinatory drugs at any time during the school year will result in the following suspension from interscholastic competition:

- 1st offense – 10 school days or 3 games whichever is greater
- 2nd offense – 30 school days
- 3rd offense – 90 school days

During the suspension the athlete will be allowed to participate in practice sessions with the team. Offenses are cumulative over the high school years. If any offense occurs before a season in which the athlete participates, the suspension will begin the week of the first game. Further conditions for future eligibility are subject to handbook policies under Alcohol and Other Drugs. Athletes in violation of the code will not be allowed to letter in that sport or upcoming sport. Certain privileges of team members will be lost, such as but not limited to, serving as a team captain. League recognition will also be lost which is in compliance with the rules and guidelines put forth by the MIAC.

Athletes must understand that as representatives of their family, school, community, and most importantly, their Savior, they should conduct themselves properly at all times. Respect and care should be shown for the facilities and vehicles used by HVL as well as the facilities of our opponents. Leave areas clean. You are leaving a lasting impression. (Leave it cleaner than you found it!)

Athletes will show proper sportsmanship to opponents both in victory and in defeat. Respect will also be shown for the officials of our athletic contests. Only the coach and the team captain are allowed to address the officials. Unsportsmanlike conduct may result in suspension.

The athletes understand that they are students first and athletes second at HVL. Students must meet all academic requirements set forth in the HVL Handbook to continue as a member of an athletic team. The athletes should experience the extended hard work needed for success. A winning attitude should not be defined by win-loss records, but by doing your best. It is not a disgrace to lose if you have prepared conscientiously and extended yourself in the contest.

HVL athletes realize that any equipment used by them and any uniforms issued to them are the property of HVL. The athlete is responsible for their care. Damage to equipment or uniforms will result in repair or replacement by the athlete. The coach in consultation with the athletic director will make determination as to whether repair or replacement is most appropriate. Uniforms are to be worn for athletic contests only. Directions for laundering of the uniforms will be distributed by the individual coaches.

The athletes understand that some risk is involved in athletics, and that participation could result in injury.

The athletes understand that there may be occasions when HVL teams are guests at a school whose religious affiliation is not of our fellowship. At such times should there be a prayer, the HVL students will stand in a respectful manner with their hands clasped behind their back. In this way they will show their respect but not their participation.

The athletes realize that participation in interscholastic athletics gives them a great opportunity to witness their faith to others and thereby bring glory and honor to God.

PARENT MEETINGS

At the beginning of each school year, a parent informational meeting will be held for all sports. Please watch the school calendars for date and time of this meeting. Important information will be disseminated at this meeting and an opportunity will be given to ask the athletic director or coaches any questions regarding each sport. Season schedules, maps to games, common athletic forms, and coaches' expectations are some of the items that will be given out and discussed. Any additional meetings will be set up by the coach of the current season as the need arises.

CRITERIA FOR LETTERS

The athletic program at Huron Valley Lutheran High School exists to aid in the development of young men and women physically, spiritually, and emotionally. It works together and along side with the many other programs that the high school offers to allow young men and women to use their God-given abilities. As with many other programs here at HVL, awards will be given in recognition and appreciation for the sacrifice and accomplishments made by every athlete. To qualify to receive a letter, the athlete or manager must complete the requirements for lettering set forth by the coach and complete the season in good standing. The minimum requirements are listed below. A coach has the flexibility to add to the minimum requirements.

Varsity Letter

Boys – 8” Block Chenille “H”
Girls – 8” Script Chenille “H”

Junior Varsity Letter

Sport Chenille Patch

Equestrian - 65% of all meets

Golf - 65% of all matches.

Soccer – 65% of all games.

Cheerleading – Cheering for 80% of all games.

Basketball – 65% of all games.

Baseball/Softball – 65% of all games.

Cross Country / Track - 65% of all meets. Volleyball – 65% of all games (not matches.)

If a varsity athlete does not meet the above requirements and does not have the opportunity to participate on a JV team, (such as soccer where there is no JV program) the athlete will receive his JV letter. After an athlete has received a JV letter and still has not met the requirements of the varsity letter, a certificate of participation will be rewarded.

Following four years of participation on a team sport where an athlete still has not met the requirements of a varsity letter, a coach may reward that athlete with a varsity letter for their consistent effort and team unity throughout their four years. An athlete who completes less than four years on a varsity sport may not be eligible for this type of lettering.

Along with the varsity chenille letter, an athlete will receive a ball pin pertaining to the sport that the athlete has lettered. An athlete who has received his chenille letter will only receive the ball pin for any other varsity sport that the athlete letters in for the first time. If an athlete letters in a varsity sport following the receiving of the chenille letter and ball pin, he/she will receive a bar pin recognizing their accomplishments.

A coach, along with the athletic director, may deny a player a letter if one or more of (but not restricted to) the following occurs:

1. Failure to attend all practice sessions. (not including doctors appt., etc.)
2. Demonstration of a poor attitude or unsportsmanlike conduct.
3. Failure to respect a coach or referee's decisions.
4. Quitting or being removed from the team for the season.
5. Disciplinary action taken by the school.
6. Failure to abide by all rules put forth by the school.
7. Failure to abide by the athletic code of conduct.
8. Any situation deemed inappropriate by the coach, athletic director, and/or the principal.

LETTER JACKETS

Huron Valley Lutheran High School is proud of its letter winners. It is an accomplishment in dedication, perseverance, and skill. The school is also proud that a student-athlete might purchase a letter jacket and represent our school within the community.

Because students are representing our school when they are wearing their letter jackets, the following rules apply to a letter jacket:

1. Boys will wear a black jacket with orange sleeves and girls will wear a black jacket with white sleeves.
2. Only the school issued letter is the letter to be worn on the front left chest. A student may letter in sports, music, and/or academics. However, everyone receives the same varsity letter but with different pins of distinction.
3. Huron Valley Lutheran is the name to be worn on the back.
4. Only medals won while representing Huron Valley Lutheran High School may be worn on the jacket.
5. Any other symbol, patch or emblem must be approved by the AD and/or principal.

OPTIONS (which may be additional fees when purchasing a letter jacket)

1. The year of graduation may be worn on the left shoulder.
2. Symbols or names of lettered sports in may be attached to the lower back.
3. The student's name may be printed on the front right chest. NO NICKNAMES!

ATTENDANCE AT PRACTICES AND GAMES

Student-athletes are members of a team and are expected to support the team concept by attending all practices and games. Student-athletes or teammates are not allowed to report their own or someone else's absence. A parent phone call or note must accompany an absence before it occurs. In the event of an emergency and a phone call or note is impossible, communication after the absence between the coach and parent is acceptable. In the event of an unexcused absence the following procedure will be implemented.

1st offense - Coach's discretion.

2nd offense - One game suspension.

3rd offense - May result in dismissal from the team.

A student must be present for chapel until the end of the day to participate in co-curricular activities. Special exceptions may occur.

If a student-athlete is to be dismissed early from class for an athletic event, he/she is responsible for making contact with the instructor of the missed classes before the early dismissal along with making arrangements to turn in any missed assignments. Work not completed according to the arrangement made by the student-athlete and instructor will be considered late and will follow the instructor guidelines for late or missing work.

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION HURON VALLEY LUTHERAN HIGH SCHOOL GAME DISQUALIFICATION

According to MHSAA guidelines, if an official for any reason disqualifies a student-athlete, that student-athlete is not allowed to participate in the next contest. If a student-athlete is disqualified for any reason three or more times in the same season, the student-athlete is ineligible to participate in the state tournament for that sport.

In the event of a disqualification, the student-athlete may attend the next contest in plain clothes with the coaches and Athletic Director/Principal's permission.

CONFLICT RESOLUTION

If a situation arises where there is a disagreement between a coach and player/parent, please follow the example given to us in Matthew 18:15-18.

1. Talk to them yourself.
2. Talk to them with someone else who has the same concern.
3. Talk to the Athletic Director.
4. Talk to the Athletic Director and Principal.

TRANSPORTATION

Athletic teams will travel to and from events using transportation provided by the school. Transportation could range from the school's bus, charter bus service or parent transportation. If a student-athlete plans to travel home by other means than the way he/she came, a written note from a parent or guardian in advance is required to travel with someone else.

Special occasions may occur when a student-athlete may drive or travel with someone else to and from a contest. A note from the parent or guardian and permission from the coach is required in advance of the event.

Occasions may occur when a contest is scheduled on a day when school is not in session. In this case, each individual student-athlete may be required to find a way to and from the contest.

UNIFORMS AND EQUIPMENT

Each student-athlete is responsible for the uniforms and equipment issued. It is to be returned by the awards banquet for that season unless the team is still playing. If a team is still playing, the coach of that season will make arrangements for the collection of uniforms and the equipment. Uniforms and equipment should be clean and in good condition. If it is not returned, a fee will be assessed according to the uniform or equipment missing. Report cards and/or awards may not be issued until all uniforms and equipment are returned and fees are paid. **Athletic uniforms and equipment are to be worn only for games or practices. Uniforms and equipment are not to be worn during school, to other events, or other places not pertaining to that sport.** Any uniform or equipment left in the hallways or other places in the school will be picked up and the school's lost and found policy will apply.

CANCELLATIONS/ANNOUNCEMENTS

In the event of a postponement or cancellation, every attempt will be made to announce the cancellation or postponement before 1:00 p.m. At the time of the cancellation or postponement, the hvlathletics.com web site will be updated and be available to view online. All announcements will be made over the intercom or at lunch to the student-athletes and at that time they will be allowed to make contact home.

ATHLETIC/AWARD BANQUETS

Athletic Banquets will be held following each season. All awards will be handed out and all uniforms and equipment turned in. (See uniforms and equipment.) Awards will not be handed out until the student-athlete turns in all his/her uniform and equipment unless arrangements have been made with the coach.

HURON VALLEY LUTHERAN SCHOLAR-ATHLETE AWARDS

At the end of each fall, winter, and spring season, a Scholar Athlete award will be given to all athletes receiving a 3.5 GPA or higher in the full quarter of the sport participating. The award will be represented as a SCHOLAR ATHLETE pin for the first award and a bar each succeeding award.

MICHIGAN INDEPENDENT ATHLETIC CONFERENCE SCHOLAR-ATHLETE AWARDS

At the end of each fall, winter, and spring season, a MIAC Scholar Athlete award will be given to all athletes receiving a 3.75 GPA or higher in the full quarter of the sport participating. The award will be represented as a MIAC SCHOLAR ATHLETE certificate for each award.

HURON VALLEY LUTHERAN SENIOR ATHLETE AWARD

Each spring athletic award night, a male or female will be chosen as the Senior Athlete of the year. This person, as displayed on the award, *“recognizes outstanding athletic performance through leadership, work ethic, team spirit, achievements on the fields and courts of Huron Valley Lutheran High School and by using God given abilities to the fullest.”*