

Fremont High School
Student-Athlete
Handbook
2025-2026



ATHLETIC MISSION STATEMENT

The role of interscholastic athletics in the Fremont Public School 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.

ATHLETIC PHILOSOPHY

In keeping with the Fremont vision of Student Centered, Learning Focused, World Ready, athletics are seen as an extension of classroom education. Success shall be measured by more than wins and losses. Rather, it is measured by the type of individuals who participate in the athletic program. The goal of the FHS Athletic Department is to develop the character traits, leadership skills, and sportsmanship of our students. We expect to positively impact our athletes not only in the techniques and strategies of their sport, but also in the attainment of life-long skills and appreciation for physical fitness. We want our student-athletes to understand that successful athletes are those who set goals and strive toward the accomplishment of those goals. Successful athletes are honest and hard-working people who endure personal sacrifice and persevere through the arduous journey of self and team improvement. Those student-athletes who accept the challenges of participation and always give their best effort can only be classified as winners. It is important that participants model good sportsmanship, respect, self-discipline, teamwork and self-esteem

EDUCATIONAL OUTCOMES OF PARTICIPATION IN ATHLETICS

Physical Growth

- Achieving personal fitness
- Learning to deal with stress
- Learning skills for participation
- Learning good health habits

Emotional Growth

- Gaining self-confidence, self-worth, and self-discipline
- Learning to accept criticism
- Learning to accept success and failure

Social Growth

- Developing interpersonal relationship skills
- Developing loyalty to a group
- Learning to win/lose graciously
- Learning to work in a group – teamwork
- Learning sportsmanship – fair play
- Learning respect for teammates, opponents, coaches, and officials
- Representing yourself, your team, and your school in a positive manner

Intellectual Growth

- Learning a sense of pride in achievement
- Learning commitment to a goal
- Learning time-management skills

REQUIREMENTS FOR HIGH SCHOOL PARTICIPATION

The following are requirements that shall be completed prior to participation on any Fremont athletic team. The first time a student tries out for any athletic team, the Athletic Handbook containing all the information for participating in athletics at Fremont High School will be made available electronically, along with:

1. Athletic Participation Form
2. Physical Examination Form
3. Athletic Policy Handbook Form/Code of Conduct
4. Concussion Awareness Acknowledgement

These forms must be completed and signed electronically before a student competes in a scrimmage or game, unless other arrangements have been made with the athletic department.

GOVERNANCE

The Board of Education

The Board of Education, responsible to the people, is the governing body for Fremont Public Schools.

The Board of Education is responsible for the following areas:

1. Interpreting the needs of the community.
2. Developing policies in accordance with state statutes, legal mandates, and in accordance with educational needs and wishes of the people of the Fremont School District.
3. Approving means by which professional staff may make these policies effective. Evaluating the interscholastic athletic program in terms of its value to the community.

Association Membership-MHSAA

Fremont High School is a member in good standing of the Michigan High School Athletic Association that is a private, voluntary association of public, private and parochial secondary schools. The primary function of the Association is to sponsor tournaments and ensure that member schools follow rules and guidelines to promote equitable competition.

The purpose of the Michigan High School Athletic Association is to:

1. Increase and promote the educational value of interscholastic athletic programs throughout the state.
2. Assist member institutions in their regulation of interscholastic athletic eligibility rules for athletic contests.
3. Promote uniformity, predictability and competitive equity in the application of eligibility rules for athletic contests.
4. Promote the physical welfare of participating students.

League Affiliation

Fremont High School is a voluntary member of the following two leagues: West Michigan Conference (WMC) and the Coastal Conference for sports that are not recognized by the WMC. Each league was established for the primary purpose of promoting selected interscholastic activities among member schools and to assure benefits that are afforded for such efforts of unity.

The object of these leagues is to promote sportsmanship, to foster a spirit of wholesome rivalry, and to determine championships in high school sports or other activities in which member schools shall participate.

ATHLETIC CODE OF CONDUCT

PREAMBLE

Representing Fremont High School in interscholastic athletic competition is regarded as a privilege and not a right. Students who participate in interscholastic athletics while attending Fremont High School are expected to represent the highest ideals of character by exemplifying good conduct, good sportsmanship, citizenship and good training, which includes abstaining from the use of tobacco, alcohol and drugs. Separate and apart from a student's performance as an athlete, the student's conduct, sportsmanship, citizenship and training reflect at all times on the student athlete, his or her team, our school and our community. Accordingly, this Athletic Code has been established for all students who aspire to participate in interscholastic athletics while attending Fremont High School.

APPLICATION OF THE CODE OF CONDUCT

When a student voluntarily participates in interscholastic athletics, he/she agrees to abide by the Fremont High School's Athletic Code throughout his/her high school athletic career. This Athletic Code applies to candidates, members, and managers of all athletic teams.

CALENDAR APPLICATION OF CODE OF CONDUCT

Students shall be regarded to be under the rules of the School Athletic Code beginning with their first day of participation in interscholastic athletics and continuing through to their date of graduation or the last date of participation, whichever is later.

TIME/PLACE APPLICATION OF THE ATHLETIC CODE OF CONDUCT

This includes vacation breaks, summer recess, and off-season times. The participant is always under the Athletic Code from the beginning to the end of their athletic career.

STANDARDS OF CONDUCT

The following conduct constitutes a violation of the Fremont Public Schools Athletic Code and will subject the athlete to discipline as described below.

1. Use, possession, concealment, distribution, sale, or being under the influence of those substances listed in Items A-G below. For purposes of this section of the Athletic Code, the term "distribution" includes the "hosting" of a party at which any of the substances listed in Items A-G are provided:

- A. Tobacco or tobacco products in any form;
- B. Alcohol or alcoholic beverages in any form;
- C. Illegal drugs, including but not limited to those substances defined as "controlled substances" pursuant to federal and/or state statute;
- D. Steroids, human growth hormones or other performance-enhancing drugs;
- E. Substances purported to be illegal, abusive or performance enhancing, i.e., "look-alike" drugs;
- F. Misused prescription drugs;
- G. Misused non-prescription drugs or inhalants (Vapes, Dab Pens, etc.)

Note: It shall not be a violation of the Athletic Code for an athlete to use or possess a prescription or patent drug when taken pursuant to a legal prescription issued by a licensed practitioner for which permission to use in school has been granted pursuant to Board Policy. An athlete shall notify his or her coach if he or she is taking a prescription medicine, which could alter the athlete's behavior or affect the athlete's ability to participate in physical activity.

2. Use, possession, concealment, distribution, manufacture or sale of devices designed for and/or associated with the use of controlled substances, e.g. to include but not be limited to a dab pens, vapes, marijuana pipe, E-cigarettes, "roach" clip, rolling papers, or devices used to smoke, inhale, inject, or otherwise consume controlled substances.

3. Violation of federal, state or local law/ordinance, including felony or misdemeanor acts other than minor traffic offenses. Conviction of said act is not necessary to establish a violation of the Athletic Code, but will be determined through an independent school investigation and may result in a penalty.

4. Violation of the Student Conduct Code as set forth in the Fremont High School Handbook, which results in a school suspension of more than three days.

Note: Students must self-report within 24 hours to the Athletic Director any violation of State or Federal Law that could result in a felony or misdemeanor. Failure to do so will increase the disciplinary action.

DISCIPLINARY ACTION FOR VIOLATION OF STANDARDS OF CONDUCT FOR 1, 2, 3, 4

First Offense: At a minimum, the student-athlete shall be suspended from competition for one-fourth (1/4) of a season.

Second Offense: At a minimum, the student-athlete shall be suspended from competition for one full season.

Any Subsequent Offenses: At a minimum, the student-athlete shall be suspended from competition for one calendar year.

5. Cumulative or gross misconduct, including behavior which school officials consider conduct unbecoming to an athlete and a representative of Fremont Public Schools (example: profanity, gross gestures) may result in a penalty pending an investigation.

6. Violation of the Student Conduct Code as set forth in the Fremont High School Handbook, which results in a school suspension of three days or less.

7. Violation of any team conduct, grooming or training rule as may be established by the Coach and approved by the Athletic Director.

DISCIPLINARY ACTION FOR VIOLATION OF STANDARDS OF CONDUCT FOR 5, 6, 7

First Offense: At a minimum, the student-athlete shall be suspended for one-quarter (1/4) of a competition.

Second Offense: At a minimum, the student-athlete shall be suspended for one fourth (1/4) of a season.

Any Subsequent Offenses: At a minimum, the student-athlete shall be suspended from competition for one full season.

8. Athletes suspended from school may not participate in or attend games or practices held during the suspension. A suspension begins at the time of notification and ends at the last calendar date of the suspension. Participation is prohibited from the first date up to and including the last date of suspension. Athletic suspensions may begin following a school suspension or an ineligibility period.

9. Disciplinary problems at school or at extracurricular events (Home or Away) may be a reason for the coach, athletic director, or administration to drop or suspend an athlete from a sport or apply another form of disciplinary action.

10. School obligations such as attending all classes, help sessions, detentions, completing homework, making up tests, etc. must be satisfied before participating in extracurricular activities.

11. Athletes are expected to attend scheduled classes and have any and all absences excused prior to participation. On days of competition and practice, a student athlete is expected to be in attendance the entire school day in order to be eligible to participate. Exceptions must be pre approved by the athletic department.

12. Athletes are required to attend class the entire school day on days that practice may occur in the morning before school. Failure to attend class will result in loss of participation time.

13. If an athlete is disqualified during an athletic contest for flagrant or unsportsmanlike conduct that student will be withheld by his/her school for at least the next contest/day of competition for that team. The Athletic Department has the right to enforce a greater penalty if it deems it necessary, including a long-term suspension for multiple disqualifications by the same individual.

14. The head coach and/or athletic director have the authority to apply program rules/disciplinary procedures regarding theft, truancy, fighting, misconduct in or dismissal from any class, disrespect for teachers, and violation of any school policy, procedure or regulation.

15. When circumstances arise that are not specifically addressed by this Code, the Athletic Director and/or the coach involved reserve the right to appropriately respond to such a matter in a manner not inconsistent with the terms and conditions of this Code.

No student code of conduct can list every offense, which shall be detrimental to students or the athletic learning environment. Therefore, other offenses not listed but deemed inappropriate to the athletic/school environment are subject to discipline up to and including expulsion at the discretion of the Superintendent with approval of the Board.

DISCIPLINARY PROCEDURE FOR VIOLATIONS OF STANDARDS OF CONDUCT

A. An administrator will meet with the student-athlete to discuss and explain the alleged charges of violation.

B. The student-athlete will be allowed to present any relevant information in his or her defense of the charge(s).

C. Citing a preponderance of the evidence, the athletic director will make the decisions regarding guilt, the appropriate category and offense, and, if appropriate, a determination regarding appropriate discipline.

D. Prior to the athletic suspension, there will be communication between the athletic director/administration and the parents to discuss the disciplinary action and/or the length of suspension.

E. Parents and student-athletes have the opportunity to appeal. Any loss of the privilege of participation will continue during the appeal process.

REINSTATEMENT

Prior to the completion of any suspension of a quarter ($\frac{1}{4}$) or more of a season, the student-athlete must meet with the athletic director for reinstatement. The athletic director will reinstate only those student athletes who have maintained, during the suspension, the highest standards of behavior expected of a Fremont student-athlete.

APPEAL PROCESS

Both student-athletes and their parents may appeal disciplinary decisions regarding the Code of Conduct. During the appeal process, any loss of privilege of participation will remain in effect.

The following steps must be followed:

Step 1 - Appeal to the Athletic Coaches Council

Within three (3) school days of the decision, submit a written appeal to the Athletic Director that explains the grievance. The Athletic Coaches Council must render a written response within three (3) days of receipt of the appeal. The student athlete's coach will not participate in the decision rendered.

Step 2 - Appeal to the Principal

Within five (5) school days of receipt of the Athletic Coaches Council response, submit a written appeal to the Principal. The Principal must render a written response within five (5) school days of receipt of the appeal.

Step 3 - Appeal to the Superintendent

Within seven (7) calendar days of receipt of the Principal's response, submit a written appeal to the Superintendent. The Superintendent must render a written decision within seven (7) calendar days upon receipt of the written appeal.

Step 4 – Appeal to the Board of Education

Within seven (7) calendar days of receipt of the Superintendent's response, submit a written appeal to the Board of Education. The Board of Education must render a written and final decision within seven (7) calendar days upon receipt of the written appeal. The decision of the Board shall bear the signature of the Board President and his/her designee. The decision of the Board shall be final and no further appeal rights shall be granted.

In the above procedure, if an agreement should be reached at any step in the process, further appeal is unnecessary. If a violation is reported when school is not in session, weekdays (Monday through Friday) will substitute for school days. Appeals will be held in abeyance when administrators or a quorum of Board members is not available.

ACADEMIC ELIGIBILITY RULES FOR SENIOR HIGH SCHOOL STUDENTS

The Michigan High School Athletic Association (MHSAA) rules listed in this handbook are only a summary of some of the regulations affecting student eligibility. Most rules are found in the MHSAA HANDBOOK, which is located in the school administrative offices. In addition, Fremont High School has the authority to establish more stringent standards and to enact codes of athletic conduct that are in the best interest of individual students, the team and community. As a participant in Fremont High School athletics, students will be expected to maintain high academic standards. Below is a summary of Michigan High School Athletic Association rules, as well as, the Fremont High School standards regarding academic performance:

FREMONT HIGH SCHOOL STANDARDS

1. No student shall compete in any contest during any semester, who has not passed at more than 67% of their credit load. (Passing at least 5 out of 6 core courses) for the last semester during which he or she shall have been enrolled in grade nine through twelve, inclusive for a period of three weeks or more, or during which the athlete shall have taken part in any interscholastic athletic contest. A student who fails to pass more than 67% of their course work at the end of a semester shall be ineligible the following semester or until the deficient credit is made up. Students entering 9th grade may compete without reference of their academic record in 8th grade.
2. Eligibility will begin the second week of each eighteen-week semester.
3. Eligibility will be checked starting the second week of each semester on Friday. If a student is failing one class they will be put on the academic warning list. If the student is not passing all of their classes, the following week they will be ineligible for the following week of competition (Sunday through Saturday).
4. Eligibility to participate – A Student Athlete must be on the roster 2 weeks from the first day of practice. Any athlete choosing to participate after 2 weeks and before 3 weeks must have AD permission. No student-athlete will be allowed to participate after 3 weeks.
5. A student will be under the jurisdiction of this academic eligibility program only while participating in-season.
6. A student must receive a Warning (W) prior to becoming academically ineligible. A student will receive a warning when they become academically ineligible per Fremont High Schools, which states athletes must be passing more than 66 percent of their classes. Students must

also have an opportunity to improve their grade before they become academically ineligible during two consecutive weeks.

7. Teachers will evaluate the student's performance on a weekly basis. It is imperative that homework and make-up work be finished at the time requested by the teacher. The instructor has the right to give consideration to an individual who has completed all aspects of the class and yet remains technically ineligible due to a failing grade. The instructor and an administrator will confer prior to the student becoming eligible in this circumstance.

8. Eligibility Reports are pulled Friday morning at 7:00 am. If there is no school on a Friday, reports will be pulled the last day that there is school.

9. A list containing the names of those student-athletes receiving Warnings and Failures will be made available Friday to faculty and coaches. It is the responsibility of the student to check his/her eligibility each week with their coach or the athletic director. Coaches shall ensure that their athletes are aware of their status.

10. A student ineligible due to failing grades will sit out the next week's (Sunday through Saturday) dates of competition. This will continue throughout the season to include conference and tournament dates of competition.

11. A student having difficulty in a class or classes is expected to make every effort to communicate with the teacher to receive help toward improving his/her performance.

12. A student who mistakenly competes in an event when ineligible will sit out the original number of contests (had there been no error) immediately following the discovery of the error.

13. Changes in eligibility marks will be made only at the discretion of the teacher, only in situations where errors in computation or interpretation are made, or a teacher has given prior permission for extenuating circumstances. The athletic director shall be notified of those updates or changes prior to 3:00 p.m. on the Monday of the following week.

14. The athletic director will attempt to notify the student athlete individually in person or parents through the mail or email if their son or daughter has received a failing mark and is ineligible for competition.

STUDENT GRIEVANCE PROCEDURE

In a situation where there has been no apparent infraction or disciplinary action applied, but a student wishes to lodge a grievance or present some other issue involving a respective sport, the procedure below is to be followed in sequence:

1. Direct communication with the coach.
2. Direct communication with the athletic director.
3. Direct communication with the principal

4. Direct communication with the superintendent.

MISCELLANEOUS

UNDUE INFLUENCE

Per MHSAA Handbook- The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one semester.

LIMITED TEAM MEMBERSHIP

Per MHSAA Handbook- After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the same season. The MHSAA permits limited exceptions for individual sports. Please check with the Athletic Office to clarify this rule before assuming it is OK to participate on non-school teams.

AWARDS/GIFTS

Per MHSAA Handbook- Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the handbook. Students may accept, for participation in MHSAA sponsored sports, a symbolic or merchandise award, which does not have a value over \$40. Banquets, luncheons, dinners, trips and admission to camps or events, are permitted if accepted "in kind." Awards in the form of cash, merchandise, certificates or any other negotiable document are not allowed.

VARSITY AWARDS

All Varsity Sports – An athlete must successfully complete the season in good standing. Each coach will establish minimum requirements for earning an award and make these requirements known to the athletes at the beginning of the particular season. Each varsity sport will have a maximum of two special awards that will be determined by the coach. Each member of the team will receive a certificate of membership on a team. A list of requirements for earning a varsity letter in each sport will be kept in the athletic office.

HAZING/TEAM TRADITIONS

Per MHSAA Handbook- Athletes shall not participate in any induction ceremony, initiation, or other activity that involves unreasonable risk of physical harm, coercion, intimidation, or other embarrassment to others. Hazing is a violation of state law and school policy. Any athlete or parent who believes their student has been a victim of such practices is to contact the athletic office.

CLOSED ATHLETIC ACTIVITIES

Unless stated otherwise, all athletic practices, team meetings, team bonding activities, and team gatherings are closed to everyone except team members and staff.

TRY OUTS

All sub-varsity athletic teams that make cuts will allow a minimum of three days for student athletes to try-out. Varsity teams will have a minimum of three (3) practice days. If a student-athlete is going to be absent during the try-out period, they must make arrangements with the head coach before try-outs begin.

For unexcused absences, student-athletes will not be allowed make up days for the time missed. For excused absences, by the head coach or athletic department, student athletes may be granted additional try-out days for the days missed. All student athletes trying out will have to perform the same skill test given by the head coach.

TRANSPORTATION

The Athletic Department's policy regarding transportation states that athletes are expected to travel to and from athletic competition in school provided transportation. We realize that extenuating circumstances sometimes require other arrangements. At no time will we allow students to drive themselves or ride with anyone other than parents to and from athletic events without the approval of the Athletic Director. If approval is granted for a student to drive they can NOT transport any other students to or from the event. The waiver needs to be completed and returned at least one day prior to the day of the athletic trip.