

BANGOR PUBLIC SCHOOLS



2011-2012

ATHLETIC HANDBOOK

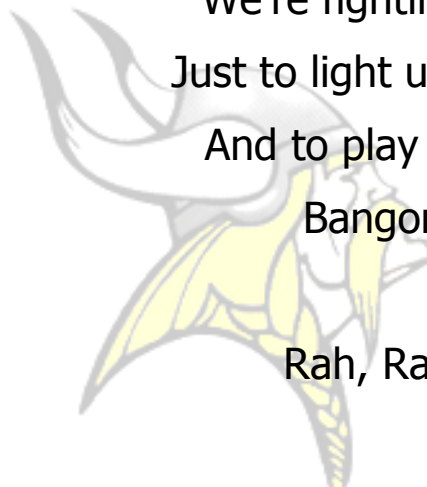
"BANGOR VIKING PRIDE"

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School Song

We're loyal to you, Bangor High,
We're red and we're white, Bangor High,
We're fighting for fame,
Just to light up your name,
And to play a fair game
Bangor High.



Rah, Rah, Rah!

Right up to the top, Bangor High,
We'll see you don't stop, Bangor High,
For onward we'll see no slackers,
We are your loyal backers,
Loyal to you Bangor High.

Rah, Rah, Rah!

V-I-C-T-O-R-Y

Victory! Victory! Bangor High!

MISSION/BELIEF STATEMENT

The mission of Bangor Public School Athletics is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Athletics provide educational opportunities for all participating students to learn life-long values in a safe environment beyond those that can be learned in an academic environment. These values include: Cooperation, Sportsmanship, Pride, Respect and Leadership Skills.

The athletes, coaches and parents of the Bangor Athletic Program believe:

1. That student-athlete's will develop leadership characteristics through athletic competition that carry into the classroom and future.
2. That student-athlete's serve as role models within the school community and are expected to act in a manner that reinforces that role.
3. That self-discipline and sportsmanship are essential to a sound athletic foundation.
4. That pride builds respect, which helps create strong and lasting friendships through athletic competition.
5. That participation in athletics is a privilege; with that privilege, comes responsibility.
6. That a strong commitment is an important ingredient to the success of Bangor Athletics.
7. That participation in athletics should be fun as character and discipline are built for the future.
8. That athletics serves as a positive extension of the academic experience.
9. That student athletes are expected to adhere to the requirements of the athletic handbook to earn the right to participate.
10. That playing time is earned by working hard each and every practice.
11. That each student athlete and team will pursue excellence.

SPORTSMANSHIP

As athletes, parents, coaches, community members, and the school community establishing an outstanding reputation for good sportsmanship is a top priority. All individuals must work hard at conducting themselves in a commendable manner. A display of un-sportsman like conduct can result in sanctions against the offending athlete, parent, coach, community member and/or school.

Always observe the following guidelines for good sportsmanship:

1. The good name of our school is more important than any contest won by unfair play.
2. Be supportive of all athletes, coaches, and officials before, during, and after all contests.
3. Accept decisions of officials without dispute. Athletic success comes from hard work, desire, commitment, and a drive to excel. Seldom is success or failure attributed to officiating.
4. Recognize and show appreciation for the fine play of your opponent.
5. Be proud of our school's reputation and work hard to improve and protect it.
6. Cheer for our teams and not against the opponent.
7. Don't allow the negative sportsmanship of others to become an excuse to do the same.

***Sportsmanship is the practice of playing fair,
of taking defeat without complaint or victory
without gloating and treating opponents with
respect, generosity, courtesy, etc.***



**Bangor Public Schools
Department of Athletics
801 W. Arlington
Bangor, MI 49013**

Mascot: Vikings
Colors: Red & White
League: Southwestern Athletic Conference
School Phone Number: 269-427-6844
Athletic Office Phone: 269-427-6842
Athletic Fax Number: 269-427-6890
Superintendent: Ronald Parker
Principal: Jeff Melvin
Athletic Director: Mary Spade
Athletic Office Para-Pro: Melissa Quinn

Board of Education

President: Kurt Doroh
Vice-President: Sue Bray
Secretary: Dwight Click
Treasurer: Michael Hescott
Trustee: Gary Brown
Trustee: Doug Watkins
Trustee: Ruth Fuentes

Southwestern Athletic Conference

Bangor Vikings	Mary Spade	269-427-6842
Bloomington Cardinals	Nicki Bechtol	269-521-3910
Decatur Raiders	Jeff Kawaski	269-423-6902
Fennville Blackhawks	TBA	269-561-7241
Gobles Tigers	Chris Miller	269-628-5680
Hartford Indians	Andy Hubbard	269-621-7103
Lawrence Tigers	Jeff Miller	269-674-8232
Lawton Blue Devils	Chris Richter	269-624-4191
Marcellus Wildcats	Dave DeCou	269-646-5081
Martin Clippers	TBA	269-672-5554
Saugatuck Indians	Bill Dunn	269-857-1131
Watervliet Panthers	Ken Dietz	269-463-4221

GOVERNANCE

1. The Board of Education is the local governing body for the Bangor Public Schools inclusive of the Athletic Department.
2. The Southwestern Athletic Conference is the league level of governance for the Bangor Public Schools interscholastic athletic program.
3. The Bangor Public Schools are a voluntary member of the Michigan High School Athletic Association, Inc. (MHSAA). As a member of the MHSAA the secondary schools of the Bangor School District agree to abide by and enforce all rules and regulations adopted by the association.

TO SUPPORT THE MISSION/BELIEFS, BANGOR PUBLIC SCHOOLS EMBRACES THESE ADDITIONAL PRINCIPLES:

1. On the Middle School level, the expectation is that all student athletes who have put forth their best effort during practices will participate in competition.
2. On the ninth grade/JV level, the expectation is that participation and competition will be given equal emphasis.
3. On the Varsity level, competition may be given precedence over participation.
4. We will provide our athletes with the best teaching and coaching personnel available.
5. We will provide our athletes the best facilities and equipment that are available in relationship to the financial conditions, which exist at the given time.

NOTICE OF NON-DISCRIMINATION

No person shall, on the ground of race, color, religion, sex, national origin or handicap, be excluded from enrollment in, be denied the benefits of, or be subject to discrimination in any program or activity which is under the direction or the control of the Bangor Public Schools.

PROCEDURE FOR ADDRESSING CONCERNS

The Bangor Public Schools are very proud of our sound educational and athletic program. We have committed ourselves to continue to have a program that all student athletes can be proud to be a part of while they are in school. As a result of our commitment, we will also invite comments and criticism from our public. We enthusiastically participate in discussion of ways to address and resolve the issue and challenges that lie ahead.

Complaints/concerns should be heard at the lowest possible level BEFORE intervention by a higher authority can occur. When a person, such as a student, parent, coach, teacher, or administrator has a question, concern, or complaint regarding an athletic situation we have found the following line of communication very effective in resolving issues.

START WITH THE SOURCE

Talk directly with the coach, in private, face to face, away from the practice site or game arena. It may be appropriate to delay the discussion for 24 hours provided the concern does not require immediate attention (e.g. a safety issue exists or known abuse is taking place). Each student athlete has the right to follow the chain of command in an effort to resolve differences that still exist after meeting with the coach. The student has a right to have a parent or advocate present to intervene on their behalf.

When stating your concern be prepared with the facts in so far as you understand, or can ascertain them. Think through your expectations for the outcome resulting from voicing your concern. That is, be clear about what you hope will happen as a result of your meeting. As you converse with the coach, or other authority, repeat back what you hear him/her say to be sure that you understand the important points. Stay calm and friendly as you talk and listen.

Always assume that all parties have the best interest of the students in mind when concerns are discussed. We will make every effort to ensure that the student is not penalized or placed in an awkward position as a result of voicing a concern. To that end, coaches and administrators shall not discipline or penalize an athlete who has raised a concern about a violation of this handbook.

A telephone call may be necessary to arrange an appointment. Appointments can be arranged through the Athletic Director by calling 269-427-6842.

IF NECESSARY, TALK NEXT WITH THE HEAD COACH OF THE SPORT;

IF NECESSARY, TALK NEXT WITH THE ATHLETIC DIRECTOR;

IF NECESSARY, TALK NEXT WITH THE 5 MEMBER ATHLETIC REVIEW COMMITTEE;

IF NECESSARY, TALK NEXT WITH THE HIGH SCHOOL PRINCIPAL;

IF NECESSARY, TALK NEXT WITH THE SUPERINTENDENT;

IF NECESSARY, TALK NEXT WITH THE SCHOOL BOARD ATHLETIC COMMITTEE;

IF NECESSARY, TALK NEXT WITH THE FULL SCHOOL BOARD.

NOTE: The Athletic Review Committee will normally be composed of the Athletic Director as Chair, a School Board member, a coach, an administrator, and a community member who is an advocate for Bangor Athletics (e.g. Viking Club member or former athlete).

SPORTS OFFERED 2011-12

FALL

Volleyball	7th – Varsity
Cross Country	7th – Varsity
Football	7th, 8th, JV, Varsity
Cheerleading	Varsity
Boys Soccer	Varsity

WINTER

Boys Basketball	7th – Varsity
Competitive Cheerleading	7th, 8th, JV, Varsity
Girls Basketball	7th – Varsity
Wrestling	7th – Varsity

SPRING

Baseball	JV and Varsity
Softball	JV and Varsity
Track	7th – Varsity
Golf	Varsity
Girls Soccer	Varsity

VARSITY COACHING DIRECTORY UPDATE

Baseball	Lynn Johnson
Boys Basketball	Rocky Johnson
Girls Basketball	Danell Smith
Cheerleading	Margaret Stockton
Cross Country (boys)	Brian Price
Cross Country (girls)/Wrestling	Dennis Paquette
Football/Boys Track	Ron Markel
Golf	Randy Ward
Softball	TBA
Volleyball	Brandi Dietz
Boys Soccer	Ernesto Diaz
Girls Soccer	Dennis Yunke
Girls Track	Ryan Newberry

MHSAA CODE FOR ATHLETES

1. Know and adhere to the athletic code of the school.
2. Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school-sponsored athletics.
3. Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
4. Counsel with the athletic director over questions of eligibility.
5. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and of officials before, during and after contests.

MHSAA ELIGIBILITY REQUIREMENTS – HIGH SCHOOL

ENROLLMENT: To be eligible for interscholastic athletics, a student must be enrolled in a high school no later than the fourth Friday after Labor Day or the fourth Friday of February. A student must be enrolled in at least twenty (20) credit hours in the school for which he or she competes.

AGE: A student who competes in any interscholastic athletic contest must be under nineteen (19) years of age, except that a student whose nineteenth (19th) birthday occurs on or after September 1st of a current school year is eligible for the balance of that school year.

PHYSICAL EXAMINATIONS: No student shall be eligible to represent a high school for which there is not on file in the offices of the superintendent or principal of that school, a statement for the current school year certifying that the student has passed a physical examination and is physically able to compete in athletic practices and contests.

SEMESTERS OF ENROLLMENT: A student shall not compete in any branch of athletics that has been enrolled in grades nine to twelve, inclusive, for more than eight semesters. The seventh and eighth semesters must be consecutive. Enrollment in a school beyond the fourth Friday after Labor Day (first semester) or fourth Friday of February (second semester), or competing in one or more interscholastic athletic contests, shall be considered as enrollment for a semester under the rule.

SEMESTERS OF COMPETITION: A student, once enrolled in grade nine shall be allowed to compete in only four first semesters and four-second semesters. A student shall be limited to participation in only one sports season when that sport, leading to a MHSAA championship, is sponsored twice during the school year.

UNDERGRADUATE STANDING: A student who is a graduate of a regular four-year-high school or who is a graduate of a secondary school, which has the same requirements for graduation as a regular four-year high school, shall not be eligible for interscholastic athletics. However, a student who satisfactorily completes the required number of credits for graduation in less than eight semesters shall not be barred from interscholastic athletic competition, while passing at least twenty (20) credit hours of undergraduate work, until the end of the eighth semester.

PREVIOUS SEMESTER RECORD: No student shall compete in any athletic contest during any semester who does not have his or her credit on the books of the school represented, at least twenty (20) credit hours of work for the last semester during which he or she shall have been enrolled in grade nine to twelve, inclusive.

CURRENT SEMESTER RECORD: Academic eligibility checks of not more than ten weeks are required. If a student is not passing at least twenty (20) credit hours when checked, that student is ineligible for competition until the next check but not less than for the next Monday through Sunday. If the next eligibility check reveals the student is still not passing at least twenty (20) credit hours, that student is ineligible for competition for not less than the next Monday through Sunday, and so on until the student is passing twenty (20) credit hours from the start of the semester through the most recent eligibility check.

(See MHSAA handbook for complete regulations)

BANGOR HIGH SCHOOL ELIGIBILITY REQUIREMENTS

As an athlete, you will be eligible to practice and participate in a sport when the following items have been completed:

1. A current **physical examination** has been completed on the official MHSAA form and turned into the Athletic Office.
2. All of the **academic eligibility requirements** have been met and approved by the Athletic Director.
3. The **emergency treatment card** must be filled out and returned to the Athletic Office.
4. The **permission to participate** form is completed and returned to the coach or Athletic Office.

BANGOR HIGH SCHOOL ACADEMIC REQUIREMENTS

PREVIOUS SEMESTER RECORD: To be eligible for interscholastic athletics, a student must have successfully passed four out of six courses during the previous semester.

CURRENT SEMESTER RECORD: Grades will be evaluated on a weekly basis. Student-athletes failing more than one course are ineligible the following week of competition effective on Monday and ending on Sunday.

ATTENDANCE: An athlete is required to be in school all day in order to practice or play in a sporting event at Bangor High School with the following exceptions.

1. An athlete may request in advance special permission from the Administration to attend a doctor, dentist or other necessary appointment or event. A signed note from the physician or other approved individual will be required upon return.
2. In case of emergency, a student must be in school by the end of first hour or contact the school by the end of the first hour and indicate what the emergency is. The administrator will determine if it is an emergency. If it is judged not to be an emergency, participation will not be allowed. If the student is to be out for more than the first hour and it is judged to be an emergency, the administrator will make a decision as to participation that evening.
3. Disciplinary absences will be considered in the following manner for our student- athletes:
 - A. In school suspension referrals may participate.
 - B. Out of school suspensions **MAY NOT** participate.
4. **Inclement Weather:** Practices that occur on days when school is closed due to inclement weather will not normally be mandatory. It is expected that every effort will be made to attend practice if the weather has cleared and the Administration has not cancelled all extra-curricular activities. In the event that wrestling practice is held on a day where inclement weather has subsided it should be understood that any wrestler not in attendance to complete the weigh-in requirement is not eligible to participate in a meet the next day (mandatory MHSAA rule for participation). Under no circumstances is it a requirement to attend practice if conditions are unsafe over an athlete's travel route to practice.

MHSAA ELIGIBILITY REQUIREMENTS - JUNIOR HIGH/MIDDLE SCHOOL

ENROLLMENT: To be eligible for interscholastic athletics, a student must be enrolled in a junior high/middle school not later than the fourth Friday after Labor Day (First Semester) or the fourth Friday of February (Second Semester). No student who is enrolled in the sixth grade or below may compete on the same team with or against seventh and/or eighth graders.

AGE: A seventh grade student who competes in any interscholastic athletic contest must be under fourteen (14) years of age, except that a student whose (14th) birthday occurs on or after September 1st of a current school year is eligible for the balance of that school year. A fourteen-year-old seventh grade student is allowed to compete on a team of combined in any interscholastic athletic contest must be under fifteen (15) years of age, except that a student whose (15th) birthday occurs on or after September 1st of a current school year is eligible for the balance of that school year.

PHYSICAL EXAMINATIONS: No student shall be eligible to represent a junior high/middle school for which there is not on file in the offices of the Superintendent or principal of that school a statement for the current school year certifying that the student has passed a physical examination and is physically able to compete.

SEMESTERS OF ENROLLMENT: Students in grades seven or eight are not limited in the number of semesters in which they may be eligible for interscholastic athletics. Ninth grade students in junior high/middle and senior high schools are eligible for the number of semesters of enrollment.

SEMESTERS OF COMPETITION: Students enrolled in grades 7 or 8 are not limited in the number of semesters of competition. Ninth grade students in junior high/middle schools and senior high schools are limited in the number of semesters of competition.

UNDERGRADUATE STANDING: Seventh and eighth grade students who have satisfactorily completed enough credits to advance from a junior high/middle school may continue to be eligible to represent that school as long as the student has not advanced and is eligible in all other respects.

PREVIOUS SEMESTER RECORD: No student shall compete in any junior high/middle school athletic contest during the current semester who does not have his or her credit on the books of the school represented a passing grade for the last semester as defined below in at least fifty percent (50%) of the total periods of work carried.

CURRENT SEMESTER RECORD: Academic eligibility checks of not more than ten weeks are required. If a student is not passing at least fifty percent (50%) of the total periods of work carried when checked, that student is ineligible for competition until the next check but not less than for the next Monday through Sunday.

(See MHSAA Handbook for complete regulations)

BANGOR MIDDLE SCHOOL ACADEMIC REQUIREMENTS

To be eligible for interscholastic athletics, a Middle School student must:

PREVIOUS SEMESTER RECORD: Have passed at least four of the courses carried during the previous semester.

CURRENT SEMESTER RECORD: Be passing five of six courses during the present semester. Semester grades will be evaluated on a weekly basis. Student-athletes failing more than one course are ineligible for the following week of competition effective on Monday and ending on Sunday.

ATTENDANCE: (Same as high school requirements)

BANGOR ATHLETIC POLICIES

1. **Dual participation:** An athlete typically participates in only one sport per season. An athlete that wishes to compete in more than one sport during the same season can do so, but only with the agreement of both coaches and the Athletic Director provided the following:
 - A. Athletes maintain a cumulative 2.75 grade point average (GPA) throughout the semester during participation in 2 sports.
 - B. Athletes must have a 2.75 cumulative GPA request participation in 2 sports.
 - C. The student athlete must declare a primary sport.
 - D. Attendance at the primary sports events is required unless exempted by the coach of the declared primary sport.
 - E. Coaches must agree to allow dual participation.
2. **Dropping or transferring sports:** Once an athlete has begun a season, the athlete is expected to remain a member of the team for the entire season. Quitting a team is a serious decision. On occasion, however, an athlete may find it necessary to drop a sport for a unique reason (e.g. change in a family member's health or employment status). If this is the case, the following procedure must be followed:
 - A. Consult with the coach
 - B. Consult with the Athletic Director
 - C. All equipment must be returned in acceptable condition to the coach directly

NOTE: An athlete that quits a sport once they have made the team may not begin pre-season workouts or practice with his/her next sport, until the completion of the current sport season. Changing sports once the season has started may be done only with the approval of both coaches and the Athletic Director.

3. **School Equipment:** Athletes that owe money or equipment to the athletic department will not receive awards or be allowed to compete in official contests in another sport. Athletes are not permitted to wear their uniforms outside of approved school sponsored events (e.g. pick-up games, shopping at the mall, push mowing at home etc.).
4. **Transportation:** Athletes must travel to away contests with the team via school transportation except with the prior approval of the Administration. In addition, athletes must also travel from away contests with the team via school transportation except with a written request from a parent or guardian and approval of the Athletic Director or Head Coach. Coaches are responsible for the behavior of their teams at events, both home and away. There is to be cooperation between the bus driver and coach. Coaches may decide when and where to stop and eat when on bus trips. Coaches are to notify athletes and parents of approximate time they will return to Bangor. Coaches are responsible for the behavior of their teams at events, both home and away. There is to be cooperation between the bus driver and coach. Coaches may decide when and where to stop and eat when on bus trips. Coaches are to notify athletes and parents of approximate time they will return to Bangor.
5. **Team Rules:** All teams shall follow the Athletic Handbook policies.
6. **Awards:** Bangor High School athletes will be honored at the conclusion of each season at an awards program. Athletic awards and awards presentations are the joint responsibility of the Athletic Director and the specific sport coaches. Coaches must submit a list of athletes who participated in their particular sport and classification of award (Varsity, Junior Varsity, and freshman) they have earned. The coach will communicate to the athlete the criteria used to determine Varsity award winners.
7. **Middle School:** At a minimum each middle school team will have an after school party organized by the coach. Each athlete that completes the season in good standing will receive a certificate of participation.
8. **High School:** Freshman, Junior Varsity, and Varsity awards presentations will be combined. The varsity coach will communicate with sub-varsity coaches his/her expectations for the presentation. Each sport will have a separate evening presentation scheduled:

The Athletic Department will issue awards based on the following criteria:

- A. All participants will receive a certificate of participation.
- B. Varsity athletes will receive only one Chenille "B" regardless of how many Varsity awards they earn. They will receive the "B" upon completion of their first Varsity sport. Varsity athletes will also receive a gold sport pin for each year that they letter.
- C. Junior Varsity athletes will receive only one Viking Head regardless of how many Junior Varsity awards they earn. They will receive the Viking Head upon completion of their first Junior Varsity sport.
- D. Freshman athletes will receive only one set of chenille numerals regardless of how many Freshman awards they earn. They will receive these numerals upon completion of their first Freshman sport.
- E. Freshman & sophomores competing on Junior Varsity or Varsity teams prior to their traditional year of participation will have the opportunity to receive either their numerals or Viking Head at the appropriate time.
 1. First year freshman- chenille numerals, certificate
 2. First year Junior Varsity- Viking head, certificate
 3. First year Varsity- Chenille "B", certificate

SENIOR AWARDS PRESENTATION

A Senior Sports Banquet is scheduled each year in May to honor all senior athletes who participated in athletics during their senior year. Seniors that participate in the same two sports during both their junior and senior year receive the 2-year letter winner award. Viking club scholarships and various other awards are also presented at the banquet.

TRAINING RULES AND REGULATIONS FOR THE STUDENT ATHLETE

This represents a uniform code of conduct for both Middle and Senior High School students of Bangor Public Schools in athletics. All athletes who represent Bangor Schools are expected to live up to the letter and spirit of these regulations, both in and out of season.

MAJOR OFFENSES – Examples include but are not limited to:

1. An athlete shall not use or be in possession of alcoholic beverages, illegal drugs, drug substitutes, and/or paraphernalia.
2. An athlete shall not be involved in stealing, knowingly be in possession of stolen items, or assist in the theft of property, including Bangor athletic uniforms, practice uniforms, and/or equipment.
3. An athlete shall not use or be in possession of an open package of tobacco in any form while on school property or at school sponsored events. (Tobacco is defined as cigarettes, cigars, pipes, and chewing tobacco.)
4. An athlete shall not be involved in the assault of an individual or group of individuals where law enforcement is required to file charges through the court system.
5. Conduct of an athlete in the cyber world (Internet, MySpace, Facebook, etc.) that is determined to be criminal by law enforcement officials and charges are filed in the court system.

MINOR OFFENSES – Examples include but are not limited to:

1. An athlete's conduct shall not bring discredit to the athlete, parents, team, coach, school or community.
2. Violation of city curfew where law enforcement penalties are involved.
3. Ticketed for disturbing the peace.
4. Possession or use of tobacco products during the off-season (e.g. summer)
5. Trespassing with no criminal intent where law enforcement is involved.
6. Conduct of an athlete in the cyber world (Internet, MySpace, Facebook, etc.) that is determined to be hurtful or degrading to an individual or individuals that does not warrant involvement by law enforcement officials.
7. Gambling on school property or at school sponsored events.

PENALTIES FOR VIOLATIONS – MAJOR OFFENSE

First Offense: Suspension of the athlete from athletics for 25% of the regularly scheduled contests which will include state sponsored events. However, an athlete may not participate in state sponsored events during a suspension. If less than 25% of the season remains the suspension will carry over into the athletes next season of active participation. If a violation takes place out of season, the suspension will take effect during the next season of active participation. During the suspension the athlete may not be in full or partial game uniform for a regularly scheduled contest and must fulfill all other responsibilities of team membership.

Second Offense: Suspension of the athlete from athletics for 75% of the regularly scheduled contests which will include state sponsored events. However, an athlete may not participate in state sponsored events during a suspension. If less than 75% of the season remains the suspension will carry over into the athletes next season of active participation. If a violation takes place out of season, the suspension will take effect during the next season of active participation. During the suspension the athlete may not be in full or partial game uniform for a regularly scheduled contest and must fulfill all other responsibilities of team membership.

Third Offense: Immediate suspension for 1 calendar year.

Fourth Offense: Immediate and permanent suspension for the remainder of the athlete's high school career.

PENALTIES FOR VIOLATIONS – MINOR OFFENSES – Examples include but are not limited to:

1. 1st offense under Major Offense if the athlete chooses not to participate in one or more of those identified below.
2. 10 hours of approved Community Service (these hours can-not be applied to the community service cord requirement).
3. 30 minutes of running at 6 consecutive practices at the time of the coaches choosing.

An Athletic Review Committee will be utilized to review cases where questions exist to determine whether an incident is major, minor or does not warrant being considered an offense.

SELF REFERRAL BY STUDENT ATHLETE

Student athletes may take advantage of a self-referral procedure to seek information, guidance, counseling and assessment in regard to student use of alcohol, illegal drugs, stealing, or other health issues. Voluntary referrals do not carry punitive consequences.

1. Referral is allowed one (1) time in a student's four-year high school career.
2. Referral must be made by the athlete or immediate member of the family.
3. Referrals can be made to a qualified agency outside of the school system if the referral is done prior to an offense being discovered. In the event an offense is discovered during the period an individual is undergoing treatment with an outside agency, a date of referral signed by a qualified agency representative will be required to utilize this one time exception.
4. Referral cannot be used by athletes as a method to avoid consequences once a training rule is violated and a student has been identified as having violated the training rules.
5. Referral must be made to a coach, athletic director, teacher, administrator, guidance counselor, or qualified professional.

REINSTATEMENT

The Athletic Director shall provide the Student Athlete a letter identifying the number of contests that the athlete will be suspended for. Prior to the completion of the suspension, the student should meet with the Athletic Director to validate eligibility requirements have been met for reinstatement.

ATHLETIC TRANSFERS

If an athlete transfers to Bangor and is under suspension or other disciplinary action from the sending school, Bangor will uphold the sending school's action before eligibility is restored. An athlete has the right to request a meeting with the Athletic Offense Review Committee to present and mitigating circumstances that may warrant restoration of athletic eligibility earlier than the suspension mandated by the sending school.

DEFINITIONS

In the context of these rules of conduct the following terms will mean:

"ATHLETE"

Any student who has at any time after entering the 7th grade, completed, signed and turned in a Code of Conduct sheet. This commitment shall be considered continuous from that time as long as they desire to participate in any sports-related activity at Bangor.

"SEASON" OR "IN-SEASON"

Shall mean the time that the MHSAA sets as the starting date for practice of the sport until the last game or meet has been played.

INSURANCE

Bangor students may be covered by insurance for accidents, which occur during athletic participation. The school is not the insurance carrier and does not assume any responsibility for processing claims or handling complaints. Any and all claims involving insurance for students must be taken up with the insurance carrier directly. Forms are available in the high school Central office.

ATHLETIC INJURIES

Athletes who are injured in an athletic practice or contest are to immediately or within 24 hours report the injury to the coach... Within 24 hours the coach is to report the injury to the Athletic Office.

ATHLETIC TRAINER

A certified Athletic Trainer may be available to Bangor Athletes once a week for evaluation. Athletes must sign up in the athletic office to be seen by the trainer. If the trainer sends them to a physician the athlete must provide a doctor's note that it is okay to play.

POTENTIAL DANGERS IN ATHLETIC PARTICIPATION

Parents and student athletes should fully understand and appreciate the risk of serious personal injury associated with participating in the educational sports program provided by Bangor Public Schools.

NCAA ELIGIBILITY CENTER

The NCAA has established minimum course requirements for all athletes that plan to attend Division I and Division II schools. These standards must be met during the student/athletes high school career in order for them to be eligible as a freshman in college. Detailed information may be secured from the athletic director or the guidance office or NCAA.org.

ACKNOWLEDGEMENT OF RECEIPT AND REVIEW OF THE ATHLETIC HANDBOOK AND PERMISSION TO PARTICIPATE

PLEASE RETURN THIS PAGE TO YOUR COACH

Parent/Guardian must understand and agree to the conditions for involvement for their son, daughter, or legal ward in order for them to participate in athletics.

The parent (s) or guardian (s) shall read all of the enclosed material and acknowledge understanding of the athletic eligibility rules and policies. The parent (s) or guardian (s) shall sign and return the Responsibility Acknowledgement Agreement to the Athletic Department prior to Student Athlete participating in any practice or contests.

Coaches are required to acknowledge they have read and understand the athletic handbook. The coach's acknowledgement will be kept on file at the Athletic Director's office. A Parent/Guardian can receive a copy signed by the Coach upon request.

I have read the Bangor Athletic Handbook, and policies. I fully understand its meaning and consequences and support its enforcement by persons responsible.

Please sign and return to your coach. Thank you for your cooperation and support.

Student athletes may not participate in athletics until this form is signed and returned to your coach so it can be placed on file with school administration.

SIGNATURE OF STUDENT ATHLETE

I hereby give my consent to allow my child to participate in the Bangor Public Schools Interscholastic Athletic Program. In giving my permission, I have read, understand and support the training rules and regulations provided in this handbook. Furthermore, I accept my role in helping my child to live up to the responsibilities and obligations associated with his/her participation in the Bangor Public Schools Athletic Program.

SIGNATURE OF PARENT OR GUARDIAN

Athletic Director Receipt Acknowledgement

SIGNATURE OF ATHLETIC DIRECTOR

Received by the Athletic Department _____

(Date)