

Bangor Public Schools

Athletic Department Handbook



Athletic Department Mission Statement:

The Mission of Bangor Athletics is to inspire our student-athletes to be the best version of themselves on the field and in the classroom, with a focus on disciplined work ethic and a team over self-mentality.

NOTICE OF NON-DISCRIMINATION:

No person, on the ground of race, color, religion, sex, national origin, disability or gender identification, shall be excluded from enrollment in, be denied the benefits of, or be subject to discrimination or activity which is under the direction or the control of Bangor Public Schools.

Sport Offerings

Fall

Volleyball

MS/JV/Varsity

Cross Country

MS/JV/Varsity

Football

MS/JV/Varsity

Boys Soccer

MS/JV/Varsity

Sideline Cheer

MS/JV/Varsity

Winter

Boys Basketball

MS/JV/Varsity

Girls Basketball

MS/JV/Varsity

Wrestling

MS/JV/Varsity

Competitive Cheer

MS/JV/Varsity

Spring

Baseball

MS/JV/Varsity

Softball

MS/JV/Varsity

Girls Soccer

MS/JV/Varsity

Track & Field

MS/JV/Varsity

Common Eligibility Requirements

To be eligible to practice and participate in a sport the following items must be completed and entered on Final Forms:

1. **MHSAA Physical Examination Form** (Physicals must be completed after April 15 of the preceding year)
2. **Emergency Treatment Card**
3. **Permission to Participate Form**

Bangor High School Academic Requirements

Previous Semester Record

1. Students must pass 6 of 7 classes during their previous semester.
2. End of 2nd semester they must have one credit in English and one credit in Math.
3. End of 4th semester they must have 2 credits each in Math & English and 1 credit each in Science & Social Studies.
4. End of 6th Semester they must have 3 credits each in Math & English and 2 credits each in Science & Social Studies.

Current Semester Eligibility

1. Students must be passing 6 of 7 classes during weekly eligibility checks. Grades will be checked each Monday. If there is a discrepancy, teachers have until 3 PM on Monday to submit a correction.
2. Coaches have the discretion to hold athletes out of competition due to falling grades.

Middle School Academic Requirements

Previous Semester Requirement

Students must pass 6 of 7 classes during their previous semester.

Current Marking Period Record

Students must be passing 6 of 7 classes during weekly eligibility checks. Grades will be checked each Monday. If there is a discrepancy, teachers have until 3 PM on Monday to submit a correction.

HS & MS Student-Athlete Policies:

Attendance

1. Students need to be in attendance all day in order to participate in practice, competitions, or team events.
2. Exceptions to this policy must be approved by the administration, with prior approval preferred.

Suspensions

1. Students placed on out-of-school suspension (OSS) may not participate in any school activities on days of their suspension.
2. Students placed in in-school suspension (ISS) may not participate in any school activities except in the case of non-disciplinary in-school suspension (e.g. tardies)

Inclement Weather

When school is closed due to inclement weather, typically all practices and events will be canceled. A decision will be made by 12:00pm to determine if the weather has improved enough to hold high school practices or events. Under no circumstances is it a requirement to attend practice if conditions are unsafe over an athlete's travel route to practice.

Dual Sport Participation

An athlete who wishes to complete in more than one sport during the same season must have permission from their parents, both coaches and the athletic director, provided the following:

- a. Athletes who wish to participate in two sports must have no D's or F's on their weekly eligibility report. If they do, they may only participate in their primary sport that week.
- b. The student must declare a primary sport.
- c. Attendance in the primary sport activity is required unless exempted by the coach of the declared primary sport.
- d. If an athlete is participating in a non-school sponsored sports team, this must be communicated to the coach on the 1st day of practice and treated as a secondary sport. Bangor Public School athletics will always be the primary sport.

Dropping/Transferring Sports

An athlete that quits a sport once they have made the team may not begin pre-season workouts or practices with his/her next sport until completion of the current sport season. Changing sports once the season has started may be done with the approval of the athletic director after consulting with both coaches involved.

School Equipment

All school equipment must be accounted for at the end of the season. School will be reimbursed for any lost equipment. School uniforms may not be worn outside of approved school events.

Transportation

Athletes must travel to away contests with the team via school transportation unless prior approval of the administration is received. Students may travel home with their parent/guardian after signing him/her out with their coach. If traveling home with someone other than their parent/guardian, prior approval must be received from the administration.

Awards

Bangor Public School athletes will be honored with an awards program at the conclusion of their season. Each athlete that completes the season in good standing will receive a certificate. Coaches will communicate with their athletes the criteria to achieve individual awards.

High School athletes will receive the following in addition to their certificate:

Bangor "B" patch will be given for 1st Varsity sport. A gold sport pin will be given for each additional year that they letter in that sport.

Viking Head patch will be given for 1st Junior Varsity sport. Athletes will receive one regardless of how many JV teams they play on.

Chenille Numerals of graduation year will be given upon 1st year of completion in any sport. Only one set of numerals will be given.

Senior Awards: Seniors lettering in the same two sports their JR & SR year will receive the **Two-Year Letter Winner Award**. Seniors that participate in three sports their JR & SR year will receive the **Iron Viking Award**.

Code of Conduct for Student Athletes

This represents the Bangor Public Schools uniform Code of Conduct for both Middle and High School athletes. All athletes who represent Bangor Public Schools are expected to live up to the spirit of these regulations, in and out of season and on and off the athletic arena.

Major Offenses

Examples include but are not limited to:

1. Possession of alcoholic beverages, illegal drugs, drug substitutes, and/or paraphernalia.
2. Possession of tobacco in any form. Tobacco is defined as any nicotine delivery system or tobacco stimulation devices. Examples include e-cigarettes, vapor pipes, cigarettes, cigars, pipes, chewing tobacco, et al.
3. Theft of property, assisting in the theft of property, knowingly being in possession of stolen items (including Bangor athletic uniforms, practice uniforms and/or equipment).
4. Physical assault of an individual or group of individuals where law enforcement is required to file charges and/or prosecute through the court system.
5. Cyber offenses that are determined to be criminal by law enforcement officials and with charges that are filed through the court system. Cyber offenses could occur on the general Internet or on social media platforms, including but not limited to Facebook, Instagram, Twitter, Snapchat, Tik Tok, et al.

Penalties for Major Offenses

FIRST OFFENSE: Suspension from athletics for 25% of the regularly scheduled contests which includes state sponsored events. An athlete may not participate in state sponsored competition while on suspension. If less than 25% of the season remains, the suspension will carry over to the next season of active participation. If the violation takes place out of season, the suspension will take place during the next season of active participation. During the suspension the athlete may not wear any part of the game uniform for a regularly scheduled contest and must fulfill all other responsibilities of team membership.

SECOND OFFENSE: Suspension from athletics for 75% of the regularly scheduled contests which includes state sponsored events. An athlete may not participate in state sponsored competition while under suspension. If less than 75% of the season remains, the suspension will carry over to the next season of active participation. If the violation takes place out of season, the suspension will take place during the next season of active participation. During the suspension the athlete may not wear any part of the game uniform for a regularly scheduled contest and must fulfill all other responsibilities of team membership.

THIRD OFFENSE: Immediate suspension from athletics for one calendar year.

FOURTH OFFENSE: Immediate and permanent suspension from athletics for the remainder of the athlete's high school career.

Minor Offenses

Examples include but are not limited to:

1. Violation of city curfew where law enforcement penalties are involved.
2. Disturbing the peace where law enforcement penalties are involved.
3. Trespassing with no criminal intent where law enforcement is involved.
4. Conduct of an athlete in the cyber world that is determined to be hurtful or degrading to an individual or individuals that does not warrant involvement of law enforcement.
5. Gambling on school property or at school sponsored events.
6. Any conduct that brings discredit to the athlete, parents, team, coach, school or community.

Penalties for Minor Offenses

Each Offense: 10 hours of community service (These hours cannot be applied to the to the community service cord requirement).

If athlete chooses not to participate in community service, the penalty for 1st offense under Major Offenses will be applied.

Self-Referral by Student-Athlete

Student-athletes may take advantage of a self-referral procedure to seek information, guidance, counseling, and assessment in regard to use of alcohol, use of illegal drugs, theft or other health issues. Voluntary referrals do not carry punitive consequences.

1. Referral allowed one time in a student's four-year high school career.
2. Referral must be made by the athlete or immediate family member.
3. Referrals can be made to a qualified agency outside of the school system if the referral is done prior to an offense being discovered. In the event an offense is discovered during the period an individual is undergoing treatment with an outside agency, a date of referral signed by a qualified agency representative will be required to utilize this one-time exemption.
4. Referral cannot be used by athletes as a method to avoid consequences once the Code of Conduct is violated.
5. Referral must be made to a coach, athletic director, teacher, administrator, guidance counselor, or qualified professional.

Athletic Transfers

If an athlete transfers to Bangor and is under suspension or other disciplinary action from the sending school, Bangor will uphold the sending school's action before eligibility is restored. An athlete has the right to request a meeting with the Athletic Review Committee to present any mitigating circumstances that may warrant restoration of the athlete's eligibility earlier than the suspension mandated by the sending school.

Procedures for Addressing Concerns

When a concern arises by a student-athlete or parent, the following procedures should be adhered to:

1. Make an appointment. Meetings should not occur directly before or after an athletic contest.
2. All meeting should take place in a private setting. Meetings should never take place in a public setting in front of other students, parents, staff members, or community members.
3. Follow any procedures established by the coach in their pre-season meeting.
4. **Chain of Command** should be followed as outlined below. Appointments can be scheduled through Athletic Director 269-427-6842 if necessary.

1st contact is with your child's Head Coach

2nd contact is with the Head Varsity Coach of sport Involved (if different)

3rd contact is with Athletic Director

4th contact is with school Principal

5th contact is with Superintendent

6th contact is with the School Board Athletic Committee

7th contact is with the full School Board