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APPROPRIATE ISSUES:

If student-initiated problem solving has not brought a remedy, a meeting should be mutually agreed to by all parents and coaches involved. Parents should use the 24 hour rule. Clarity with an issue often comes by "sleeping on it". The following issues are considered appropriate issues to discuss with coaches:

- Expectations during practices and games.
- Strategies for the student athlete to improve.
- Availability of academic support.

INAPPROPRIATE ISSUES

The following issues are inappropriate items to discuss with coaches:

- Playing time.
- Team strategy.
- Play calling.
- Other student athletes.

PARENT PLEDGE

As a parent of a student-athlete at River Valley, I promise:

- To work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child while he or she is in middle/high school.
- To arrange timely transportation to and from practice and games for my child.
- To require my child to abide by the athletic department's training rules.
- To work cooperatively with other parent and school personnel to assure a wholesome and successful athletic program for our school.
- To acknowledge the authority of the coach to determine strategy and player selection.
- To promote mature behavior from student-athletes and parents during athletic contests.
- To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student-athlete-student-athlete, both in school and in college.

**RVMHS ATHLETIC HANDBOOK
ELASTIC CLAUSE**

In the event the Athletic Handbook or other school policies or procedures do not cover situations that arise, the administration and/or the Board of Education reserve the right to establish such rules and conditions to respond effectively to unanticipated or unique circumstances.

At that time, coaches will distribute schedules and explain all team rules, expectations, and the team selection process.

UNDUE INFLUENCE

The use of undue influence for athletic purposes by any person or persons directly associated with the school to encourage the attendance of a student in the school district shall cause the student to become ineligible for a minimum of one semester and a maximum of one year.

UNIFORMS AND EQUIPMENT

The athlete is directly responsible for securing and maintaining all uniforms and equipment pertaining to their sport. The cost of replacing uniforms or equipment will be assumed by the athlete. The athlete cannot join another team unless all uniforms and equipment are turned in to the athletic office.

COMMUNICATION

FROM THE COACH

As a parent, you should expect to receive the following information. The coach will...

- Define his/her coaching philosophy.
- Explain the expectations of the athletes.
- Provide practice and contest dates, times and locations.
- Explain any team requirements (i.e. fees, special equipment, etc.).
- Describe any discipline issues.

FROM THE PARENT

The coach expects to receive the following information. The parent will...

- Notify the coach of any schedule conflicts well in advance.
- Notify the coach of an athlete's injury or illness.
- Discuss any specific concern in regard to a coach's expectations.
- Provide necessary information regarding athletic code violations.

PROBLEM SOLVING PROCEDURE

When an issue arises that is appropriate for discussion, the coach will welcome the chance to discuss it with you. *However, the issue must first be brought to the coach's attention by the athlete. This ensures that the problem solving is initiated by the athlete.* If, after discussion the issue is still not resolved, the parent may contact the coach to set up a meeting.

ISSUES WITH THE COACH

Coaches are special people who play an extremely important role in the lives of athletes. Most coach's coach for two reasons: 1) They love the game, but more importantly 2) They love working with kids. Please keep the above items in mind when issues arise. The following section summarizes appropriate and inappropriate issues for discussion:

RVMHS ATHLETIC "HOME PAGE"

The River Valley Athletic Handbook was approved by the River Valley Board of Education in May 2015.

- **School Nickname:** Mustangs
- **School Colors:** Navy/White
- **League Affiliation:** BCS CONFERENCE
- **Athletic Director:** Patrick Breen
- **Other League Members:**

School	Nickname
Berrien Springs	Shamrocks
Brandywine	Bobcats
Bridgman	Bees
Bronson	Vikings
Buchanan	Bucks
Cassopolis	Rangers
Centreville	Bulldogs
Comstock	Colts
Countryside Academy	Cougars
Howardsville	Eagles
Lake Michigan Catholic	Lakers
Mendon	Hornets
Michigan Lutheran	Titans
New Buffalo	Bison
Parchment	Panthers
Watervliet Grace Christian	Patriots
White Pigeon	Chiefs

- **High School Sports Offered**
- | | |
|----------------------|---------------------|
| BASEBALL | Head Coaches |
| BOYS' BASKETBALL | Mr. Caid |
| GIRLS' BASKETBALL | Mr. Berry |
| CHEERLEADING | Mr. Alexander |
| BOYS' CROSS COUNTRY | Mrs. Bronson |
| GIRLS' CROSS COUNTRY | Mr. Foreman |
| FOOTBALL | Mr. Foreman |
| GOLF | Mr. McLaughlin |
| SOFTBALL | Mr. Gedert |
| BOYS' TRACK | Mr. Schaser |
| GIRLS' TRACK | |
| VOLLEYBALL | Mr. Ragosta |
| WRESTLING | Mr. Hein |
| GIRLS' SOCCER | Mr. Gibson |

- **Middle School Sports Offered**
- | | |
|-------------------|------------|
| BOYS' BASKETBALL | FOOTBALL |
| GIRLS' BASKETBALL | TRACK |
| CHEERLEADING | VOLLEYBALL |
| CROSS COUNTRY | WRESTLING |

**RIVER VALLEY MIDDLE/HIGH SCHOOL
ATHLETIC HANDBOOK FOR
Student-athletes and Parents/Guardians**

INTRODUCTION

The River Valley High School Athletic Department believes that athletics are an indispensable part of the education process. Through our athletic programs we strive to engender the principles of courage, fair play, sportsmanship, tolerance and other traits of a good citizen. The student-athlete learns that certain rules are necessary and learns to abide by them. The student-athlete learns to respect the rights of others. The student-athlete learns to win with grace and humility and to accept defeat with poise and dignity.

Our interscholastic program benefits the entire student body and the community in the following ways:

- By developing an understanding and an appreciation of the place which interscholastic sports occupy in American culture and developing sound educational attitudes toward them.
- By educating the student body in the appreciation of sports and the best way to enjoy them from the point of view of good sportsmanship.
- By serving as the focal point for the morale, spirit, and loyalty of the student-athletes by providing a common meeting ground and enthusiasm that is shared by all.
- By providing a wholesome program of sports in which student-athletes, alumni, parents, patrons, and friends of the school may share, to the end that the loyalty of these groups to the school may constantly be renewed, strengthened, and united.

Participation in River Valley athletics is a privilege, it is not a right granted with school membership. The acceptance of athletic participation involves a commitment by the participant to abide by the athletic handbook and become a role model for the school community. Based upon these expectations, the athletic handbook will remain in effect until a new handbook is issued.

ATHLETICS

The Board of Education (see BOE Policy 2431) recognizes the value to the District and to the community of a program of interscholastic athletics for as many students as feasible.

- Learn the rules of the game, to understand and appreciate why certain situations take place.
- Refrain from making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from use of any controlled substances (alcohol, drugs, etc.) before, during and after games.
- Be a positive behavior role model through your own actions and by censuring those around you at events whose behavior is unbecoming.

GENERAL GUIDELINES FOR PARENTS/GUARDIANS

ATHLETIC CODE

Parents should understand, instruct, and model the athletic code. Your signature on the Athletic Contract, along with the signature of your student-athlete, indicates that you understand and accept those responsibilities and obligations and agree to cooperate with school personnel in enforcing the Athletic Code. The parent is also responsible for reading and signing the Athletic Contract Form.

CANCELLATION OF ACTIVITIES

District policy states that all extracurricular activities, including practices and competitive events, will be canceled when severe weather exists in the area. If school is canceled because of inclement weather, practices and contests may still take place. However, no practices will be mandatory, nor will there be any punishment if an athlete cannot make it to the practice or contest.

ELIGIBILITY

The parent is responsible to know and follow all eligibility requirements of the Michigan High School Athletic Association and River Valley School District.

INFORMATIONAL MEETINGS

One time per year, Parent(s) of athletes participating in fall, winter, or spring sports are required to attend the Parent Informational Meeting scheduled by the Athletic Director. There will be such a meeting at the beginning of each season. Parents of multi-sport athletes need not attend the Parent Informational Meeting more than once per school year, but are asked to attend all coach conducted team meetings. Immediately following the Parent Informational Meeting, each varsity coach for the season will hold a team meeting for the student-athletes and the parents.

PARENT SECTION

INTRODUCTION

The purpose of the parent's portion of the handbook is to help make the athletic experience positive for parents, as well as student athletes, coaches and administrators. Your student has indicated a desire to participate in the school interscholastic athletic program. Participation in interscholastic athletics is, however, a privilege. Parents of student athletes also commit themselves to certain responsibilities and obligations, which are outlined in this Athletic Handbook. Remember, everyone wants the same thing; we want the student athlete to enjoy being a part of a team, and to grow as a person through athletic competition that is educationally sound. The pride that comes from being a member of a successful team will be remembered forever.

WINNING

The winning of an athletic contest is not what teaches the values intrinsic in competition. The striving to win is what produces the sacrifice, dedication, teamwork, and courage that coaches wish to instill in our student-athletes. While losing is certainly not the purpose of competition, without it the ethics of our sportsmanship are never put to the supreme test. We want our athletes to try hard to win, to give their best effort, to be able to accept victory with poise and defeat with honor.

EXPECTATIONS OF THE PARENT/GUARDIAN (S)

The parent(s) will...

- Know, adhere to, and enforce the entire athletic handbook.
- Support all members of the team, the coaches, and athletic department.
- Maintain open lines of communication with coaches and athletic department.
- Demonstrate good sportsmanship while attending athletic events.

SPORTSMANSHIP

The following MHSAA message is a guide for spectators regarding sportsmanship. The spectator will...

- Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
 - Remember that school athletics are learning experiences for students and that mistakes are sometimes made.
 - Praise student athletes in their attempt to improve themselves as students, as athletes and as people.

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.

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 State Department of Community Health shall be included in AG 2431. This list will be distributed to parents and local physicians who might provide such test.

STUDENT—ATHLETE DEFINED

A student-athlete is defined as any member of an athletic team or sport club, including team managers and student-trainers. When a student goes out for the first time and begins official practice, that student is regarded as a student-athlete. Student-athletes are subject to the provisions of the athletic handbook for the remainder of their high school career.

EXPECTATIONS OF THE STUDENT ATHLETE

River Valley High School has the following expectations. The student-athlete will...

- concentrate on being a good citizen, a good student and a good athlete.
- remember that participation is a privilege
- exhibit good sportsmanship and respect toward opponents, officials, teammates, coaches and fans.

- be a role model in school and out of school
- have pride in self, team, and school
- be on time and prepared for all practices games and functions
- play hard, play smart and play as a team
- accept victory as well as defeat, with dignity and class
- believe in self.
- follow the rules and guidelines of the student handbook, team handbook, and athletic handbook
-

The following MHSAA message is a guide for student athletes regarding sportsmanship. The student-athlete will...

- accept and understand the seriousness of the responsibility, and the privilege of representing the school and the community.
- live up to the standards of sportsmanship established by the school, administration and the coaching staff.
- learn the rules of the game thoroughly and discuss them with parents, fans, classmates and younger students.
- treat opponents the way you would like to be treated, as a guest or a friend.
- refrain from making any kind of derogatory remarks to opponents during the game, especially comments of ethnic, racial or sexual nature.
- wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat.
- respect the integrity and judgment of game officials. The officials are doing their best to help promote the athlete and the sport.
- win with humility; lose with grace; do both with dignity.

PHILOSOPHY OF WINNING

Winning is the primary objective within the parameters of this philosophy. The winning of an athletic contest is not what teaches the values intrinsic in competition. The striving to win is what produces the sacrifice, dedication, teamwork, and courage that coaches wish to instill in our student-athletes. While losing is certainly not the purpose of competition, without it the ethics of our sportsmanship are never put to the supreme test. We want our athletes to try hard to win, to give their best effort, to be able to accept victory with poise and defeat with honor.

MIDDLE SCHOOL

Playing time is guaranteed to all members of a team during each contest, but not equally. There will be no cutting at the Middle School level.

6th GRADE PARTICIPATION

If the participation numbers are low for 7th and 8th grade students, 6th grade students may be permitted to participate in the following Middle School sports – volleyball, basketball, track and cross country. **6th grade students are not permitted to participate in Middle School football, hockey or wrestling according to the MHSAA Guidebook.** A 6th grade student will not be permitted to displace a 7th or 8th grader from the team. 6th grade students must have a sports physical on file with the Athletic Director before the student is permitted to practice and participate in the sport.

- These athletic guidelines do not supersede any River Valley Board of Education policy.
- For any suspension to be valid, the student must continue and finish the season in good standing. If not, the suspension will start over with the next sport participated in.
- The second violation of the training rules will result in dismissal from athletics for the rest of that season plus one entire calendar year (12 months).
- All other training rules for each sport are left to the head coach of that sport. Each team will be given written team rules, which will then be signed and collected by the coaches of each team and returned to the head coach.

ATHLETIC COUNCIL

The Athletic Council consists of a decision-making body. Its members consist of the Principal, Athletic Director, two faculty members at large, and all of the Head Coaches of school sponsored sports. The Athletic Director will chair this committee and will appoint one member to act as secretary.

The role of this council is to assist in evaluating the athletic program, recommend improvements, act as the appeals committee for RV Athletics and handle any special incidents such as student-athlete involvement with police, etc. Meetings will be held quarterly or by special request of the Principal or Athletic Director.

APPEALS COMMITTEE

This coaches council (appeals committee) shall exist to provide due process for an individual student-athlete if a student-athlete feels that a penalty imposed by a coach or Athletic Director is unfair. When the athletic council meets to discuss a student-athlete appeal, the coach who prescribed the penalty, the head coach of the sport the student-athlete is participating in, and the Athletic Director should be present. The Principal will not be present during these hearings because he is the next level of appeal. Any adult character witness for the student-athlete who could influence the final decision and parents of the student-athlete may attend if they wish.

The council members will hear the appeal and decide by vote if the penalty should stand. If the penalty does not stand, then the coach who formulated the original penalty must make a suitable penalty, and then the committee must approve the new penalty. The student-athlete must be informed of the remainder of their due process at the conclusion of the meeting. A majority of voting members must be present for action to be taken by the council. The Athletic Director and the head coach involved do not vote in these proceedings. A tie vote does not overturn a coach's decision.

TRAINING RULES

A well-trained body is essential to any student-athlete. Therefore, the use, and/or possession of tobacco, alcohol, and drugs, other than Doctor prescribed, is prohibited. Violation of these rules affects the physical fitness of the violator as well as having a negative effect on the mental attitude of the rest of his teammates. These regulations are considered in effect for the entire calendar year.

POSSESSION IS DEFINED AS ANY ONE OF THE FOLLOWING:

The student-athlete having personal possession.

1. The student-athlete knowingly and willingly becoming part of a situation where alcohol or drugs are illegally present.
2. The student-athlete knowingly and willingly becoming part of a situation where alcohol or drugs are illegally being used.

EXAMPLE It is not a violation of the athletic handbook for a student-athlete to be present in a situation such as a wedding reception or graduation open house where alcohol may be present in a legal manner under the direct supervision of adults. However, it is always illegal and a violation of the athletic code for a student-athlete to use alcohol in any situation.

NON-COMPLIANCE

- The first failure to comply with these rules during the season will result in a suspension from athletic competition for the rest of the season.
- The first failure to comply with these rules out of season will result in a suspension from athletic competition for 33% of the maximum number of games allowed by the MHSAA for that particular sport. Athletes can still practice during that time. If the remaining number of games is less than 33%, the balance of the 33% will be served in the next sport the athlete competes in. **NOTE** When figuring the 33%, any fractions will be rounded to the nearest contest (example 6.3 would be six games; 6.7 would be 7 games). If it comes out at .5, it will be rounded up one contest (6.5 would be 7 games).
- If there is less than 33% of a season remaining, the remaining percentage to be served would be carried over into the next sport and then factored based on the number of contests in that sport.

The Athletic Director will make an announcement as soon as feasible regarding the number of openings that are available for 6th graders in a particular sport. 6th grade students will be asked to participate if there are fewer than 12 players per team, per sport. If there are more 6th grade students interested in participating than there are openings, the coach may need to conduct try-outs to select the appropriate number of 6th grade students. 6th grade students must follow the same eligibility requirements as the 7th and 8th grade students. For additional information, please contact the Athletic Director at 269-756-7869.

JUNIOR VARSITY ATHLETICS--(includes all grade levels)

Every effort will be made to provide quality playing time during a season to all student-athletes who demonstrate a strong work ethic and efforts to improve, but playing time does not have to be equal.

VARSITY ATHLETICS

At this level, no one is guaranteed playing time as the best student-athletes should be on the field/court/mat/course when the skills and intensity of competition requires the best.

All student-athletes should be committed and focused at all practices and events, exhibit the highest skill level, demonstrate good sportsmanship on the field of competition as well as off, and be excellent role models of the Mustang tradition. Student-athletes who participate are expected to represent the highest ideals of character by exemplifying good conduct and good citizenship on and off the playing field/court/mat/course. The coach will decide all playing time matters taking all of this into consideration.

TEAM SELECTION AND TEAM PARTICIPATION

The athletic department desires student-athlete participation. Coaches will be encouraged to keep as many athletes as can be handled reasonably within the facilities, budget, and to the relative ability of the group. Selecting the members of athletes for their teams is the responsibility of the coach. Coaches should explain the criteria for gaining and maintaining membership on the team before practice begins. Prior to final selections being made, the coaches of each program will meet with the Athletic Director to discuss their selections. Criteria for team selection and participation may differ from team to team.

In certain sports, maximum student-athlete participation levels or standards may be set. Choosing the members of an athletic squad is the responsibility of the coach. Prior to trying out, the coach shall provide the following information to all candidates for the team:

- a. Extent of the tryout period.
- b. Criteria used to select the team.
- c. The expected practice commitment if a student-athlete makes the team.
- d. Game commitment if the student-athlete makes the team.

The amount of playing time an athlete receives in certain team sports is entirely the coaches' decision. Athletes are expected to earn their playing time by their performance in practice. Coaches will consider the athlete's practice attendance, attitude, physical ability and the athlete's ability to work together with his/her teammates and the coach.

GROUND RULES FOR ATHLETIC PRACTICE

- Parent pick up times are 15 minutes following conclusion of practice. Student-athletes must be picked up within 30 minutes on game day. Student-athletes who are repeatedly not picked up in a timely fashion are subject to disciplinary action.
- Student-athletes must attend all practice sessions unless excused by coach.
- All practices are open with the following guidelines: All practices will be open to parental viewing, however, while viewing practice parents may not assist with instruction.
- The coach reserves the right to close a session if he/she: 1) Informs parents and student-athletes of this possibility prior to the start of the season, and the reasons for closure of such practice; 2) Gives adequate notice (and reason for closure) to parents and student-athletes; and 3) Informs the athletic administration of such decision.
- At no time are student-athletes to practice unsupervised.

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 publications regarding athletics and extracurricular activities.

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

A. Stimulants

Amiphenazol	methylphenidate
Amphetamine	nikethamide
bemigrade	pemoline
benzphetamine	pentetrazol
bromantan	phendimetrazine
caffeine (guarana)	phenmetrazine
chlorphentermine	phentermine
cocaine	phenylpropanolamine(ppa)
cropropamide	picrotoxine
crothetamide	pipradol
diethylpropion	prolintane

- a. A conference may be required involving the student-athlete with his/her coach and/or school officials and/or parents to resolve the issue.
- b. Suspension from practices and/or contests.
- c. Suspension from the team for the remainder of the season.
- d. Suspension from athletic participation for a longer period of time in the event of severe or recurring infractions.
- e. Suspension from athletic participation pending a resolution with school officials.
- f. Withholding of the athletic letter/award.
- g. Monetary restitution for vandalism and/or destruction or loss of property.

NCAA AND NAIA GUIDELINES

A student athlete wishing to participate at the collegiate level either at National Collegiate Athletic Association (NCAA) or National Association Intercollegiate Athletics (NAIA) schools needs to read the following information. The NCAA and NAIA have eligibility regulations related to high school graduation, courses completed, grade point average and ACT/SAT scores.

If you are planning to enroll in a NCAA Division I or II college as a freshman, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse ensures consistent application of the NCAA Initial-Eligibility requirements for all prospective student athletes at all member institutions. Check with your counselor to be sure you are taking a core curriculum that meets NCAA requirements; also, register to take the ACT or SAT as a junior. Submit your Student Release Form to the Clearinghouse early in your senior year or when you have definitely decided to participate in athletics during your freshman year of college. (See www.ncaadearinghouse.net for a free copy).

AWARDS

All participants, Middle School through Varsity, receive certificates.

- First Varsity award = Varsity Letter (only can receive one)
- Subsequent Varsity awards = Corresponding Sport Pin
- Second Varsity Award for one sport = 2 year patch (only can receive one)
- Third Varsity Award for one sport = 3 year plaque
- Fourth Varsity Award for one sport = 4 year plaque
- First **season** sub-varsity = numerals
- Second **season** sub-varsity = small letter

Patches will be given for conference, district and regional championships. If two or more of these championships are won in a given year, one patch will be given to indicate all championships won. These patches will be given to all members of the program who received a varsity letter.

STANDARDS OF CONDUCT

Student-athletes are expected to conduct themselves in a manner that could only bring respect to their team, school, and community. Student-athletes are to be aware of all team and school district rules and regulations and act accordingly at all times.

It is expected that student-athletes will not be involved in unlawful acts. Student-athletes are expected to inform their coach of any occurrence that could alter their eligibility.

Undesirable conduct and unlawful acts could result in dismissal from athletics even without conviction within the legal system. Decisions of this nature will be discussed and acted upon by the Athletic Council.

Acts of unacceptable conduct include, but are not limited to the following:

- a. Actions detrimental to the health, safety, and well being of others
- b. Disrespect
- c. Insubordination
- d. Abusive or improper language
- e. Taunting and/or inciting
- f. Harassment
- g. Fighting/initiating a fight
- h. Negative attitude
- i. Theft or involvement in theft (personal/school)
- j. Falsifying documents or otherwise providing false information
- k. Destruction of school equipment
- l. Vandalism
- m. Conduct detrimental to the team or school
- n. Criminal/civil infractions
- o. Violation of MHSAA rules and regulations
- p. Violation of school district and/or school rules and regulations
- q. Team policy offenses (absences, attitude, uncooperative behavior)
- r. Other conduct as determined by the coach(es) or administration which could cause embarrassment or criticism to the team and/or school, or which is inconsistent with a student-athlete's position as a leader and role model.

Disciplinary action for improper conduct described in this section is based upon the severity of each case and is subject to the minimum MHSAA rules regarding sportsmanship and fighting. Examples of discipline for behavioral infractions include, but are not limited to the following:

dimethylamphetamine	strychnine
doxapram	synephrine (citrus aurantium,
ephedrine (ephedra, ma huang)	zhi shi, bitter orange) and
ethamavin	related compounds
ethylamphetamine	
fencamfamine	
meclofenoxate	
methamphetamine	
methylenedioxymethamphetamine (MDMA, ecstasy)	

D. **Anabolic Agents** **anabolic steroids**

androstenediol	methyltestosterone
androstenedione	nandrolone
boldenone	norandrostenediol
clostebol	norandrostenedione
dehydrochlormethyl-testosterone	norethandrolone
dehydroepiandro-sterone (DHEA)	oxandrolone
dihydrotestosterone (DHT)	oxymesterone
dromostanolone	oxymetholone
epitrenbolone	stanozolol
fluoxymesterone	testosterone ²
gestrinone	tetrahydrogestrinone (THG)
mesterolone	trenbolone and related compounds

other anabolic agents

ethandienone	methenolone	clenbuterol
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E. **Substances Banned for Specific Sports**

Rifle:	alcohol	pindolol
	atenolol	propranolol
	metoprolol	timolol
	nadolol	and related compounds

F. **Diuretics**

acetazolamide	hydrochlorothiazide
bedroflumethiazide	hydroflumethiazide
benzhiiazide	methylclothiazide
bumetanide	metolazone
chlorothiazide	polythiazide
chlorthalidone	quinethazone
ethacrynic acid	spironolactone (canrenone)
flumethiazide	triamterene
furosemide	trichlormethiazide
	and related compounds

PHYSICAL APPEARANCE

As School Representatives, student-athletes are expected to dress in a socially acceptable manner. Head coaches are expected to use discretion in these matters at all times.

Individual coaches will provide guidelines to student-athletes regarding appropriate attire and grooming, again at their own discretion.

PHYSICAL EXAMINATIONS

No student-athlete may be allowed to participate in practice or in games without having had a physical examination.

An attempt will be made each year to provide a common time for physicals; however, if a student-athlete decides to make other arrangements, they are responsible for turning in a completed form prior to any participation.

INSURANCE

No student-athlete may be allowed to participate in practice or in games without having proof of insurance. If a student-athlete does not have a family insurance plan, they should contact the athletic office for information on purchasing insurance through the school. If at any time during the school year your family has a change of insurance, contact the athletic office to make sure you are still in compliance.

ATTENDANCE - ATHLETES

While the MHSAA makes no reference to a student-athlete's attendance on the day of a contest, it is the policy of the River Valley School District that student-athletes are to be in school for the entire day in order to participate in any activities taking place after school. The Athletic Director must approve any exception.

If a student-athlete has an excused absence on Friday before a Saturday contest, he/she can still participate in the Saturday contest.

In an approved absence situation, verification must be delivered to the Athletic Director when the student-athlete returns to school. In any approved athletic situations where it will be necessary for student-athletes to be excused from class or classes (regional events that take place during the school day, etc.), the coach shall notify in writing the teachers involved at least one school day in advance. Approval must be secured from the Athletic Director and Building Principal before such excuses are granted.

Interpretations, which are questionable or perhaps not covered in these rules and regulations, may be clarified by contacting the MHSAA through the Athletic Director.

AGE

The MHSAA states that "a student-athlete who competes in any interscholastic athletic contest must be under nineteen years of age, except that a student-athlete whose nineteenth birthday occurs on or after September 1 of a current year is eligible for the balance of that school year." Consult the AD for interpretations of this rule.

TRANSFER STUDENTS

Any student-athlete transferring into River Valley School District should contact the Athletic Director to check on his/her eligibility.

LIMITED TEAM MEMBERSHIP

The MHSAA Handbook outlines the concept of Limited Team Membership, which is in force at all times including the sections dealing with student-athletes who are School of Choice.

TRANSPORTATION

School buses will be used for transportation of teams to events away from school, Monday through Friday, in all but rare situations.

The Coach and Athletic Director may arrange for the use of alternate transportation if necessary. In such cases all drivers must be adults and approved by the administration.

For Saturday NON-CONFERENCE and NON-MHSAA sanctioned tournaments, transportation will *not* be provided and parents/student-athletes will be responsible for arranging their own transportation.

If outside transportation options are to be used for trips that are extensive in nature, the athletic director must be notified at least two weeks in advance of the trip. The athletic director will notify the Transportation Department at least one week in advance of the trip.

PARTICIPATION

If both coaches agree that a change from one sport to another would benefit both teams as well as the student-athlete, only then will a change in season be permitted prior to the first contest.

No student-athlete will be allowed to participate in more than one sport per season unless both coaches consent to the double participation. If both coaches and student-athlete cannot agree on practice and participations guidelines, the student-athlete must choose which sport they will be involved in.

ATHLETE DECLARATION FOR DUAL SPORT PARTICIPATION

When a student athlete makes a decision to participate in dual sports in the same season, she/he must inform the athletic director in writing by no later than the first day of practice as assigned by the MHSAA.

Once the letter of intent has been received the athletic director will quickly set up meetings with the coaches and parents as detailed in the procedures that follow. The following form will be followed.

DUAL PARTICIPATION PROCESS/FORM

It is the intention of the athlete named below to participate in two sports during the same season. In order for this to occur the following stipulations must be met:

- The athlete must declare which sport is primary and secondary for participation purposes if between two teams or two individual sports. The “team” sport will be considered primary if between a team and individual sport. Exceptions would be cleared through the athletic director and any coaches involved.
- Letter award criteria will be established by the Head Coaches of the involved sports. These criteria will be presented to the athlete and the athletic director prior to the first game of the season. Any changes from the normal lettering criteria must be written on this form under additional stipulations.
- Approval may be denied because of academic ineligibility or concerns at any time during the sport season. Upon regaining eligibility, the athlete will be requested to choose one sport.
- An athlete who enters into a two sport participation situation is encouraged to continue for the entire season, but it will be possible to withdraw from one sport without penalty if the athlete determines the time demands and energy requirements hinder their ability to perform at an acceptable level. This decision is only to be made after careful consideration to the commitment made to each team.
- Practice and Game/Meet requirements must be established prior to the sport season. This should be in writing below. For athletes who do not submit this form prior to the sport season, the coaches involved and the athletic director will consider approval of dual-sport participation for the athlete and establish guidelines.

Name of Athlete _____

Sports: _____

Primary Sport: _____

Practice and Game/Meet Requirements:

Additional Stipulations:

Signature of Athlete Date

Signature of Parent/Guardian Date

Signature of Head Coach-Primary Date

Signature of Head Coach-Secondary Date

Signature of Athletic Director Date

Signature of Principal Date

SCHEDULING CONFLICTS

Despite all scheduling efforts by the administration, conflicts will develop between co-curricular activities. The athletic department recognizes that each student-athlete should have the opportunity for a broad range of experiences in the area of co-curricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

Student-athletes have a responsibility to do everything they can to avoid continuous conflicts. This includes being cautious about belonging to too many activities prior to becoming involved in the activities.

If a conflict occurs, sub-varsity student-athletes are expected to attend the academic related function. Varsity student-athletes have the option to choose what event to attend, without any pressure from the coach or faculty member. Once a decision is made, neither the faculty member nor the coach will penalize the student-athlete in any way.

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