



PANSOPHIA ACADEMY

INTERSCHOLASTIC ATHLETICS AND CO-CURRICULAR ACTIVITIES CODE

A student who serves on an athletic team or club at Pansophia Academy and/or competes inter-scholastically represents himself/herself, the family, the team, the school, and the community. You must always conduct yourself with the utmost integrity respect and responsibility.

For these reasons, participants should reflect the highest values and standards the school exemplifies.

Because participation in extra-curricular activities is a privilege, all participants are expected to be good citizens in school as well as in the community. Therefore, you should never allow yourself to be put in a position that would jeopardize this privilege.

Equipment/uniforms are provided by the school for student use during the season. Any athlete or club participant who does not return assigned equipment/uniforms at the end of the season will be responsible to reimburse the Pansophia Academy Athletic Department for the full cost of replacement. Each athlete is responsible for uniforms and equipment assigned to him/her; sharing is not permitted. All parties in violation of this rule shall be penalized per Pansophia Academy Disciplinary process and participants may receive game suspension(s).

It is strongly suggested that once a student begins participation in an extra-curricular activity, he/she completes the season. Quitting prior to the end of any season will result in the student sitting out 20% of the season or a minimum of 2 competition dates in the next season they wish to participate. An exception due to hardship or medical reasons could be considered for extreme circumstances.

Grades at the end of the one quarter will determine a student's academic eligibility for the start of the next quarter. Likewise, grades at the end of the 4th quarter will determine a student's academic eligibility for the start of the next school year's quarter. 9th grade students receive a clean slate for the first quarter of the school year. A student must pass 5 of 7 classes in each quarter to remain eligible. Failure to do so, will result in an academic ineligibility period of 20% or minimum of 2 competition dates.

Attendance at the end of one quarter will determine a student's athletic eligibility for the start of the next quarter. Likewise, attendance at the end of the 4th quarter will determine a student's athletic eligibility for the start of the next school year's quarter. 9th grade students receive a clean slate for the first quarter of the school year. Five or more absences will result in an athletic ineligibility period of 20% or a minimum of 2 competition dates.

Students and parents are asked to sign an Athletic Responsibility Acknowledgment and Concussion Acknowledgement prior to the beginning of each season. The acknowledgment will state that they have read and understand the Student Code of Conduct, the athletic rules, the team rules, and the parent/coach relationship and the MHSAA requirements. This will be done prior to the first practice. The signed form will be kept on file with the Athletic Director. These will be available from coaches/Athletic Director and will be presented during the informational student/parent meeting prior to the beginning of each season.

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BEHAVIOR EXPECTATIONS OF THE STUDENT-PARTICIPANTS

- Accept and understand the seriousness of your responsibility and the privilege of representing the school and the community. Your main responsibility is that you are a student first and an athlete second. You are allowed to be an athlete because of your academic responsibility and performance.
- Understand the rules of your season thoroughly and discuss them with parents, fans, fellow students, and younger students. Such a discussion will create a better understanding and appreciation of the season.
- While participating in athletic contests or practices, all student participants are required to dress in appropriate attire. Shirts are required to be worn at all times.
- Treat opponents the way you would like to be treated, as a guest or a friend.
- Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat.
- Respect the integrity and judgment of game officials. Never argue or make non-verbal gestures that may indicate disagreement. This type of immature activity may incite undesirable behavior in the stands and/or by teammates, and may include penalties as stated below.

BEHAVIOR EXPECTATIONS OF OUR SPECTATORS DURING CONTESTS

At Pansophia Academy we believe that sportsmanship is very important, not only for our participants but for our fans as well. As you watch a season event, please observe the following guidelines as set forth by the Michigan High School Athletic Association:

ACCEPTABLE BEHAVIOR

1. Applause during the introduction of players, coaches and officials.
2. Acceptance of the decisions of officials.
3. Cheerleaders leading fans in positive cheers in a positive manner.
4. Treating competition as a game, not as a war.
5. Applause at end of contest for performances of all participants.
6. Showing concern for an injured player, regardless of team affiliation.
7. Encouragement of other spectators to display only sportsmanlike conduct.

UNACCEPTABLE BEHAVIOR

1. Taunting, trash talk, and other intimidating actions.
2. Acceptance of poor sportsmanship on the part of nearby spectators.
3. Disrespectful or derogatory cheers, chants, songs, or gestures.

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4. Booing or heckling an official's decision.
5. Verbal criticism of officials and/or displays of temper toward an official.
6. Use of noise-making devices of any kind.
7. Blaming loss of game on officials, coaches, or participants.
8. Use of profanity or displays of anger that draw attention away from the game.
9. The intrusion of spectators on the playing surface.

If a spectator, athlete, or participant is found in violation of these expectations, he/she will be asked to leave the premises.

IN THE EVENT OF AN INJURY AT SCHOOL

Injuries that occur at Pansophia Academy should be reported to the coach immediately. In most cases injuries are minor and the athlete/participant will be administered first aid, instructed on home care and anticipated follow-up care. If time permits, or if the injury is more extensive, parents/guardians and/or emergency services will be contacted, if needed.

ON THE ROAD

If an athlete/participant is injured away from Pansophia Academy, the coach should be notified immediately. For minor injuries, first aid will be administered including but not limited to cold compress, wrapping, bandages, etc.

In cases of significant injury, parents and/or emergency services will be contacted about the injury immediately. A written release from a doctor is required prior to participating in practices or contests.

ATHLETICS/CO-CURRICULAR ACTIVITIES AND SCHOOL ATTENDANCE

1. An athlete/participant must be in attendance in all classes on the day of any game, performance or practice to practice or compete unless pre-excused by a doctor, coach or Athletic Director. An athlete/participant not in attendance for all classes who participates in practice or competition without the approval of the Athletic Director will be suspended from further participation until the respective coach and administrator meet to decide what appropriate action should be taken.
2. If a student skips/misses a class, or is serving detention for excessive tardies, he/she is ineligible to practice or play in a contest that day.
3. If a student is absent from school for a college visitation, documentation of the visit from the college must be provided to be eligible to practice/play.
4. If a student is suspended, that student is ineligible to practice or compete during the period of suspension. If the student is in-school suspended for any time during the school day, that student is expected to go to the practice/competition, be part of the team, and dress for the practice/competition even though they will not be allowed to participate.
5. **Parents** must notify the coach **prior** to any expected absence and give the reason for the absence.

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6. It is understood that during scheduled school vacation days (ex: Christmas/spring break), practices cannot be mandatory. Practices are not only geared for the improvement of play but also as a precautionary measure for injury. Coaches are strongly encouraged to hand out a practice plan prior to any scheduled school vacation days, along with any information regarding the training plan if practices are missed.
7. There may be extenuating circumstances in some cases regarding an absence. In these cases, the coach and Athletic Director will make the decision regarding participation.

CODE OF ETHICS/SPORTSMANSHIP

RULES FOR PANSOPHIA ACADEMY PARTICIPANTS:

1. A student becomes an athlete once he/she begins participation with the intent to play, therefore ALL rules are in effect.
2. The Athletic Director and the Head Coach, of the affected season where appropriate follow-up action is necessary, must investigate all reports of rule violations. Parents of participants who have violated rules shall be notified by the coach or athletic director about the infraction and a determination will be assessed as soon as possible.
3. Basic rules that apply to all participants are:
 1. No use of or possession of tobacco or tobacco products.
 2. No drinking or possession of alcoholic beverages.
 3. No use of or possession of an unauthorized or controlled substance at any time.

“Possession” is defined as the act of having or taking into control.

4. Behavior unbecoming of an athlete/participant includes, but is not limited to the following:

Minor Offenses	Major Offences
Academic Integrity Issues Minor Violations in the Academy’s Behavior Rubric Poor Attitude	Fighting Felonies Malicious Destruction of Property Extortion or Coercion Using technology to undermine or defame coaches/teammates/members.

5. Violations are based upon any and all school-sponsored events including but not limited to all off-site events and practice locations.
6. The penalties include, but are not limited to: extra practice requirements, game suspensions, dismissal from the team, etc. and are subject to review by administration, the coach, and the Athletic Director.
7. Penalties assessed to the athlete/participant who feel they have been penalized unjustly may appeal using the “24-HOUR RULE” (below) to the Athletic Director, then Pansophia Academy administration.



24-HOUR RULE

In the event that a spectator, parent or student feels that the athletic department, including coaches or staff, and/or teammates have acted in a disagreeable fashion is asked that whomever witnessed the action should wait 24 hours before reporting to Pansophia Academy administration or Athletic Director. This waiting period is created to help cool any situations down and allow a rational, reasonable conversation to take place. This is not intended to downplay any situation; its intention is to reduce the cases of minor incidents that often work themselves out without school intervention.

MHSAA/Pansophia Academy MINIMUM REQUIREMENTS FOR PARTICIPATION

1. The student must have passed 66% of a full credit load potential to be a full-time student. 66% at Pansophia Academy is passing 5 out of 7 classes. At Pansophia Academy, a student cannot receive any "E's" or more than 2 "D's". Weekly monitoring by the coach, principal, and Athletic Director will be required to make sure eligibility requirements are met.
2. Eligibility for the week will be pulled each Monday at 8 a.m. Grades at that time determine eligibility for the week. If student is ineligible, he/she is ineligible for the entire week. Students that are ineligible cannot compete in contests or practices for that week.
3. The student must be enrolled in school on or before the 4th Friday after Labor Day of the present semester, or 4th Friday of February of the second semester.
4. The student must be under nineteen (19) years of age unless he/she is nineteen (19) on or after September 1.
5. The student must have a physical examination confirming that he/she is physically able to participate in athletic competitive seasons. Physical examinations for the current year are accepted if they were given after April 15 of the previous school year.
6. The student must not participate in more than eight (8) semesters of seasons and must be enrolled full-time in high school at the time of his participation.
7. The student must be an undergraduate student.
8. Additional rules apply; please contact the Athletic Director for additional resources or questions regarding MHSAA requirements.

Educational Material for Parents and Students (Content from MDHHS Requirements)

Sources: Michigan Dept. of Health and Human Services. Created through a grant to the CDC Foundation from NOCSAE.

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache	Balance Problems	Sensitive to Noise	Poor Concentration	Not "Feeling Right"
Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	"Feeling Down"	Sleep Problems
		Grogginess	Lost Consciousness	

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- SEEK MEDICAL ATTENTION RIGHT AWAY – DON'T HIDE IT, REPORT IT.** Playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery. A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Ignoring symptoms and trying to "tough it out" often makes it worse.
- KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student, who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can't recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he must be kept out of athletic activity the day of the injury. The student shall only return to activity (practice, scrimmage or competition) with written unconditional permission from an MD, DO, Physician's Assistant or Nurse Practitioner. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.



Pansophia Academy Athletic Responsibility Acknowledgement

ATHLETIC SIGNATURE FORM

Instead of having you sign multiple documents, **ALL** required signatures will be on this single sheet of paper. This will be kept on file with the Athletic Director. Please keep the original documents for yourselves. You will still need to sign individual permission slips for each sport, as they become available, in order for your child to participate.

ATHLETIC CODE FOR STUDENTS

I have read the Athletic Code for Pansophia and agree to abide by it and any rules my individual coach(es) outline. I understand the disciplinary actions explained in the document.

Print Student Name

Grade

Signature

ATHLETIC CODE FOR PARENTS

I have read the Athletic Code for Students and agree to support the school administration and coaches in the use of this code as it relates to my child. I will also support any rules established by individual coaches of my child. I am aware that parental communication should follow this procedure: Parent to Coach to Athletic Director to Principal. I also have read the Athletic Code for Parents and agree to abide by the rules laid out in that document. I understand the disciplinary actions explained in the document.

Print Name

Parent/Guardian Signature

CONCUSSION AWARENESS

I have read the Concussion and Head Injury information and **UNDERSTAND** what a concussion is and how it may be caused. I understand the common signs, symptoms, and behaviors. I realize that athletes must be removed from practice/play if a concussion is suspected. Suspected concussions must be reported to the coach immediately. I understand that immediate health care/treatment should be sought. I also understand that athletes may not return to practice/play until their parents provide written clearance from an appropriate health care provider to the coach. I further understand the possible consequences of athletes returning to practice/play too soon.

Parent Signature: _____

Athlete Signature: _____

Date _____

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