

**LAKE LINDEN-HUBBELL HIGH SCHOOL  
ATHLETIC DEPARTMENT  
PERMISSION FOR ATHLETIC COMPETITION**

Name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ Phone \_\_\_\_\_ Sports not to be engaged in \_\_\_\_\_

**Parent's or Guardian's Consent**

We have read and fully understand the Lake Linden-Hubbell High School athletic policies concerning the conditions, which will govern all students who participate in Lake Linden-Hubbell athletics. We will do our best to see that our son/daughter abides by all of the rules and regulations as long as he/she desires to participate in athletics. I further understand that my son or daughter will be expected to adhere firmly to all established athletic policies of the school district and the Michigan High School Athletic Association.

I hereby give my consent for my son or daughter to engage in interscholastic athletics and for the disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility for interscholastic athletics; and I understand the possibility that serious injury may result from participating in athletic activities. He/she has my permission to accompany the team as a member on its out-of-town trips.

We also understand that the Board of Education carries no athletic insurance and does not assume responsibility for injuries sustained in practice or games/meets. If insurance coverage for injuries is desired, we recognize that such coverage is the responsibility of the parents. It is understood that the school no longer offers an insurance option.

Unless the office is notified, sport team pictures and candid pictures may be included on the school web site. No names will be included with the pictures.

We want our son/daughter to have the privilege of participating in interscholastic athletics at Lake Linden-Hubbell High School. If there are sports in which we do not want him/her to engage, it has been noted above.

I give my consent for Aspirus Keweenaw personnel to administer pre and post injury concussion assessment testing as a preventative measure. The written memory testing procedures are administered during school hours or before a practice. I understand I may opt out of this testing for my student by calling the school at 296-6681. **I have read the provided education materials on concussions. Please return pages 1 and 2.**

\_\_\_\_\_  
Signature of parent or guardian

\_\_\_\_\_  
Parent email address

\_\_\_\_\_  
Date

**Student Acknowledgement**

I have never received money or negotiable certificates for merchandise in any amount, nor any emblematic award or merchandise worth more than twenty-five dollars (\$25.00) for participating in athletic events, nor have I ever competed under an assumed name. After I have represented my school in any sport, I will not compete in any outside athletic contest in this sport until after my school season has been completed.

I understand that I am expected to adhere firmly to all established athletic policies of my school district and the Michigan High School Athletic Association, such as those previously mentioned above as examples but which do not present all the policies to which I am subject.

I have read and fully understand the Lake Linden-Hubbell High School athletic policies concerning the conditions, which will govern all students who participate in Lake Linden-Hubbell athletics. I do hereby accept the responsibility to uphold all rules and regulations so long as I desire to participate in athletics.

\_\_\_\_\_  
Signature of student

\_\_\_\_\_  
Date

# CONCUSSION AWARENESS

## EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by Lake Linden-Hubbell Public Schools.

\_\_\_\_\_  
Student Name Printed

\_\_\_\_\_  
Parent/Guardian Name Printed

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

Return this signed form to Lake Linden-Hubbell Public Schools. This form must be kept on file for the duration of participation or until age 18.

Participants and parents, please review and keep the educational materials available for future reference.

## Educational Material for Parents and Students (Content meets MDCH Requirements)

Source: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

### UNDERSTANDING CONCUSSION

#### SOME COMMON SYMPTOMS:

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

#### WHAT IS A CONCUSSION?

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

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

#### IF YOU SUSPECT A CONCUSSION:

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

#### SIGNS OBSERVED BY PARENTS:

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

#### CONCUSSION DANGER SIGNS:

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

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

#### HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rest breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional. To learn more, go to [www.cdc.gov/concussion](http://www.cdc.gov/concussion)

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

#### PARENTS AND STUDENTS MUST SIGN AND RETURN THE EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM.

**LAKE LINDEN-HUBBELL PUBLIC SCHOOLS  
601 CALUMET STREET  
LAKE LINDEN, MI 49945  
(906) 296-6681**

August 2015

Dear Parent/Guardian,

School sports participation, like much of what our children enjoy, has some inherent risk of injury. However, the leadership of interscholastic athletics in this school district and across the State of Michigan is attempting both to provide as safe an experience as possible and enhance the health of our student/athletes.

As a part of these efforts, the Michigan High School Athletic Association provides all of its member schools with a Catastrophic Accident Medical Insurance Policy which pays up to \$500,000 for medical expenses left unpaid by other insurance after a deductible of \$25,000 per claim in paid medical expenses has been met. All students enrolled in grades 7 through 12 at MHSAA member schools who are eligible under MHSAA rules and participating in practices or competition in sports under the MHSAA's jurisdiction are covered by this policy for injuries related to their athletic participation.

Beginning with the 2015-16 school year, the Michigan High School Athletic Association is also providing eligible athletic participants at each MHSAA member junior high/middle school and high school with additional insurance that is intended to pay accident medical expense benefits resulting from a suspected concussion. The injury must be sustained while the athlete is participating in an MHSAA covered activity. Policy limit is \$25,000 for each accident. Covered students, sports and situations are identical to the catastrophic accident medical insurance which, if the \$25,000 threshold is reached, would require a separate claim to be made.

This new program intends to assure that all eligible student-athletes in MHSAA member schools in grades 7 through 12, male and female, in all levels of all sports under the jurisdiction of the MHSAA, receive prompt and professional attention for head injury events even if the child is uninsured or under-insured. Accident medical deductibles and co-pays left unpaid by other policies are reimbursed under this program to the limits of the policy.

Should you have need to make a claim under this new program, contact [terri.bruner@kandkinsurance.com](mailto:terri.bruner@kandkinsurance.com), or phone 800-237-2917 toll free.

Sincerely,

Craig A. Sundblad  
Superintendent/Principal

**LAKE LINDEN-HUBBELL HIGH SCHOOL  
POLICIES GOVERNING THE ATHLETIC PROGRAM**

Section 1 – Policies directly related to the coaching staff.

Section 2 – Policies directly related to the student participation.

**SECTION 1**

I. Athletic Philosophy

The objectives of competitive athletics at Lake Linden-Hubbell High School must parallel those of education in general. The emphasis must first and last be on education. The student must always be the primary concern and the best safeguard in this direction is the educated and dedicated leadership. Athletics should be kept within the framework of the total school program.

A. Participation

1. One of the primary goals of athletics must be general participation by the student body.
2. Athletics should develop your ability to cooperate with a group. They include organizing, planning, listening, sharing, flexibility, and leadership. Examples are:
  - a. actively participate on a team and know team rules.
  - b. know the team members as individuals.
  - c. express ideas to other team members.
  - d. be sensitive to the team members' ideas and views.
  - e. be willing to compromise if necessary to best accomplish the goals of the team.
  - f. be a leader or follower to best accomplish the goals of the team.
3. It is desired that there be a fairly high percentage of participation from the general student body in athletic programs.

B. Winning

1. Winning is important and should be strived for, especially at the varsity level. But it is significant to note that winning is not the primary reason for an athletic program.

C. Competitiveness

1. Although consistently striving to win, it is important that we at least be competitive with the opposition in our many athletic engagements. There is no shame in losing a hard fought contest, but never being "in the ball game" game after game is something else.

D. Fun and Pressure

1. Athletics should at all times be intended to provide enjoyment for our participants.
2. Although the pressure to consistently win is ever present from fans and parents alike, it should be remembered that our kids who participate in athletics expect to have fun doing so. It should be kept in mind that kids can and often do have fun even though they lose the game.

E. Good Sportsmanship

1. Although the outcome of many of our athletic contests will not always have the desired endings, it should be remembered that our athletes should still display good sportsmanship before, during, and after the contest. "Poor Losers" set a poor example. Likewise "Poor Winners" appear even worse. We should be proud but humble in victory.
2. We are not only responsible for the sportsmanship attitude of our athletes, but we are also responsible for the action of our fans as well. Every effort should be made to control our fans at all athletic contests. Removal from the game may at times be a necessity and must be enforced.

## F. Administration – Coach Cohesion

1. Since athletic programs and coaches, in particular, are constantly under fire from fans and other disgruntled people, there must be strong unity between coaches and administrators. Administrators are generally expected not to succumb to fan criticism and pressure applied to coaches. Administrators should usually be in the coach's corner. Realistically, however, situations do arise where coaches must be reprimanded for their actions. Such action should be consistent with the general philosophy of the athletic program.

## G. Level of Sport and Individual Participation

1. It is desired that the emphasis on winning be considerable less at the lower levels of participation. Consequently, equal participation should be stressed at the elementary level. At the junior high level each team member should play about one quarter based on the philosophy of "equal time for equal effort". By this we mean that the coach make an effort to give substitute players as much playing time as possible, yet also make an effort to win the game. At the freshmen level, the same philosophy as the junior high should be followed. At the junior varsity level winning is more important. The coach should make every effort, where possible, to get each player in the game. The more playing time a player receives, the more the coach is contributing to the development of those who are front line players. At the varsity level, there are no playing time requirements. But it is understood that the coach should make every effort possible to play all athletes when the conditions of the game allow for it. The main emphasis at the varsity level is to be competitive with other teams and to win. It is also significant to mention that the coach at any level reserves the right to sit a player down for disciplinary reasons/unexcused-missed practices.

## II Team Sports Offered at Lake Linden-Hubbell

- A. Football – Varsity, Junior Varsity, and Junior High – Boys
- B. Basketball – Varsity, Junior Varsity, and Junior High – Boys and Girls
- C. Volleyball – Varsity and Junior Varsity – Girls
- D. Hockey – Varsity – Boys (coop with **Jeffers**)
- E. Bowling – Varsity – Boys and Girls (coop with Calumet)
- F. Gymnastics – Varsity – Girls (coop with Baraga, Calumet, Chassell, Hancock, Houghton, & Jeffers)
- G. Skiing – Varsity – Boys and Girls (coop with Houghton)
- H. Track – Varsity, Junior Varsity, and Junior High – Boys and Girls
- I. Golf – Varsity – Boys and Girls
- J. Softball – Varsity - Girls

## III. Team Roster Requirements

- A. The coach in charge must submit to the athletic director a tentative team roster by Friday of the first full week of practice. It is also the coach's obligation to report any additions or deletions that may occur after the first report. The athletic director will follow up with the Master and Current Eligibility lists.
- B. A team roster and numbers of the players (football, basketball, volleyball and hockey) must be submitted no later than seven days prior to the first scheduled contest.
- C. It is recommended that no student be permitted to transfer from one sport to another sport during the current season. The coaches involved, the athletic director and the principal must approve any such changes.

## IV. Practice Regulations

- A. All practices should comply with M.H.S.A.A. regulations.
- B. Sunday practices, skull sessions, or team meetings should be avoided. If a coach thinks a Sunday practice is necessary, he should first get it approved by the athletic director.
- C. All practices should conclude within a two-hour period, normally 3:30-5:30. There a number of instances where coaches see fit to practice longer. Hopefully this would be the exception and not the rule.

D. Open Gyms

1. Open gyms cannot be mandatory and will not affect the athlete's status on the team.
2. Open gyms will not take place during the school day of another sports season.

E. Specific team practices:

1. Football – according to the M.H.S.A.A. regulations.
2. Volleyball – according to the M.H.S.A.A. regulations.
3. Boys Basketball – practice will begin no earlier than the Monday following the last scheduled varsity football game and in accordance with MHSAA regulations.
4. Girls Basketball – practice will begin no earlier than the Monday following the last scheduled varsity volleyball game and in accordance with MHSAA regulations.
5. Gymnastics – same as girls basketball.
6. Track – practice will begin no earlier than the Monday following the last scheduled varsity boys' basketball game or the last scheduled varsity girls' basketball game and in accordance with MHSAA regulations.
7. Softball – same as track.
8. Golf – same as track

V. Scheduling of Games – All Sports

- A. It will be the responsibility of the athletic director to arrange the competitive schedule, grades 7-12, in compliance with M.H.S.A.A. rules.
- B. All aspects of practice scrimmages with other schools should be arranged for and handled by the coach involved. Care should be taken to avoid violation of M.H.S.A.A. regulations.
- C. Schedules should be completed as early as possible and given to the principal so that dates will be known and placed on the school calendar for the year.
- D. Any changes of schedule, cancellations or make-up dates will be the responsibility of the athletic director.
- E. When school is canceled due to weather or other causes, decisions about athletic contests and/or practices will be made on a case by case basis.

VI. Coaches Responsibilities – All Sports

- A. All coaches are responsible for the conduct of their teams (practice, locker room, to and from games, and during competition).
- B. When away from home, the coach must make sure to check the locker room of the host school to see that it has been left in order. Any damage must be reported to the LL-HHS principal and athletic director as soon as possible.
- C. All coaches are to make every effort to develop a standard of sportsmanship and citizenship which students, parents, and community will respect.
- D. Each coach must record all equipment issued to each player. All equipment should be kept in good condition insofar as it is possible.
- E. Each coach is responsible for proper collection, storage and inventory of material and equipment connected with his/her particular sport at the end of the season.
- F. Each coach may conduct his/her practice sessions as he/she sees fit within the bounds of the school's practice policies and the athletic director.
- G. Coaches are responsible for the cleanliness of their facility – gym, locker room, and coaches' office.
- H. The coach is to be responsible for closing up the locker room. There must be a coach present until the last player leaves school property.

- I. Coaches are not to use players that have been ill or injured if competition would be injurious to the student.
- J. All coaches must remember their responsibility to the school by all means academically – teacher first, coach second.
- K. No purchases may be made for athletic equipment unless authorized by the athletic director.
- L. Coaches' personal conduct at practice and games must be an example of the highest standard.
- M. Each coach is responsible to enforce locker requirements.
- N. Team rosters must be given to the athletic director at the required time.
- O. Any problem or doubt as to the duty and responsibility is to be cleared through the athletic director and principal.
- P. At the completion of a season the coach involved should submit a list of award winners and a list of players and the amount owed for lost or damaged equipment to the principal's office.
- Q. The coach, with the cooperation of the athletic director and principal, shall plan and arrange for all special nights (parents' night, etc.).
- R. Each coach will participate in viewing the MHSAA or NFAS course on concussions and turn in a certificate of completion to the athletic director before the season begins.

VII. Employees and Volunteers

Public Act 187 prohibits school employees and volunteers from promoting or supplying dietary supplements, which carry claims of enhanced athletic performance. The law covers adrostenedione, creatine, and any compound labeled as performance enhancing.

VIII. Athletic Director's Duties

- A. Responsibilities:  
The Athletic Director:
  - 1. Shall be responsible to the junior/senior high school principal.
  - 2. Shall be responsible for all equipment used in the athletic program.
  - 3. Shall be responsible for the overall organization of the athletic program.
- B. Duties:  
The Athletic Director:
  - 1. Shall prepare schedules for all school teams.
  - 2. Shall hire and make out contracts for all officials.
  - 3. Shall attend all league meetings.
  - 4. Shall work closely with the principal in drawing up eligibility lists.
  - 5. Shall cooperate with the principal in securing workers for all contests at home.
  - 6. Shall provide the transportation director with schedules of all athletic events and notify the director of the buses needed for each event.
  - 7. Shall be responsible for organizing the necessary publicity for all team sports.
  - 8. Shall arrange dates and times for students' physicals and notify all prospective team members of such dates and times.
  - 9. With the aid of the coaches, shall inventory and study equipment and project the needs of the athletic teams.
  - 10. Shall interpret athletic policy to coaches, parents, team members and teachers.
  - 11. Along with the coach involved and the principal, shall handle discipline problems arising from the training rules for the athletes.
  - 12. Shall evaluate all coaches annually.



IX. Principal's Responsibilities

- A. Hire all personnel for athletic contests who shall be paid from the general fund.
- B. Shall prepare and administer weekly school eligibility checks.
- C. Shall be consulted and shall help make the decision on all discipline problems arising from the training rules.

**SECTION 2**

I. Student Participation

- A. All students must be eligible under M.H.S.A.A. regulations. In addition all students must satisfy the eligibility regulations of Lake Linden-Hubbell High School.
- B. Any student in grades 9-12 who is declared ineligible because of transfer status by the M.H.S.A.A. or because of scholastic difficulties may practice with the team but cannot dress or take part in the scheduled interscholastic events.

II. Eligibility

- A. Any student who participates in any extra-curricular event including, but not limited to, athletics, teacher and library aides, student work staff, office aides, cheerleading, annual staff, student council, quiz bowl, and managers must comply with the following eligibility criteria: A student carrying the standard of six (6) elective and required classes must pass five (5) of the six (6) classes. A student carrying seven (7) elective and required classes must pass six (6) of the seven (7) classes. A student carrying five (5) classes or less must pass all of them to remain eligible. The academic/eligibility status of a student having a schedule that is customized to address an individual need will be subject to review by a team to consist of the Principal an Athletic Director and at least one of the following people: Coach(s), Advisor and Teacher. A decision made to determine extra-curricular participation for the assessment week will remain in effect until the following Monday of the event season. A minimum of a "D-" is required for passing status.
- B. Implementation and specifics of policy.
  - 1. A two-week grace period is allowed for each student at the beginning of each semester. During this grace period the state eligibility requirements will be followed.
  - 2. The eligibility period will be from week to week based on accumulative grades and not individual test scores. Multiple methods of assessment must be utilized on weekly basis with a minimum of three grades used.
  - 3. Academic status and eligibility will be recorded before 3:30 p.m. on the Friday preceding the week of co-curricular involvement in the principal's office.
  - 4. This policy will apply to grades 7-12.
  - 5. To determine semester eligibility, M.H.S.A.A. guidelines will be followed. "No student shall compete in any athletic contest who does not have a passing grade from the beginning of the semester to the date seven (7) calendar days prior to the contest, in studies aggregating at least 66 percent of a full time students potential class load. A student must be passing 5 of 7 classes to be eligible. The period of ineligibility under the previous academic term would be 60 scheduled school days. The student would become eligible on the 61<sup>st</sup> day, provided they are passing. In determining the number of hours of credit work per week under this rule, review and extra-curricular work, and work for which credit previously has been received, shall not be counted."
  - 6. Any student who is eligible (under the present policy) at the end of the current semester will be eligible at the beginning of the new semester.

7. Eligibility requirements for special education students will be the same as regular education students unless otherwise determined by the principal, counselor and teacher(s) involved.
- C. The principal, athletic director and the coach of the sport will consider academic standards and disciplinary action as a result of extremely poor school conduct in determining eligibility.
- D. Absence:
1. A student with an excused absence for the morning half day of school will be permitted to attend practice or play in the contest.
  2. A participant not in school during a school day may not practice unless it was a previously approved absence.
  3. A student should always consult the coach before missing practice. Missing practice or a game without a good reason shall be severely dealt with.

### III. Equipment Requirements – All Sports

- A. All students are expected to furnish their own practice equipment and clothing.
- B. The school holds all students responsible for equipment issued to them. The student must pay for any damaged or lost equipment. The coach and athletic director will establish price lists.
- C. The athletic department will not be responsible for personal equipment, clothing or personal belongings lost or damaged due to a student's negligence.
- D. Football players must purchase their own shoes.

### IV. Locker Room Requirements – All Sports

- A. All money and valuables are to be locked in lockers issued to students.
- B. No athletic equipment, player clothing or other personal property is to be left on the floor or lockers (other than the assigned locker) after practice or after a game.
- C. "Horseplay" in the locker room is not permitted.

### V. Training Rules

It is the overwhelming opinion of health educators that athletes perform best when they follow intelligent training rules, which include restrictions on the use of tobacco, alcohol, and illegal drugs. Medical research clearly substantiates the fact that continued use of tobacco, alcohol and illegal drugs produces harmful effects on the human organism. The coaching staff of the Lake Linden-Hubbell Public Schools, concerned with the health habits of the students of this community, is convinced that athletics and the use of tobacco, alcohol and illegal drugs are not compatible. Because of these reasons, rigid training regulations are a requirement for team membership and event participation.

It is the intent of the Coaching Staff, Administration and Board of Education to provide participation requirements that every student must meet to allow for their participation in athletics. Furthermore, it is the District's intent to emphasize the importance of good health and abstinence from the use and possession of all tobacco, alcohol products, NCAA banned-drugs (see list below), and illegal drugs. Students who violate these policies shall be removed from athletic practices and competitions according to the restrictive policies set forth in the District's Athletic Policies.

- A. Drinking and/or possession of alcoholic beverages, smoking, using and/or possession of tobacco in any form (this includes but is not limited to e-cigarettes and vaporizers) and the use and/or possession of illegal drugs/NCAA banned-drugs are forbidden.

### NCAA BANNED-DRUG CLASSES

The NCAA list of banned-drug classes is subject to changes by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list. The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.**

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete’s own risk. Student-athletes should contact their institution’s team physician or athletic trainer for further information.

Bylaw 31.2.3. Banned Drugs. The following is a list of banned-drug classes, with examples of substances under each class:

**(a) Stimulants:**

amiphenazole	methylenedioxymethamphetamine
amphelamine	(MDMA, ecstasy)
bemignide	melhylphenidate
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, ma huang)	strychnine
ethamivan	synephrine (citrus aurantium, zhi shi, bitter orange)
ethylamphetamine	and related compounds.
fancamfamine	The following stimulants are not
meclofenoxate	banned:
methamphetamine	phenylephrine
	pseudoephedrine

**(b) Anabolic Agents:**

**anabolic steroids**

androstenediol	methyltestosterone
androstenedione	nandralone
boldenone	norandrostenediol
clostebol	norandrostenedione
dehydrochlormethyl- testosterone	norethandrolone
dehydroepiandro- sterone (DHEA)	oxandrolone
dihydrotestosterone (DHT)	oxymesterone
dromostan clone	oxymetholone
epitrenbolone	standozolol
fluoxymesterone	testosterone2
gestrinone	tetrahydrogestrinone (THG)
mesterolone	trenbolone
	and related compounds

**other anabolic agents**

methandienone                      methenolone                      clenbu

**(c) Substances Barred for Specific Sports:**

Rifle:

alcohol                                      pindolol  
atenolol                                      propranolol  
metoprolol                                      timolol  
nadolol                                      and related compounds

**(d) Diuretics:**

acetazolamide                                      hydrochlorothiazide  
bendroflumethiazide                                      hydroflumethiazide  
benzthiazide                                      msthylothiazide  
bumetanide                                      metolazone  
chlorothiazide                                      polythiazide  
chlorthalidone                                      quinethazone  
ethacrynic acid                                      spironolactone (canrenone)  
flumethiazide                                      triamterene  
furosemide                                      trichlormelthiazide                      and related compounds

**(e) Street Drugs:**

heroin                                      tetrahydrocannabinol  
marijuana3                                      (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  
darbepoelin

**(g) Definitions of positive depends on the following:**

- 1 for caffeine – if the concentration in urine exceeds 15 micrograms/ml.
- 2 for testosterone – if the administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.
- 3 for marijuana and THC – if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

**31.2.3.4.1 Drugs and Procedures Subject to Restrictions.**

The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used; (Revised: 8/15/89)

**(a) Blood Doping.** The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. (Revised: 8/15/89, 5/4/92)

**(b) Local Anesthetics.** The Executive Committee will permit the limited use of local anesthetics under the following conditions:

- (1) That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine; (Revised: 12/9/91, 5/6/93)

- (2) That only local or topical injections can be used (i.e. intravenous injections are not permitted);  
and
- (3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

**(c) Manipulation of Urine Samples.** The executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration. (Revised: 8/15/69, 6/17/92, 7/22/97)

**(d) Beta 2 Agonists.** The use of beta 2 agonists is permitted by inhalation only. (Adopted: 3/13/93)

**(e) Additional Analysis.** Drug screening for select nonbanned substances may be conducted for nonpunitive purposes. (Revised: 8/15/89)

- B. Any person who uses or knowingly possesses an androgenic anabolic steroid violates Michigan law and is punishable by imprisonment & fine.
- C. Social Media – Social media refers to internet-based applications designed to create and share user generated content. Any form of digital magazines, internet forums, web-blogs, podcasts, photographs, video, rating and social bookmarking found on websites or applications such as Twitter, Facebook, Instagram, or Tumblr that is open to public viewing is considered to be social media. This is a rapidly changing network as we move into the 21<sup>st</sup> Century, and many more not mentioned will arise, which are also included in this policy. Violations of this policy are subject to investigation and sanctions outlined in the Lake Linden-Hubbell High School Code of Conduct are also subject to review by state and federal law enforcement. Any and all disciplinary measures may apply depending on the severity of the infraction.

Lake Linden-Hubbell High School student athletes are expected to conduct themselves in a respectable manner as a member of their teams and our athletic program. As a student athlete you are responsible for your social media use. Any malicious use of social media platforms shall not be tolerated. Malicious use may include, but not be limited to:

1. Derogatory language or remarks regarding fellow athletes, game officials, students, coaches, administrators, faculty and staff of Lake Linden-Hubbell High School or other high schools.
  2. Demeaning statements or threats that endanger the safety of another person.
  3. Incriminating photos or statements regarding illegal criminal behavior, underage drinking, use of illegal drugs, sexual harassment of violence.
- D. Misdemeanors or felonies other than traffic violations will also be cause for suspension.
- E. The above mentioned regulations will cover all students from the time they first report for any sport sponsored by Lake Linden-Hubbell High School until they have completed graduation in their senior year.
- F. Any student caught breaking training rules during the “sport season”, the “off season”, or during the “summer vacation” will be subject to the following penalties:
1. First offense: The penalty for the first violation will be 10% of the season following the determined violation.
  2. Second offense: The penalty for the second violation within one calendar year of the first violation will be 25% of the season following this second determined violation.
  3. Third offense: The penalty for a third violation within a twelve month period of the first violation will be suspension from all extracurricular activities for a twelve month period from the date the third violation penalty is imposed.

4. Formulas will be applied in the same manner for the varsity, junior varsity, freshmen, and junior high teams. Percentages will be rounded off to the nearest whole number. Example: Football has a nine game regular season schedule so  $9 \times 10\% = .9 = 1$  game suspension. 1.4 or below will constitute a one game contest or tournament date penalty. 1.5 or above would constitute a two game, contest, or tournament date penalty. All first violation penalties will be a minimum of one game suspension.
  5. Game suspensions will carry into the next sport season or the next school year if the violation occurs in a spring sport and the penalty is not completed.
  6. In addition to the suspensions, after each violation the student athlete will be required to attend a minimum of one counseling session. Additional sessions with a prescribed professional counselor may be recommended as deemed necessary, before reinstatement of the athlete.
  7. If an athlete participated in a sport with the intention of satisfying their suspension obligation and then quits prior to the end of the season, the fulfillment of the suspension will be nullified. Example: If a student participates in a spring sport to satisfy a suspension and quits after fulfilling their suspension obligation to be eligible for a fall sport. Administrative discretion will be used in the determination of the final decision.
  8. In summation, in order for an athlete to fulfill suspension obligations by participating in an athletic season, that athlete must participate in all obligation including practices and interscholastic competitions during that entire sport season.
- G. The rules shall be sent to the parents with an agreement to be signed by parents and students that they have read the rules and agree to support them. This signed statement shall be returned before the student will be allowed to participate in sports.

#### VI. Procedure for the Investigation of Training Rule Violations

- A. Reports of alleged violations will be taken from school employees, coaches, administrators and school personnel, officers of the law, or any other source the administration feels warrants an investigation.
- B. The person reporting the violation must have witnessed the violation unless the report is of an arrest having been made or citation having been issued in which case the administration shall be responsible to investigate.
- C. Upon receiving the information under the above conditions an investigation is to be conducted by the principal and/or athletic director. The results of this investigation are to be used to determine whether or not action as prescribed by the athletic code should be taken.
- D. The principal and athletic director may confer at any point during the investigation and will arrive at a joint determination on final action. A written report will then be filed with the superintendent and the student and parents notified of the action.

#### VII. Player Responsibilities – All Sports

- A. Each player must obtain a physical exam before participation in any sport. One exam may be used for all sports.
- B. If a student does not use the school's scheduled physical exam date, an exam must be done by a doctor of the student's choice and paid for by the student.
- C. Coaches may request participants to "dress up" on the day of games and also at the games.
- D. If you quit a sport after that sport's first scheduled contest, you may be ineligible for participation in any other sport during the season of the sport dropped. Case is to be reviewed by the athletic director, coach of the sport dropped and the principal to determine the validity of the reason for quitting. Quitting a sport is a serious matter and should not be done without first consulting with the coach to explain your intentions.

- E. Each student should and must keep their academic work as their first priority.
- F. Courtesy is to be demonstrated on all occasions within the classroom and out.
- G. Each athlete's appearance, talk and actions will influence people's opinions of yourself, your home, your team and your school. Conduct yourself in a manner that will leave the best opinion possible.
- H. Each athlete must ride home on the team bus unless excused by the coach involved to ride home with a parent. Students would be allowed to ride home with a parent only if they have a written note from the parent(s) or the parent(s) have verbally communicated with the coach. No other exceptions should be made. Athletes must get dropped off only back at school if riding the bus unless released to a parent at a pre-arranged location. Co-op athletes may be dropped off at the sending school. Only authorized students and adults who are serving in some capacity with the team will be allowed to ride team buses to and from the event.
- I. Each student is to adhere to the grooming regulation established by each coach.
- J. Each student is allowed to participate in dual sports during a fall, winter or spring sports season, subject to administrative approval.

X. Awards

The athletic award is given by the Lake Linden-Hubbell Public Schools in special recognition of athletic performance. To qualify for this honor a student should meet the established qualifications of the school or be recommended by the coach of the sport in which the student participated.

- A. Any player who quits a sport or is removed from the sport will not receive a letter for that sport for that particular season.
- B. Giving of awards:
  - 1. Junior varsity basketball, volleyball, and football awards will be given out to a player who successfully completes the season.
  - 2. Varsity basketball, volleyball, and football awards will be given out on the basis of successfully completing the season. Players brought up for post-season play will be awarded a letter according to the coach's discretion.
  - 3. A varsity letter will be awarded for track participation when a participant meets the criteria established by the coach.