

Roscommon High School



HOME OF THE BUCKS

Co-Curricular Handbook

(2023-2024)

CO-CURRICULAR ACTIVITY PHILOSOPHY

The Roscommon High School Co-Curricular Program is an extension of and complementary to our total educational program. The program can enhance the growth and development of the student-athlete as it strives for each student to have a positive experience while developing competitive teams.

Roscommon provides opportunities for physical, emotional, social, and intellectual growth. Some (but not necessarily all) of the educational outcomes that can be achieved by participating in a co-curricular activity at Roscommon High School are as follows:

Physical outcomes ideally result in

- physical fitness, healthy competition, and a healthy lifestyle
- individual skills
- an opportunity to perform

Emotional outcomes ideally result in

- character development
- how to deal with winning and losing
- good sportsmanship
- how to accept criticism
- self-discipline and humility
- the value of hard work
- self-improvement
- direction/connection to something positive

Social outcomes ideally result in

- teamwork, accountability, and responsibility
- working toward a common goal
- loyalty and commitment
- pride in school, family, and community

Intellectual outcomes ideally result in

- goal setting
- leadership opportunities
- time management skills
- quick thinking skills

Roscommon High School provides many educational opportunities to the student outside the classroom. The opportunity to participate in athletics and in other programs is a privilege, not a right (*Berschback v. Grosse Pointe Public School District*, 1986). Those students who unselfishly commit themselves to the program can learn valuable lifetime skills that help them deal successfully with the challenges of their future beyond high school.

HIGHLAND CONFERENCE

Roscommon High School is a member of the Highland Conference beginning with the 2019-2020 school year.

Highland Conference schools:

- Roscommon
- McBain
- Manton
- McBain Northern Michigan Christian
- Evart
- Beal City
- Houghton Lake
- Lake City
- Pine River

ATHLETIC LEAGUE AFFILIATIONS

Roscommon High School is a member of the following conferences:

- Highland Conference*** (football, volleyball, basketball, cross country, track, baseball, softball, wrestling, competitive cheer)
- Northern Michigan Soccer League*** (boys' and girls' soccer)
- Mid-Michigan Golf Conference*** (boys' golf) Delete for 23/24
- USA High School Clay Target League*** (boys' and girls' trap shooting)

ATHLETIC PROGRAMS

Fall Sports

- Cross Country (boys and girls) -- varsity
- Football (boys) -- varsity, junior varsity, and *freshman
- Soccer (boys) -- varsity
- Volleyball (girls) -- varsity, junior varsity, and *freshman
- Cheerleading (Sideline) -- *varsity club sport

Winter Sports

- Basketball (boys) -- varsity, junior varsity, and *freshman
- Basketball (girls) -- varsity, junior varsity, and *freshman
- Wrestling (boys) -- varsity and junior varsity
- Bowling (boys and girls) -- *varsity club sport
- Competitive Cheer (girls) -- *varsity club sport
- Cross Country Skiing (boys/girls) -- *club sport

Spring Sports

- Baseball (boys) -- varsity and *junior varsity
- Softball (girls) -- varsity and *junior varsity
- Soccer (girls) -- varsity
- Track (boys and girls) -- varsity
- Golf (boys) -- *varsity club sport

- Trap Shooting -- *varsity club sport

*If numbers allow, we can run these teams. We'll need 10-12 athletes for the teams to run (some exceptions will apply). Freshman basketball teams and volleyball teams are sponsored by and paid for by the individual programs; in addition, competitive cheer and golf will run as club sports.

CO-CURRICULAR ACTIVITIES

Activities include:

*Interact	*Choir	*Robotics
*Student Council	*Band	*Youth Advisory Council (YAC)
*Quiz Bowl	*Marching Band	*+Cross Country Ski
*Musical	*National Honor Society (NHS)	*+Equestrian
*+Esports		
+Club activities		

ACADEMIC ELIGIBILITY

Current Semester

Eligibility will be run every two weeks. The only exception to this will be during the start of each semester when we will check eligibility after four weeks. We encourage high academic standards at Roscommon High School and students must pass six of six classes in order to be declared eligible to participate in competitions. For a student to be marked ineligible, teachers must have at least six grades in the gradebook per marking period prior to marking a student's eligibility. Students taking virtual classes (E2020, MVHS, and/or KCC) will have their grades factored into eligibility as well on a bi-weekly basis by the counselor or the principal. Students will be ineligible to participate in school activities for a minimum of one week (starting on Monday following the Friday when the student was determined to be ineligible). Eligibility is based on the number of assignments per marking period AND the overall semester grade.

Students who are ineligible:

- are not to be in uniform at competitions*
- will not travel to road competitions on school vehicles if that event requires them to leave school early*
- may ride the bus to road contests if the departure time is after the end of the school day*
- are still expected to attend practices unless they are receiving any extra tutoring from a teacher*
- are notified by the Athletic Director after grades are run for the eligibility period*

During the week of ineligibility, the student will contact the teacher(s) of the class(es) in which he/she was deemed ineligible and make-up all work necessary. On the Friday of the week of ineligibility, the ineligible student will take a progress report to all teachers, not just the teacher(s) of the ineligible class(es), to check on academic progress. This progress report needs to be turned into the Athletic Director at the end of the day on Friday. If the student is deemed eligible to play

and not failing any classes, he/she can resume participation in school activities beginning the following Monday.

Eligibility Checks for 2023-2024 School Year:

<i>First Semester:</i>	<i>September 23</i>	<i>November 17</i>
	<i>October 6</i>	<i>December 1</i>
	<i>October 20</i>	<i>December 15</i>
	<i>November 3</i>	<i>January 12</i>
<i>Second Semester:</i>	<i>February 9</i>	
	<i>February 23</i>	<i>May 3</i>
	<i>March 8</i>	<i>May 17</i>
	<i>April 5</i>	<i>May 31</i>
	<i>April 19</i>	

Previous Semester

Additionally, the Michigan High School Athletic Association (MHSAA) and Roscommon High School requires that each student **must have successfully passed four of six classes** which meet for 1100-1200 minutes per week). The student will become ineligible for the following 90 days if he/she does not. **By MHSAA-ruling, students found to have not passed the required four of six classes will not be eligible to participate in athletics.**

- **Students, who did not pass four or more classes at the end of the second semester of the 2022-2023 (June 2023) school year, are not eligible to participate in any athletics until Martin Luther King Day (January 2024).**
- **Students who fail three or more classes at the end of the first semester of 2023-2024 (January 2024) will be ineligible for the remainder of the school year.**

For athletic purposes, all of the other MHSAA requirements with respect to enrollment, age, physical examinations, seasons of competition, transfer from other schools, awards, and amateur practices must be complied with for eligibility.

PARTICIPATION/NON-PARTICIPATION

Students who are dropped from a team, club, or group, or dismissed from any activity for disciplinary reasons are not allowed to participate on another team, club, group, or in any additional activity during the same season; students who quit a team midway through the season will not be allowed to participate on another team. ***A student MAY NOT change from one team, club, group, or activity during the same season.***

ATTENDANCE

All students are expected to attend all regularly scheduled practices in order to participate in any competition or co-curricular activity. To be excused from a regular practice, students must contact the coach prior, if possible, to the absence.

Students must be in attendance in school the entire day in order to attend practices, rehearsals, or competitions. Students may be excused for doctor/dentist appointments, funerals, or court appearances/proceedings. Other unusual or extenuating circumstances causing an absence on the day of a practice or competition must be approved by the Athletic Director/Assistant Principal or Principal. This could include on-line classes. Students who leave school due to illness will not be allowed to participate in a practice or a competition held on the day of an absence. Also, students MAY NOT leave school to go to the store, to run and get food, etc. on the day of a competition or practice. Some games and activities require a long bus ride which means that it will be late when returning. It is still their responsibility to be in school the following morning with their homework completed.

DISCIPLINARY CODE

Coaches and activity advisors of each team, club, group, or activity will establish and communicate in written form their rules and disciplinary expectations. **All students are expected to be leaders and role models in and out of school and they need to be held accountable for their actions whether they are in season or not.** Students are expected to conduct themselves as good citizens since they also represent the community when involved in competitions. They accomplish this by attending all practices, rehearsals, meetings, games, and competitions. **This handbook covers all student-athletes for the time that they are enrolled in our schools, including the summer.**

For example, if a student commits one of the violations below in July, and we are notified, then the appropriate consequences will be applied to the next sports season.

Students will be suspended from competition for the following violations:

1. Consumption or possession of the following either at school, at any approved school activity, or off school property is prohibited:
 - a. Alcohol
 - b. Tobacco (including E-cigarettes, vaping, juuling)
 - c. Illegal or Controlled Substances
 - d. Lookalike Substances
 - e. Performance enhancing substances listed by the Department of Community Health which is based on the list of banned drugs contained in Bylaw 31.2.3.1 of the Bylaws of the National Collegiate Athletic Association (NCAA)

*If a student's name appears in a police report as a participant in the consumption or possession of any of the above substances, he/she will be given consequences (see below). Administration will not distinguish between "a sip or six-pack."

(AND/OR)

2. Violation of local, state, or federal laws:

The student may be withheld from game, club, or group activities and competition

after being charged and the violation has been investigated by the Athletic Director or Advisor.

(AND/OR)

3. Gross insubordination, persistent unsportsmanlike conduct, and/or disobedience.

Consequences for the above violations **WHETHER STUDENT-ATHLETES ARE CHARGED OR NOT:**

First Offense: **Suspended 25% of the season**

**The percentage is based on contest dates and NOT on number of contests. For example, if a season has 20 contest dates, then the student will serve a suspension of 5 game dates.*

Second Offense: **Suspended for one calendar year from the date of the offense**

**If a student's second offense occurs, for example, on October 14, 2014, then the student will be suspended from athletics until October 14, 2015.*

Conduct deemed to be so excessive and extreme that it reflects so poorly upon the team, club, group, school, or community may result in immediate dismissal from that team, club, group, or activity for one calendar year if determined appropriate by the administration. **This penalty may be applied even if this is the first violation of the Disciplinary Code.** Substantiation of all violations can be made by police and/or school personnel. Each student will only be given one first offense. A subsequent offense will be punished at the second level even if they occur in a different school year. After serving their suspension for one calendar year, students must contact the Athletic Director and/or school administration to schedule a meeting for re-admittance into the activity, club, group, or program.

If a student is suspended for committing violations #1 and/or #2 and/or #3, here are the following suspension scenarios:

- (FIRST OFFENSE) IN-SEASON:** He/She will sit out of 25% of that season (competition dates, not number of games).
- (FIRST OFFENSE) IN-SEASON:** If the violation occurs at the end of a season (i.e. two dates left), then he/she will serve the suspension for those dates AND perform a community service/education piece to make up the remaining time. Community service/education piece will be determined by administration.
- (FIRST OFFENSE) OUT-OF-SEASON:** If the violation occurs when an athlete is in-between seasons (i.e. student-athlete plays football and baseball and commits a violation in February), then he/she will perform community service/education piece. Community service/education piece will be determined by administration.
- (SECOND OFFENSE) IN-SEASON:** Student-athlete will be suspended for one calendar year. An appeal to this second suspension can be made (see Review Process).
- (SECOND OFFENSE) OUT-OF-SEASON:** Student-athlete will be suspended for one calendar year. An appeal to this second suspension can be made (see Review Process).

Students who are suspended from competition for a second offense are not eligible to receive letters or awards.

Students disciplined for a first offense are required to attend all practices and rehearsals. Failure to comply with this regulation may result in being dropped from the team and/or not receiving any season awards.

Students who are suspended for any reason are not to be in uniform at any time during the suspension. They will attend competitions in appropriate street clothes. If during their suspension a competition occurs that is away and requires the team to leave school early, the suspended student will not be allowed to leave school early to go with the team.

REVIEW PROCESS

Students who are suspended according to the Disciplinary Code may appeal to the Review Committee chaired by the Athletic Director.

Review Committee Members:

- Athletic Director
- Student's Head Coach/Advisor
- Second Head Coach/Advisor (from another sport or club)
- Non-Coaching or Advising Faculty Member

The committee will be convened by the Athletic Director **within five (5) days of receiving a written request from the student's parent/guardian to review the suspension.**

The decision of the Review Committee may be appealed by the parent/guardian to the Athletic Conduct Committee. The Athletic Conduct Committee is selected and chaired by the Principal and consists of five (5) of the following: faculty varsity coaches or assistant coaches or advisors and one non-coaching or advising faculty member. The parent or guardian will receive a copy of the decision reached by the Athletic Conduct Committee.

TRANSPORTATION

Team, club, group, or activity members are required to travel to and from away competitions on transportation provided by the school unless special permission is granted. Special permission will consist of a written parent request on a standardized school form. A signed form will permit a student to ride home with his/her parent, the parent of another student, or a school employee. No student can drive himself/herself and/or teammate(s) to away contests. They also cannot ride or drive home with other students.

EQUIPMENT

It is the responsibility of the student to properly care for equipment and uniforms issued during the course of the season. All equipment and uniforms issued to the student must be returned to the coach or advisor at the end of the season. Equipment and/or uniforms not turned in will have to be paid for by the student. A student will not receive any season awards if their equipment and/or uniform is not returned or paid for.

LETTERS/AWARDS

Each coach will articulate the requirements to earn a letter and/or award at the beginning of each season.

THREE SPORTS SEASONS FOR FOUR YEARS PLAQUES

At the end of an athlete's senior year, if he or she has participated in an MHSAA recognized/sanctioned sport sponsored by Roscommon Area Public Schools, then he or she will be awarded a plaque signifying this accomplishment. One plaque will be given to the athlete; one plaque will hang outside our gymnasium

Roscommon Area Public School is an Equal Opportunity Program/Employer. Auxiliary aids, services, and alternative formats will be made available upon request to individuals with disabilities. Michigan Relay Center (1-844-578-6563) -- Voice and TTY. The Roscommon Area Public School District gives notice that it does not discriminate based on race, color, national origin, ethnicity, religion, sex (including pregnancy, gender identity, and sexual orientation), height, weight, marital status, age, disability, genetic information, veteran status, military service, or any other legally protected class in the education programs and activities operated by the District, including employment. Inquiries regarding discrimination or Title IX complaints should be addressed to Catherine Erickson, Superintendent, ericksonc@rapsk12.net, 989-275-6600.

(PLEASE SIGN BELOW & RETURN WITH YOUR BACK TO SCHOOL PAPERWORK)

Parent Statement:

I/We have read and discussed the Roscommon High School Co-Curricular Activity Handbook with my son/daughter,

I/We agree to his/her participation in Roscommon High School's interscholastic athletics and activities as governed by this handbook as well as any additional rules established by the coach.

Parent/Guardian Signature and Date:

Parent/Guardian Signature and Date:

(used if both parents/guardians were present to discuss the handbook)

Student Statement:

I have read the Roscommon High School Co-Curricular Activity Handbook and agree to abide by the rules it establishes. I also agree to follow any additional rules established by the coach.

Student Signature and Date:

Coach/Advisor Statement:

I have read the Roscommon High School Co-Curricular Activity Handbook and agree to abide by the rules it establishes. In addition, I have informed students (IN WRITING) of the terms of the Co-Curricular Activity and any additional team or activity rules.

Coach/Advisor Signature and Date:
