

# Athletic Guidelines

## FORWARD

The Covenant High School Athletic Program is an important source of pride and integrity for the Covenant community. The program remains a significant focal point for the school community, as evidenced by the number of championship banners and trophies awarded to our athletic teams and players. As a result of our many successes, we continue to attract quality student athletes to attend Covenant which is important for our growth. We must, continue to stress the importance of combining athletics and academics to our student athletes.

We, as coaches, must also continue to stress to our athletes the importance of developing the ideas of self-confidence, teamwork, Christian values and community service. The ultimate goal of our athletic and academic program is to develop respectful and productive people who go out and become involved in the surrounding community.

## ATHLETIC PHILOSOPHY

The interscholastic athletic program at Covenant is a vital and integral part of the total educational program. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. The purpose of interscholastic athletics is to make a positive contribution to the development of the participants, spectators, and community.

As an integral part of the educational process, the athletic program should always affirm and support the objectives and standards of the school. The total educational curriculum must take precedence over the athletic program. Athletes should strive for educational excellence as well as staying within the boundaries of good sportsmanship.

## BELIEF STATEMENTS

- 🌍 Every person enjoys the pursuit of excellence
- 🌍 Rules consistently applied create order and discipline
- 🌍 Teamwork and communication are keys to success
- 🌍 Every person needs to feel and to be treated with a sense of pride, dignity and respect
- 🌍 Commitment and dedication are essential
- 🌍 The only limitations a person has are those they set for themselves
- 🌍 High expectations equal self-confidence
- 🌍 Success comes from ones belief in themselves
- 🌍 Each person deserves unconditional love

- 🌍 Respect, honesty and trust are essentials to productive relationships
- 🌍 Life is a series of choices that result in consequences

## **COVENANT ATHLETIC DEPARTMENT OBJECTIVES**

1. Provide a positive image of school activities at Covenant.
2. Provide students with opportunities for physical, mental, and emotional development.
3. Experience team play along with loyalty, cooperation and fair play.
4. Practice self-discipline and emotional maturity while learning to make decisions.
5. Develop an understanding of the value of co-curricular activities in a balanced educational experience.
6. Demonstrate good sportsmanship at all times.
7. Develop leadership qualities and skills.

## **EXPECTATIONS FOR PARENTS**

The role of parents in the education of a youngster is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented in the classroom through co-curricular activities.

There is a value system established in the home, nurtured in the school-that young people are developing. Their involvement in the classroom and other activities contributes to that developing integrity, fairness, respect and are lifetime values taught through athletics and promote sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous interaction and graceful acceptance of the results.

A good sport, whether a student or a parent, is a true leader in the community. As a parent of a student in the school, your sportsmanship goals should include:

1. Realizing that athletics are a part of the educational experience, and the benefits of involvement go far beyond the final score of a game.
2. Encouraging our students to perform their best, just as we would urge them on with their classwork, knowing that other will always turn in better or lesser performances.
3. Participating in positive cheers that encourage our youngsters and discouraging anything that would redirect that focus-including those that taunt and intimidate opponents, their fans and officials.
4. Learning, understanding and respecting the rules of the game, the officials who administer them and their decisions.

5. Respecting the task our coaches face as teachers and supporting them as they strive to educate our youth.
6. Respecting our opponents as students, and acknowledging them for striving to do their best, developing a sense of dignity under all circumstances. Be a fan...not a fanatic.
7. **Parents are expected to work concessions, collect gate money, or work crowd control to ensure that our children and visitors have an enjoyable time. All parents must participate in these endeavors.**

You can have a major influence on your youngster's attitude about academics and athletics. The leadership role you take in sportsmanship will help influence your child and our Covenant community

### **A Brief Explanation of the Finances of the Athletic Department**

The athletic department at Covenant provides game uniforms, equipment and supplies for all teams. The average annual operating budget for athletics at Covenant over the last five years has been approximately \$40,000 annually. This includes coaching salaries, equipment, uniforms, transportation, officials, and upkeep of the athletic facilities. The allotted budget does not begin to cover the expenses. In order to provide quality equipment and uniforms, etc. we must assess a fee to each participating child. Each athlete will be assessed a participation fee for each sport the student takes part in. The fee is \$100 for high school. This fee must be paid as soon as the student makes the team. This fee is non-refundable.

All athletes are responsible for the proper care and security of equipment issued them. School-furnished equipment is to be worn **ONLY** for Covenant contests and practices. All equipment not returned in good condition at the end of the season will be subject to financial compensation to the school.

### **EXPECTATIONS FOR STUDENT/ATHLETES**

1. Follow all training rules, school rules, and regulations. **Remember: it is a privilege to represent Covenant High School in athletic competition.**
2. Exhibit good sportsmanship towards the opponents, officials, teammates and fans.
3. Work to excel in academics. Students should be aware of the eligibility standards that are located in the student handbook.
4. Put team goals ahead of personal goals.
5. Be a role model for all students before, during and after school.
6. Have pride in yourself, your team, your school, your parish community.
7. Respect, but never fear the opponent.
8. Be on time and prepared for practices, meetings, and games.

9. Accept the results, learn from the mistakes, focus on the goal and never give up.
10. All varsity players are expected to participate in a supervised study table before or immediately following practice.
11. Athletes are expected to complete the duration of a season barring injury or ineligibility. Students who quit for no apparent reason will be barred from competing in any athletic sport the following semester. No refund is given for the athletic fee paid at the beginning of the season.

## **MHSAA ATHLETIC 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 the 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, self, and team.
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 officials, before, during and after contests.

## **ATHLETIC TEAM AWARDS**

Coaches shall set their own standards for the earning of an athletic team award in each sport.

1. An athlete shall not receive more than one varsity letter award during his/her school career. Certificates shall be permitted to each athlete should he earn more than one varsity letter.
2. The school reserves the right to request that students remove improperly worn letters.
3. The junior varsity award is a certificate.
4. Coaches may give special awards.
5. Trophies are not given to **EACH** player that participates in a sport.

## **DRESS CODE**

Students are expected to be dressed in **UNIFORM** for all games both home and away. If the particular day is a dress-down day or free dress day, the athlete must bring his uniform from home. **NO EXCEPTIONS.**

## **CODE OF CONDUCT ELIGIBILITY**

(Rules of the MHSAA)

**Enrollment:** To be eligible for interscholastic athletics, a student must be enrolled in a high school no later than the fourth (4<sup>th</sup>) Friday after Labor Day (1<sup>st</sup> semester) or fourth (4<sup>th</sup>) Friday of February (2<sup>nd</sup> semester). The student must be enrolled in the school for which he/she competes.

**Age:** A student who competes in any interscholastic athletic contest must be under nineteen (19) years of age. The exception to that is a student whose nineteenth (19<sup>th</sup>) birthday occurs on or after September 1<sup>st</sup> of the current school year.

**Physical Examination:** A student must have a physical examination, as required completed by a physician certifying that the student is fully able to compete in athletics. A physical examination for the current school year is interpreted as a physical examination given after April 15<sup>th</sup> of the previous school year.

The student shall not participate in any practice sessions or contests until the completed form has been turned in to his/her coach. The coach will turn in all forms to be maintained by the building athletic director.

**Parent Approval/Student Applications:** The student athlete must submit to his/her coach the athletic information and permission forms signed by the student's parent before participating in practice sessions, contests or activity programs.

**Semesters of Competition:** a student may not compete in more than four first semesters and four second semesters.

**Semesters of Enrollment:** Students cannot be enrolled in high school for more than eight semesters. The seventh and eighth semesters must be consecutive.

**High School Academic Eligibility:** A 2.0 GPA is required and must be maintained for participation in athletics, in addition, to fulfilling all state requirements. Both the current average and cumulative average will be reviewed. At the quarter mark, a student with two F's or three grades below C- is ineligible until the next computer generated marking period. At the interim, two F's or three grades below C- will result in a two week suspension from the team and a review of the student's grades after two weeks.

**Amateur Status Student:** Participating in athletics or planning to do so in their school career will not accept money for participation in athletics, sports or games and will not receive any money or other valuable considerations for officiating an interscholastic athletic contest or sign a contract with a professional team.

The above rule applies to all competitive sports. Failure to comply: Code V

**Limited Team Membership:** A student, after participating with high school teams, cannot participate on non-school teams during the same sport season.

Failure to comply: Code V

**Student Attendance Day of Competition:** Students who are absent from school are not to attend or participate in any school function, activity, or sports event, including practices, that day. A student must attend a minimum of four classes in order to participate.

Failure to comply: Code I, II

**Transportation To and From Events:** Any student traveling to a contest or competition on school owned or chartered mode of transportation or other such approved vehicles, shall return to the home school in the same vehicle after the contest is over. In extenuating circumstances, an exception may be made if a parent or guardian submits a written request to the Athletic Director or coach and receives approval in advance to take the student home from the contest. Students will only be released to their parents or guardians. Carpooling may be necessary to local away events. Failure to comply: Code I, II, VII

**Attendance at Practice Sessions/Athletic Contests:** Attendance at practice sessions is necessary to prepare students physically and mentally for athletic contests or activities. Members shall attend ALL PRACTICE SESSIONS AND SCHEDULED ATHLETIC CONTESTS unless specifically excused by the coach prior to the practice or contest. If the student must be absent, such reasons for an excused absence may include, but are not limited to illness, injury, medical appointments, religious ceremonies or observances. The participant shall make PRIOR ARRANGMENTS with the coach for an excused absence. Individual coaches will handle missing practices due to detentions. Detentions may not be skipped to attend practices or games.

If a student is suspended from school, he/she may not participate in any co-curricular activity on the day of the suspension. Failure to comply: first violation, Code I; second violation, Code II; third violation, Code III.

**Use, Possession, or Sale of Tobacco, Alcohol or Drug Substances:** Students participating in athletic programs are prohibited from the illegal use, possession, or transmittal of tobacco, alcohol, or other drugs. Failure to comply: first violation, Code III; Second violation, Code IV; third violation, Code VII.

Sportsmanship: Students are expected to demonstrate the highest level of good conduct at all times toward peers, opponents, coaches, officials, and spectators. Failure to comply: Code I, II, VI.

Supplemental Rules and Regulations: Rules that are unique to a given program may be implemented upon the approval of the principal or Athletic Director. These rules must be in writing and submitted to participants and their parents/guardians prior to the start of the program. Suspension/exclusion from participation in any activity is permitted if deemed appropriate by a coach, with notification of his/her immediate supervisor and the student's parent/guardian.

## **FAILURE TO COMPLY**

Sanctions for violating the Code of Conduct are set forth below. The sanctions set forth under each section are intended to illustrate typical sanctions for each particular offense. However, Covenant High School & Academy Administration reserves the right to impose any of the sanctions listed below for any violation of the Code of Conduct.

- I. Ineligible to participate in the next contest date which may occur on the day of the violation.
- II. Ineligible to participate in the next two contest dates.
- III. Ineligible to participate in the next two contests or two weeks or whichever is greater.
- IV. Ineligible to participate for the next semester or until such a time as compliance is fulfilled (i.e. mandatory counseling, parent/student conference, etc.)
- V. Ineligible for competition for a period from the remainder of the season up to one year.
- VI. Exclusion from the program for the remainder of the current program/sports season; ineligible for competition for a period ranging from the remainder of the season up to high school graduation.
- VII. Exclusion from participation in the program for one year from date of violation; a short exclusion from the program if the parent/student consents to seek substance abuse assessment and/or counseling from an appropriately licensed agency or therapist; return to eligible status contingent upon the approval of the Covenant High School & Academy Administration.
- VIII. Exclusion from the program.

## **APPEAL PROCEDURES**

Appeals of any section of this code's actions must be initiated by parents/guardians of minor students or the student if age 18 or older. Appeals must first be directed to the Athletic Director.

- A. Request for an appeal shall be made within three (3) days of the date action was taken. The request must be made in writing stating the adjustment being requested and the reasons therefore.
- B. The student and/or the student's parents/guardians and affected coaches have the right to be present at all review hearings and must be notified in advance of the time and place.
- C. The Covenant High School Administration is the final authority of the appeal procedure.

## **SPORTSMANSHIP GOAL**

Responsible behavior where youngsters play hard, play safe, and accept the results of interscholastic competition is sportsmanship. Keep athletics in perspective.

Given the adverse influence that higher levels of athletic competition have on our communities as well as our student-athletes, it is important that we establish an acceptable standard for sportsmanlike behavior and admonish behavior that is unacceptable.

### **As a coach – we ask that you:**

- ✓ Exemplify the highest degree of moral character, behavior, and leadership – adhering to strong ethical standards.
- ✓ Respect the integrity and personality of the athlete.
- ✓ Teach the rules of the game – both the letter and spirit of the rule.
- ✓ Set a good example for players and spectators.
- ✓ Respect the integrity and judgment of game officials.
- ✓ Teach and reward sportsmanship.
- ✓ Do not promote any performance enhancing compounds.

### **Meet with parents:**

- ✓ Explain game rules.
- ✓ Set standards of acceptable behavior.
- ✓ Let parents know that their actions can and will effect the team.
- ✓ Be aware that admission to an event is a privilege, and with that privilege come the responsibility to conduct oneself in an appropriate manner.

### **As a student-athlete we ask that you:**

- ✓ Accept and understand both the seriousness of your responsibilities and the privilege of representing the school and community.
- ✓ Learn the rules of the game.
- ✓ Treat opponents the way you would like to be treated.
- ✓ Respect the integrity and judgment of game officials.
- ✓ Do not consume any performance enhancing compound.

### **Keys to good sportsmanship are simple:**

- ✓ Know the rules of the game.
- ✓ Recognize good plays in both teams.
- ✓ Respect your opponents and their spectators.
- ✓ Realize that individual and team errors lose more games than bad calls.

# COACHES EVALUATION

## COACHING ASSIGNMENT PROCEDUES

### **Evaluation of Individual Coaches**

The principal, with the assistance of the Athletic Director, shall have the responsibility of evaluating the coaching performance of each head coach. The Principal, with the assistance of the Athletic Director and Head Coach shall have the responsibility of evaluating the coaching performance of assistant coaches.

### **Dismissal of Coaches**

The Athletic Director and the Principal shall have the authority to recommend the dismissal of coaches. The Principal has the final authority regarding personnel. It is expected that all coaches follow the proper chain of command. **The Athletic Director represents the administration in all matters that concern athletics.**

### **Adult Supervision**

A coach or adult supervisor must always accompany students. A student shall not represent his/her school at any time in connection with interscholastic competition unless accompanied by a coach or another appointed member of the school faculty.

It is the coach's responsibility to make sure that all students return from away contests and are picked up by a parent/guardian. Coaches are also responsible for students after the end of each practice and are expected to be present fifteen (15) minutes before practice. **NO STUDENT MAY REMAIN IN THE BUILDING WITHOUT THE PRESENCE OF A COACH.** Coaches should inform students of practice ending times in advance to preclude such situations.

### **Coaching Pay**

All coaches should sign a contract with the Athletic Director. Keys are issued to the Head Coach and should be returned at the end of a season. Student uniforms and equipment should be turned in to the Athletic Director and inventoried at the end of the season. An evaluation meeting should be set up with the Athletic Director at the conclusion of each season. After the above have been satisfactorily completed, payment will be issued. Payment is done through the school payroll. No special payrolls will be done for coaching staffs.