

DURAND AREA SCHOOLS
Athletic Handbook
2026 – 2027



DURAND SCHOOL SONG

Cheer, Cheer for old Durand High;
Shake all the thunder down from the
sky; While our classes cheer on high;
Shake all the thunder down from the
sky; Whether the odds be great or small;
Old Durand High will win over all'
While our loyal sons are marching onward to victory.

DURAND ATHLETIC ADMINISTRATIVE

TEAM

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Durand Area Schools 9th- 12th Athletic Programs Include:

Fall Winter Spring Sideline Cheerleading (Club) Boys Basketball, Baseball, Boys Cross Country, Girls Basketball, Softball, Girls Cross Country, Boys Bowling, Girls Soccer, Football, Girls Bowling, Boys Golf, Boys Soccer, Girls Tennis, Boys Tennis, Wrestling, Boys Track, Volleyball, Girls Track, Girls Golf, Trap and Skeet (club), Equestrian (Club), Men's Volleyball (Club), Powerlifting (Club)

7th & 8th Grade Athletic Programs Include:

Fall Winter 1 Winter 2 Spring Football (7/8) Volleyball (7/8) Boys Basketball (7/8) Track (7/8) Girls Basketball (7/8) Wrestling (7/8) Baseball Sideline Cheer(Club), (7/8) Softball Cross Country (Club) Soccer (Non-Conference) Equestrian (Club), Powerlifting (Club)

Durand Athletics is a member of the MMAC (Mid Michigan Activities Conference).

INTRODUCTION

The purpose of this handbook is to inform our coaches, student-athletes, and their parents/guardians of the Durand athletic rules and policies. It should be understood that the rules set forth are intended to enhance the quality of the experience available through educational athletics by providing a program based on proper discipline and positive values.

PARTICIPATION IN ATHLETICS IS A PRIVILEGE, NOT A RIGHT.

PHILOSOPHY OF ATHLETICS

Durand Athletics is an essential element of a student's educational experience. Participation in athletics increases instructional time, prepares young people for future life in society, and has been shown to be the highest correlating predictor for high school students' later success in life. Participation in co-curricular activity is an essential part of a complete learning experience. It should be viewed as an extension of the learning process. We are striving to provide a program in which the student body and community will be proud. Success shall be measured not only by the number of wins and losses, but also by the type of individuals who graduate through our program. Student athletes should understand that participation in athletics is an honor and carries responsibilities to the team, school, and community. **It is important that we teach and practice Teamwork, Respect, Attitude, Communication, and Kindness to be Successful in the athletic program.** While winning is always desired, it should not be the driving motivation of our program.

Teamwork

Respect

Attitude

Communication

Kindness

Success

Follow the Railroad TRACKS to Success.

High School (9-12) Academic Eligibility

In order for a Durand student athlete to participate in a freshman, JV, Varsity or Club sport, the student must maintain the academic standards set forth by the Durand School Board policy. ***An ineligible athlete, in coordination with the MHSAA, is defined as an athlete that may continue to practice with the team: however, they may not participate in competition, ie. Games or scrimmages. Furthermore, an ineligible DHS athlete may travel and sit on the “bench” with the team, yet they may not dress for home or away events.**

MS to HS

Students entering the high school for the first time from the middle school, start with a clean slate. These students will fall under high school eligibility for the first time during their freshman year. **HS Semester Eligibility**

Students must be passing all 6 of their classes at the completion of each semester to remain eligible for the following semester. If a student is not passing 1 or more of their 6 classes, they have 2 options available to regain eligibility:

1. Student is ineligible for a marking period, and must be passing all 6 classes at the end of the marking period to regain eligible status.
2. Students may take an online credit recovery class to be eligible at the completion of the online class. (Please note that this option may come with a fee, similar to summer school and require the student to attend ZAP until the class is completed.)

HS Weekly Eligibility

For weekly eligibility, Durand student athletes must be passing 5 of 6 courses with a D- or better, or be passing a P/F courses. Online, dual enrollment, or other courses in which grades are not reported until the end term will count as passing until a grade has been entered. If a student has more than 1 failing grade they are ineligible for the following week and must attend ZAP until their grades are back to eligible status.

The eligibility of an athlete is determined weekly. Here are the steps that will be followed. 1. Students' grades are checked on Monday by the athletic director and any student with 2 F's is notified that they have until Friday to improve their grades.

2. Grades are then checked again on Friday and any student that was warned on Monday will be ineligible the following Monday-Saturday.

Students who fail more than 2 classes for 3 consecutive weeks may, at coach's discretion, be excused from the team. If the coach does not wish to excuse the athlete, then that athlete must attend ZAP for the completion of the season to remain on the team.

DOAC Students: Students attending DOAC (Durand Online Academic Center) will be ineligible to participate in Durand Area Schools Athletics that are MHSAA Sponsored due to the inability for the school to track academic eligibility accurately.

Academic Dishonesty

Academic Dishonesty issues will fall under the description in the student handbook.

Other Eligibility Requirements:

Age: Students must not turn 19 years of age prior to September 1st

Rules: Each student-athlete will be provided with a copy of the rules. The student-athlete and parent will sign a statement concerning the rules and return it into the athletic office BEFORE the student athlete will be allowed to practice.

Physicals: Each student-athlete must successfully pass a physical examination and a record of it must be on file in the athletic office BEFORE he/she will be allowed to practice. Please note that if the physical was given prior to April 15th of the previous school year it has expired and a new physical will have to be completed.

Attendance: **A student-athlete will not be allowed to compete in an athletic contest or practice unless he or she has attended school ALL day.** Extenuating circumstances will be considered, such as attending a funeral, court appearances, doctors, etc. Documentation must be provided to the athletic office the day the student-athlete was absent if he or she has an extenuating circumstance.

Quitting: Any athlete who quits an athletic team after 5 days before the first regularly scheduled game may not participate on another athletic team or be part of a workout program during the same sport season.

Enrollment: Any student transferring into the Durand Area Schools must meet all of the eligibility requirements of this policy and the MHSAA at the time of entering Durand Area Schools in order to participate in athletic activities. If a student-athlete is unsure if he or she is eligible, contact the athletic office to discuss the situation.

Participation

Participation on a Durand athletic team is a privilege and not a right. Membership on a team is to be earned by continuously adhering to the standards of conduct, both in and out of school. No playing time is guaranteed at any level.

Expectations of Parents, Fans, and Students

Mid-Michigan Activities Conference (MMAC)

Byron, Birch Run, Durand, Chesaning, Lakeville, Montrose, Mt. Morris, New Lothrop, Ovid Elsie

Spectator Expectations

The members of the Mid-Michigan Activities Conference stand unified in our pursuit of sportsmanship at all our athletic events and venues.

Please adhere to the MMAC expectations provided below:

- **Unless authorized by school officials, spectators are not allowed on the playing surface at any time (before, during, or after competitions).**

- **Student Sections must sit or stand in bleachers.**
- **Standing on the floor at indoor events is not permitted.**
- **Cheer positively for your team and not against the opponents or officials.**
- **Cheers and taunts directed at individual athletes on opposing teams will not be tolerated.**
- **Profane language is strictly prohibited.**
- **Signs are to be positive and respectful.**
- **At all indoor events, artificial noisemakers are not allowed.**

School officials retain the right to refuse admittance or remove a person(s) from an event due to inappropriate behavior. Spectators who are removed will not be able to attend the next event and will be reinstated at a time determined by local school officials.

Code of Conduct

Student-athletes are representatives of Durand Area Schools and their participation in athletics is a privilege. Students and members of our community look to them as examples and role models. Because representing our school is a significant responsibility, we expect compliance to the following code of conduct standards on a year round basis, both in and out of school activities. Student-athletes are expected to exhibit good citizenship in and out of the classroom as well and to follow all school handbook policies. Disciplinary action for any behavior that is determined to be unbecoming of an athlete shall be left to the judgment of the coach and/or athletic director.

Each procedure for discipline is not included in this section as there are too many variations that may arise. Fair and equal application of the rules is the coach's responsibility. However, good reasoning, safety, health, and individual development for the team's good shall be the guiding principles behind all judgments.

Conduct Standards

Student-athletes are expected to show good behavior at all times that will display respect for people, the law, facilities, and equipment. Student-athletes are expected to cooperate with teachers, students, and citizens of our community, and display good sportsmanship towards athletes, officials, and spectators.

Insubordination, gross misconduct, missing practice, or an attitude that causes team problems by a student-athlete may result in a number of consequences. Please refer to the coach's individual team rules for further information.

Profanity or foul language will not be tolerated at any time.

Inappropriate hand gestures will not be tolerated at any time. This includes but is not limited to all athletic events, individual and team pictures and celebration pictures.

If the student-athlete receives the following while in season:

Detentions: A student-athlete should not be spending time in detention. A four step system will be implemented by the coach to deal with excessive detentions. Throughout the season, the 1st-3rd detention will include suspension from part or all of the contests and may include extra workouts. Upon reaching the 4th detention in season, the student-athlete will be dismissed from the team.

Alternative to Suspension: In the event a student-athlete receives an Alternative to Suspension (ATS) while in season, the student-athlete must serve the ATS for the time it is written for. Throughout the season, the 1st ATS will include suspension from part or all of the contests and may include extra workouts. If the student-athlete misses the ATS assigned he or she will receive an out-of-school suspension for no more than one day. If the student misses their ATS the student will be ineligible for the next contest. If the student-athlete receives a 2nd ATS while in season, he or she will be removed from the team.

***If a student-athlete fails to serve their detention and is issued an ATS, the detentions and ATS will count towards the in-season discipline record.**

****Student-athletes that receive any combination of two ATS, ISS, or OSS in the same season will be removed from their respective team.**

In-School Suspension (ISS): A student-athlete who receives an in-school suspension will not be allowed to participate in any event on the day of suspension. The ISS will include suspension from part or all of the next contest and may include extra workouts. If a student athlete receives a 2nd in-school suspension they will be removed from the team.

Out of School Suspension: A student-athlete who is suspended from school is also suspended from an athletic team, including practice sessions and games. If a student receives a school suspension for a certain number of days the number of contests dates should not exceed this amount. For example, if a student is suspended for three days, they should not miss more than three contest dates. If the student-athlete is suspended from school for a second time, no matter the offense, he or she will be removed from the team.

Illegal Activity

Violations may be reported to the Athletic Director by any coach, faculty member, civil authorities, or source judge to be reliable by the Athletic Director. These violations apply all year and not just during the school year.

Substances: Student-athletes are not expected to use, possess, conceal, sell, distribute, or be under the influence of:

- Tobacco or tobacco vaping products in any form
- Alcohol or alcoholic beverages in any form
- Illegal drugs including but not limited to those substances defined as controlled substances pursuant to Federal and/or State statute
- Mood altering substances
- Steroids, human growth hormones, or other performance enhancing drugs
- Substances purported to be illegal, abusive, or performance enhancing, i.e. "look-alike drugs"
- Drug paraphernalia
- See **APPENDIX A** for Durand Area Schools Policy on INTERSCHOLASTIC ATHLETICS and PERFORMANCE-ENHANCING DRUGS/COMPOUNDS (pg.12 – 16).
- <http://www.ncaa.org/2015-16-ncaa-banned-drugs>

Behavior: Student-athletes present at locations where alcohol is being consumed by minors or where controlled substances are being consumed must vacate such a location immediately. Remaining at the location of such activities, even without participation, is a violation of these rules.

Student-athletes admitting or having been convicted of any civil or criminal law or ordinance of any governmental unit (with the exception of minor traffic violations) to include stealing and/or destruction of property at Durand Area Schools or at other schools is a violation of these rules.

Consequences: Student-athletes will be subject to the following disciplinary action for violations of the preceding rules.

- **First Offense:** The student-athlete will be suspended from play for one-third (1/3) of the season's contest. In cases where there is not one-third of the season left, the suspension will carry over to the next sport in which the athlete participates. If the student-athlete chooses to quit the current season the one-third rule would then carry over into the student-athlete's next sport. If the illegal action or behavior occurred on school grounds or at a school related event, the school will also issue an out-of-school suspension. In such instances, the student athletes' one-third portion does not begin until they return from the suspension.
- **Second Offense:** The student-athlete will be suspended from play for one calendar year from the date of the offense.
- **Third Offense:** The student-athlete will be suspended from all athletics for the remainder of his or her career.

Sale or Distribution

The sale or distribution of illegal, controlled, or behavior altering drugs or substances, including substances purported to be hallucinogenic or illegal drugs or to have the effects of such (i.e. Look-alikes), or the sale or distribution of alcoholic beverages at any times, as well as any other felony-type offense, is a violation of these rules. Current Board of Education policy for this offense is permanent expulsion from Durand Area Schools. After a Board of Education hearing, should that student remain active as a student, the following will be used for athletic purposes:

- **First Offense:** The student-athlete will be suspended from all athletic contests for 12 calendar months from the date of the Board Hearing.
- **Second Offense:** The student-athlete will be suspended from all athletics for the remainder of his or her high school career.

Removal from a Team

No student-athlete shall be dismissed from a team until the parent(s), athletic director, and principal have been notified of the proposed action. A student-athlete may be suspended from the team until a final action is taken.

Appeal Procedure

An appeal can be initiated upon the request of a coach, parent, or student-athlete involved. Appeals must be filed within seven calendar days of a decision.

- **First Level:** Athletic Director
In the event that the appeal is for a decision made by the Athletic Director the first level would then be the building principal
- **Second Level:** Building Principal
- **Third Level:** Superintendent

***Ignorance of eligibility expectations shall not be considered a defense in the case of a violation. The Athletic Code of Conduct shall be published and discussed at all Meet the Team nights prior to the beginning of every season.**

Communication

Communication between coaches and parents is encouraged so that decisions made are best for all of the participants. Clear communications allow for clear expectations and greater understanding.

Communication All Parents can expect from Their Child's Coach

Team Itinerary: Parents need to know the location and times of try-outs, practices, games, etc. Much of this information is given directly to the student-athlete.

Team Rules: Parents appreciate knowing not only the philosophy of the coach but also any team policies, including consequences that the coach establishes to supplement the rules and regulations adopted by the school.

Criteria for Earning an Award: Parents want to know the requirements for earning a post-season award.

Injury: Parents can expect to be immediately informed by the coach when an injury occurs that requires medical attention.

Problem Behavior: Coaches will call the parents of a student-athlete if unusual patterns of behavior such as unexplained absences from practice, moodiness, attitude problems, etc. begin to occur.

Discipline: Coaches will inform parents within forty-eight hours of all discipline that results in the loss of contest participation.

Communication Coaches Appreciate from Parents

Schedule Conflicts: Coaches like to know ahead of time about unavoidable absences, lateness to practice, or the necessity to leave early. Parents should inform the coach as soon as possible about schedule conflicts.

Emotional Stressors: Coaches appreciate knowing about any unusual event in the life of a student-athlete that is causing the young person additional stress. Parents should initiate contact with the coach to provide insight into changes in the emotional state of a student-athlete.

Volunteers: Coaches need help with so many aspects of managing the program that they are always glad to hear from parents who have ideas and are willing to work for the team.

Forthrightness: Coaches would like to hear about parental concerns directly, not third hand, before a situation has escalated. Every coach wants to try to resolve a conflict before it is taken to the athletic director, principal, or other higher authority or before it is discussed "in the stands."

Areas of Control that Belong to the Coach

Tryout procedures and selection criteria

Position(s) played, lineups and playing time

Offensive and defensive strategies and style of play

Practice plans, drills, and scrimmages

Appropriate Concerns for Parents to Discuss with Coaches

The treatment of your child

Ways to help your child improve

Concerns about your child's health and welfare, academic progress, or violations of the Code of Conduct

How to Discuss an Appropriate Concern with the Coach

1. Student-athlete meets with the coach to discuss the situation first.

2. If necessary, parents talk directly with the coach, in private, face-to-face, away from practice site or game arena. ***It is sometimes difficult to accept that your child is not playing as much as you may hope. Coaches are professionals and they make judgments based on what they believe to be the best for all students involved. Please do not attempt to confront a coach before or after a contest or practice. Use the 24/48 rule. Wait to discuss the situation with a coach until 24 hours after the contest, but not after 48 hours.*** Making an appointment, sitting down and listening to both sides is productive in reaching a mutually satisfying resolution. Our coaches are expected and encouraged to meet with the individual parents to discuss concerns that affect their student-athlete.
3. If necessary, if the concerns are with an assistant, JV, or freshman coach, talk next with the Head Varsity Coach of the program.
4. If necessary, talk next with the Athletic Director of Discipline and Policy. A meeting may be arranged with the concerned parties to discuss the issue. Getting everyone together in the same room to communicate openly resolves most issues.
5. If necessary, talk next with the building principal. A telephone call may be necessary to arrange an appointment.
6. Once the parent and principal meeting have taken place and the conflict has not been resolved, the parent may schedule a meeting with the superintendent or designee.

Transportation

In view of the responsibility and bus safety factor dealing with the lives of the youth, the driver has authority over the bus and its passengers, and is answerable to the Superintendent or designated representatives. Students are expected to behave and respond to the requests of the driver or lose their privileges to ride the bus. It takes total cooperation of the administrators, drivers, students, and parents to make a safe transportation program. The following are being incorporated within the framework of the school district's disciplinary guidelines. The following types of behavior are expected of bus passengers:

1. Bus transportation is an extension of the school building and the student conduct code will prevail.
2. If a student is suspended from school, the transportation department must be informed so that the student may not ride any school district bus.
3. Verbal warnings of a violation of these regulations must be followed by the bus student.
4. To insure maximum attention to the road, **pupils must avoid** talking to the driver except when absolutely necessary.
5. Normal conversation is permitted and expected; however, to insure greater safety, shouting, fighting, pushing, and changing seats will be prohibited.
6. Smoking and using profane language by anyone are absolutely prohibited at all times.
7. Throwing waste paper and rubbish on the floor of the bus is prohibited.
8. Eating on the bus is prohibited on daily runs.
9. Passengers must keep hands and arms inside the bus.
10. Passengers must not attempt to leave the bus while it is in motion.
11. Passengers must not open the emergency door or tamper with any other part of the bus equipment unless an emergency situation exists.
12. Passengers are to stay off the roadway at all times while waiting for the bus.
13. Talking is prohibited while the bus is stopped at a railroad crossing.

14. Changing seats without the driver's permission is prohibited.
15. Passengers are expected to be on time at their designated bus stops.
16. Due process procedures will prevail.

Instances of significant bus misconduct shall be reported by the driver in writing to the transportation director. A copy of this notice will go to the parent of the child for their review. The transportation director, upon review will take appropriate action.

Notice #1: Notification must be signed by parent and returned to pick-up driver.

Notice #2: Notification must be signed by parent. Parent conference, possible 1-9 day suspension of bus privileges.

Notice #3: Notification must be signed by parent. Parent conference. Possible 1 day to indefinite suspension of bus privileges.

Since school bus transportation is provided only for certain eligible students; it shall not be considered a personal door-to-door service; i.e., most school bus riders will find it necessary to walk some distance to the designated bus stop. (*Transportation Policy #3545-I,D,2)

A student-athlete must use transportation provided by the school to and from all contests away from home. Doing so may result in suspension from the next athletic contests.

* Please note that self-transportation may be used when buses are not available.

Other Information

Awards

Since Durand Area Schools and the MHSAA have an established system of awards, an athlete may accept only those awards for participating in a sport authorized by the school.

Completion of first high school sport: Graduating Class Numbers

Freshman or JV Sports after first: Certificate

Completion of first Varsity sport: Varsity Letter

Varsity Sports after first: Pins/patches

**In order to earn a Varsity Letter, the athlete must have competed in varsity contests during the regular season and finish the season in "good standing".*

Medals are awarded also to students involved in any championship title through MHSAA or League Tournaments.

Block D Awards: Block D awards are given to seniors at the end of their athletic career in high school. In order to receive a Block D award, a student-athlete must have earned six varsity letters during their high school athletic career.

Dual Sports

In order for a student-athlete to dual sport in a season, they must fill out the attached form. This form must be completed by choosing a primary sport, both coaches from each respective sport must agree, a parent signature is required and approval by the Athletic Director of Discipline and Policy. In the event that one of the two coaches does not agree to the dual sport placement the contract will be denied. The Athletic Director may deny the dual sport contract do to academic or behavioral concerns as well.

When a conflict occurs between the two sports, the student should select the primary sport over the secondary, unless receiving permission from the primary coach. The only time a student may select the secondary sport first, is if the primary is in conflict with the secondary's MHSAA tournament.

Injuries

In the case of an injured athlete the head coach or his/her representative shall take whatever steps are deemed necessary to protect and care for an injured student-athlete. Parent(s) or guardian(s) are responsible for notifying the coach if they will be unavailable at the address and phone number designated on the health form. If the student-athlete is under a physician's care, especially pertaining to a sports-related injury, the physician must release the athlete in writing and the coach must receive a copy of the release prior to continued participation in athletics.

Parents are reminded that they are responsible for all expenses incurred for ambulance, doctor, hospital, etc.

Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional. **Student-athletes must be released with written authorization from a physician (MD/DO) using the MHSAA Return to Competition form (see attached Concussion information, consent & Return to Play form at end of handbook).**

In Addition to the MHSAA Guidelines for concussion protocol. Durand Area Schools Athletics will also implement our 15 minute (Real time) observation period for any athlete that is suspected to have a possible concussion.

Informed Consent: By its nature, participation in interscholastic athletics includes risk of injury which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

Grooming/Uniforms/Equipment

A member of an athletic team is expected to be well groomed. Appearance, expression, and actions always influence people's opinions of athletes, the team, and the school. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of student-athletes in this community.

A student-athlete shall dress presentably at all times (on trips, at assemblies, day of contests, practices, etc.). The coach shall set the standard for dress as it pertains to his or her sport. Athletes should practice in attire similar to what they wear in competition. Practicing/training without a shirt shall not be permitted. The coach shall also set the standards for hair and facial hair as it pertains to his or her sport.

Only uniforms issued by the Athletic Department will be permitted to be worn for contests. In the event a program wishes to purchase their own uniforms, they must first be approved by the athletic department. Clothing must be worn in a neat and mannerly fashion. Student-athletes are not to wear uniforms, whether practice or game, except in competition as sponsored by the school. A coach may require an entire team to wear part or all of a uniform for a special event or day.

Each athlete is responsible for uniforms and equipment issued to him or her. They must return all equipment at the close of a sport season, before changing teams, or quitting. In the event that there is damage or a lost item, arrangements for a financial settlement can be arranged with the Athletic Director or building principal. Fair wear and tear is expected. Awards will be withheld until above responsibility has been fulfilled.

National Collegiate Athletic Association (NCAA)

Some Durand student-athletes will possess the talents, skills, and attitude necessary to compete at the college level. Any student-athlete wishing to participate at a Division I or II school must meet eligibility requirements as established by the NCAA.

Student-athletes may pick up NCAA Initial Eligibility Clearinghouse information from the high school athletic office or check with their counselor, if they plan to participate in athletics at the college level. Student athletes may also visit the NCAA Eligibility Center Website <http://www.ncaaeligibilitycenter.org>. In the event that a student-athlete is receiving a scholarship and signing with a college or university, the athletic department asks that parents contact the office to setup a signing event in the school's library. **11**

Physical Education Participation

All student-athletes must participate in all physical education activities during PE class. Student-athletes are expected to perform all activities performed by other students, regardless of evening practices or game commitments.

If a student-athlete chooses not to fully participate or dress for a PE class, they are ineligible to participate in a game or practice later that day. If a student-athlete fails to comply with this policy, a one-contest athletic suspension will be enforced upon discovery of the non-compliance. This also applies to student-athletes who are injured and cannot participate in PE. If a unique situation arises, the affected student-athlete should setup a meeting with the instructor and the Athletic Director.

Accessing Facilities

Student-Athletes are encouraged to train throughout the year, however, **certain locations and equipment may not be accessed by the student-athlete unless a properly trained adult is present**. These areas included, but are not limited to:

Weight room Gym Batting Cages

Wrestling room Doctor Dish Pole Vaulting Equipment

Sports Boosters

Sports Boosters meet every first Monday of the month at the high school. They are always looking for volunteers for work in the concessions or other fundraisers.

7th & 8th GRADE ATHLETICS

MS Semester Eligibility

Students must be passing all 6 of their classes at the completion of each semester to remain eligible for the following semester. If a student is not passing 1 or more of their 6 classes, they have to sit for a marking period and must be passing all six at the completion of the marking period.

MS Weekly.

For weekly eligibility, Durand student athletes must be passing 5 of 6 courses with a D- or better. If a student has more than 1 failing grade they are ineligible for the following week and must attend ZAP until their grades are back to eligible status.

The eligibility of an athlete is determined weekly. Here are the steps that will be followed. 1. Students' grades are checked on Monday by the athletic director and any student with 2 F's is notified that they have until Friday to improve their grades.

2. Grades are then checked again on Friday and any student that was warned on Monday will be ineligible the following Monday-Saturday.

Students who fail more than 2 classes for 3 consecutive weeks may, at coach's discretion, be excused from the team. If the coach does not wish to excuse the athlete, then that athlete must attend ZAP for the completion of the season to remain on the team.

Code of Conduct

Middle School Students are to follow all Code of Conduct expectations listed for the High School students. However, the middle school does not follow a detention/ATS system; therefore please refer below for the replacement guidelines for those two areas.

Lunch Detentions: A student-athlete should not be spending time in lunch detention. A four-step system will be implemented by the coach to deal with excessive lunch detentions. Throughout the season, the 1st-3rd lunch detention will include suspension from part or all of the contests and may include extra workouts. Upon reaching the 4th lunch detention in season, the student-athlete will be dismissed from the team.

Office Discipline Referral: In the event a student-athlete is sent to the office for an Office Discipline Referral (ODR) while in season, the student-athlete will be suspended from part or all of the next contests and may include extra workouts. If the student-athlete receives a 2nd ODR while in season, he or she will be removed from the team.

In-School Suspension: A student-athlete who receives an in-school suspension on a game day will not be allowed to participate in the event. If a student-athlete receives a 2nd in-school suspension they will be removed from the team.

Out of School Suspension: A student-athlete who is suspended from school is also suspended from an athletic team, including practice sessions and games. If a student receives a school suspension for a certain number of days the number of contests dates should not exceed this amount. For example, if a student is suspended for three days, they should not miss more than three contest dates. If the student-athlete is suspended from school for a 2nd time, no matter the offense, he or she will be removed from the team.

Minor and Major Write Ups: A student athlete who is given an minor write up will receive a warning for their first offense. If a student receives a second minor write up or a Major write up that student will be suspended from **at least** the next contest. A second Major write up can result in removal from the team based on Athletic Director discretion.

APPENDIX A

2431 - INTERSCHOLASTIC ATHLETICS

The Board of Education recognizes the value to the District and to the community of a program of interscholastic athletics for as many students as feasible.

The program of interscholastic athletics should provide students the opportunity to exercise and test their athletic abilities in a context greater and more varied than that which can be offered by a school or the School District alone.

The program should foster the growth of school loyalty with the student body as a whole and stimulate community interest in athletics.

Game activities and practice sessions should provide many opportunities to teach the values of competition and good sportsmanship.

The Board believes that it is the purpose of an interscholastic program to provide the benefits of an athletic experience to as large a number of students as feasible within the District.

The Board further adopts those eligibility standards set by the Constitution of the Michigan High School Athletics Association (MHSAA) and shall review such standards annually to ascertain that they continue to be in conformity with the objectives of this Board.

Since the primary purpose of the athletic program is to enhance the education of participating students as indicated in this policy, the Board places top priority on maximum student participation and the values of good sportsmanship, team play, and fair competition, rather than on winning, particularly at sub-varsity levels. The Superintendent is to develop guidelines for coaches to follow which will ensure that as many team members as possible get the chance to play, so they have the opportunity to benefit from the learning experience.

Use of a performance-enhancing substance by a student is a violation that will affect a student's athletic eligibility and extra-curricular participation, as determined by the Board.

A list of performance-enhancing substances developed by the Department of Community Health can be found in AG [2431D](#). This list will be distributed to parents.

The Superintendent shall develop appropriate administrative guidelines for the operation of the Athletic Program and a Code of Conduct for those who participate. Such guidelines should provide for the following safeguards:

	A.	Prior to enrolling in the sport, each participant shall submit to a thorough physical examination by a District-approved physician and parents shall report any past or current health problems along with a physician's statement that any such problems have or are being treated and pose no threat to the student's participation.
	B.	Any student who is found to have a health condition which may be life-threatening to self or others shall not be allowed to participate until the situation has been analyzed by a medical review panel that has determined the conditions under which the student may participate.
	C.	Any student who incurs an injury requiring a physician's care is to have written approval by a physician prior to the student's return to participation.

A female student shall be permitted to compete for a position in all interscholastic athletic activities. If the District has a girls' team in an interscholastic athletic activity, a female shall be permitted to compete for a position on any other team for that activity.

In support of the Michigan High School Athletic Association's program to strengthen sportsmanship, ethics, and integrity, the Board commits itself to:

A.	adopt policies (upon recommendation of the administration) which reflect the District's educational objectives and promote, the ideals of good sportsmanship, ethics, and integrity;
B.	establish standards for athletic participation which reinforce the concept that athletic activities are a privilege, not a right;
C.	attend and enjoy school athletic activities, serving as a positive role model and expecting the same from parents, fans, participants, coaches, and other school personnel;
D.	support and reward participants, coaches, school administrators, and fans who display good sportsmanship;
E.	recognize the value of school athletic activities as a vital part of education.

In order to minimize health and safety risks to student-athletes and maintain ethical standards, school personnel, coaches, athletic trainers, and lay coaches should never dispense, supply, recommend, or permit the use of any drug, medication, or food supplement solely for performance-enhancing purposes.

The Superintendent is also to develop guidelines for ensuring that sportsmanship, ethics, and integrity characterize the manner in which the athletic program is conducted and the actions of students who participate. Such guidelines should include the MHSAA's set of expectations for each type of participant as well as the Sportsmanship Code of Conduct which each type of participant is to follow. The Superintendent is authorized to implement suitable disciplinary procedures against those who violate this Code of Conduct.

M.C.L.A. 380.1289, 380.1318

Good Sportsmanship Campaign, Michigan High School Athletic Association

Revised 2/12/07

Revised 11/12/07

2431D - BANNED DRUGS

The Department of Community Health shall periodically distribute to the District the list of banned drugs based on bylaw 31.2.3 of the National Collegiate Athletic Association. This information shall be provided to parents, students and the community annually. This information will be included in student handbooks and publications regarding athletics and extracurricular activities.

Banned Drugs

(<http://www.ncaa.org/2015-16-ncaa-banned-drugs>)

The following is a list of banned-drug classes, with examples of substance under each class:

	A.	Stimulants:	
	amiphenazole	methylenedioxymethamphetamine	
	amphetamine		(MDMA, ecstasy)
	bemigrade	methylphenidate	
	benzphetamine	nikethamide	
	bromantan	pemoline	
	caffeine ¹ (guarana)	pentetrazol	
	chlorphentermine	phendimetrazine	
	cocaine	phenmetrazine	
	cropropamide	phentermine	
	crothetamide	phenylpropanolamine (ppa)	
	diethylpropion	picrotoxine	

	dimethylamphetamine		pipradol	
	doxapram		prolintane	
	ephedrine (ephedra,		strychnine	
		ma huang)	synephrine (citrus aurantium,	
	ethamivan			zhi shi, bitter orange)
	ethylamphetamine		and related compounds.	
	fencamfamine			
	meclofenoxate			
	methamphetamine			

	B.	Anabolic Agents:

	anabolic steroids		methyltestosterone
	androstenediol		nandrolone
	androstenedione		norandrostenediol
	boldenone		norandrostenedione
	clostebol		norethandrolone
	dehydrochlormethyl-testosterone		oxandrolone
	dehydroepiandro-sterone (DHEA)		oxymesterone
	dihydrotestosterone (DHT)		oxymetholone
	dromostanolone		stanozolol
	epitrenbolone		testosterone ²
	fluoxymesterone		tetrahydrogestrinone (THG)
	gestrinone		trenbolone
	mesterolone		and related compounds
	other anabolic agents		
	methandienone	methenolone	clenbuterol
	C.	Substances Banned for Specific Sports:	
		Rifle:	
		alcohol	pindolol
		atenolol	propranolol
		metoprolol	timolol
		nadolol	and related compounds

	D.	Diuretics:	
		acetazolamide	hydrochlorothiazide

	bendroflumethiazide	hydroflumethiazide
	benzthiazide	methyclothiazide
	bumetanide	metolazone

	chlorothiazide	polythiazide
	chlorthalidone	quinethazone
	ethacrynic acid	spironolactone (canrenone)
	flumethiazide	triamterene
	furosemide	trichlormethiazide
		and related compounds

	E.	Street Drugs:
	heroin	tetrahydrocannabinol
	marijuana ³	(THC) ³

	F.	Peptide Hormones and Analogues:
	corticotrophin (ACTH)	
	human chorionic gonadotrophin (hCG)	
	luteinizing hormone (LH)	
	growth hormone (HGH, somatotrophin)	
	insulin like growth hormone (IGF-1)	

	All the respective releasing factors of the above-mentioned substances also are banned:	
	erythropoietin (EPO)	sermorelin

	darbepoetin
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Revised 3/5/07

5532 - PERFORMANCE-ENHANCING DRUGS/COMPOUNDS

The Board of Education recognizes that the use of dietary supplements that contain performance-enhancing compounds and/or performance-enhancing drugs poses a serious health risk to students. Accordingly, no staff member, volunteer, or contractor shall knowingly sell, market, distribute, or promote the use of a dietary supplement that contains a performance-enhancing compound or a performance-enhancing drug (e.g., anabolic steroids) to a student with whom the staff member, volunteer, or contractor has contact as a part of his/her duties. Furthermore, the staff member, volunteer, or contractor shall not endorse or suggest the ingestion, intranasal application, or inhalation of a dietary supplement that contains a performance-enhancing compound or a performance-enhancing drug by a student with whom s/he has contact as part of his/her duties. Use of a performance-enhancing substance regardless of source by a student is a violation that will affect a student's athletic eligibility and extra-curricular participation, as determined by the Board. A list of performance enhancing substances developed by the State Department of Community Health shall be updated annually. This notice and list shall also be published in the Parent/Student Handbook provided annually. The Superintendent shall ensure that the warning notice concerning anabolic steroids as well as a warning notice about dietary supplements that contain a performance-enhancing supplement is installed and properly maintained in each of the District's locker rooms or athletic dressing areas.

M.C.L.A. 333.26301 et seq., 380.1318

Revised 2/12/07



Durand Area School
Athletic Department

Receipt of Rules Form

I, _____, along with my child, _____, have went online to

https://www.durand.k12.mi.us/apps/pages/index.jsp?uREC_ID=1188340&type=d&pREC_ID=1432115

and read the Durand athletic rules. My child and I understand that ignorance of eligibility expectations shall not be considered a defense in the case of violation. The Athletic Code of Conduct shall observed by all Durand coaching staff, players, and parents.

Student-Athlete Signature & Date

Parent Signature and Date



Athletic Department
Dual Sport Contract

Sport Season: Fall Winter Spring

Student Name: _____ Grade: _____ Primary

Sport: _____

Secondary Sport: _____

I, _____, understand that when a conflict arises between the two sports listed above that I must attend the primary sport activity first, unless the secondary sport is involved in the MHSAA tournament. I will also maintain a high level of communication with both coaches and my parent(s). In the event that I wish to quit my primary sport listed above, I understand that I may not continue with my secondary choice either.

Student Signature Date

Parent Signature Date

Coaches, please list any concerns you may have:

Primary Coach Signature Date

Secondary Coach Signature Date

Approved

Denied

Athletic Director Signature Date



RETURN TO COMPETITION This form is to be used after an athlete is removed from and not returned to competition after exhibiting concussion symptoms. MHSAA rules require written authorization from a physician (MD/DO) before an athlete may return to activity after exhibiting concussion symptoms that caused that athlete to be removed for the duration of a contest. In cases where an assigned MHSAA Tournament physician (MD/DO) is present, his or her decision to not allow a student to return to activity may not be overruled.

Athlete: _____ School: _____

Event/Sport: _____ Date of Injury: _____

REASON FOR ATHLETE'S INCAPACITY

PHYSICIAN'S ACTION

I have examined the named student-athlete following this episode and determined the following:

Permission is granted for the athlete to return to activity (may **not** return to practice or competition on the same day as the injury).

COMMENT: _____

DATE: _____
PHYSICIAN'S SIGNATURE (Must be MD or DO)

PHYSICIAN'S NAME (Printed): _____

Copies to: Team Coach and Athletic Director

Duplicate as Needed