



Athletic Handbook

2024-2025



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Bay City Academy

301 North Farragut
Bay City, MI 48708
Phone: 989-414-8254
Fax: 989-321-2225

North Central Academy

5055 Corey Road
Mancelona, MI 49659
Phone: 231-584-2080
Fax: 231-539-1125

Athletic Information Page

Bay City Academy

Athletic Director: Brandon Deacons
Phone: 989-975-0713

Email: deaconsb@baycityacademy.com

North Central Academy

Athletic Director: Danielle Williams
Phone: 231-584-2080

Email: williamsd@northcentralacademy.net

Co-Op Information

Bay City Academy is proud to co-op with Bay City All Saints for most middle and high school sports. Bay City All Saints is a member of the Big Thumb Conference (BTC) for sports.

North Central Academy is proud to co-op with Alba Public Schools for selected middle and high school sports along with Bellaire Public Schools for other middle and high school sports. Clubs at North Central Academy will be run by North Central Academy staff and parent volunteers. Alba is an independent school (no league association) for sports. Bellaire is a member of the Sky Valley Conference (SVC) for sports.



Mission Statement of Bay City Academy and North Central Academy

“Action Over Words, Service Over Self”

Mission Statement of Bay City Academy and North Central Academy Athletic Department

Interscholastic athletics at Bay City Academy and North Central Academy is to provide educational experiences in the framework of competitive athletics. By focusing on educational outcomes and student learning, athletics provides avenues for physical, emotional, social, and intellectual growth, motivation, self-discipline, self-confidence, and leadership.

Athletic Philosophy

The interscholastic athletic programs at Bay City Academy and North Central Academy is a vital and integral part of the total educational program. Students that earn the privilege to be involved in extracurricular activities enhance their chances of success during adulthood. Many of the character traits required to be a successful athlete are those that will promote a successful life after school.

The purpose of interscholastic athletics is to make a positive contribution to the development of the participants, spectators, school, and community.

As an integral part of the educational process, the athletic program should always conform and support the objectives and standards of the school. The total educational curriculum must take precedence to the athletic program. Athletes should strive for educational excellence, playing excellence, as well as staying within the boundaries of good sportsmanship.

Although the explicit goal of all competitive sports is to win within the rules, this is by no means the only measure of success. The total development of the individual as a person is of considerably greater importance. Success in athletics occurs when athletes can develop to the fullest and to become all they are capable of being.



Athletic Code

Competition is an integral part of our democratic society. It creates allegiance, pride, and spirit within the athlete, student body, and community. Athletic competition in our public charter school system provides a means for the development of leadership and self-discipline for our students and is a unifying force for our community.

Students who accept the privilege of becoming a member of one of our teams do so with the realization that rules and regulations must be followed by athletes as a condition of their remaining on the team. There are standards of conduct that must be adhered to by every athlete who wears Bay City Academy (Bay City All Saints) and North Central Academy (Alba)(Bellaire) uniform as may be established by the Board of Education, the district's administration, and the athletic directors.

All behavioral expectations of athletes cannot be encompassed in a set of written rules, because each athlete must have an inner sense of what is right and wrong to govern the athlete's conduct. Pride, respect, and attitudes are behavioral factors, which are considered important in the development of a student athlete.

To accept the role of an athlete, the student places on themselves an additional set of behavioral expectations that are to be followed year-round.



Responsibilities

Student Athletes

Being a member of a Bay City Academy and North Central Academy athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes the hard work of many people over many years. As a member of an interscholastic squad of Bay City Academy and North Central Academy, you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to compete with class. We desire to win, but only with honor to our athletes, our school, and our communities. Such a tradition is worthy of the best efforts of all concerned. Over the years our teams have achieved more than their share of league and tournament championships. Many individuals have set records and won All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. To compete for your school may mean that you will have to say “no” to influences an athlete cannot afford. When you wear the school colors, we assume that you not only understand our traditions, but also are willing to assume the responsibility that goes with them. The contributions you make should be a satisfying accomplishment to you and your family.

Specific Responsibilities of Student Athletes

Athletes are in school first for an education. Moreover, an interscholastic athlete program has a proper place in Bay City Academy and North Central Academy only with it as an educational experience.

The values of athletics, as far as the athletes are concerned, are many. However, in order to get the most out of their athletic competition, the athletes in turn must assume certain responsibilities, namely:

1. Abide by all rules established by the Board of Education, the Bay City Academy and North Central Academy Student Handbook and Athletic Handbook and school staff.
2. The good name of our schools is more important than any contest won by unfair play. Good sportsmanship must be displayed with any coach, parent, player, participant, official or any attendee.
3. Accept the decision of officials without being disrespectful. They are not responsible for your success; so do not blame them for your failure.



4. Be proud of our school's reputation and work hard to protect it.
5. Work to your potential academically and remember that you are a role model to those both inside and outside the classroom.
6. Treat yourself, team members, coaches, and officials with respect at all times.
7. Encourage others to achieve and feel part of the team effort.

Responsibilities

Coaches

Coaching for the Bay City Academy and North Central Academy and having the privilege to work with our student athletes should be considered an honor. All coaches will abide by and carry out all policies, rules and regulations established by the School Board and the Michigan High School Athletic Association (MHSAA). Coaches have the following responsibilities to enhance their professional and personal relationships with all those associated with Bay City Academy and North Central Academy.

1. **To the Athletes on the Team:**

The main reason for having athletic teams within the school is fully to help provide athletic opportunities for young men and women to develop their respective capabilities. Development of positive attitudes is an important means to accomplishing this aim. We must promote and teach vigorous and competitive fair play, while stressing good moral character and sportsmanship. The coach must be the leader and set the example for all student athletes.

The coach should be fair and unprejudiced with vigorous and competitive athletes, considering their individual differences, needs, interests, temperaments, aptitudes, and environments. Athletes expect coaches to be knowledgeable of that which they propose to teach. The physical and emotional welfare of athletes should always be uppermost in coaches' minds. The coach's primary responsibility is to the individual student athlete.

2. **To the District:**

Since a coach is a frequent topic of conversation at various community locations, including the home, the workplace and at the meetings of many civic organizations, their profession, as well as their reputation as a coach, is constantly under scrutiny. A coach's actions and statements should always reflect confidence in the athletic program and the school.

3. **To the School:**

A coach always owes his/her school their efforts and loyalty. He/She must strive for excellence in all areas of his/her school. To be effective, a coach must be respected. To be



respected, good personal habits and neat appearance are important; but most important are the examples set by the coach. Being respected is much more important than being well liked. Treat the faculty, the players, and the student body with the same honor and respect that you desire to be shown to you. Private, firm, fair, and constant discipline must be maintained.

The work of the coach must be an integral part of the educational program of the school. The coach should show mastery of the principles of education and consequent improvement in teaching and coaching. The coach should give support to all endorsed activities of the school. At every opportunity, the coach should urge the student body to be polite, courteous, and fair to the visiting team.

4. To the Profession:

A coach should continue professional growth in both the academic teaching area and the athletic coaching area. To best accomplish this, a coach is encouraged to belong to the various coaching associations open to the profession.

Parents

Being a parent is the most important, and many times, the most challenging job we face. We encourage you to attend games and to model constructive support and guidance when your child experiences either success or failure. Most importantly we ask you to help us reinforce the inherent values of interscholastic athletics.

1. Encourage your student to do the best they can.
2. Accept your student's strengths and limitations.
3. Show good sportsmanship and set an example for others.
4. Teach your student by example to respect school authorities and contest officials and participants.
5. Support the efforts of the athletic program in providing experiences for the athletes.
6. Become actively involved in both athletic and academic programs. Volunteer yourself and your time to help promote the positive things that are happening at Bay City Academy and North Central Academy.

Unacceptable behavior or a display of poor sportsmanship by a student athlete, parent or coach will be evaluated and acted upon by the administration. Actions for unacceptable behavior may range from a verbal warning to a suspension depending on the situation.



Procedures and Guidelines

Athlete-Parent-Coach Communication Process:

Both parenting and coaching can be challenging. By establishing an understanding of each position, the parties are better able to accept the action of the other and provide greater benefits to children. Parents are encouraged to understand what expectations are placed on student athletes. This begins with clear communication from the coach of your child's program. If a situation arises which requires a conference between the coach and the parent, this is encouraged. It is important that both parties involved have a clear understanding of the other's position.

Communications Athletes/Parents Should Expect from the Coach:

1. Philosophy of the coach.
2. Expectations the coach has for student athletes.
3. Locations and times of all practices and contests.
4. Requirements/recommendations, i.e., fees, special equipment, off-season conditioning, team, and individual camps.
5. Procedure should the athlete become injured during participation.
6. Discipline that results in the denial of your child's participation.

Communication Coaches Expect from Athletes/Parents:

1. Notification of any schedule conflicts in advance, 48 hours preferable.
2. Special concerns regarding a coach's philosophy and/or expectations.
3. Physical, mental, or emotional problems experienced by the student.

Student athletes involved in the Bay City Academy and North Central Academy Athletic Program will experience many rewarding moments both in competition and after. It is important for them to understand that there may also be times when things do not go, as they might desire. At these times, discussions with the coach are encouraged.

Appropriate Concerns to Discuss with Coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. Academic support and college opportunities.

While there are certain things, which can and should be discussed with your child's coach, there are some non-appropriate concerns, which must be left to the discretion of the coach.

Non-Appropriate Concerns to Discuss with Coaches:

1. Playing time.
2. Strategy.
3. Play calling.
4. Other student-athletes.

It is difficult to accept your child not playing as much as you may hope; however, coaches must make the judgment decisions based on what they believe to be best for all concerned.



Athletic Concerns/Issues Resolution Process

If a student, parent, coach, a teacher, or an administrator has a concern, a complaint or issue regarding an athletic situation, it is mandatory that Bay City Academy and North Central Academy Procedure for Conflict Resolution be used to resolve the problem.

Please follow the proper chain of command if an issue arises.

1. Contact the coach.
 2. If you cannot resolve it with the coach, contact the Athletic Director.
 3. If no resolution is found, then contact the school Principal.
 4. At that point if you are still unsatisfied with the resolution, reach out to the Superintendent..
- Use the 24-hour rule. No effective communication or problem solving can take place when people are emotional. Meetings prior to or after games are not always productive.
 - Help your student learn to resolve his or her own differences. When a student successfully deals with difficult situations, he or she learns and grows. Of course, a parent always has the right to intervene on behalf of the child.
 - All parties should have the best interest of the students in mind when concerns are discussed. We will make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a concern.
 - If letters are preferred means of communication, they must be signed and directed to the appropriate party. Anonymous letters are generally given little or no consideration.



Athletic Team Selection

Philosophy:

All eligible students will be offered the opportunity to participate on an athletic team. However, there may be tryouts/cuts, particularly at the Varsity level.

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at Bay City Academy and North Central Academy, we encourage coaches to select as many students as they can without compromising the integrity of their sport. Obviously, time, space, facilities, equipment, athletic ability, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing procedures in this regard, coaches should strive to maximize the opportunities for student athletes without diluting the quality of the programs.

Team Selection-Coach's Responsibility:

Choosing the members of athletic teams is the sole responsibility of the coach. Junior Varsity coaches must take into consideration the policies established by the head coach in each particular program when selecting team members.

Prior to trying out, the coach must provide the following information for all candidates for the team:

1. Extent of the tryout period.
2. Criteria used to select the team.
3. Practice commitment for those who make the team.
4. Game commitments.

Team Selection Procedure:

In the event of tryouts, each candidate shall have a minimum of three practice sessions. Illness and injury to a student athlete during a try out period may be a consideration, but the coach must make a fair judgment about time restrictions for tryouts. The coach will work in conjunction with the Athletic Director and the High School Principal prior to announcing his or her final team.



Playing Time

Junior High:

At this level, students become accustomed to interscholastic practice and play. For many, it is their first introduction to competitive sports, different from recreation in its demands and philosophy.

Gaining experience through training and play should be paramount, not the win/loss record. At this level of play, the focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

All players in good standing will receive playing time, but not all players will play equally.

Freshman / Junior Varsity:

These levels of competition have an increased emphasis upon team play, physical conditioning, and refinement of basic skills. Although being successful on the Freshmen/Junior Varsity level is important, winning is not the sole objective. At these levels, the athlete displays his/her readiness for the execution of skills at game speed. Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations.

An attempt will be made to allow as many participants as possible to play, but not all will play equally. At these levels playing time will be based on the degree of effort, skill improvement, ability to compete and execution of skills at game speed demonstrated by the student athlete, in practice and during games.

Varsity:

Varsity competition is the culmination of each sport program. Normally, juniors and seniors make up a majority of the roster. Occasionally, a sophomore and, infrequently, a freshman may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate social-emotional development are demonstrated.

Squad size at the varsity level is limited. The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students, acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of the season is desirable, a specific amount of playing time at the varsity level is never guaranteed. It is the coach's responsibility to make clear to the student athlete what his/her role is on the team.

A sound attitude and advanced level of skill are prerequisites for a position on the varsity team, as is the realization that a varsity sport requires a total commitment. This commitment is often extended into vacation periods for all sports seasons. While contests and practices are rarely held on holidays or Sunday, the dedication and commitment needed to conduct a successful varsity program should be taken seriously.



Policy for Playing Out of Level:

This following procedures will be initiated before an athlete is moved to another level:

1. Coaches affected by the move should meet to discuss the move and determine if playing out of level will produce a positive outcome.
2. Coach(es) will meet with the Athletic Director and Principal to determine:
 - a. How will the move affect the academic work of the athlete?
 - b. How will the move affect the athlete emotionally?
 - c. How will the move affect the athlete socially?
 - d. How will the move affect the athlete physically?
 - e. Will playing time be sufficient to justify the move?
3. Coach(es) will discuss with the athlete the potential move. The student athlete should talk with his/her parents or guardians about the move before making a decision.
4. Any decision to move an athlete should be re-evaluated periodically during the season.
5. These procedures will not affect bringing up freshman or junior varsity players for MHSAA tournaments at the end of the sports season.

Conflicts in Extracurricular Activities:

Bay City Academy and North Central Academy recognize that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Every attempt will be made to schedule events in a manner that minimizes conflicts. If a conflict does occur between practices, contests, and/or performances, the following criteria will be used.

If a conflict occurs between a performance or contest and practice, the athlete may go to the performance or contest without any reprisal. If this conflict occurs on the same day but at different times, all coaches and instructors involved will devise a plan to solve the conflict.

Conflicts will occur. It will be the responsibility of the administration, coaches, teachers, parents, and student athletes to find/recommend and communicate the best plan for the student.

Grooming and Dress:

Any fashion (dress, accessory, or hairstyle) that is disruptive or presents a safety risk will not be permitted. Undergarments shall not be exposed.

(Dress and grooming guidelines can be found in the Student Handbook)



Practices and Contests

Practices in general begin as soon as possible after school. Contact appropriate coaching staff for practice schedules. During the winter and early spring, the practice times vary as a result of the demand for the gymnasium. Athletic contests are usually scheduled a year in advance, and each sport usually has its own pattern on which days of the week they play their contests. Schedules are available on each school's website and at the office for fall, winter, and spring.

Missing Practice:

Perfect attendance for all practices is the expectation for all our student athletes. If it is necessary for an athlete to miss a practice, the coach of that team should be notified prior to the absence. Unexcused absences are unacceptable and can lead to consequences related to the athlete's status on the team and eligibility to participate in an activity. A student athlete will be given a warning after their first unexcused absence, the student athlete will lose playing time after the second unexcused absence, and the student athlete could be removed from the team after a third unexcused absence.

Excused absences for student athletes are medical appointments, illness/injury, or death of a family member or of a close friend/relative.

Restricted Practice Days:

Weekend/Holiday/Vacation Practices

All Practices are to be held on school days if possible. Saturday practices are to be minimal in number and duration. Sunday practices will be permitted only when:

1. Special permission is granted by the Athletic Director.
2. A contest has been scheduled the following day.
3. A tournament or playoff contest falls on the following day.

No-School Day Practices

If students are sent home because of weather conditions, no practice is permitted.

Practices at the high school level may be permitted however under the following circumstances:

1. If school is canceled before students have arrived at school in the morning, the athletic director shall consult with the principal and superintendent to determine if conditions have improved to where it is safe for travel.
2. If conditions have improved, the practice may be held, and coaches will notify players. (Varsity teams only)

***Jr. High practice will never be conducted on a weather day.**

***If a parent or student does not think it is safe to travel their decision will always be accepted.**



Dropping Out of a Sport:

Dropping out of a sport without a valid reason is of significant concern. If an athlete wants to quit any sport, he/she should notify the coach and return all equipment. If an athlete does quit a sport, he/she may or may not be permitted to try out or use school facilities to work out for another sport until the conclusion of that sport season unless the athlete receives approval of the head coaches of both sports and Athletic Director. Athletes that quit a team without a reason deemed valid by the coach and the athletic director prior to the completion of the season shall not be eligible for any athletic recognition.

Club Sports:

A club sport is any sport recognized by Bay City Academy and North Central Academy but not affiliated with any organization such as the MHSAA. Club sport participants will comply with all regulations within this handbook.

Dual Sports Participation:

Dual sports participation is a difficult and time intensive effort. Student athletes, who want to make this commitment need to have the prior approval of athletics of the Athletic Director and Principal. A meeting will take place before the season to establish priorities of sports; practice times and the student athlete's academic standing will be evaluated.

Transportation:

All athletes are expected to be transported by the school provided or approved means of transportation, especially when it comes to varsity teams. This includes going to the scheduled contest and returning to Bay City Academy and North Central Academy. The coach and the Athletic Director must approve any change to this procedure where possible in writing.

Requests for permission to travel by private vehicle can only be authorized by the coach. Only approved school forms (see page 20) will be used for this purpose. This form is to be used on a date-by-date basis and will not cover a season.

All athletes will observe the Bay City Academy and North Central Academy transportation guidelines regarding behavior on a school bus.

Equipment and Uniforms:

The athlete is responsible for use and safekeeping of all uniforms and equipment that the school provides. All uniforms and equipment must be cleaned and returned immediately following the end of the season.

Lost, stolen or damaged equipment (normal wear and tear excepted) will be charged to the student athlete the cost of replacement.



Required Documentation on File with the Athletic Office/Business Office:

1. MHSAA physical card given on or after April 15th of the previous school year.

The physical card must be on file prior to any practice, the Emergency Information paper must be updated and with the coach during the season.

Athletic Training Rules and Violations

These training rules are to be observed throughout the entire calendar year and throughout the athlete's career at Bay City Academy and North Central Academy. The penalties for violation of these rules are as follows:

Alcoholic Beverages and Tobacco Use:

- **First Violation**
Suspension of athletic participation for 25% of the scheduled season (refer to chart). Unless under a suspension, the student is expected to continue practice during this time.
- **Second Violation**
Suspension of athletic participation for at least, but not limited to, that season.
- **Third Violation**
Suspension of athletic participation for at least that school year.

Amendments may occur, depending on the season and/or school year remaining.

Illegal Drug and Steroid Use:

The use of illegal drugs by a member of an athletic team shall be dealt with through the code of conduct pertaining to all students and it will result in automatic suspension of athletic participation for at least, but not necessarily limited to, the remainder of the school year.

All forms of performance enhancing drugs, steroids of this nature banned by the MHSAA are to be considered an illegal drug.

Improper Use of Social Media, Verbal or Written:

A student's social media use interferes with the educational and athletic purpose of the school and athletic team when it causes or it is reasonably foreseeable that it will cause a substantial disruption within the school and athletic environment. Improper use of social media, verbal or written includes, but is not limited to, posting the following:

- Threats of violence.
- Threats of bullying, or cyber-bullying.
- Threats of harassment or actual harassment.



- Advocacy of illegal items or activities.
- Vulgar or offensive language.
- Lewd and lascivious material.

Such use detracts from the District's educational and athletic mission and will be subject to disciplinary action including temporary mobile device confiscation, possible suspension and up to expulsion, depending on the severity of the violation.

Suspensions:

An athlete who is suspended or expelled from school for any reason will not be permitted to participate in any athletic activities including practices, games, and meetings. The Athletic Director along with the Principal will determine if additional disciplinary action will be taken based on the severity of the offense.

Right of Student Appeal

The student athlete shall be guaranteed the right of appeal to a suspension decision rendered by any coach.

1. The appeal must be in writing within two school days from the student to the Athletic Director.
2. The appeal shall be reviewed by a committee composed of the Athletic Director, the Behavioral Intervention Specialist, and Principal. The committee will decide on the appeal within three school days.
3. The committee will render a recommendation and refer the case to the Superintendent for a ruling. The Superintendent may, in his or her discretion, refer the appeal to the Board of Education for disposition.
4. During the pendency of the appeal, the athlete may, upon written permission of the Superintendent, be permitted to participate in athletic activities. This determination shall not be appealable to the Board.

Bay City Academy and North Central Academy Athletic Eligibility and Attendance

1. A student must be in attendance all day of a scheduled athletic contest to be eligible to participate, unless the Athletic Director, Principal or designee has granted permission for the absence.
2. Student athletes that go home due to illness after lunch and do not return to school that afternoon will not be allowed to practice or participate in an athletic contest

Eligibility Requirements:



1. A weekly report on the student athletes who are receiving a letter grade of “F” will be done every Monday by noon by the Athletic Director (If no school is in session on Monday, the next day school is in session).
2. Students who receive a letter grade of one (1) “F” or more will be placed on a two week “Grace Period” and parents will be notified.
3. Students will have two weeks to improve their grade(s) so that no class has an “F”.
4. After the initial “Grace Period”, any athlete/participant receiving one “F” or lower thereafter, will immediately become ineligible.
5. If after three weeks of being ineligible a student has not improved the grades to no more than one (1) “F” grade, the student will meet with the Principal and Athletic Director to determine their continued status as a member.
6. A meeting with parents, the Athletic Director, and the Principal may take place if any athlete receives a warning.

Marking Period Eligibility:

1. If any student athlete or participant in extra-curricular activities receives three (3) “F’s” or lower at the end of any marking period, the student will be placed automatically on the “Grace Period.”

Michigan High School Athletic Association Athletic Eligibility:

Bay City Academy and North Central Academy, being a member of the MHSAA, will abide by all regulations and requirements set forth by the MHSAA in regard to eligibility. These regulations apply to both high school students and junior high school students. Any questions concerning these guidelines can be directed to the Athletic Director.

All MHSAA rules apply to Bay City Academy and North Central Academy; however, within the school additional rules may exist and take precedence over MHSAA rules.



Insurance and Liability

Bay City Academy and North Central Academy do not assume financial responsibility for medical, hospital, or ambulance expenses because of athletic injuries. Athletics is a voluntary program in which students participate at their own risk. If Bay City Academy and North Central Academy does not carry a student accident insurance policy, it would be as a secondary coverage plan only.

If an athlete is injured:

1. The athlete must notify the coach the day of the injury or as soon thereafter as possible.
2. The coach must turn in an accident report to the athletic office.
3. Upon receiving an accident report, a claim is filed with the school's student insurance company, if applicable. The insurance company will need a copy of an 'Explanation of Benefits' from the primary insurance carrier to complete the claim.

While minor injuries can happen and do occasionally occur in sports activities, if your son or daughter seeks medical attention, you should notify the coach of the student's medical condition.

Potential Dangers in Athletic Participation:

Parents and athletes should fully understand and appreciate that while the district and its staff seek to provide a safe environment the risk of serious injury associated with participation in sports programs provided by Bay City Academy and North Central Academy. Athletic activities can be hazardous and taking part in such activities could lead to serious injury, and in rare cases, death. While reducing injuries to a minimum is a goal of our coaching staff, administration, and the MHSAA, the possible dangers must not be overlooked. By signing this Agreement parents and students voluntarily assume all risks associated with the student-athlete's participation in athletics.



Alcohol and Tobacco Use Suspension Guidelines

<u>Sport</u>	<u>Games</u>	<u>25%</u>	<u>Sport</u>	<u>Games</u>	<u>25%</u>	<u>Sport</u>	<u>Games</u>	<u>25%</u>
<i>Football</i>	9	3 Games	<i>Basketball</i>	22	6 Games	<i>Baseball</i>	38	9 Games
<i>Cross County</i>	15 Dates	3 Dates	<i>Wrestling</i>	14 Dates	3 Dates	<i>Softball</i>	38	9 Games
<i>Volleyball</i>	18 Dates	4 Dates	<i>Bowling</i>	24 Dates	6 Dates	<i>Golf</i>	16 Dates	4 Dates
						<i>Tennis</i>	18 Dates	4 Dates

The first violation of alcohol and tobacco use will result in suspension of 25% of the scheduled season. For example, if the football season has 9 games, the player would be suspended for 3

BCA Sports Offerings:

Fall:

*JV/Varsity Football	Grades: 9-12
*JV/Varsity Volleyball	Grades: 9-12
*Varsity Cross Country	Grades: 9-12
*Varsity Poms	Grades: 9-12
*Girls Dance Team	Grades: 9-12
*M.S. Football	Grades: 6-8
*M.S. Girls Basketball	Grades: 6-8
*M.S. Girls Poms	Grades: 6-8
*M.S. Cross Country	Grades: 6-8
Elementary Cross Country	Grades: 1-5

Winter:

*JV/Varsity Girls Basketball	Grades: 9-12
*JV/Varsity Boys Basketball	Grades: 9-12
*Varsity Boys Bowling	Grades: 9-12
*Varsity Girls Bowling	Grades: 9-12
*Varsity Poms	Grades: 9-12
*Varsity Dance Team	Grades: 9-12
*M.S. Poms	Grades: 6-8
*M.S. Dance Team	Grades: 6-8
*M.S. Boys Basketball	Grades: 6-8
*M.S. Volleyball	Grades: 6-8

Spring:

*JV/Varsity Baseball	Grades: 9-12
*Varsity Softball	Grades: 9-12
*Varsity Girls Tennis	Grades: 9-12
*M.S. Softball	Grades: 6-8
Co-ed Soccer	Grades: 2-5
Running Club	Grades: K-12

*Denotes Co-op

NCA Sports Offerings:

Fall:

*JV/Varsity Cross Country	Grades 9-12
*Fresh/JV/Varsity Volleyball	Grades: 9-12
*M.S. Cross Country	Grades: 6-8
*M.S. Volleyball	Grades: 6-8
Mountain Bike Club	Grades: 5-12

Winter:

*JV/Varsity Girls Basketball	Grades: 9-12
*JV/Varsity Boys Basketball	Grades: 9-12
*M.S. Girls Basketball	Grades: 6-8
*M.S. Girls Basketball	Grades: 6-8
Ski/Snowboarding Club	Grades: 5-12
Varsity Wrestling	Grades 9-12
*Varsity Girls Bowling	Grades 9-12
*Varsity Boys Bowling	Grades 9-12

Spring:

*JV/Varsity Softball	Grades: 9-12
*Varsity Boys Track	Grades 9-12
*Varsity Girls Track	Grades 9-12
*Varsity Boys Baseball	Grades: 9-12
Running Club	Grades 3-12



REQUEST TO TRANSPORT IN PRIVATE AUTO

My child _____ has my permission
to be transported home by a private vehicle on _____
Date, Year

Location of school activity: _____

The parent/guardian driving the vehicle is: _____
Print

Signature of parent/guardian Date

Note: If this request is not presented in person by the parent/guardian, the signature must be verified by a telephone call from the parent to the Principal or Athletic Director prior to the requested date of the event.

Verifications: _____
Coach Date



2024-2025 Athletics Pledge / Consent / Concussion Waiver

Please sign and return this page before participating in any sport along with the \$30 participation fee

I understand that student athletes and parents who display good sportsmanship are positive role models with Bay City Academy, North Central Academy, and the communities at large.

As a BCA/NCA athlete:

- I subscribe to the motto: Action Over Words, Service Over Self.
- I know that athletic competition builds character and shapes lifetime attitudes.
- I am a role model in the classroom as well as on my athletic team.
- Excellence in academics will remain my top priority.
- I will experience additional educational and leadership benefits that come from my participation in sports.
- Integrity, reflection and respect for athletics are inherent principles of good sportsmanship that I hope to achieve.
- Respecting my teammates, coaches and officials and all decisions that are made by them.

As an athlete at BCA/NCA, my sportsmanship will include:

- Developing mental and physical toughness under all circumstances good or bad.
- Wishing opponents good luck before the game and congratulating them in a sincere manner after the game.
- Refraining from engaging in all types of disrespectful behavior; specifically taunting, trash talk and other forms of intimidation, in the stands, on the bench or during competition.
- Respecting my teammates and honoring the commitment I have made to them in joining the team. I will do what it takes to support my teammates throughout the season by being present at all practices and all contests, and by encouraging them with my words and actions.
- Refraining from participating in any illegal activities before, during, or after school.
- Winning with humility, losing with grace, and representing the core values of Bay City Academy and North Central Academy.

I am the spokesperson for our school when I represent us in athletic competition. My actions are viewed by family and friends, opposing fans, the local community and the media. My display of good sportsmanship will show the most positive things about me and our school; and hopefully remind us all that in the end, sports are meant to be fun.

My signature below indicates that I have read, understand and agree with the BCA/NCA Student Athletic Handbook and that my behavior and attitude will reflect my agreement with these guidelines.

Concussion Awareness Educational Material Acknowledgment

By signing my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have access to the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by the Bay City Academy Athletics Department and I am aware of signs of concussions and proper reporting procedure.

Print Student/Athlete Name: _____

Student/Athlete Signature: _____ **Date:** _____

Print Parent/Guardian Name: _____

Parent/Guardian Contact Number: _____

Parent/Guardian Signature: _____ **Date:** _____

Emergency Contact Name: _____ **Phone #:** _____

Private Physician: _____ **Phone #:** _____

Insurance Company: _____ **Policy #:** _____

Disclaimer: By signing your name electronically you are agreeing that your electronic signature is the legal equivalent of your manual signature.