

Trenton High School

Athletic Handbook for Parents and Student Athletes



TABLE OF CONTENTS

A.	Forward	Page 3
B.	Athletic Participation	Page 4
C.	MHSAA	Page 4
D.	Physicals	Page 4
E.	Activity Fee	Page 4
F.	Academic Requirements	Page 5
G.	Code of Conduct for Athletes	Page 5
H.	Transportation	Page 5
I.	Student Attendance	Page 6
J.	Concussion Awareness	Page 6
K.	Practices	Page 7
L.	Parent and Athlete Concerns	Page 7
M.	Emergency School Closings	Page 7
N.	Awards	Page 7
O.	Uniforms and Equipment	Page 8
P.	Athletic Trainer Services	Page 8
Q.	Signing Days for Senior Athletes	Page 9
R.	Downriver League "3 Sport Patch"	Page 9
S.	Sportsmanship	Page 10
T.	Fundraisers	Page 10
U.	Banquets	Page 11
V.	Educational Transfer Form	Page 11
W.	NCAA Eligibility Information	Page 11
X.	Trenton High School Sports Offerings	Page 12
	Informed Consent and Acknowledgement of Handbook Sheet	Page 13

A. FOREWORD

This booklet has been prepared for your use and we expect you, as a part of the Athletic Program of Trenton High School, to follow the guidelines within this booklet. Please read it carefully so that you are familiar with it.

The Trenton High School Athletic Handbook has been put together for athletes and parents to be used as a guide for all athletes. It is the desire of the THS Athletic Department that all athletes have a quality experience in athletics. Good sportsmanship is expected from athletes, coaches, and fans that participate in or attend events.

ATHLETIC OBJECTIVES

1. To provide a positive image of school activities at Trenton High School.
2. To provide students with opportunities for physical, mental, and emotional development.
3. To experience team play along with loyalty, cooperation, and fair play.
4. To create a desire to exceed and excel.
5. To practice self-discipline and emotional maturity while learning to make decisions under pressure.
6. To develop an understanding of the value of extracurricular activities in a balanced educational experience.
7. To demonstrate good sportsmanship at all times.
8. To develop leadership qualities and skills.
9. To develop well-rounded student athletes.
10. To represent Trenton High School with the utmost respect, integrity, and dignity.

The primary objective of freshman teams is participation and the development of skills – winning should be secondary at these levels. All athletes fulfilling appropriate preset guidelines should participate in contests. Cutting athletes from teams should be done only when necessary.

The Freshman Team is limited to ninth grade students. Participation in daily practice and contests will be stressed. Coaching will focus on directed skill development as coordinated by the varsity program. The Junior Varsity Team should be composed primarily of tenth graders. Eleventh and twelfth graders may participate to develop skills. Freshmen will be allowed on a limited basis.

The junior varsity level represents a transitional period. Participation and development of more advanced skills under the direction of the varsity program will be the focus of these coaches. Varsity Teams place more emphasis on winning. Coaches have the responsibility of judging a player's talents, skills, and abilities to determine participation and playing time. It is important for coaches to emphasize

the value of support to athletes as well as “starters.” Athletes who are brought up from lower level teams are expected to receive quality playing time.

B. ATHLETIC PARTICIPATION

Participation in interscholastic athletics is a privilege and an honor. Students who are involved in athletics are in a leadership role representing their family, school, community and school district. Students have a responsibility to exemplify high ideals, fair play, and leadership in the competitive arena and in the community.

Students who use alcohol, tobacco, performance enhancing supplements, and other drugs, and who engage in inappropriate behavior, sacrifice peak performance. The athletic department intends to protect and promote the health and safety of its athletes through its policies and procedures. In order to create a safe and healthy environment for its athletes, the athletic department expects its athletes to follow its guidelines and procedures.

C. MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

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](#)

THS, as a member of this organization, is bound by its regulations, which are explained in detail in the handbook published by the Representative Council of the Association. This handbook may be examined in the Athletic Director or Principal’s office. Primarily, the rules deal with: Enrollment, Age, Physical Exams, Academic Requirements, Transfers, Limits of Competition, and Out of Season Limitations.

D. PHYSICALS

A physical must be on file with the Athletic Department for any athletic participation. Physicals must be done after April 15th prior to the current school year and uploaded to the Athletic Registration site, Big Teams: [Big Teams Student Central](#) 2024-2025 Physical Form can be viewed and printed from this link: [MHSAA Physical Form](#)

E. ACTIVITY FEE

The activity fee per sport is \$130. The fee is collected online using [Schoolpay](#). The family maximum is \$780 (6 total payments). Students that are free or reduced lunch should still go through the Schoolpay process and will be notified of status upon checking out. Fees must be paid prior to the first contest of the season.

F. ACADEMIC REQUIREMENTS

Students are required to be passing (4) out of (5) classes per trimester. In order to participate in athletics, each athlete must satisfy all of the scholastic eligibility requirements of the MHSAA prior to participation. Grades are checked every 7 weeks; at progress reports and at the end of trimesters. If at the grade check a student is not passing at least 4/5 of his/her classes, he/she is academically ineligible for the following 7 weeks until the next grade check. Students must gain eligibility, in addition to maintaining it.

G. CODE OF CONDUCT FOR ATHLETES

Student Athletes are expected to conduct themselves in a distinguished manner using the following expectations:

- Integrity: Clear, direct and open communication characterized by honesty and acceptance of consequences in a manner that demonstrates personal responsibility and accountability. Fair play, and positive choices should always be regarded.
- Respect: For oneself and others as demonstrated through sportsmanship on and off the field, respect for officials, demonstrated leadership in communicating differences of opinion with dignity and self-control and respect for property of others.
- Self-Discipline: Inappropriate language or actions, engaging in social aggression, or participation in any use of drugs and alcohol will be dealt with by THS Administration according to the Trenton High School Handbook. [THS STUDENT HANDBOOK](#)

H. TRANSPORTATION

TPS utilizes DEAN transportation to provide bus transportation to all weekday athletic events. Return trip and weekend transportation may be provided, but it is the responsibility of the team to pay the additional costs associated with using DEAN buses if the route is outside of an Hour Radius from Trenton. There will be no transportation for non-funded sports.

- Athletes will not board a bus at any time until a coach is present
- When food is taken on the bus, it will be the responsibility of the coach and team captains to make sure all trash is picked up and deposited in a container. The bus must be left clean and free of all players belongings, school equipment etc
- Athletes are to remain in their seats when on the bus. This means no changing clothes, walking around, standing up and banging on the ceiling, hanging out of the window, yelling out the bus, or making obscene gestures from inside the bus
- Athletes violating the transportation policy may lose travel privileges and depending on the severity could be removed from the team

TPS allows the use of the school transit to provide transportation to away events. The maximum number of students allowed to be transported in the transit is 9 students. The transit must be driven by a Trenton Public School employee, Edustaff employees are not permitted to drive the transit.

Athletes are **NOT** permitted to drive themselves, and TPS Staff Coaches are not allowed to transport students in their personal vehicles at any time. **Athletes are allowed to drive themselves to home facilities that are off site. These include Wyandotte Boat Club, Ten Pins Bowling Alley, Westshore Country Club, Riverview Highlands, and The Kennedy Ice Rink.*

I. STUDENT ATTENDANCE

Athletes are expected to be in school for the entire day (5 classes) in order to participate in contests or activities during the same day or evening. Exceptions may be granted by the principal or his/her designee. Students are also required to attend a full day of school on Friday prior to participating in sports on a Saturday. Daily attendance is shared with Coaches at the end of the school day.

J. CONCUSSION AWARENESS

All THS coaches are required to undergo training on the signs and symptoms of concussions. In addition, all parents should receive a handout on concussion awareness. THS does IMPACT testing on equipment for football, and follows established protocols before allowing a student with concussion-like symptoms to return to play. Coaches are required to notify the Athletic Trainer if they witness any of these signs. The Athletic Trainer is required to notify parents as well as enroll students that have been concussed into the MHSAA Database. Only the Athletic Trainer can decide based on MSHAA protocol and working with student physicians when a player can return to participate in sports.

K. PRACTICES

High School athletic teams practice up to six (6) days a week. Athletic team practices shall not be held on Sundays or holidays except as they may become necessary in connection with Monday games or district/regional tournament play.

If it is necessary for an athlete to miss a practice, the coach of that team should be notified prior to the absence. Unexcused absences are unacceptable and can lead to consequences related to the athlete's status on the team.

L. PARENT AND ATHLETE CONCERNS

Trenton High School adheres to the "24 hour" Rule. Any concerns parents may have with coaches need to be addressed at least 24 hours after the incident. Please do not attempt to confront the coach before, during, or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. The Athletic Department encourages parents to address their concerns in the following manner:

- 1) Discussion between parent and child
- 2) Parent/athlete meeting with coach
- 3) Meeting with THS Athletic Director
- 4) Meeting with THS Principal

M. EMERGENCY SCHOOL CLOSING

In the event of school closing due to weather, all practices and athletic events are canceled for that day, unless otherwise directed by the Superintendent or his designee. No students, parents, or spectators should report for any event when schools are closed, unless otherwise directed. All scheduled practices, games, or other events will be rescheduled to a later date as needed. All rescheduling of after school events will be done by the appropriate athletic director. Information will be disseminated to students as soon as practical by the coaching staff. The TPS Superintendent will make all decisions related to the closing of school and the safety of staff and students.

N. AWARDS

Head Coaches will determine the criteria for awards and explain the criteria to the athletes at the pre-season meeting. Special awards are determined by the level of participation. All awards will only be given once during an athlete's high school career. *The Varsity Letter is only awarded one time in the first sport it is earned in. *Varsity Pins are awarded in place of Varsity Letters after the award has been received.

-Freshman team Certificate

-JV Team Certificate

-Varsity Certificate and Varsity Letter and Pin*

*4 year Varsity Letter Winner (4 years on Varsity same sport)

Team Most Improved

Coaches Award

Team Most Valuable Player

O. UNIFORMS AND EQUIPMENT

Athletes are responsible for the care and security of the uniforms and equipment issued to them. They are required to pay the replacement cost for uniforms and equipment that is abused or not returned. Athletes will **NOT** be allowed to participate in succeeding programs until all their obligations from past seasons are met.

P. ATHLETIC TRAINER SERVICES

Trenton High School employs an Athletic Trainer through ATI Health Care. These services include evaluation of injuries, limited rehabilitation after injury, first aid for injuries, preventative taping, and training program development. The athletic trainer is not expected to replace medical attention when needed. Recommendations of the athletic trainer will never supersede that of a physician. In the event of a concussion, the Certified Athletic Trainer will observe the state-mandated concussion protocols. The District reserves the right to restrict participation at the discretion of the Certified Athletic Trainer and in accordance with Trenton High Schools policies. "Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional" - MHSAA Protocol for Implementation of National Federation Sports Playing Rules for Concussions

Trenton Athletic Trainer contact information - TBD; Substitute: Sue Webb webbs@wwcsd.net

Q. SIGNING DAYS FOR SENIOR ATHLETES

Senior Athletes will have the ability to participate in the group *National College Signing Day* event on Wednesday, February 5, 2025 or schedule their own unique Signing Day at THS. Signings must take place prior to or after the conclusion of the school day. Students should prepare a written statement overviewing their career at Trenton as well as what their future plans may be. The Trojan Café can be reserved free of charge. Students may bring in any signage, banners, props that complement their event. Guests, family members, coaches and teammates are encouraged to attend. Students are required to schedule a date with the Athletic Office. 734.692.4554.



R. DOWNRIVER LEAGUE “3 Sport Patch”

Athletes that compete on “3” Varsity Sport Teams during a school year will be awarded the Downriver League “3 Sport Patch”. This award will be handed out toward the end of the Spring season after ensuring all sports were played and completed.



S. SPORTSMANSHIP

Good sportsmanship is an essential component of Trenton Athletics. It is expected that all coaches, players, and parents represent Trenton Public Schools in a manner that is respectful of others – both on and off the field of play.

The Coach:

- Treats her/his players and opponents with respect
- Respects the judgment and interpretation of the rules by the officials
- Inspires athletes a love for the game and the desire to compete fairly
- Upholds the policies of TPS and implements them with consistency, respect and discretion

The Student Athlete:

- Treats opponents with respect
- Plays hard, but always within the rules
- Exercises self-control at all times, setting the example for others to follow
- Respects officials and accepts their decisions without gesture or argument
- Wins without boasting, loses without excuses, and never quits
- Is mindful and remembers that it is a privilege to represent Trenton Public Schools, its programs, and the community.

The Spectator (Parents, Students, Fans):

- Attempts to understand and be informed of the playing rules
- Appreciates a good play no matter who makes it
- Shows compassion for an injured player, applauds positive performance
- Does not heckle, jeer or distract players, and does not use inappropriate language
- Respects the judgment and strategy of the coach, and does not criticize players or coaches for the loss of a game
- Respects the judgment of the official and does not criticize decisions made
- Respects the property of others and the authority of those who administer the competition
- Censures those whose behavior is unbecoming

T. FUNDRAISERS

- All fundraising requests must be filled out by the coach on the fundraising form and approved by Trenton Administration. [TPS Fundraising Process](#)
- Please allow up to two weeks for approval on any fundraiser.
- This form can be found on Trentonathletics.com and the shared drive and must be completed and turned in by the Coach. [Fundraising Form](#)

U. BANQUETS

Banquet dates should be selected as early as possible by the coach. This should be communicated well in advance with athletes, parents and the Athletic Office. Venues for Athletic Banquets are limited to the High School Commons, Trojan Cafe and the Westfield Center. **The Westfield Center requires a rental fee.* Coaches are responsible for reserving these spaces. *Every effort should be made to avoid hosting banquets on Sundays.*

V. EDUCATIONAL TRANSFER FORM

Students that began their high school career at another high school and chose to transfer to Trenton High School must complete an Educational Transfer Form. This form is required to be completed prior to students beginning sports activities. [Educational Transfer Form](#)

W. NCAA ELIGIBILITY INFORMATION

If an athlete is interested in playing college sports, he/she should meet with the coach and college counselor, both of whom will help guide him/her through the NCAA information process. For more information about the athlete's individual responsibility and eligibility, please refer to the [NCAA Clearinghouse Website](#)

X. TRENTON HIGH SCHOOL SPORTS OFFERINGS

Trenton High School offers many high athletics opportunities. The purpose of this program is to aid in the development of leadership, cooperation, sportsmanship, competitive spirit, and physical well-being. It is hoped that all students have the experience of participating on one of more of the following athletic teams:

Boys Fall Sports (approx. start date for practices – 2nd week of August)

Cross Country - Varsity
Football - Freshman, J.V. & Varsity
Soccer - J.V. & Varsity
Tennis - J.V. & Varsity

Girls Fall Sports (approx. start date for practices – 2nd week of August)

Sideline Cheerleading JV & Varsity
Cross Country J.V. & Varsity
Swimming and Diving Varsity
Volleyball Freshman, J.V. & Varsity

Boys Winter Sports (approx. start date Nov 1- Nov 23rd- over 4 weeks)

Basketball Freshman, J.V. & Varsity
Bowling J.V. & Varsity
Hockey Varsity
Swimming and Diving Varsity
Wrestling Varsity

Girls Winter Sports (approx. start date Nov 1- Nov 23rd- over 4 weeks)

Basketball - J.V. & Varsity
Bowling J.V. & Varsity
Competitive Cheer

Boys Spring Sports (approx. start date for practices – 2nd week in March)

Baseball Freshman, J.V. & Varsity
Golf - Varsity
Track - Varsity
Crew - Varsity

Girls Spring Sports (approx. start date for practices – 2nd week of March)

Soccer J.V. & Varsity
Softball J.V. & Varsity
Track J.V. & Varsity
Tennis J.V. & Varsity
Crew - Varsity

NON-DISCRIMINATION AND ACCESS TO EQUAL EDUCATION OPPORTUNITY

It is the policy of Trenton Public Schools that no discriminatory practices based on sex, race, religion, color, national origin, disability, height, weight, marital status, or any other status covered by federal, state or local law be allowed in providing instructional opportunities, programs, services, job placement assistance, employment or in policies governing student conduct and attendance. Any person suspecting a discriminatory practice should contact: The Director of Human Resources, Trenton Public Schools, 2603 Charlton Road, Trenton, MI 48183

INFORMED CONSENT

By its nature, participation in interscholastic athletics includes the risk of injury. These injuries may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk of injury. Participants have the responsibility to help reduce the risk of injury by obeying all rules, reporting all physical problems to their coaches, following a proper conditioning program and inspecting their own equipment on a regular basis.

ACKNOWLEDGEMENT OF THIS HANDBOOK

Done during Big Teams Registration process:

<https://studentcentral.bigteams.com/index.php?keyword=/user/signin>