MERCY ATHLETIC CODE OF CONDUCT

Updated November, 2025

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https://docs.google.com/document/d/1Yx4ZCClUaV570lBymce0It7SO-7j95SCK77jVz9hirk/edit?usp=sharing

Mercy Athletics, in line with the Mercy values, values education. While athletics are an important part of Mercy Life, SCHOOL COMES FIRST.

When representing Mercy High School in athletic competition, the general appearance, conduct and dress must be such as to bring credit to the athlete, the team and the school Community. The privilege of being on an athletic team carries with it the responsibilities of setting a good example in ALL school activities and functions.

As an athlete it is very important that you familiarize yourself with the following rules and regulations. **ATHLETES ARE RESPONSIBLE FOR THEIR OWN BEHAVIOR!** Failure to comply with any of these rules will result in appropriate sanctions by the Coach, Athletic Director, and/or Administration.

THE ATHLETIC DEPARTMENT EXPECTS THAT ALL ATHLETES UPHOLD THE PRIDE AND HONOR OF BEING ON AN ATHLETIC TEAM AT MERCY HIGH SCHOOL.

TRY-OUTS

Any student wishing to try-out for any athletic team will be required to have a current physical and Mercy Athletic Forms, completed using FinalForms before the beginning of tryouts (check www.mhsmi.org/athletics for specific dates).

- Instructions are available here.
- ONLY physical examinations given on or after April 15th of the previous school year will be acceptable (e.g., April 16th, 2025 for the 2025-26 school year). Physical forms are available to print on FinalForms.

Students must register to participate in sports by season. Students are able to register for any number of sports, but participation in more than one MHSAA sport per season is not allowed. Details are available at www.mhsmi.org/athletics. **Students who do not register and/or do not complete all forms will not be allowed to try-out on the first day of try-outs. Trying out after that will be at the coach's discretion.**

In line with the Athletic Department's SCHOOL FIRST policy, any student wishing to participate on an athletic team must have a minimum 2.0 cumulative G.P.A. before she will be able to try out, and must maintain or exceed this minimum throughout the season. The MHSAA requires that grades are checked prior to and during the season. If a student is earning a No Credit (NCR) in two of her courses during the season she will be ineligible to participate for at least one week; grade checks will then be performed weekly.

Transfer students need to check with the Athletic Director regarding their status. This must be done prior to tryouts.

Each coach and the entire coaching staff for the sport have the responsibility and authority of selecting their teams. They will be involved in the evaluation of the athletes and selection of each team member. It's important to remember there are no guarantees for making a team. **Previous involvement does not assure a position the following season.** Every athlete will be treated fairly and given equal opportunity to be selected

The participation fee for all MHSAA-regulated sports is $200.00 (as of June, 2017). This should be given to the coach or booster club representative at the team meeting.

IN-SEASON COMPORTMENT

All student-athletes must obey the rules and regulations of Mercy High School (*see Mercy Family Handbook*). Any infraction of school rules and regulations will be addressed by administration.

All student-athletes must follow team rules and regulations. The student-athlete must abide by the regulations of the coach and athletic department.

A student-athlete is expected to be in school for the entire day. Any early dismissals or late arrivals will require a note from a medical provider to be presented at the attendance office or to the athletics office in order to be excused and able to participate.

- Exceptions: school field trips, funerals, doctor/dentist appointments, special schedules.
    - Advanced notice from the proper school authorities is required for all school-related exceptions (i.e., When a student attends a Kairos retreat, the Pastoral Ministries team sends a school-wide email listing participants).
    - Written confirmation of appointments from medical services is due to the Attendance Office upon the student-athlete's return to school.
    - Any additional exemptions are at the discretion of Administration.

Any team ordering sweat suits, sweatshirts, t-shirts, or other spirit wear must have prior approval from the Athletic Director.

- Only the following colors are allowed: Maroon, Gold, Black, White, and Gray.

All athletes will address coaches properly: Mr., Mrs., Ms. or Coach will be used.

It is the responsibility of all student-athletes to participate in activity classes, such as gym and swim on game days.

All book bags and personal belongings are to be left in the locker room, not on the floor, not in the Gym or hallway. Lock personal belongings in the lockers.

All athletes must change clothes in the locker room. Anyone caught changing in the hallways, parking lots, or on the fields will receive disciplinary action.

Athletes are not permitted to have food or drinks in the locker room or pool area.

Team Motivation events, such as pre-game meals, are strictly voluntary.

- No squirt guns, silly string, confetti, or other inappropriate items.
- **If any area of the school (e.g., snack bar) is used, it must be cleaned afterward the team will lose this privilege for the remainder of the season.**

INJURY PROTOCOL

Mercy High School has a licensed, certified Athletic Trainer on staff. The Athletic Trainer will provide services which include: evaluation of injuries, limited rehabilitation, first aid for injuries, taping and padding, and program coordination.

In the case of an injury that has been seen by a medical professional other than the Mercy Athletic Trainer, the athlete must present a signed and dated doctor's note to the Athletic Trainer BEFORE returning to participate.

- If the athlete does not see a physician for her injury, the Athletic Trainer has the final say in her return to play status.
- No athlete is allowed to return to play after a doctor's consultation without clearance.
- **The Mercy Athletic Trainer has the FINAL say in whether or not an Athlete may return to practice/play.**

Please see/contact the trainer as soon as possible if an injury occurs.

Mercy Athletic Trainer: asimps12@hfhs.org

CONCUSSION PROTOCOL FOR MERCY HIGH SCHOOL

Mercy High School/Henry Ford Health System: Return to Play Protocol

1. Light aerobic exercise (day 1): After you are symptom free for 24 hours, try non - impact activities such as: stationary bike, elliptical, or swimming for 20 – 30 minutes. Keep heart rate to 60% of its maximum heart rate (220 - your age x .60).
2. Exercise (day 2): May include non-impact activity for 45 minutes or a combination of non-impact and impact activities for 45 minutes.

3. Non-contact training/practice drills (day 3): can participate in practice, but nothing that would require contact (scrimmaging, drills that are 1 v 1, etc.).
4. Full contact training/practice (day 4): must have clearance from a physician to return to contact.
5. Return to competition (day 5): must have final clearance with MHSAA compliant note signed by consulting physician, parent/guardian and student.

****Athlete must check in with athletic trainer at Mercy for clearance to proceed onto next step.**

**If symptoms return at any time during exercise, stop and let the athletic trainer know. The athlete will repeat the Return To Play protocol once she is symptom free for a full 24 hours.

**Athletic trainer will communicate directly with coaches regarding athlete's status.

Mercy Athletic Trainer: Marines Hawes, MS, AT, ATC – trainer@mhsmi.org 313-207-4516
HFHS Sports concussion clinic – concussion@hfhs.org; 313-972-4216

CONCUSSION TESTING INFORMATION

Mercy High School utilizes SCAT-5 as the baseline and return-to-play concussion tool. The test must be administered by a health professional, such as the Athletic Trainer.

If the athlete is believed to have suffered a concussion during competition, the exam is taken again and the data is compared to the baseline test. This information is then used as a tool to assist the athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return-to-play decisions.

If an injury of this nature occurs, the Athletic Trainer will contact the parents/guardians. Post-concussion tests will be taken under our supervision at school or in a physician's office.

One of the reasons concussions are so dangerous is a condition called Second Impact Syndrome. If an athlete sustains a second concussion before completely recovering from the first, the results can be deadly. At Mercy, we understand the competitive nature of sports, but we always hold the athlete's health and safety as our top priority.

If you have any questions regarding this program, please contact Marnie Hawes, the Mercy Athletic trainer, at trainer@mhsmi.org.

CONDUCT BEFORE AND DURING ATHLETIC EVENTS

The student-athlete must practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.

The student-athlete must accept favorable and unfavorable decisions, as well as victory and defeat with equal grace.

The student-athlete will demonstrate respect for opponents and officials before, during and after contests.

The student-athlete will not question officials' calls or use inappropriate language.

Any student-athlete who is ejected from a contest WILL BE ineligible for the next scheduled contest. This is in accordance with MHSAA guidelines.

The student athlete will follow a dress code for all home and away games as established by the coach. This code is not to include jeans or anything inappropriate. Team sweats are acceptable.

No practice will begin without a coach present at the site.

When a student-athlete is dismissed early for competition, it is their responsibility to see their teacher and get any assignments or make up work.

At away games it is the responsibility of all athletes to clean up the bench area, locker room, and bus.

After home games or practices, it is the responsibility of all athletes to leave the hallways, gym, locker room, and pool areas clean.

It is the responsibility of the athletes to clean up after any team meals or snacks.

Expectations For Parents/Guardians, Spectators, And Athletes As Set By The Catholic High School League

The administration and staff of Mercy, all Catholic League schools and the Catholic League Office wish to make it clear that high school sports are an educational activity. Athletes, Parents/Guardians, and friends must be aware of our school's expectations with regard to sportsmanship. Catholic School values should be present at our events.

Unlike professional sports, as a spectator at an interscholastic event, you are a part of the activity, much like the Athletes, coaches and officials. As a participant, (spectator or team member) we expect that you will maintain good sportsmanship while attending school athletic events.

It is expected that as participants and spectators, we will support our both teams in a positive way; remembering that the Athletes, coaches and officials are not perfect and will make mistakes.

Negative, derogatory cheers or actions aimed at either team are not acceptable in educational athletics.

It is expected that you will accept the decisions of the officials without vocalizing disagreement. Officials are an important part of this educational activity. We are sending the wrong message when we challenge or abuse the game official sent to the school to administer these educational activities.

The Athletes, Parents/Guardians, and spectators will demonstrate respect for opponents and officials before, during and after contests. The Athletes, Parents/Guardians, and spectators will not question officials' calls or use inappropriate language.

At all times it is expected that we will respect one another; adults and Students alike. This especially includes our opponents and officials, without whose involvement, sport contests would not occur.

24/24 Rule

All Athletes/Parents/Guardians are expected to follow the "24/24 Rule:" Maintain a distance of 24 feet for 24 hours before approaching coaching/athletic staff.
This is to ensure that all matters are handled in a professional and constructive manner. Please do not attempt to confront a coach directly before or after a sporting event or practice. These can be emotional times for the Athletes, Parents/Guardians, and Coaches. Meetings of this nature rarely promote resolution.

Chain of Command

If there are issues that the Student-Athlete and/or Parent/Guardians would like to address, please follow the Chain of Command. The Chain of Command is as follows:
1. Player communicates with their Coach.
2. Parent/Guardian communicates with Coach.
3. If still unresolved, Parent/Guardian and/or Athlete should contact Athletic Director.
4. Athletic Director will communicate with Dean of Students if necessary.

Transportation

- IF TRANSPORTATION IS PROVIDED, all student-athletes must ride the provided transportation to away games.
    - Any exceptions to this require a note/email from Parent/guardian 24 hours in advance of trip.
- IF ROUND-TRIP TRANSPORTATION IS PROVIDED, the athlete may leave **after** the game with their PARENTS/GUARDIANS.

  - Please notify coaches before leaving; NO note is necessary, as this permission was given in the Privit account.
  - If an athlete is leaving with a NON-PARENT/GUARDIAN, or is not taking the bus TO the event, a note must be given to the Athletic Office at least 24 hours in advance.

- IF ONE-WAY TRANSPORTATION IS PROVIDED, it is the responsibility of the parent/guardian to arrange for the athlete's return trip. No notes to the Athletic Office are needed.

COMPLETION OF SEASON

Upon completion of the season, the student-athlete will return all uniforms, CLEANED, to their coach.

If a uniform is lost or damaged, the athlete will be required to reimburse the school for replacement costs.

The student-athlete may order a varsity jacket or sweater upon completion of their season if they are receiving a varsity letter. Special requests are handled through the Athletic Director's office. Anyone requesting special characters or sayings to be part of the varsity jacket or sweater decoration must have approval from the Athletic Director. Please check the Athletic website for Letter Jacket/Sweater Guidelines and recommendations.

All student-athletes should take pride in wearing their varsity jacket/sweater.