



# Muskegon Catholic Central Athletic Handbook

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## I. Mission

Muskegon Catholic Central educates each student in spirit, mind and body by fostering personal excellence within the Catholic tradition. Athletics allow for the student-athlete to challenge him/herself in each of these three areas.

## II. Disclaimer

- The Muskegon Catholic Central Athletic Handbook describes important information about Muskegon Catholic Central (MCC) and its athletic policies and regulations. Since the information and policies here are necessarily subject to change, revisions to the handbook may occur. Changes will be communicated and revised information may supersede, modify, or eliminate existing policies. Muskegon Catholic Central's Athletic Director, with approval from MCC's Leadership Team, Principal, and President, has the ability to revise policies and procedures.

## III. Philosophy/Purpose

- Educational Athletics at Muskegon Catholic Central will provide the tools necessary for our student-athletes to grow in spirit following Catholic/Christian values and tradition, develop leadership and core skills needed for post secondary school success, and promote health fitness and injury prevention. As a Muskegon Catholic Central community, we must live our life each day to the best of our ability as disciples of Jesus Christ. The athletic and extracurricular programs function as part of the whole curriculum and contribute to the development of competitive, well-rounded Christian athletes and individuals. While the school believes athletes are the most outward and public representation of the school and student body, we also recognize that all of our students must be held accountable to these higher standards.

Participation in interscholastic athletics is a privilege, not a right. Muskegon Catholic Central students, athletes, parents, coaches, and administration must:

- Know and adhere to the Muskegon Catholic Central athletic code and school rules.
- Be knowledgeable of and adhere to all MHSAA policies.
- Display the ideals of sportsmanship and ethical conduct.
- Be humble in victory and gracious in defeat.
- Show courtesy and respect to opposing teams and officials.
- Respect the integrity and judgment of sports officials, coaches, and athletic department staff.
- Show leadership, initiative, and good judgment, and encourage other players and students in the Muskegon Catholic Central community to do the same.
- Realize that the success of the program is measured by more than just win-loss records; that positive attitudes, as well as spiritual, personal, and skill development is also important and vital to a well rounded program.

#### IV. MHSAA - The Ten Basic Beliefs for Interscholastic Athletics in Michigan

- A. Interscholastic athletics were begun outside the school day and curriculum and remain there as voluntary, extracurricular programs in which qualifying students earn the privilege of participation.
- B. Interscholastic athletics are not courses offered by schools but are tools used by schools to reach and motivate students and to rally support within the community for school's academic and activity programs.
- C. In order to justify school sponsorship, interscholastic athletics must be compatible with the academic mission of schools, giving priority deference to the academic schedule and requiring proper decorum at athletic events.
- D. Interscholastic athletics are secondary to the academic program of schools and are partners with the schools' non-athletic activities in providing students opportunities to develop loyalty and school spirit, to practice teamwork, hard work, discipline, sacrifice, leadership and sportsmanship and to gain lifetime appreciation of the arts, sports and healthy lifestyle.
- E. There is equal potential to achieve these objectives in every sport and on the sub-varsity as well as the varsity level.
- F. A proper philosophy of interscholastic athletics emphasizes participation by many, not for few, and academic scholarship in school, not athletic scholarships to college.
- G. To promote competitive equity and a program that is educational in both its means and its ends, the policies and procedures of interscholastic athletics must be determined by school representatives, not by courts, legislatures or commercial interests.
- H. Schools, through their elected boards of education and their appointed administrators, are solely responsible, legally and practically, for governing and conducting interscholastic athletics at the local and league levels.
- I. Any statewide organization which schools join to assist their administration of interscholastic athletics must be independent of outside interests and guided exclusively by the direct input of its member schools.
- J. Interstate competition in interscholastic athletics is unnecessary in most situations; regional and national events are harmful to the purposes of interscholastic athletics in Michigan.

#### V. List of Sports (HS-High School, MS-Middle School, E-Elementary)

- 1. Fall
  - a) Sideline Cheer (HS & MS)
  - b) Cross Country (HS & MS)
  - c) Football (HS & MS)
  - d) Girls Golf (HS)
  - e) Boys Soccer (HS)
  - f) Girls Swimming (HS)
  - g) Boys Tennis (HS)
  - h) Volleyball (HS & MS)
- 2. Winter
  - a) Boys Basketball (HS, MS, E)
  - b) Girls Basketball (HS, MS, E)
  - c) Ice Hockey (HS)
  - d) Boys Swimming (HS)
  - e) Wrestling (HS & MS)
  - f) Boys & Girls Swimming (MS)

3. Spring
  - a) Baseball (HS & MS)
  - b) Boys Golf (HS)
  - c) Girls Soccer (HS & MS)
  - d) Girls Tennis (HS)
  - e) Track and Field (HS & MS)

## VI. Eligibility

### A. Grades

- Co-Curricular Activities Eligibility Grades 6-12
  - Muskegon Catholic Central recognizes the importance of co-curricular activities in the educational program for all students. However, success in the classroom is our ultimate goal. In order to be eligible for co-curricular activities, students must perform in the classroom at the level described below. Co-curricular activities include Athletics, WINGS, National Honor Society, Spring Musical, Destination Imagination, etc. Beginning on the third Monday of each trimester and weekly on the first day of the week thereafter, student's grades will be checked by the appropriate administrator. A list of ineligible students will then be given to each cocurricular activity sponsor, coach, advisor, etc. In grades 6 through 12, a student's grades must be at least 60% (D-) in all subjects in order to be eligible for co-curricular activities. Students declared ineligible are not allowed to participate in interscholastic competitions, performances, or other events for a period of one week; but are allowed to attend practices or rehearsals.
- Grace Period
  - Any student who is ineligible according to the above standard will be granted a one-week grace period before becoming ineligible to perform in interscholastic competitions or performances. If at the end of the grace period, the student is not performing at the above standards, the student will be ineligible to compete/perform for a period of one week. Students on probation may practice and perform in interscholastic competitions, performances, etc. After the grace period, students who do not perform at the level described above by the following Monday will be ineligible for a period of seven days; but will be allowed to practice, rehearse, etc. during that time period. A student will be allowed only one grace period per trimester. The Principal reserves the right to bypass these procedures for any reason, such as extended illness, etc.
- MCC Grade 7-12 Student and Parent Handbook
  - The MCC Academic Handbook also requires student-athletes to be "receiving credit" or "passing" 66% of the full load potential for a full-time student in the current trimester to be eligible for the next trimester. This means a student passing 4 of 6 classes in the current trimester would be eligible the following trimester. If not, the period of INELIGIBILITY would be one full term, not one week.

## B. Conduct

- Muskegon Catholic Central holds student athletes to a high level of behavior that represents our school community in a positive manner at all times.
  - The athletic code of conduct is in effect 365 days a year.
  - Training rules/conduct violations will be recorded beginning with the student's first enrollment into Muskegon Catholic Central and accumulate throughout their middle and high school career.
  - Transfer students with violations that carry over from the previous school will be subject to enforcement of violation at Muskegon Catholic Central.
  - Muskegon Catholic Central prohibits the use/possession of alcohol, tobacco, electronic cigarettes, marijuana, illegal drugs of any type, look-a-likes, or other non-prescribed controlled substances.
  - The athletic department realizes that within the privacy of the home and supervision of the parents, their jurisdiction is limited. However, parental assistance in this matter is expected.
  - Students will not be disciplined on hearsay evidence. Persons making charges must be willing to identify themselves and provide charges in writing to school officials, if requested.
  - This policy will be in force on all school property or any school sponsored functions and in all situations resulting from any reports received from law enforcement agencies.
- After confirmation of the violation, the student athlete shall lose athletic privileges for the seasonal contests authorized by the MHSAA for that sport (or next scheduled sport for that student). Violations carry over from year to year, covering the entire period of enrollment at Muskegon Catholic Central.
- Violation Categories:
  - Category A: Major Offenses
    - Acts that are illegal or seriously disrupt the accomplishment of the school and/or athletic mission. They may occur in school, at school events, away from school, or in or out of a sport season. Category A violations include, but are not limited to, the following:
      - Possession, use or transfer of controlled substances or any items represented to be a controlled substance
      - Possession, use or transfer of alcoholic beverages
      - Possession, use or transfer of weapons
      - Theft
      - Arson
      - Possession of fireworks or explosives
      - Malicious destruction of property
      - Striking or threatening school personnel
      - Actions, in or out of school, which would be deemed felonies under the criminal code
    - Disciplinary Action:
      - First Offense - 50%
      - Second Offense - 100%
      - Third Offense - Permanent
  - Category B: Minor Offenses
    - Conduct unbecoming of a Muskegon Catholic Central student-athlete. They may occur in school, at school events,

away from school or in or out of a sport season. They include, but are not limited to, the following:

- Possession or use of tobacco in any form, including paraphernalia
- Vandalism
- Theft
- Actions, in or out of the school, which would be deemed misdemeanors under the criminal code

■ **Disciplinary Action**

- First Offense - 25%
- Second Offense - 50%
- Third Offense - 100%

○ **Out of School Suspension:**

- Students who receive an **out-of-school suspension** are immediately ineligible for seven calendar days (one week) beginning with the first day of suspension.

○ **Game Ejection:**

- Student-athletes who are disqualified for flagrant or unsportsmanlike conduct will not be allowed to participate in the next competition date.
- Students who are disqualified for major offenses (malicious intent), or have multiple disqualifications during the school year, and are subject to service to the Athletic Department
- If a student-athlete is ejected from three athletic contests in a season, the student is not allowed to participate in any MHSAA postseason contests for that sport in that season.

C. Transfer Rule

- Immediate eligibility is granted for a transfer student if a family makes a full and complete residential change and Muskegon Catholic Central is the closest non-public school. Full and complete residency change includes all personal belongings are in the new house, mail is received at the new residence, as well as utility bills and driver's license.
- An international student or exchange student must have a J-1 or F-1 Visa from an MHSAA approved program and CSIET (Council on Standards for International Educational Travel). The student is allowed to play one year, sit one year under this eligibility.
  - International students with a non-approved VISA may only play at the sub-varsity level (JV).
- The athletic department and administration will declare eligibility status only after the student is registered and the New Student Transfer Information Form is returned to the 7-12 office/athletic office.

D. Muskegon Catholic Central Transfer, International, and Exchange Student Eligibility Policies

● **Transfer Student Procedures: (Grades 9-12)**

- Students and family meet with the Enrollment Director and Principal.
  - If there are any potential problems during the process where there is reason to believe that the transfer could be athletically motivated or a link involved (see Athletic Transfer Regulations



Section VI, Part C), Enrollment Director and Principal consult with the Athletic Director.

- When the student registers, they will meet with the Athletic Director to discuss transfer policies and fill out the New Student Transfer forms.
- Once the form is reviewed, the Athletic Director determines eligibility status of the student.
  - A student enrolled in grades 9 through 12 who transfers from one high school or junior high/middle school is not immediately eligible to participate in an interscholastic athletic contest or scrimmage in the school to which the student transfers unless the student qualifies under one or more of the MHSAA exceptions, noted in the MHSAA handbook Regulation I section 9.
  - A student entering 9th grade for the first time at any high school who has not utilized advanced eligibility is immediately eligible under the transfer regulation regardless of where the student attended 8th grade.
  - A student who does not qualify under one of the Section 9 exceptions is ineligible to play any MHSAA sport that they participated in at their former school at Muskegon Catholic Central. Example: A transfer student from Muskegon High School who played football, basketball, or baseball, is not eligible to play any of those sports at Muskegon Catholic. They are eligible for all other sports.
  - The Athletic Director informs the parents/guardians by email/mail confirming the student's eligibility status
- **Transfer Student Procedures: (Grades 7-8)**
  - Students and family meet with the Enrollment Director and Principal.
    - If there are any potential problems during the process where there is reason to believe that the transfer could be athletically motivated or a link involved (see Athletic Transfer Regulations Section VI, Part C), Enrollment Director and Principal consult with the Athletic Director.
  - When the student registers, they will meet with the Athletic Director to discuss transfer policies and fill out the New Student Transfer forms.
  - 6th, 7<sup>th</sup> and 8<sup>th</sup> grade students are allowed immediate eligibility at Muskegon Catholic. Section 9 of the MHSAA handbook does not apply to 6th, 7th, and 8th grade students.
- **International/Exchange Student Procedures:**
  - International and Exchange Student Coordinator contacts the Athletic Director and gives the names and VISA status of each international and exchange student.
  - Once information is reviewed, the Athletic Director determines eligibility status and verifies with the Principal and coaches.
  - Exchange students at Muskegon Catholic who attend through an AISP program are eligible to compete for one year. After the first year, if they remain at Muskegon Catholic, they are ineligible for the second year ("play one-wait one"). After the "wait-one year", the student is eligible for the remaining years.

- Exchange students at Muskegon Catholic who do not attend through an MHSAA AISP program have sub-varsity eligibility in all sports.

E. Joining or Leaving a Team During Season

- Students are only permitted to participate in multiple sports in the same season when they have permission from the head coaches involved and the Athletic Director.
- After the **third day of practice**, a student-athlete who joins late must practice an equal number of days as would be scheduled before the first game before he/she is allowed to participate in a game.
- Students will NOT be permitted to join a team after the first contest date unless there is permission granted from the Athletic Director/administration.
- If a student needs to leave the team, he/she is responsible for returning all school issued equipment/items.

F. Attendance

- Students must arrive at school no later than 45 minutes after the first hour begins (8:40 am) in order to participate in practices/games. If a student arrives after this time, the student must have an excused note. Examples of excused notes would be from a doctor, dentist, or if a student attends a funeral/visitation for a family member.
- Students who leave school because of illness are not permitted to participate in practices/games for that day.

## VII. Requirements Before Participating in Off-Season and In-Season

A. MCC Sponsored Summer off-season workouts, conditioning, 7 on 7 (summer)

- Students must be registered and officially enrolled for the next school year. Registration is through our Director of Enrollment, Management and Marketing.
- Students who are not registered are not eligible to participate.

B. Practices

- Students must be registered and officially enrolled.
- Physical forms MUST be completed and turned into the 7-12 office.
- Concussion Acknowledgement form MUST be completed and turned into the 7-12 office.
- Students must be MHSAA eligible and in good academic standing.

C. Scrimmages/Games

- Students must be registered and officially enrolled.
- Physical forms MUST be completed and turned into the 7-12 office.
- Concussion Acknowledgement form MUST be completed and turned into the 7-12 office.
- Students must be MHSAA eligible and in good academic standing.
- Pay-to-play fees MUST be turned into the 7-12 office.
  - Payment plan is permitted with permission from the Athletic Director.
- Athletic Handbook Acknowledgement Form MUST be signed and turned into the 7-12 office.

## VIII. Athletic Dead Period vs. Pre-Season Down Time Definition

A. Athletic Dead Period

- Minimum of 7 days where no school sponsored athletic activities (including but not limited to clinics, camps, conditioning, 7 on 7, etc...) are permitted in accordance with the MHSAA. The dead period is established yearly by the athletic department.

B. Pre-season Down Time

- No sport-specific open gyms, camps or clinics are permitted during this time. No competition between groups that resemble school teams (more than 4 athletes) may occur in that sport.

IX. Pay-to-Play Fee

- All sports, except co-op sports, are considered as funded and MCC hosted. Student athletes are required to pay the pay-to-play fee.
- Pay-to-play is once per school year prior to the first non Co-op sport in which the students participate in.
  - High School - \$200
  - Middle School (grades 7-8) - \$150
  - Elementary (grade 6) - \$100

X. Co-ops

A. Co-op In

- Is a co-op where the athlete's school is the host school. Below is the co-op that exists:

B. Co-op Out

- Is a co-op where another school is the host school. Below are the co-ops that exist where we are the partner school (guest school) with the host school listed.
  - Girls Golf: North Muskegon
  - Ice Hockey: Reeths-Puffer
  - Boys Lacrosse: Mona Shores
  - Girls Softball: Orchard View
  - Boys Swim: Greater Muskegon Co-op (Mona Shores)
  - Girls Swim: Greater Muskegon Co-op (Mona Shores)
  - Boys Tennis: North Muskegon

XI. Practices/Games

- Attendance at practices and games is **mandatory**.
- Off-season workouts/clinics/7-on-7 are **optional** and will not determine who makes a team, however encouraged as time permits. Exceptions are made under certain circumstances.
- Family vacations outside of holiday breaks are NOT considered excused absences.
- Club sports are NOT considered excused practices because they are not affiliated with the Muskegon Catholic Central Athletic Department.
- Participation in another school function (such as Spring Musical) is excused with prior notice (coach and sponsor need to work with the student-athlete so he/she may balance both adequately.)
- Students who are not at school due to illness are EXCUSED and are not able to attend practices or games (this includes going home from school early).
- Practices/games should not occur during the following dates without permission from the athletic department and administration:
  - Christmas Eve

- Christmas
- Easter Triduum—from Holy Thursday to Easter Sunday
- Mother's Day
- Practices should conclude by 9:00 pm whenever possible. Due to gym availability, there may be times in which winter practices may have to run past 9:00 pm.
- Gym use on Sundays is available from 11:30 am to 5:00 pm and should only be mandatory if there is a Monday contest (Varsity/JV level) and advanced notice is given.

## XII. Inclement Weather Policy

### A. Thunderstorms

- If possible, practices will be moved inside, however, practice times may be adjusted. No practices will resume outside until 30 minutes passes from the last sight of lightning or rumble of thunder.
- If in a game, there will be a 30 minute delay from the last sight of lightning or rumble of thunder.
  - Fans will be relocated to the closest indoor area or may wait in vehicles until the storm passes.

### B. Rain

- If rain forces a field to not be playable for practice/games, practices will be moved inside. There will be an attempt to make up games later if schedule permits (Alliance League games will be made up per conference policy).

### C. Snow/Cancellation of school

***When Muskegon Catholic Central cancels school, the MCC Athletic Department will follow these guidelines:***

#### **EVENTS:**

##### **HOME:**

The status of home events will be determined by the AD, the President and the visiting school. The ADs from both schools will confer as to the feasibility of hosting the event. The MCC AD will then notify coaches of the status of the event. (MCC will do their best to host home events.) If the event cannot be held, the AD will inform the coaching staff of any make-up dates.

##### **AWAY:**

The status of all away events will be determined by the hosting school and the MCC AD, and the MCC President. The host school will contact the MCC AD. The MCC AD will then notify coaches of the status of the event. (The MCC AD must contact transportation to see if a bus is still available [if applicable].)

##### **State Sanctioned HOME Events:**

Muskegon Catholic will do everything possible to host state sanctioned events (district, regional, state...)  
Muskegon Catholic will check with the governing body (MHSAA) for guidance.

##### **State Sanctioned AWAY Events:**

Muskegon Catholic will do everything possible to attend state sanctioned events (district, regional, state...)

Muskegon Catholic will check with the governing body (MHSAA) for guidance. (The MCC AD must contact transportation to see if a bus is still available [if applicable].)

*We will do our best to have the decision emailed/communicated by 1:00 PM!*

**PRACTICES:**

ALL elementary & middle school practices will be CANCELED.

ALL sub-varsity practices will be CANCELED.

Varsity: In General, varsity will be allowed to practice under the following conditions:

- MCC AD and Varsity Coach confer with the decision made no later than noon.
- Practice is NOT mandatory.
- Practice will be allowed after 1:00 PM.
- Head coach is the LAST to leave the building, checking to make sure all doors are secure.

D. Heat

- If there is potential for the heat index (combination of temperature and humidity) to become excessive, the athletic trainer and/or Athletic Director will monitor the dew point, temperature, and humidity and advise coaches accordingly using the Weather Channel App or National Weather Service App. The following categories and precautions exist in the event of a high heat index:
  - 95-99 degrees:
    - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
    - Optional water breaks every 30 minutes for 10 minutes in duration
    - Ice-down towels for cooling as necessary
    - Watch/monitor athletes carefully for necessary action
  - 99.1-104 degrees:
    - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
    - Mandatory water breaks every 30 minutes for 10 minutes in duration
    - Ice-down towels for cooling
    - Watch/monitor athletes carefully for necessary action
    - Alter uniform by removing items if possible
    - Allow for changes to dry t-shirts and shorts
    - Reduce time of outside activity as well as indoor activity if air conditioning is unavailable
    - Postpone practice to later in the day
  - If above 104 degrees:

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable

### XIII. Transportation

- Unless otherwise stipulated by the administration, athletes are responsible for their own transportation to and from athletic events, with the exclusion of the football program. Student travel should match what was agreed upon by the athlete's parent or guardian on the Muskegon Catholic Central Alternate Transportation Parent Permission form. In the case of long distance trips, especially at least 90 miles one way, bus transportation may be considered. For Regional and State Competition, travel by bus will occur for events at least 90 miles one way.

### XIV. Communication (including playing time)

- Communication at all times by athletes, parents, fans, coaches, and administration will be a positive representation of our Catholic/Christian faith. Negative examples that can create hostility include resentment, comparison, jealousy, harassment of players/coaches such as in person, or especially by social media, texts, Facebook, Twitter, etc...Negative communication and harassment is unacceptable.
- As adults, we have a responsibility to promote effective communication skills and encourage positive and constructive conversation regarding athletics. As community members, we must do what we can to promote Muskegon Catholic Central athletics and programs at all times, removing negative criticism. It is encouraged that concerns are brought up in a professional and respectful manner and at a time that would not bring negative perception, particularly at sporting events.

#### A. Parent/Athlete Concerns

- When a concern develops, it is important that we allow the student-athlete to advocate first, whether to his/her captains, or directly to the head coach. Parents should expect that the coach will respond with honesty, respect, and a sense of mutual concern for the well-being of the student-athlete, as well as for each student-athlete within that program. If there is no resolution, it may be necessary for the parent to advocate for his/her student-athlete.
- Parents and student-athletes should never discuss anything with the coach in the "heat of the moment" and should wait **24 hours** before contacting a coach on an issue. All meetings held between student-athlete and coach, coach and parent, and with or without the Athletic Director should always be kept in strict confidentiality (unless the athlete's health and well-being is in question).

#### B. Proper Communication Steps when a Concern Arises

- How differences in opinion are handled is very important in keeping a positive culture within an athletic program and department, and to keep team morale positive. When there is conflict, the following steps should be followed in keeping with Christ's teaching in **Matthew 18, 15-18**: (proper leadership, not arguing over petty issues, conducting ourselves with humble and sincere hearts, avoiding gossip, and go to that person "the source" first with questions/concerns) after the 24 hour rule.
  - Step One: Athlete discusses concerns with captains and/or head coach.
  - Step Two: Parent discusses concerns with the coach. The athlete may be asked to participate in the meeting if requested.

- Step Three: If the concern can not be settled with the coach, the parent/student may ask to discuss concerns with the Athletic Director. The head coach and/or athlete may be asked to sit in at a meeting if requested.
- Step Four: If the concern can not be settled, the parent/student may ask to discuss concerns with the Principal. The coach and/or Athletic Director may be asked to sit in a meeting if requested.
- Step Five: As much as possible, the President should not be involved with these matters. However, the final route would be to contact the President. Administration may be asked to sit in if a meeting is requested.

## XV. Multiple-sport Participation in Same Season Policy

- Multiple-sport participation in the same season must be established consistent with the policy in Section VI, Part E of this handbook.
  - The student-athlete must declare a primary and secondary sports prior to the season and it is up to the coaches to work it out.
    - Communication needs to be established as early as possible between the coaches of the sports, and coaches must work together.
  - A contest will always take precedence over a practice in the other sport.
  - A student-athlete must ride with parents/guardians to the second sport if both sports occur on the same day.
  - Primary sport has precedent according to the order of classification below when there are conflicts, UNLESS leaving the primary sport could cause numbers to be too low for the TEAM to properly compete in that event.
  - Coaches are not to discipline the athlete for a missed practice on a day that the athlete is competing in his/her other sport.
  - On days an athlete is not in competition, he/she should be at all practices. However, if there are practice time conflicts, the athlete will attend the primary sport first".
  - The order of classification is:
    - State Finals
    - State Semi-Finals
    - State Quarterfinals
    - Regional Finals
    - Regional Semi-Finals
    - District Finals
    - District Semi-Finals
    - District Quarter-Finals
    - GMAA
    - Alliance League Conference
    - Non-Conference
    - Scrimmage/Practice

## XVI. Multi-sport Participation

- Multi-sport participation is strongly encouraged. The willingness of our student-athletes to participate in multiple sports has contributed to our athletic successes.
- In addition, multi-sport participation contributes to assisting students with better time management skills, developing different muscle groups, enhancing injury prevention by not overusing the same muscle groups, developing lasting relationships, promoting a healthy lifestyle, preparing a student-athlete for post high school, and developing

leadership skills. The National Federation of High Schools (NFHS) and the MHSAA (Michigan High School Athletic Association) are championing this effort.

- <https://www.nfhs.org/articles/the-importance-of-multi-sport-participation/>
- <https://www.mhsaa.com/Portals/0/Documents/AD%20Forms/multisport.pdf?ver=2005-06-15-095500-000>

## XVII. Admission to Games (regular season)

- We have a flat rate for athletic contests:
  - Varsity, JV and Middle School Sporting Events
    - \$5 - all adults
    - \$3 - non-Muskegon Catholic Central students
    - FREE - All Muskegon Catholic Central students
    - \$20 - Family Maximum (family includes parent/guardians and siblings)

## XVIII. Insurance Policy

### A. School Insurance

- In the event of an injury to a student-athlete, our school has insurance available. In order to receive benefits based through our student accident policy, all medical bills must be first submitted to your own health insurance carrier providing your primary medical coverage. There are forms available in the 7-12 office, or in the business office. Parents/guardians and a coach/trainer/Athletic Director/school administrator will fill out the appropriate sections and return the forms to the business office upon completion.

### B. MHSAA Catastrophic Insurance - Concussions

- Beginning with the 2015-16 school year, the MHSAA has provided student-athletes with insurance that is intended to pay accident medical expense benefits resulting from a suspected concussion that creates a catastrophic result. This program intends to assure all eligible student-athletes in MHSAA member schools (grades 6-12) receive prompt and professional attention for head injury events whether the child is uninsured or under-insured. The policy limit is \$1,000,000 after a \$25,000 deductible is reached for each accident. The below website includes pertinent forms such as filing a claim.  
<https://www.mhsaa.com/portals/0/documents/health%20safety/MHSAA%20Insurance%20Benefits.pdf>

## XIX. Music

- Music at practices and games should be modest in nature and consistent with the teachings of our faith. Music promoting messages such as a violent or sexual act, as well as inappropriate language, is not permissible. Warm-up music for games needs to be approved by the Athletic Director/administration or varsity head coach.

## XX. Spiritual Growth Opportunities

- Spiritual growth for our student-athletes and coaches is encouraged at Muskegon Catholic Central. Below are some methods in which we attempt to foster growth.



- Team Prayer
- Devotions
- Mass and/or prayer service
- Speakers
- Literature
- Model personal behavior consistent with God's word and MCC's philosophy.
- Appropriate music
- Only admit mistakes or errors and seek forgiveness when an error has been made
- Competition against fellow Catholic/Christian schools with united team prayer after games
- Respect towards all individuals and teams
- Show care for equipment and facilities

## XXI. Volunteers

- Volunteers are extremely important in assisting our athletic programs through areas such as gate/tickets, concessions, score clock, scorebook, announcer, etc..
- Service Hours:
  - Students may receive service hours, and families needing financial assistance for pay to participate, may be aided for volunteering their services. Students needing service hours may contact the athletic office. If there is financial hardship, parents/guardians are encouraged to contact the athletic office BEFORE practice begins in the sports season in order to set up a schedule for volunteering.
- Financial Assistance with Pay-to-Play:
  - As written above, if there is financial hardship, parents/guardians are encouraged to contact the athletic office BEFORE practice begins in the sports season in order to set up a schedule.

## XXII. Green & Gold Athletic Booster Club

- Our Green & Gold Athletic Booster Club assists our athletic programs with necessary items, such as uniforms and transportation, field maintenance and updating our facilities, for example. Attendance is encouraged at meetings by anyone interested in athletics, or by donating to the G&G through the monthly 50/50 drawings. Meetings are held at the Knights Of Columbus on Fairfield Street on the third Monday of each month at 6:30 pm. The Boosters, as well as the athletic department, want to thank you in advance for your support.

## XXIII. Athletic Awards

### A. Varsity Letters

- Varsity letters are earned by participating on the team for at least 50% of that sports season and/or a mutual decision by the varsity coach and Athletic Director. Failure to complete a season by a student-athlete forfeits the opportunity to receive a varsity letter (or sub-varsity certificate).

### B. 4 Year Varsity Plaques

- Four year varsity plaques are earned by being in the varsity sports program for 4 consecutive years. A student may receive one plaque with all sports listed.

### C. Muskegon Catholic Central Senior Athlete of the Year Award

- The Geraldine Beausang Athletic Award (outstanding female athlete) and the Oliver Byam Athletic Award (outstanding male athlete) goes to the top Senior student-athletes at Muskegon Catholic Central. Initial consideration first goes to 3-sport athletes, including those who have been varsity for the majority of high school. Criteria includes number of sports, number of years of participation, athletic honors (all conference, all state, etc...), and contributions to the athletic department and team including leadership and conduct in/out of season in adherence to MCC policy.

D. Muskegon Catholic Central Hall of Fame

- Entry into the Muskegon Catholic Central Hall of Fame is reserved to first team All-State athletes and top finishes at individual state championships as determined by the Hall of Fame Committee. Student-athletes who achieve this honor will be recognized at the first home football game following their senior year. Their picture will then go up in our Hall of Fame.

E. Showcase

- Selection for Showcase, at the Frauenthal Theater, goes to one female and one male who are selected for “ultimate virtuosity and exceptional performance” in a high school sport or sports. Consideration is given based on athletic performance, number of varsity sports participated in and academic achievement.

## XXIV. Sportsmanship

K. Student-Athlete

- Accept and understand the seriousness of your responsibility to your team, and the privilege of representing our community, both at our parishes/churches and our school
- Live up to the standards of sportsmanship established by school administration and coaching staff
- Learn the rules of the game thoroughly
- Learn the plays and systems instructed by the head coach of your sport
- Treat opponents the way you would like to be treated; play hard and fair on the field/court and leave bitter or negative feelings on the field/court of play after the game
- Refrain from taunting, trash talking, or making derogatory remarks to your opponents during the game
- Respect the integrity and judgment of game officials; treat officials with respect, even if you disagree with their judgment
- Win with humility, lose with grace - do both with dignity; celebrate achievements but never in a derogatory and hurtful manner

B. Student Spectators

- Always provide positive support for your team; refrain from intimidating or ridiculing remarks about the other team, particularly individuals
- Assist cheerleaders with positive yells and chants encouraging performance and success of our athletes
- Treat opposing players, coaches, spectators, and support groups with respect and enthusiasm
- You represent our Catholic/Christian faith, our school and church communities in all that you do, whether at home or away contests.

- Respect the integrity and judgment of game officials; treat officials with respect, even if you disagree with their judgment
- Do not charge the field/court after a sporting contest for the safety of you, the officials, other spectators, and the teams participating; there will be time to celebrate the achievements of our Crusaders following the game

#### C. Spectators

- Support and cheer for your team in a positive way, enjoying the skill and competition; do not intimidate or ridicule the other team and its fans
- School athletics (educational athletics) are learning experiences for students and that mistakes are sometimes made; praise student-athletes in their attempt to improve themselves and in being brave enough to compete
- Attending an athletic event is a privilege
- Learn the rules of the game to understand the what, why and how
- Show respect for opposing players, coaches, spectators and support groups
- Refrain from taunting and making any kind of derogatory remarks
- Respect the integrity and judgment of game officials; without officials, as well as our student-athletes, we do not have contests in many of our sports
- Recognize and show appreciation for an outstanding play by either team
- Attend the game clear in mind, refraining from controlled substances (alcohol, drugs); please do not smoke on site and/or tailgate on school property prior to the game
- Show respect to event staff, game managers, coaches, officials, and volunteers who help to make the athletic contests possible
- Be a positive role model through your own actions
- Support our student-athletes in a positive way, emphasizing growth, development of skills, and good sportsmanship above winning/losing

#### D. Coaches/Administration

- Models and fosters Christian respect and integrates the Catholic faith and values into the team
- Provide leadership within the athletic department emphasizing six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship
- Foster positive school-community relations
- Create a safe environment for our student-athletes at all times, including supervision and securing building and practice space prior to departing
- Foster opportunities for spiritual growth
- Encourage multi-sport participation within our school, as well as work with all programs including fine arts and other extracurricular opportunities
- Do not criticize others in public, particularly regarding other sports, behaviors of parents/community members, etc.; we are one family
- Communicate with the public pertinent information as applicable, whether game results, recognition, positive stories with the media, etc..

### XXV. Spectator Code of Conduct

- The essential elements of character building and ethics in athletics are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. Excellence in athletics is achieved when competition reflects these “six pillars of character”. The following is encouraged as fans/spectators as we first represent God, and then as the Muskegon Catholic Central at sporting events.

1. I will refrain from coaching my child or other players during games and practices.
  2. I will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field or court, and will take time to speak to coaches at an agreed upon time and place no earlier than 24 hours after an incident of concern has occurred.
  3. I will support the coaches in demanding that my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
  4. I will promote the emotional and physical well-being of the student athletes ahead of any personal desire I may have for my own child to win.
  5. I will not encourage or set an example of any behaviors or practices that would endanger the health and well-being of student-athletes.
  6. I (and my guest/s) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or event.
  7. I (and my guest/s) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- Violation of this code of conduct may be cause for dismissal, suspension, or permanent expulsion from current and future athletic events depending on severity and frequency.



# Muskegon Catholic Central

## Student-Athlete and Parent/Guardian Athletic Handbook Agreement Form 2023-2024 School Year

I have read the Muskegon Catholic Central Athletic Handbook and will abide by these policies, including, but not limited to, Sportsmanship Expectations and Spectator Code of Conduct.

Student-Athlete's Printed Name \_\_\_\_\_ Date \_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_

Parent/Guardians' Printed Names \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardians' Signatures \_\_\_\_\_