

TRENTON PUBLIC SCHOOLS

Trenton High School & Arthurs Middle School



Athletic Handbook for Parents & Student-Athletes

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FOREWORD

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

The 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/AMS 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 Public Schools.
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 and Arthurs Middle School with the utmost respect, integrity, and dignity.

The primary objective of middle school 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. Participation in daily practice and contests will be stressed. Coaching will focus on directed skill development.

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 ninth and tenth graders, however eleventh and twelfth graders may participate to develop skills. 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.

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.

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 and AMS, as members of this organization, are 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.

ATHLETIC 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](#); the MHSAA Physical Form can be viewed and printed from this link: [MHSAA Physical Form](#)

ACTIVITY FEE

The activity fee per sport is \$130 at THS, and \$80 at AMS. The fee is collected online using [Schoolpay](#). The family maximum is \$780 (6 total payments). There is also a student maximum at the middle school of \$240 (3 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.

ACADEMIC REQUIREMENTS

Athletic participation is a privilege; students must gain eligibility, in addition to maintaining it. Academic eligibility for all TPS athletes will be determined based on students' course grades and reviewed regularly to ensure continued participation in sports.

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THS - 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 (initial eligibility). Grades are checked every 7 weeks (current eligibility); at progress reports and at the end of trimesters. If at the grade check a student is not passing at least 4/5 of their classes, they are academically ineligible on a week-to-week basis, from Monday-Monday. The grades must be updated to reflect an eligible status by 8:00 am each Monday when the recheck is conducted.

AMS - Initial eligibility will be determined at the start of each sports season. After that, eligibility will be reviewed on the 15th of each month. To remain eligible, a student may have no more than one failing grade (“E”). If a student is found to have two or more failing grades at any eligibility checkpoint, they will be deemed academically ineligible. Once deemed ineligible, the student’s grades will be reviewed weekly. Weekly checks will continue until the student has improved their academic standing to meet eligibility requirements.

CODE OF CONDUCT FOR ATHLETES

Student Athletes are expected to conduct themselves according to 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: [THE STUDENT HANDBOOK](#)

Arthurs Middle School Student Handbook: [24.25 AMS Student Handbook](#)

Extra-Curricular/Non Athletic Competition and Athletic Contest Participation

All students must recognize good individual health and positive personal behavior as essential goals of a quality education. As a community, we support healthy behavior that enhances personal performance, promotes individual safety, and recognizes the student’s responsibility to self, school, and community.

Disciplinary Consequences for Athletics, Clubs & Extra-Curricular Activities

Students that are found to be in violation of the Tobacco or Drugs and Alcohol Policies will serve the following suspensions from participation, of the scheduled contests for one athletic season (if the suspension is not completed in one sport or activity it will be carried over in the next sport or activity in which the student participates) AND completion of the educational option. Completion of the educational option will result in reducing the consequence by 50%. Each subsequent occurrence will result in progressive disciplinary consequences.

Tobacco:	10%
Alcohol:	25%
Drugs:	50%

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. Parents are not allowed to transport student athletes that are not their own children. **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.*

STUDENT ATTENDANCE

THS athletes are expected to be in school for the entire day (5 classes), and **AMS** athletes are expected to be in school for half of the day (4 classes), in order to participate in contests or activities during the same day or evening. Exceptions may be granted by the athletic director, 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.

CONCUSSION AWARENESS/CPR TRAINING

All TPS HEAD coaches are required to undergo training on the signs and symptoms of concussions as well as obtain CPR certification. 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 MHSAA protocol and working with student physicians when a player can return to participate in sports.

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.

Middle School athletic teams practice up to five (5) days a week. Athletic team practices shall not be held on Saturdays, Sundays or holidays.

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.

PARENT AND ATHLETE CONCERNS

Trenton High School and Arthurs Middle School adhere to the "24 hour" Rule. Any concerns parents may have with coaches need to be addressed at least 24 hours after the incident. 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 requires parents to address their concerns in the following manner:

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

Any communications/actions outside of these parameters, including but not limited to, text messages, ParentSquare messages, and letters (especially those sent anonymously) will be disregarded.

EMERGENCY SCHOOL CLOSINGS

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.

AWARDS & CERTIFICATES

THS: 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.

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-Freshman team Certificate

-JV Team Certificate

-Varsity Certificate and Varsity Letter and Pin*

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

Team Most Improved (trophy)

Coaches Award (trophy)

Team Most Valuable Player (trophy)

AMS: Head Coaches will distribute certificates at the conclusion of the season unless the athlete is an 8th grader. In that circumstance, certificates will be distributed at 8th Grade Promotion Night in June.

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.

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.

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: Susan Webb webbs@trentonschools.com 734-365-0624

COLLEGE BOUND SENIOR ATHLETES [THS ONLY]

A. COLLEGE SIGNING DAYS

On or after National College Signing Day (typically the first Wednesday of February), athletes and their families can communicate with their program head coach about securing the cafeteria or Trojan cafe for a personal signing day event. A Trenton Trojans table cloth and backdrop will be provided; families are encouraged to bring decorations and invite family and friends. Please allow at least one week's notice to reserve the facilities.

B. NCAA ELIGIBILITY

Students that are interested in competing in Division I or II collegiate athletics must register with the NCAA Eligibility Center. Students should also coordinate their plan with their THS counselor, as well: <https://web3.ncaa.org/ecwr3/>

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

FUNDRAISERS

- Review to the new processes here: <https://www.trentonschools.com/community/fundraising>

BANQUETS [THS ONLY]

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. Coaches are responsible for reserving these spaces. Whenever possible, every effort should be made to avoid hosting banquets on Sundays.

EDUCATIONAL TRANSFER FORM [THS ONLY]

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](#)

NCAA ELIGIBILITY INFORMATION [THS ONLY]

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](#)

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

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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

ARTHURS MIDDLE SCHOOL SPORTS OFFERINGS

Arthurs Middle School offers many athletic 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:

Fall Sports (approx. start date for practices – 3rd week of August)

- Co-ed Cross Country - 6th, 7th, and 8th
- Football - 7th and 8th
- Volleyball - 7th and 8th
- Sideline Cheerleading - 6th, 7th, and 8th

Winter 1 Sports (approx. start date for practices-1st week of November)

- Boys Basketball - 7th and 8th
- Co-ed Swimming/Diving - 6th, 7th, and 8th
- Competitive Cheer - 7th and 8th

Winter 2 Sports (approx. start date for practices- Early January)

- Girls Basketball - 6th, 7th, and 8th
- Wrestling - 6th, 7th, and 8th

Spring Sports (approx. start date for practices – Late March)

- Co-ed Track - 6th, 7th, and 8th
- Baseball - 7th and 8th
- Softball - 7th and 8th

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.

HANDBOOK ACKNOWLEDGEMENT

Done during Big Teams Registration process; must be completed before the first practice/competition:
<https://studentcentral.bigteams.com/index.php?keyword=/user/signin>