



WELCOME

WELCOME TO ZEELAND EAST AND WEST HIGH SCHOOL

Goals of our program:

- To compete at the highest level in all sports.
- Have 100% graduation rate with all our student athletes.
- Provide an environment that encourages a healthy lifestyle.
- Develop student athletes who have the ability and the understanding of what it takes to compete at the collegiate level.
- Foster a climate where athletes and coaches are able to excel to their full potential.
- To be recognized by the State of Michigan as an exemplary athletic department.

The purpose of interscholastic athletics is to make a positive contribution to the development of the participants, spectators, and community. At Zeeland East and West, students will enjoy a meaningful experience through practices and competition while growing physically and emotionally. Athletics will contribute to the development of sport skills and enhance the knowledge needed to enable students to pursue sports both on a competitive basis and in their leisure time. Interscholastic activities will contribute to the development of character, sportsmanship, attitudes, and behaviors. Through participation in athletics, students will learn to work cooperatively with fellow students and coaches.

Dear Parents,

We sincerely hope all parents will encourage their children to take part in interscholastic athletics. We believe that athletic participation will help each student to adjust to the high school environment more quickly and will aid in the development of new and positive attitudes. In addition, physical fitness and health should show marked improvement while self-confidence rises.

As educators we have the welfare of our students uppermost in our minds. A well-organized athletic program will meet your student's needs for self-expression, improved mental alertness, and positive physical and emotional growth. It is our hope and goal to maintain a program that is sound in purpose and will further each student's education and social maturity.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and dedication. These are the reasons we place such emphasis on good training habits. We are striving for excellence and do not want our athletes to settle for mediocrity.



ATHLETIC CODE

ATHLETIC CODE PURPOSE:

The purpose of the Athletic Code is to establish uniform standards for all student athletes. The spirit of the Athletic Code is to accentuate the athletic experience while taking into account the athlete's well-being. The Athletic Code applies year-round for the duration of the student's high school career. Participation in extracurricular competitive athletics is a student's privilege, not a right, and can be revoked at any time for failure to meet the standards and requirements of Zeeland Public Schools and the M.H.S.A.A.

GENERAL RULES OF HIGH SCHOOL ATHLETE ELIGIBILITY:

- 1) Athletes must have current physical exams dated on/or subsequent to April 15 of the previous school year.
- 2) Athletes must be under the age of 19 as of September 1 of current school year.
- 3) Athletes must be passing four of six classes.
- 4) Athletes must not accept any award exceeding \$25 in value.

PRACTICE

- Be on time and prepared to listen and learn.
- Lock all belongings in the locker room.
- Respect your teammates and coaches. No put downs!
- Communicate to your parents when practices will be completed.
- Communicate with your coach if you cannot attend or will be late to practice.
- An emergency contact form must be completed and turned into the coach before an athlete may participate in practices.

GAMES

- Stay with your team and coach at all times.
- Show respect to both your opponent and their facilities, win or lose.
- If you wish to not ride the bus home from an away contest, you MUST give your coach a note from your parents for permission.
- Remember that bus rules are the same for athletic contests as they are for school.

ADDITIONAL REGULATIONS

- PROPER SUPERVISION—Athletes are NOT TO BE IN THE LOCKER ROOMS, GYMNASIUM, OR ATHLETIC FACILITY, unless properly supervised by their coach. Once a practice or contest has been completed, the athletes are to leave the building as soon as possible.
- TEAM MEMBERSHIP (CUT SPORTS)—In some sports at East and West, limiting team size is necessary. When this occurs, the coach will explain to the athletes the criteria for making the team before practices begin. Students not making the team are welcome to discuss the reasons with the coach. However, a coach's decision is final.
- COACHES' REGULATIONS—Individual coaches may institute other regulations for their particular sports not contained in this handbook. These regulations are to be written and distributed to all athletes at the beginning of each season.

ATHLETIC CONDUCT:

It is understood that the athletic director may suspend a student at any time (12-month policy) when a student's conduct may have a detrimental affect upon the image of the Zeeland Public Schools.

- 1) Conduct of all student athletes, both in and out of school, shall be above reproach, and shall not bring discredit to the athlete, the team, school, parents or community.
- 2) Students may not threaten the safety of or attack people or property (school or personal), physically or verbally. This includes theft or destruction of school or personal property and computer misuse.
- 3) Student athletes may not have in their possession and/or use any form of tobacco, alcoholic beverages, illegal drugs or other unprescribed drugs.
- 4) ATTENDANCE REGULATIONS:
 - a. An athlete must be present in school for a half school day in order to participate in games or practice. Exceptions may be granted by the athletic director.
 - b. An athlete who is on suspension from regular school attendance may not practice or take part in interscholastic competition during said suspension.
 - c. An athlete who is marked unexcused in a class is ineligible to participate in practice or an athletic event that day.

**In addition, to these specific code of conduct rules, all general rules that are not outlined in the student handbook will be enforced.*

ATHLETE'S CODE

DISCIPLINARY ACTION

Discipline for infractions of the Athletic Code shall be handled by the athletic director and other school administration. The athlete has the right of appeal. Appeals shall be handled by a review board made up of the assistant high school principal, principal, a student and a citizen appointed by the high school principal. Action of this board may be appealed to the Superintendent and then to the Board of Education.

- 1) **First Offense** shall be suspension from 25% of the scheduled games in their current and/or next sport. Presentation of any awards will be at the discretion of the coach and athletic director. The student shall be suspended from the prescribed number of games immediately and successively after the rules infraction has occurred.
- 2) **Second offense** shall be suspension in the current and/or next sport for 50% of the scheduled games with loss of award. The student shall be suspended from the prescribed number of games immediately and successively after the rules infraction has occurred.
- 3) **Third offense** shall be a suspension for one (1) calendar year from the date of offense.
- 4) **Fourth Offense** shall be suspension for the duration of his/her high school career.

The athlete will practice with the team throughout the suspension and complete the season in good standing to have served the athletic suspension unless otherwise decided by the athletic director and coach.

EXPECTATIONS

The Zeeland Athletic Department believes that many problems/issues can be avoided if expectations are clearly communicated and followed by:

COACHES

- 1 Communicate athletes' roles to players and parents.
- 2 Possess an up-to-date knowledge of the skills, rules and techniques of their sports, and be able to teach them to their players.
- 3 Develop fair, unprejudiced relationships with all squad members.
- 4 Allow athletes to develop skills and interests in other athletic and non-athletic activities.
- 5 Give the highest degree of attention to athletes' physical well-being.
- 6 Teach respect for one's self, opponents, school officials, contest officials, the media, and the general public.

ATHLETES

- 1 Know and adhere to the Athletic Code of Conduct.
- 2 Exceed all attendance and academic standards as required by Zeeland East and West High Schools and the M.H.S.A.A.
- 3 Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
- 4 Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.



PARENTS

- 1 Know and support the Athletic Code of Conduct for your student athlete.
- 2 Refrain from criticizing the coach in front of your child. Have your athlete talk with the coach about any concerns first; then you may wish to talk to the coach directly if you have any further concerns.
- 3 Support all attendance and academic standards as required by Zeeland East and West High Schools and the M.H.S.A.A.
- 4 Encourage and model "Good Sportsmanship" for all athletes, opponents, contest officials, school officials, the media, and the general public.
- 5 Give the highest degree of attention to athletes' physical well-being.
- 6 Accept favorable and unfavorable decisions for your athlete, as well as victory and defeat, with equal grace.
- 7 Concerns should be expressed directly to the coach, notifying him/her well in advance if possible.



COMMUNICATION

For the benefit of athletes, coaches, and you as parents, **please follow these communication guidelines:**

- Know your coaches' philosophy for athletic participation.
- Realize that the coach has many difficult decisions to make during the course of a season.
- Communicate with your student athlete before discussing issues with the coach.
- Discuss issues with the coach at a mutually convenient time. *Please allow 24 hours after a contest.*
- Issues not appropriate to discuss with coaches:
 - 1) Playing time
 - 2) Team strategy
 - 3) Play calling
 - 4) Other athletes

If you have further concerns after speaking with the coach, please feel free to call Zeeland East Athletic Director, Tim Ritsema, at 616-748-3124 or the Zeeland West Athletic Director, Mark Werley, at 616-748-4541.

HELP YOUR ATHLETE— BEFORE, DURING AND AFTER COMPETITION

BEFORE: Know their goals, roles and needs, and accept them. *Release them to the game, their coach and team.*

DURING: Model poise, confidence and correct behavior. *Focus on our team.*

AFTER: Give them all the time and space they need. *Be a confidence builder.*

INJURY PROTOCOL

WHEN INJURED:

- 1) Report to the coach and one of the athletic trainers when an injury happens. An accident report will be made.
- 2) Without an accident report at the time of the injury, insurance companies will not pay.
- 3) An athletic trainer will evaluate injury and develop an appropriate treatment plan.
- 4) Parents will be given written documentation.
- 5) Athlete will be sent to a physician if needed.
- 6) A doctor's release must be returned to the athletic trainer or coach before returning to practice/game.
- 7) Contact the Athletic Trainers at:



KayLynn Beltman – 616.748.4543 (ZWHS) Nissa Ryder – 616.748.3129 (ZEHS)



ATHLETICS



Providing Great Experiences for Student Athletes!



SPECTATORS & FANS



SPECTATORS AND FANS— THANK YOU FOR BEING HERE FOR US!

The spectators at an athletic contest play an extremely important role in displaying good sportsmanship. As a group, the actions of our fans have the biggest impact on how others perceive our school and community.

FANS SHOULD ALWAYS

- Compliment student athletes in their attempt to learn and improve.
- Respect players, coaches, and fans of both teams.
- Respect the decisions of the officials.
- Cheer good performances and good effort, regardless of uniform color.

HIGH SCHOOL ATHLETICS PROGRAMS

FALL

Girls: Golf, Cross Country, Swimming and Diving, Volleyball
Boys: Football, Cross Country, Tennis, Water Polo, Soccer

WINTER

Girls: Bowling, Competitive Cheer, Basketball
Boys: Bowling, Wrestling, Basketball, Hockey, Swimming and Diving

SPRING

Girls: Softball, Soccer, Tennis, Track & Field
Boys: Baseball, Golf, Lacrosse, Track & Field

Adopted by: Zeeland Public Schools Board of Education and Zeeland Coaches Council
Supported By: Zeeland Athletic Boosters



CONTACT INFORMATION

Zeeland East Athletic Director:
Tim Ritsema, 616-748-3124
Zeeland West Athletic Director:
Mark Werley, 616-748-4541

