

# Laker Athletic Codebook



Laker Athletic Director: Bill Comai  
[bcomai@lakerschools.org](mailto:bcomai@lakerschools.org)  
989-453-4600 ext. 517

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# **Laker Athletic Code**

## **Introduction:**

Parents and athletes,

On behalf of our entire Laker Athletics Department, let me say that we are excited that you have chosen to become a part of the team. We believe that participation in athletics can be one of the most rewarding experiences of your time as a student here at Lakers and perhaps even of your entire life.

We are always seeking to improve the experience of those that are involved in athletics! By becoming a part of the team, your participation as a parent and your participation as an athlete both play a unique role in helping us to accomplish this.

One of my personal philosophies is that you cannot hold people accountable to what they do not yet know. But, once someone has access to the expectations...accountability and consequences become a reasonable and important part of that equation. This code book has been put together to give you access to the policies and guidelines necessary for participation in the Laker Athletics Program.

I suggest that you review the code carefully. If you have any questions now or through the rest of this year, know that you can always contact your specific coach or myself for assistance or clarification.

After reviewing the code, each Laker Athlete and their parent or legal guardian will be asked to sign an acknowledgement indicating that they have done so. This acknowledgment will become a permanent part of your school record. Please note that no one will be able to participate in any Laker Athletic practice, scrimmage, or contest until the signed acknowledgment is on file.

The Laker Athletic Code applies to all Laker Middle School and High School athletic teams. This code also applies to all Laker Cheerleading squads as well as Laker Club Sports and their members who are considered to be Laker Athletes and supportive of the entire Laker Athletics Program.

It is a great time to be a Laker! I look forward to cheering you on this year.

Sincerely,

Bill Comai  
Athletics and Legacy Center Director

## **RESPONSIBILITIES OF THE LAKER ATHLETIC COMMUNITY**

\*\*\*While your child is involved in interscholastic athletics, they will experience some of the most rewarding and inspiring moments of their lives. It is also important to understand that there might also be times when things do not go the way you or your child desires. Sometimes, these can be the best learning moments we can offer our athletes!

### **MISSION:**

“To provide our student-athletes a comprehensive education through sports”

### **VALUES:**

#### **Laker PRIDE**

**Prompt:** We will not put off until tomorrow the responsibilities that we have today.

**Responsible:** We will take responsibility for our own actions and reactions.

**Integrity:** We will be honest in everything that we do because honesty builds trust and trust builds teams.

**Dignity:** We will show others respect and honor and we will expect the same in return.

**Excellence:** We will do the very best that we can with what we have while always seeking to be better tomorrow than we were today.

## **PARENT EXPECTATIONS**

1. Share in your child's positive sports experience
2. Have your child at workouts, practices and games
3. Support your child at games
4. Cheer positively
5. Allow the coach to coach
6. Let the officials officiate
7. Compliment your child
8. Communicate with the coach
9. Positively promote Laker Athletics within our community

## **PARENT/COACH COMMUNICATION**

### **A. Communication Parents should expect from Coaches**

1. Coach's and program's philosophy
2. Individual and team expectations
3. Locations and times of all practices and games
4. Team requirements, i.e. Practices, special equipment, off-season
5. Any discipline that may result in the denial of your child's participation

### **B. Communication Coaches can expect from Parents**

1. Concerns expressed directly to the coach
2. Notification of schedule conflicts well in advance
3. Support for the program and attributes of dedication, commitment, and responsibilities as ingredients for success and excellence
4. Encourage your child to excel

### **C. Appropriate Concerns to Discuss with Coaches**

1. The treatment of your child, mentally and physically
2. Ways to help your child improve and develop
3. Concerns about your child's behavior

### **D. Issue not appropriate to Discuss with Coaches**

1. Lack of playing time, however how to earn more playing time is acceptable
2. Team Strategy
3. Play Calling
4. Other student-athletes

### **E. Protocol for resolving issues in an extracurricular activity**

1. Step One: Player and Coach Meeting
2. Step Two: Player, Coach, and Parent Meeting
3. Step Three: Player, Coach, Parent and Athletic Director
4. Step Four: Player, Coach, Parent, Athletic Director, and Superintendent

F. 24 HOUR RULE

1. Simply stated: Coaches will not discuss a game or situation until at least 24-hours after the fact. Please do not approach a coach during or immediately after a game. This important rule does two things. First, it moves the discussion away from the presence of the players. Second, it allows all parties to have time to put things in perspective and “cool off”, if necessary.

**Behavior and Sportsmanship Expectations of All Persons**

It is the expectations of EPBP Laker Schools that participants and spectators exhibit appropriate decorum. Positive support of individual players and the team is encouraged. Negative behavior that detracts from the positive experience athletics can provide is not acceptable.

Participants and spectators exhibiting disruptive and/or negative behavior may be removed from the premises by the school personnel or police. Persons exhibiting repeated negative behavior may be restricted from further attendance at school events.

**MHSAA Rules & Policies**

**Athletic Eligibility**

Student academic eligibility to participate in interscholastic athletics is governed by the policies and rules of Elkton-Pigeon-Bay Port Laker Schools, as well as the rules and regulations of the Michigan High School Athletic Association (MHSAA). Students can be declared ineligible for academic reasons under any of the following circumstances:

**Semester Eligibility-High School/Junior High**

Michigan High School Athletic Association (MHSAA): Students who do not pass 66% of high school (50% of Junior High) courses taken during previous semester will be ineligible for sports for 60 calendar school days as outlined in the MHSAA Handbook.

## **Weekly Eligibility**

1. Weekly Eligibility is required for all student's athletes. In order for a student to be eligible to participate in his/her sport, the student must have a D or higher in 6 of 6 classes (HS) 7 of 7 classes (JH) on a weekly basis. Cumulative student grades will be monitored in all 6 (HS) or 7 (JH) of the student's classes every week.
2. If a student has a D- or lower in any class during a school week of a sport season, it will be reported to the Athletic Director on Friday morning, no later than 9:00 A.M.
3. When the D- or lower is reported, the student will be ineligible for interscholastic competition until he/she is earning a D or above in 6 out of 6 classes (HS) or 7 out of 7 classes (JH). In this part of the eligibility requirement the student has an opportunity to remediate the problem by attending weekly after school tutoring sessions and improving the grade(s). The Athletic Director will notify the student and parent/guardian in writing. Upon receipt of the letter, the student will become ineligible beginning on the upcoming Monday. The student will remain ineligible until he/she is passing all classes.
4. **As soon as a student is passing all classes, he/she is responsible for procuring and processing the Eligible to Participate Form and obtaining signatures from the appropriate instructor(s) and coach and delivering the completed document to the Athletic Director.**
5. During the time a student is ineligible student, s/he MUST attend after school tutoring sessions in order to attend practice with the team.
6. No academically ineligible student—anyone receiving a D- or below in one or more classes—will be allowed to participate in any interscholastic contest; however, s/he will be permitted to sit with the team during an athletic contest at the discretion of the coach.
7. Any student athlete that is academically ineligible for four consecutive weeks during the same athletic season and/or ineligible for a total of 50% of a single season contest schedule will be dismissed from the team following notification from the coach and or Athletic Director. When dismissed from the team, the student will no longer participate in practices or contests effective immediately.

### **Eligibility—Athletic Code Review**

1. The policy committee that reviewed and wrote this policy and the Board of Education will reconvene annually to assess the policy and make any changes necessary.

### **Dual Sport Athlete Policy**

School sports have the unique ability to impact an entire school and community and must be prioritized accordingly by those who participate. It is the goal and purpose of our athletic program to promote teamwork, commitment, and sacrifice within our school teams. This may require difficult choices to be made in order to put the interests of the team and program first. The following guidelines are intended to help in that process:

1. An athlete may participate in more than one school sport per season. He/She must declare which one is his/her primary and which one would be secondary. Whenever there is a conflict of *competition*, the athlete must attend his/her primary sport event. If there is no *competition* in his/her primary, they may attend the secondary *competition* without corrective action. If there is a disagreement on what is corrective action, the athletic committee will make the final decision. Corrective action, if clarification is needed, will be defined on a case by case basis by the athletic appeals committee. It is the athlete's responsibility to notify his/her coaches of competitions that are in conflict.
2. An athlete must attend his/her primary sport practice before the secondary (unless prior arrangements are made). An athlete should not be penalized for missing a practice while competing in the secondary sport.
3. (HIGH SCHOOL ONLY) For athletes involved in a school sport and a club sport (including non-school clubs, such as AAU, travel, church, or community), the school sport will be recognized as primary, and the club sport will be recognized as secondary when resolving conflicts in practice or competition dates.
4. Athletes may never be put in the situation of having to choose last minute what competition they will be attending. Coaches are to work with athletes and have conflicts resolved before the day of competition. Primary is primary and secondary is secondary. Disagreements are to be brought to the attention of the Athletic Director.
5. Failure to comply with these expectations will result in dismissal from the team. Exceptions, though rare, may be granted in

advance by the Head Varsity Coach of that sport, the Athletic Director and the Building Administrator. All requests and corresponding responses for exceptions must be communicated in writing, signed, and filed with the Athletic Director upon resolution.

### **The Laker Coach Commitment**

The Laker Athletic Coach is responsible for the organization of his or her respective sport. It is in the Laker Athletic Coach's hands that the Laker Athlete is molded. This responsibility must not be taken lightly and because of this the Laker Athletic Coach:

1. Should demonstrate knowledge in the medical, legal, sociological-psychological areas and in the theory and techniques of coaching his or her respective sport.
2. Shall display coaching organizational abilities throughout all practices and contests.
3. Shall understand and abide with rules and regulations as set forth by all governing agencies of the sport.
4. Shall lead, teach and coach by example is responsible for team discipline and control.
5. Shall strive to develop the Laker Athlete in his or her charge to their highest capabilities by:
  - a. Striving for proper conditioning.
  - b. Striving for the prevention of and the care for injuries.
  - c. Encouraging the development of leadership in individuals while at the same time encouraging team performance.
6. Stressing the importance of academics and their relationship to athletics. Shall develop a positive rapport with team members, parents, and staff and provide open lines of communication with each.
7. Shall present and discuss this, the Laker Athletic Code, at a meeting prior to the first practice of his or her respective sport and submit a signed acknowledgement for each Laker Athlete to the Laker Athletic Director before that athlete may participate in a practice or contest.
8. Shall present and discuss during this same meeting any specific training rules or conduct as they relate to the specific sport and his or her individual coaching theories and methods (it is suggested this be done in writing).
9. Shall adhere to and enforce this the Laker Athletic Code as well as any rules and guidelines which might be initiated for the Laker Coaching Staff by the Laker Athletic Director.
10. Shall be responsible for the proper care, distribution and recall of all equipment relating to his or her sport.



## **RULES AND GUIDELINES**

The following set of rules is designed to serve as a guideline. The spirit of the rules is to create a safe, healthy, and productive athletic environment in the Laker School System.

It is realized no single set of rules in isolation can cover every aspect of conduct by the Laker Athlete. Therefore, any specific cases outside these rules will be considered and weighed on an equal and fair basis using these rules as a guideline.

When a Laker Athlete persistently demonstrates he or she is unable or unwilling to conform to specific athletic regulations, and/or impinges on the rights of other individuals and/or interferes with the athletic activities of the school, suspension or expulsion from the team may result.

A coach may remove any athlete from the squad if it is determined that their conduct is detrimental to the team. If the coach takes such action, the athlete and parents/guardians will be notified by the Athletic Director within 24 hours and be provided with any documentation related to the coach's action. The athlete and guardians will have the option of an appeal hearing with a written request within three school days. This appeal will include the coach, Athletic Director, and a Board of Education representative from the Athletic Committee. The guardian(s) can bring up to 5 witnesses whom they believe will prove beneficial at the hearing. The Athletic Director will inform parents/guardians of the appeal committee's decision in writing 2 school days.

## **GENERAL RULES**

1. The Laker Athlete must be in school the entire day of a contest, except for weekend contests, in order to participate in that particular contest. **The only exceptions will be a medical excuse from a doctor or those excused by the Administrator.** *Those athletes not in attendance the day of the contest will need to self-report this to their respective coach. Failure to do this will result in a classification A-First Offense Violation.*
2. Transportation to and from all Laker Athletic contests will be by school bus or other school approved vehicle. All Laker Athletes shall ride on the designated vehicle. The only exception will be when a parent or legal guardian requests, in writing, to transport his or her child to and/or from a Laker Athletic contest or event.
3. Any Laker Athlete who is suspended or expelled from school because of non-athletic violation of student conduct will also be suspended or expelled from the Laker Athletic Program (including practices) for the same period of time.

4. Each year the Laker Athlete must have on file a physical examination form signed by a licensed physician stating he or she is physically acceptable for athletic participation in the Laker Athletic Program before he or she may take part in any practices or contests. Any specific physical restrictions must be noted.
5. The Laker Athlete and his or her parent or legal guardian will also sign the agreement stating they have received, reviewed and understand this the Laker Athletic Code.
6. Uniforms and equipment are issued to the Laker Athlete in most sports within the Laker Athletic Program. These uniforms and equipment are of the highest quality possible and the Laker Athlete is expected to use reasonable caution in their care and use. The Laker Athlete along with his or her parent or legal guardian will be held financially responsible for all assigned uniforms and equipment beginning with the day of issue. Any damaged, lost or stolen items must be paid for by the Laker Athlete and/or parent or legal guardian before replacement or additional items will be issued. The Laker Athlete is responsible for returning all uniforms and/or equipment at the end of each season. *No new equipment will be issued to an athlete until all equipment from the previous season has been returned. After 30 days the athlete's parents will be billed the replacement cost for all equipment not turned in.*
7. All Laker Athletes are cautioned to check with the Laker Athletic Director should they wish to participate in an athletic event outside the Laker Athletic Program (such as church basketball league or tournament) regarding the current Michigan High School Athletic Association State Rules. Failure to do so could affect an athlete's eligibility in the future.

Laker Athletes are also cautioned they must not accept any award for athletic performance other than a trophy, medal, plaque, cup banner, picture or ring. The value of said item may not exceed **\$40.00**. Money, merchandise, etc. cannot be accepted for participating in or for officiating an athletic contest. Failure to comply with this rule may also affect your status as an amateur athlete and could prevent your future participation.

## **SPECIFIC RULES**

Specific rules are divided into A and B classifications depending upon the nature and corresponding punishment for the violation. Situations not specifically listed will be treated under the classification to which they most nearly correspond. All suspensions or expulsions will begin upon notification to the athlete and his/her parent or legal guardian by the Laker Athletic Director.

### **A-CLASSIFICATION RULES**

1. Fighting and Physical Violence - the act of physical violence to another person, except in self defense.
2. Obscenity - the use of abusive, profane or obscene language in written or verbal form, the possession of obscene literature or pictures, or the use of obscene gestures.
3. Threatening or Intimidating Acts - the act of verbally or by gesture threatening the well being, health or safety of any person.
4. Violation of Transportation Rule - violation of general rule #2 relating to transportation to and from Laker Athletic events.
5. Mistreatment of School of Personal Property - the act of willfully damaging or destroying property belonging to others under the value of \$50.00.
6. Improper Acquisition - the dishonest acquisition or accepting of property belonging to others valued under \$50.00. The selling or surrendering of school property valued under \$50.00 without specific authority or the falsification of records and information.
7. Any Other Unbecoming Conduct - not severe enough in nature to be considered punishable under the B-classification rules.

### **A-CLASSIFICATION VIOLATIONS** (Reset to zero on an annual basis)

FIRST OFFENSE - *Suspended for 1 contest day.* The athlete must still practice. The athlete must practice with current team.

SECOND OFFENSE - *Suspended for 2 contest days.* The athlete must still practice. The athlete must practice with current team.

THIRD OFFENSE - *Suspended for 5 contest days.* The athlete must still practice. The athlete must practice with current team.

FOURTH OFFENSE - *Suspended for 10 contest days.* The athlete must still practice. The athlete must practice with current team.

**B-CLASSIFICATION RULES** (Computed on a career basis from the time a student athlete joins the athletic program)

1. Alcohol, Tobacco, (E-cigarettes, Vaporizers, & E-Hookah) & Drugs - the use or possession of these items or any stimulant or depressant which is harmful to the athlete's physical, emotional or mental well being or enhances athletic performance

2. Stealing and Dishonesty - the dishonest acquisition or accepting of property belonging to others valued over \$50.00. The selling or surrendering of school property valued over \$50.00 without specific authority, or the falsification of records and information.

3. Vandalism - the act of willfully damaging or destroying property belonging to others exceeding the value of \$50.00.

4. Any Other Unbecoming or Immoral Conduct - severe enough to be considered punishable under the B – Classification Rules.

5. Felony conviction - *expulsion from all athletic contests for one calendar year. The athlete can apply for reinstatement after 180 days.*

**B-CLASSIFICATION VIOLATIONS** (Computed on a career basis from the time a student athlete joins the athletic program)

FIRST OFFENSE - 50% of game calendar. (The athlete must still practice.) \*In order for a first suspension to be completed, the athlete must finish the season in good standing.

SECOND OFFENSE - 90 school days.

THIRD OFFENSE - 180 school days.

FOURTH OFFENSE - Termination from athletic program.

*\*\*\*If a Laker Athlete is suspended from one sport and is unable to fulfill that suspension before the end of the season, the suspension shall carry over into the athlete's next full season of completion.*

**GUILT BY ASSOCIATION (Computed on a career basis from the time a student athlete joins the athletic program)**

One of the most difficult problems in the enforcement of the Laker Athletic Code arises when a Laker Athlete is not in direct violation of a rule or guideline but his or her conduct is unbecoming to himself/herself or the school.

This often occurs when the Laker Athlete is in association with others who are either directly violating the Laker Athletic Code or breaking the law.

In order to handle this situation, the Laker Athletic Code incorporates a "Guilt by Association" system.

1. When a Laker Athlete is determined to be guilty by association but not guilty of a direct violation, the athlete and his/her parents or legal guardian will be warned in a letter stating his/her actions are unbecoming to a Laker Athlete. This letter will become part of the athlete's records.
2. Additional violations of guilt by association during the athletic career of the student athlete will be considered as "A" or "B" classification offenses, depending upon the degree of severity.
3. School administration will only investigate and discipline those guilt by association offenses which take place off school property that are reported by law enforcement or court officials. Guilt by association offenses occurring on school grounds should be reported by any school personnel.
4. If a student athlete has already committed a direct offense, any guilt by association of a similar nature will result in a waiver of the warning step, and the student/athlete will advance to the next level of consequence.

**ENFORCEMENT**

The interpretation and enforcement of the Laker Athletic Code will be by the Laker Athletic Director and assistants.

The Laker Athletic Director will place emphasis on information supplied to him by members of the Laker administration staff, faculty and Board of Education and of course by governing law enforcement agencies. Athletes will be investigated and disciplined if there is good evidence.

The Laker Athletic Department would also like to encourage an "honesty policy" which would allow first time offenders to come forward and admit to wrongdoings for a reduced suspension. The athlete must report to the Athletic Director within 48 hours of the incident, at which time the suspension

will be reviewed by a panel of administrators and/or Athletic Committee members, and **may be reduced by 50%.** The intent of this policy is to give student athletes who may not otherwise be “caught by school personnel” , the opportunity to turn him/herself over for appropriate disciplinary action.

## **RESOLUTION OF CONFLICT**

*It is the goal of EPBP Laker Schools to encourage and promote effective communication among all persons. Coaches are expected to hold pre-season meetings with players and parents to outline procedures and expectations for participating on the team.*

*During activities such as athletics, there are times when emotions run high. It is essential that communication occurs at appropriate times and is measured in tone. The following expectations regarding communication will help enhance appropriate communication.*

- A. It is essential that coaches know of significant events in the life of a student that may affect participation in practice, games and other activities. Parents are requested to communicate such situations to the coach. Please make a contact at school by leaving a message or requesting to talk with the coach personally. A return contact will be made when appropriate.*
- B. It is equally important that the coach keep parents informed of significant events that may happen within the activities of the program. If the student has experienced an especially frustrating situation or has a significant accomplishment, it is expected the coach will communicate with parents so that parents may have information and perspective.*
- C. It is the expressed policy of EPBP Laker Schools that coaches are not to be confronted in a negative manner by parents or players before, during or after a contest or practice.*
- D. Parents and players should use the following procedures if concerns arise regarding a possible coach/player/parent conflict.*
  - 1. The student and/or parent should contact the coach to discuss the situation.*
  - 2. If the student and/or parent do not feel satisfied, they should contact the Athletic Director.*
  - 3. If there is not resolution to the concern of the player and/or parent after talking with the Athletic Director, the player and/or parent may request that the Athletic Director convene the Athletic Review Committee for further review.*
  - 4. An Athletic Review Committee is established to review conflict situations between coaches/students/parents when an impasse*

1. *appears to have developed for issues relating to a coach's decision. The Athletic Review Committee is not designed for, and will not be convened for, issues relating to High School Student Handbook and/or Student Athletic Handbook disciplinary rules and/or actions/decisions.*

*The committee membership will consist of three coaches appointed by the Athletic Director from an off-season sport.*

*Procedures for the Athletic Review Committee are as follows:*

- a. *After consideration of a request from a parent or student, the Athletic Director, acting as chairperson, may convene the Athletic Review Committee.*
- b. *If the Athletic Review Committee is convened by the Athletic Director, the coach or coaches of the team on which the student athlete participated shall provide a written synopsis of events along with other thoughts and perspective regarding the grievance of the parent/student.*
- c. *The parent and /or student shall also be requested to provide a written statement of concerns to the Athletic Review Committee.*
- d. *The Athletic Review Committee shall review the written information from the grievant and coach/coaches.*
- e. *The Athletic Review Committee may decide to meet with the grievant or coach/coaches if the Athletic Review Committee deems it necessary.*
- f. *The Athletic Review Committee shall provide insight, perspective and assessment for the consideration of the Athletic Director.*
- g. *Athletic Director shall consider information from the committee and other sources and make a final decision.*

### **BOARD APPEALS**

It is understood and agreed when the Laker Athlete and his or her parent or legal guardian sign the acknowledgement of this the Laker Athletic Code that they agree to abide by all rules and guidelines contained, including punishments for violations.

There may be an occasion, however, when the Laker Athlete and/or his/her parent or legal guardian either do not feel the violation took place or the punishment is not in accordance with the Laker Athletic Code.

The Laker Athletic Appeals Committee (comprised of three Board of Education members, appointed each year by the President of the Board) is established to hear such cases.

If an athlete and/or his/her parent or legal guardian feels it is necessary to appeal a decision *of the athletic review committee*, a written request must be submitted to the Superintendent within five (5) calendar days after the request is received.

The athlete and his/her parent or legal guardian must be present at the hearing. They may ask questions, present testimony and call any witnesses on their behalf.

The Laker Athletic Appeals Committee has the power to uphold, reverse any previous decisions. Should the Committee reverse a decision, all records regarding the situation still be removed from the athlete's file accordingly.

Suspensions or expulsions will stand and be in force during hearing proceedings or until such as the Committee deems otherwise.



# LAKER JUNIOR/SENIOR HIGH SCHOOL

## ATHLETIC CODE AGREEMENT

ATHLETE'S NAME \_\_\_\_\_ GRADE \_\_\_\_\_

### **Student Athlete:**

I have received and read the Laker Athletic Code Book. I understand that I am expected to follow the regulations contained herein and I agree to do so.

As a participant in the athletic program, I recognize my responsibility to set an example to anyone who observes my performance. This includes school day and community activities as well as my actual participation in contests.

Student Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

### **Parent or Legal Guardian:**

I am aware of the contents of the Athletic Code Book and have read the agreement which my son/daughter has signed. I agree to support the athletic policies.

Parent or Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE COMPLETE AND RETURN TO YOUR COACH**