



Coloma Athletic Department
COLOMA HIGH SCHOOL, COLOMA, MI 49038

Ken Schmaltz – Athletic Director
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ATHLETIC HANDBOOK

Adopted September 10, 1990
Revision Adopted June 13, 2011
Coloma Board of Education

“Building an Elite Program...Building Elite Individuals.”



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ATHLETIC HANDBOOK AGREEMENT

We have received and read a copy of the Coloma Athletic Handbook and agree to abide by the regulations set forth in it. Further, it our understanding participation in interscholastic athletic activities will not occur until this form as been signed and returned to the Coloma Athletic Office.

Signature of Parent or Guardian

Date

Signature of Student-Athlete

Date

PLEASE DO NOT WRITE IN THE SPACE BELOW. FOR ATHLETIC DEPARTMENT ONLY

\$10 Comet Craze Shirt Fee Collected

Comet Craze Shirt Distributed

Signature of Athletic Director

Date Received

“Building an Elite Program...Building Elite Individuals.”

THE ATHLETIC PHILOSOPHY

The athletic program shall be directed so that the welfare of all students will be the primary concern.

Fundamental emphasis shall be placed on the philosophy that athletic activities are an extension of the educational program and are justifiable only to the extent that they are desirable learning experiences. All athletic activities in the school district shall be an outgrowth of and closely coordinated with the general instructional program and with the other departments of the school district.

A high premium is placed in today's society on the emotional and social adjustment of individuals and their interrelationship with group activity. Athletics provides such an educational experience. An attempt shall be made continually to encourage as many students as possible to share in the benefits of athletic participation. While broad participation is to be encouraged, it is a **privilege** to compete as a team member for the school.

Athletics should contribute to the physical maturity of the student because the field of athletic competition provides the laboratory phase of education. The skills, techniques and theories presented are an integral element of physical training. Our program requires support of all grade levels.

ATHLETE'S RESPONSIBILITIES TO SCHOOL

A responsibility you assume as a team member is to your school. Coloma cannot be an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the best of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic squad; the student body and citizens of the community know you. You are a symbol of our school. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Use your efforts and conduct to make your school and community proud of you.

GRIEVANCE PROCEDURE

FOR COLOMA COMMUNITY SCHOOLS
TITLE VI OF THE CIVIL RIGHTS ACT OF 1964
TITLE IX OF THE EDUCATION AMENDMENT ACT OF 1972
TITLE II OF THE AMERICANS WITH DISABILITY ACT OF 1990
SECTION 504 OF THE REHABILITATION ACT OF 1973
AGE DISCRIMINATION ACT OF 1975

Section I

Any person believing that the Coloma Community School District or any part of the school organization has inadequately applied the principles and/or regulations of (1) Title VI of the Civil Rights Act of 1964, (2) Title IX of the Education Amendment Act of 1972, (3) Section 504 of the Rehabilitation Act of 1973, (4) the Age Discrimination Act of 1975, and (5) Title II of the Americans with Disabilities Act of 1990 may bring forward a complaint, which shall be referred to as a grievance, to the local Civil Rights Coordinator at the following address:

Coloma Administration Building
Att: Special Program Coordinator (Rita Moore)
2518 Boyer Road
Coloma, MI 49038
(269) 468-2424

Section II

The person who believes a valid basis for grievance exists shall discuss the grievance informally and on a verbal basis with the local Civil Rights Coordinator, who shall in turn investigate the complaint and reply with an answer to the complainant within five (5) business days. The complainant may initiate formal procedures according to the following steps:

Step 1

A written statement of the grievance signed by the complainant shall be submitted to the Local Civil Rights Coordinator within five (5) business days of receipt of answers to the informal complaint. The coordinator shall further investigate the matters of grievance and reply in writing to the complainant within five (5) business days.

Step 2

A complainant wishing to appeal the decision of the Local Civil Rights Coordinator may submit a signed statement of appeal to the Superintendent of Schools within five (5) business days after receipt of the Coordinator's response. The Superintendent shall meet with all parties involved, formulate a conclusion, and respond in writing to the complainant within ten (10) business days.

Step 3

If unsatisfied, the complainant may appeal through a signed, written statement to the Board of Education within five (5) business days of receiving the Superintendent's response in step 2. In an attempt to resolve the grievance, the Board of Education shall meet with the concerned parties and their representatives within forty (40) days of the receipt of such an appeal. A copy of the Board of Education's disposition of the appeal shall be sent to each concerned party within ten (10) days of this meeting.

Step 4

If, at this point, the grievance has not been satisfactorily settled, further appeal may be made to the Office of Civil Rights, Department of Education, Washington D.C. 20202.

Inquiries concerning the nondiscriminatory policy may be directed to Director, Office for Civil Rights, Department of Education, Washington D.C. 20202.

The local coordinator, upon request, will provide a copy of the district's grievance procedure and investigate all complaints in accordance with this procedure.

A copy of each of the Acts and the regulations on which this notice is based may be found in the Civil Rights Coordinator's Office.

Approved BOE 11/08/99

COLOMA HIGH SCHOOL – ATHLETIC CODE

How can a concussion affect schoolwork?

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

What can I do?

Both you and your child should learn to recognize the "Signs and Symptoms" of concussion as listed above.

Teach your child to tell the coaching staff if he or she experiences such symptoms.

Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.

Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.

Monitor sports equipment for safety, fit, and maintenance.

Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.

Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

Other Frequently Asked Questions

Why is it so important that an athlete not return to play until they have completely recovered from a concussion? Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

Is a "CAT scan" or MRI needed to diagnose a concussion? Diagnostic testing, which includes CT ("CAT") and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete's story of the injury and the health care provider's physical examination.

What is the best treatment to help my child recover more quickly from a concussion?

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

How long do the symptoms of a concussion usually last?

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

There is no "magic number" of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete's risk for further and potentially more serious concussions. The decision to "retire" from sports is a decision best reached following a complete evaluation by your child's primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

I've read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of "chronic encephalopathy" in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

Some of this information has been adapted from the CDC's "Heads Up: Concussion in High School Sports" materials by the NFHS's Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

If you have any further questions regarding concussions in high school athletes or want to know how to find a concussion specialist in your area please contact Michael C. Koester, MD, ATC and Chair of the NFHS Sports Medicine Advisory Committee at michael.koester@slocumcenter.com.

Athlete Defined: Any student participating on an athletic team or in an associated athletic program shall be considered an athlete. This will include: members of any athletic team, team managers and statisticians, cheerleaders and dance team girls, representing Coloma Community Schools.

Eligibility Rules: As a voluntary member of the Michigan High School Athletic Association, Coloma Community Schools follows all regulations of the MHSAA Handbook.

Weekly Academic Eligibility: Weekly eligibility checks will be conducted in each Coloma Middle School, Coloma Junior High School and Coloma High School every Friday morning. Eligibility for students in grades 8-12 must be passing no less than 66% of his/her classes (in these buildings this would be 4 of 5 classes). Students in 7th grade must also pass 66% of his/her course load based on the number of class periods offered at the middle school. Students not meeting this standard will be deemed academically ineligible for a period of seven days running from Sunday through Saturday of the following week. Should students meet the requirement the ensuing week, they would become eligible to return to competition the following Sunday through Saturday. Extenuating circumstances MAY be subject to review by the respective building principal.

Participation in practice is left to the discretion of the individual coach under the following restriction: Any athlete who appears on three weekly (need not be consecutive) ineligibility lists during the season shall be removed from that team for the remainder of the season. Further, academically ineligible student-athletes will not travel to road contests with the team.

Trimester Academic Eligibility: (Per the Michigan High School Athletic Association (MHSAA) Handbook)

REGULATION I, SECTION 7 – PREVIOUS ACADEMIC CREDIT RECORD (Grades 9-12)

SECTION 7 (A) – No student shall compete in any athletic contest who does not have to his or her credit in the official records of the school to be represented, at least 66 percent of full credit load potential for a fulltime student for the last trimester during which he or she shall have been enrolled in grades **9 to 12**, inclusive. A student entering the 9th grade for the first time, except those who participated under *Regulation I, Section 1 (D) or who had eligibility advanced under **Regulation III, Section 2 (C), may compete without reference to his/her record in the 8th grade.

* High schools having a total enrollment of less than 100 in grades 9 to 12.

** 8th grade students whom turn 15 years of age prior to September 1 of the current school year.

At the conclusion of each trimester, aside from passing 66% of a full credit load, student-athletes in grades 9-12 must also maintain a 1.7 cumulative grade point average beginning with the Class of 2015 (incoming 9th grade students in the Fall of 2011).

REGULATION III, SECTION 7 – PREVIOUS ACADEMIC CREDIT RECORD (Grades 7-8)

SECTION 7 (A) – No student shall compete in any junior high/middle school athletic contest during the current trimester who does not have in the official records of the school represented for the last trimester, credit in at least 50 percent of the total periods of work carried. 7th grade students may compete without reference to his/her record in the 6th grade; however, a student who repeats grade 7 is subject to previous trimester academic requirements.

GENERAL REGULATIONS

1. Use, possession, distribution or sale of alcoholic beverages, tobacco, illegal drugs (including steroids and look-alike drugs) constitutes a violation of the athletic rules. The parent is advised to seek counseling for student/athlete in a drug abuse program.
2. An athlete's conduct both in school and in the community shall not bring discredit to the athlete, parents, team or Coloma Community Schools.
3. No acts, which constitute a civil or criminal violation of community or state law, excluding minor traffic offenses.
4. Athletes in violation of student handbook policies shall be subject to normal school discipline. If suspended off campus they shall not participate in nor attend any practices and may not play in any contests.
5. Under the general regulations, a student who voluntarily seeks assistance for a substance abuse problem, before a reported violation, may be exempt from penalty. This voluntary admission may be made to a Coloma coach, administrator or counselor. Any violation reported after assistance has begun will be treated as a regular violation. Subsequent violations will automatically fall under the criteria for a second violation (see below).

Penalty for First Violation

Off-season infraction: Suspension from 25% of scheduled athletic contests during the next season in which the athlete competes. Based upon the severity of the violation, a more severe penalty may be imposed.

In-season infraction: Beginning with the first day of practice, suspension from 25% of scheduled athletic contests. If less than 25% of the contests remain, the penalty will carry over to the next sport or participation until the 25% penalty has been met. The athletic director will determine the number of games necessary to meet this percentage. Further, coaches for that sport have the authority to impose a more severe penalty than 25% of the season and the student-athletes position on the team could be altered.

Penalty for Second Violation

Suspension from participation in the athletic program, in any manner for one calendar year.

Penalty for Third Violation

Permanent suspension from athletic participation. Extenuating circumstances may result in less than permanent suspension. Severe violations of the general regulations may result in application of the third offense penalty at an earlier stage.

POLICY FOR TRANSFERS FOLLOWING VIOLATIONS OF A SCHOOL'S STUDENT/ATHLETIC CODE

A student who transfers to Coloma High School after becoming ineligible because of a Student or Athletic Conduct Code violation(s) at the previously attended school shall remain suspended at Coloma High School for 50% of the first sports season the athlete participates in, or serve the period of suspension imposed at that student's most recent previously attended school (whichever is less).

The student-athlete will be required to participate in the practice sessions and attend the scheduled events during the season, while fulfilling the suspension.



A Parent's Guide to Concussion in Sports

What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

Concussion Facts

It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)

Concussions occur most frequently in football, but girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball follow closely behind. All athletes are at risk.

A concussion is a traumatic injury to the brain.

Concussion symptoms may last from a few days to several months.

Concussions can cause symptoms which interfere with school, work, and social life.

An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.

A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES
Appears dazed or stunned
Is confused about what to do
Forgets plays
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness
Shows behavior or personality changes
Can't recall events prior to hit

SYMPTOMS REPORTED BY ATHLETE
Headache
Nausea
Balance problems or dizziness
Double or fuzzy vision
Sensitivity to light or noise
Feeling sluggish
Feeling foggy or groggy
Concentration or memory problems
Confusion
Can't recall events after hit

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing.

When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately.

When can an athlete return to play following a concussion?

After suffering a concussion, **no athlete should return to play or practice on that same day**. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in both Oregon and Washington to pass laws stating that **no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she are allowed to return to play in games or practices**. The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight-training can begin.

Step 4: Full contact practice or training.

Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.

ATHLETIC INSURANCE (A Supplemental Insurance)

Parents and athletes are responsible for primary coverage of any athletic injury occurring during or from athletic team practices, open gyms, weightlifting and/or interscholastic competition. The Coloma Athletic Department has a supplemental policy through First Agency, Inc., to cover limited amounts after the student-athlete's family insurance had paid its maximum benefits. Currently this policy requires a small deductible payment by the family before coverage begins.

SUBMITTING A CLAIM

In the event of accident/injury, the student-athlete must notify his/her coach. The coach will be responsible for filling out an accident report form.

After the student-athlete has been seen by a physician and/or specialist, the parent or guardian must inform the athletic office or the athletic secretary so a claim can be registered. If this protocol is not followed in a timely fashion, the possibility in losing all rights to insurance coverage could be lost.

All bills should be sent to the mailing address of the parent or guardian. At no time should any medical bills be sent to the school as all insurance policies are made out in the name of the student-athlete – not the school.

Once the claim has been filed, all correspondence is between the company and the parent or guardian. The athletic office will assist when possible, however, it is the responsibility of the parent or guardian and the doctor/specialist's office to complete the proper forms and follow through in payment.

SPECIFIC REGULATIONS

(Effective during the season of participation)

- 1) Absences from practices or contests are excused for illness, death in the family or other emergencies at the discretion of the coach or athletic director.
- 2) All athletes must travel to and from away contests with the team. A parent may take his/her own son/daughter only after personally notifying the coach. The coach may (and is encouraged by the athletic department) require a written note of release.
- 3) An athlete shall be in attendance no less than 3 of 5 classes during the school day on the day of a contest, or the day before in the case of Saturday events, except as excused by the principal or his/her designee. Penalty – Athlete may not participate in athletic contest on that date. More than two (2) violations may result in dismissal.
 - a) Exceptions may be made in advance through the building principal and athletic director (i.e. – doctor/orthodontist appointments, family emergency).
 - b) Consideration may be given by the building principal and athletic director if advanced notice was not possible.
- 4) Athletes must be in attendance the day after a contest unless falling under items 3 (a) or 3 (b).
- 5) Athletes are expected to demonstrate personal responsibility. Normal attendance in school is expected on school days following an evening contest; failure to comply may be subject to suspensions from contest/game participation.
- 6) During team practices and competitions, athletes should conduct themselves in a manner to bring no discredit to the school and/or team. Determination of disciplinary action shall be left to the judgment of the athletic director, building principal and the affected coach. Each offense could result in suspension from one (1) contest or up to the remainder of the season.
- 7) Additional rules set by coaches must be checked by and on file with the athletic director. Once set, and given to players in writing, these rules are considered part of the athletic handbook and must be followed by the athletes. The coach will determine penalties for violations of team rules. In no case may these penalties exceed the penalties of the general regulations.

PENALTIES

(For specific violations, in which penalty is not previously written)

First Offense	=	One (1) game suspension
Second Offense	=	Two (2) game suspension
Third Offense	=	Indefinite suspension – up to dismissal from team

INCIDENTS NOT COVERED

It is understood and acknowledged that policy statements cannot cover or address all of the possible circumstances that may occur during a sports season. Therefore, it is understood the coaches, athletic director, building principals and administration of Coloma Community Schools will make rulings holding to the intent of the handbook as necessary to building and maintaining an elite athletic program.

REPORTING VIOLATIONS OF GENERAL OFFENSES

A report of the violation must be given to the athletic director.

The athletic director will determine the validity of the reported allegation and notify the athlete of the alleged violation within a reasonable amount of time.

The athletic director will notify, in writing, the parents or legal guardians of the alleged violation. Violations will be investigated if reported by the following:

- any coach, teacher or administrator of Coloma Community Schools
- any Coloma Board of Education member
- any law enforcement officer

APPEALS CHANNEL

The first appeal may be made to the athletic director within three (3) school days of the notification of the penalty.

The second appeal may be made to the building principal and/or his/her designee within three (3) school days of the decision of the athletic director.

The third appeal may be made to the Superintendent of Schools and/or his/her designee within three (3) school days of the decision of the building principal.

The fourth appeal must be made to the Secretary of the Coloma Board of Education within three (3) school days of the decision of the Superintendent of Schools. The appeal will be heard at the next regularly scheduled Coloma Community Schools Board of Education meeting or the Board of Education may convene a special meeting to determine the appeal.

SCHOOL EQUIPMENT

Each student is financially responsible for all equipment assigned/checked-out to the student-athlete and should treat all equipment as if it were personal property. If the equipment turns up missing or is returned in a form no longer usable, the student-athlete will be charged the full replacement cost.

Team uniforms are issued for team usage. Warm-ups, competition jerseys, practice jerseys, etc., are not to be worn as personal clothing. Coaches may approve the wearing of jerseys at specified occasions.

IN-SEASON VACATIONS/PRE-ARRANGED ABSENCES

Vacations occurring during the course of the season (i.e. – Christmas Break, Spring Break), and which cause an athlete to miss practices in preparation of any respective sport must be cleared in advance through the coach. Any athlete who does not follow this procedure will jeopardize his/her position on the squad. Further, even by following this procedure, there is no guarantee a student-athlete's position on a respective squad/team will not be affected. The coach will still have the final decision in determining an athlete's position on a respective team.

PHYSICAL EXAMINATIONS

(Per the Michigan High School Athletic Association (MHSAA) Handbook)

Section 3 (A) – No student shall be eligible to represent a high school/junior high/middle school for whom there is not on file in the offices of the superintendent or principal or athletic director of that school, statements for the current school year certifying that (1) the student has passed a physical examination and is physically able to compete in athletic tryouts, practices and contests and (2) there has been consent for disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility for interscholastic athletics.

Interpretations – Section 3

16. The physical examination form must be signed by the M.D., D.O., Physician's Assistant, or Nurse Practitioner who administers the physical examination.
18. Athletic equipment should not be issued and students must not be allowed to try out or practice until an acceptable signed statement of physical examination and consent has been provided
19. A statement for the current school year is interpreted as any physical examination given on or after April 15 of the previous school year.
20. In cases of serious injury or extended illness, students should be re-examined by a physician (M.D. or D.O.) before again being allowed to compete.
21. A statement for the current school year is interpreted as any physical examination given on or after April 15 of the previous school year.

It is the responsibility of the student-athlete to have a signed statement of physical examination and consent submitted to the athletic office prior to the first day of try-outs. The Coloma Athletic Department will make every attempt to schedule and sponsor a common date for athletic physicals with a local health clinic on a specific date after the date of April 15.

The Coloma Athletic Department uses MHSAA Form A, of which can be downloaded off the school website at http://ccs.coloma.org/ath/general_info/mhsaa_physical_card.pdf or picked up in the Coloma Athletic Office. All portions of this card must be completed by student-athletes, MD, DO, PA or NP, and parent or guardian before the student-athlete will be cleared by the Athletic Office for participation.

DRUG TESTING

Coloma Community Schools has an ongoing random Drug Testing Program in effect for all student-athletes in grades 9 through 12. Athletes and their parents or guardians will be required to sign a Drug Authorization Form and Consent for Release Form in order to participate in interscholastic athletics sponsored by Coloma Community Schools.

STUDENT-ATHLETE ATHLETIC PASSES

In 2010-11, the Coloma Athletic Department discontinued its distribution of free athletic passes to Coloma student-athletes with the intent to stay in compliance per MHSAA rulings. Coloma Community Schools allows for all students (regardless whether or not they participate in athletics) in grades 7-12 the opportunity to purchase "Coloma Craze" t-shirts. This t-shirt, when worn to home events by students, will serve for free admission to home athletic events for the entirety of the school year. Aside from events in which a student-athlete is participating in, individuals will be charged full admission price if not wearing the shirt to events. 2011-12 t-shirts can be picked up when submitting the last page of this handbook, as well as \$15, to the Coloma Athletic Office.

A PARENT'S GUIDE TO CONCUSSION IN SPORTS

Please refer to enclosed handout provided by the National Federation of State High School Associations (NFHS).