
MERCY ATHLETIC CODE OF CONDUCT

Updated March, 2019



MERCY HIGH SCHOOL

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MERCY HIGH SCHOOL ATHLETIC CODE OF CONDUCT

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MERCY HIGH SCHOOL ATHLETIC CODE OF CONDUCT

When representing Mercy High School in athletic competition, the general appearance, conduct and dress must be such as to bring credit to the athlete, the team and the school Community. The privilege of being on an athletic team carries with it the responsibilities of setting a good example in ALL school activities and functions.

As an athlete it is very important that you familiarize yourself with the following rules and regulations. **ATHLETES ARE RESPONSIBLE FOR THEIR OWN BEHAVIOR!** Failure to comply with any of these rules will result in appropriate sanctions by the Coach, Athletic Director, and/or Administration.

THE ATHLETIC DEPARTMENT EXPECTS THAT ALL ATHLETES UPHOLD THE PRIDE AND HONOR OF BEING ON AN ATHLETIC TEAM AT MERCY HIGH SCHOOL.

TRY-OUTS

Any student wishing to try-out for any athletic team will be required to have a current physical and Mercy Athletic Forms, completed using Privit before the beginning of tryouts (check www.mhsmi.org/athletics for specific dates). Instructions are available at www.mhsmi.org/athletics. ONLY physical examinations given on or after April 15th of the previous school year will be acceptable (e.g., April 16th, 2025 for the 2025-26 school year). Physical forms are available to print on Privit (Print PPE form using instructions found here: <https://support.privit.com/hc/en-us/articles/202350468-Printing-Documents-Forms>).

Students must register to participate in sports by season. Details are available at www.mhsmi.org/athletics. **Students who do not register and/or do not complete all forms will not be allowed to try-out on the first day of try-outs. Trying out after that will be at the coach's discretion.**

Any student wishing to participate on an athletic team must have a minimum 2.0 cumulative G.P.A. before she will be able to tryout, and must maintain or exceed this minimum throughout the season. The MHSAA requires that grades are checked prior to and during the season. If a student is earning a No Credit (NCR) in two of her courses during the season she will be ineligible to participate for at least one week; grade checks will then be performed weekly.

Transfer students need to check with the Athletic Director regarding their status. This must be done prior to tryouts.

The participation fee for all MHSAA-regulated sports is \$200.00 (as of June, 2017). This should be given to the coach or booster club representative at the team meeting.

IN-SEASON COMPORIMENT

All student-athletes must obey the rules and regulations of Mercy High School. Any infraction of school rules and regulations will be dealt with by administration.

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All student-athletes must follow team rules and regulations. The student-athlete must abide by the training regulations of the coach and athletic department.

A student-athlete is expected to be in school for the entire day. Any early dismissals or late arrivals will require a note from a medical provider to be presented at the attendance office or to the athletics office in order to be excused and able to participate.

- Exceptions- school field trips, funerals, doctor/dentist appointments, special schedules.
- Advanced notice from the proper school authorities is required for all school-related exceptions (i.e., When a student attends a Kairos retreat, the Pastoral Ministries team sends a school-wide email listing participants).
- Written confirmation of appointments from medical services is due to the Attendance Office upon the student-athlete's return to school.
- Any additional exemptions at the discretion of Administration.

Any team ordering sweat suits, sweatshirts, t-shirts, or other spirit wear must have prior approval from the Athletic Director.

-Only the following colors are allowed: Maroon, gold, white, gray, and black.

All athletes will address coaches properly: Mr., Mrs., Ms. or Coach will be used.

It is the responsibility of all student-athletes to participate in activity classes, such as gym and swim on game days.

All book bags and personal belongings are to be left in the locker room, not on the floor, not in the Gym or hallway. Lock up personal belongings in the lockers.

All athletes must change clothes in the locker room. Anyone caught changing in the hallways, parking lots, or on the fields will be dealt with accordingly.

Athletes are not permitted to have food or drinks in the locker room or pool area.

Motivation: No squirt guns, silly string, confetti, or other inappropriate items.

If any area of the school (e.g., snack bar) is used, it must be cleaned afterward or all teams will lose this privilege for the remainder of the season.

INJURY PROTOCOL

In case of injury, the athlete must present a signed and dated doctor's note to the Athletic Trainer BEFORE being able to participate.

Mercy Athletic Trainer: Hannah Woods AT, ATC – hwoods@mhsmi.org 313-629-1329

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CONCUSSION PROTOCOL FOR MERCY HIGH SCHOOL

Mercy High School/Henry Ford Health System: Return to Play Protocol

1. Light aerobic exercise (day 1): After you are symptom free for 24 hours, try non - impact activities such as: stationary bike, elliptical, or swimming for 20 – 30 minutes. Keep heart rate to 60% of its maximum heart rate. ($220 - \text{your age} \times .60$)
2. Exercise (day 2): May include non-impact activity for 45 minutes or a combination of non-impact and impact activities for 45 minutes
3. Online testing: Athlete must take Impact online post-test with the athletic trainer and pass per physician's recommendations. (Note: This may be done earlier in the return to play process, but athlete must pass prior to moving on to step 4.)
4. Non-contact training/practice drills (day 3): can participate in practice, but nothing that would require contact (scrimmaging, drills that are 1 v 1, etc.)
5. Full contact training/practice (day 4): must have clearance from a physician to return to contact
6. Return to competition (day 5): must have final clearance with MHSAA compliant note signed by consulting physician, parent and student

****Athlete must check in with athletic trainer at Mercy for clearance to proceed onto next step.**

**If symptoms return at any time during exercise, stop and let the athletic trainer know. The athlete will repeat that same step once she is symptom free for a full 24 hours.

**Athletic trainer will communicate directly with coaches regarding athlete's status.

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HFHS Sports concussion clinic – concussion@hfhs.org; 313-972-4216

CONCUSSION TESTING INFORMATION

Mercy High School utilizes an innovative concussion management program for our student-athletes. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online, computerized exam that each athlete takes prior to the athletic season. We set up times for each team to take them in the computer lab. All new Student-Athletes (ninth graders and transfers) will take the test; a refresher is completed two years later (generally, 11th grade).

If the athlete is believed to have suffered a concussion during competition, the exam is taken again and the data is compared to the baseline test. This information is then used as a tool to assist the athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return to play decisions.

If an injury of this nature occurs, we will be in contact with you. Post-concussion tests will be taken under our supervision at school.

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Founded by the University of Pittsburgh's Medical Center Sports Concussion Program, this software is utilized throughout professional sports and has been mandated in the NHL. Used by 18 NFL teams, US Soccer and countless colleges and high schools across the country, it is fast becoming the "Gold Standard" in recognizing and managing head injuries. Additional information can be found at www.impacttest.com.

The exam takes about 25-30 minutes and is non-invasive. The program is basically set-up as a "video-game" type format. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. For example, in one part of the exam, a dozen common words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed. It is a simple exam and most who take it enjoy the challenge of the test. One of the reasons concussions are so dangerous is a condition called Second Impact Syndrome. If an athlete sustains a second concussion before completely recovering from the first, the results can be deadly. At Mercy, we understand the competitive nature of sports, but we always hold the athlete's health and safety as our top priority.

To ensure a valid test, please follow these instructions. It is very important that the Athlete is able to fully concentrate during the entire test. Poor performance will result in an invalid test and will require a retake!

- Please arrive at the computer lab 5 minutes prior to your scheduled time.
- No headphones or cell phone use during the test.
- Note the test will begin by asking you background questions called the "demographic" section.
- There are 6 test sections called "modules." These include word memory, design memory, X's and O's, symbol match, color word match and three letters.
- Take your time to read each section's instructions very carefully. Each module is self-explanatory.
- It is common to perform the color word match module incorrectly, please read that section's instructions thoroughly.
- Other than the initial demographic section, do not ask anyone to help you with your performance during the test, such as assistance with memory questions, etc. Do not write anything down during the test to aid memory.

If you have any questions regarding this program, please contact Hannah Woods AT, ATC hwoods@mhsmi.org

CONDUCT BEFORE AND DURING ATHLETIC EVENTS

The student-athlete must practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.

The student-athlete must accept favorable and unfavorable decisions, as well as victory and defeat with equal grace.

The student-athlete will demonstrate respect for opponents and officials before, during and after contests.

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The student-athlete will not question officials' calls or use inappropriate language.

Any student-athlete who is ejected from a contest WILL BE ineligible for the next scheduled contest. This is in accordance with MHSAA guidelines.

The student athlete will follow a dress code for all home and away games as established by the coach. This code is not to include jeans or anything inappropriate. Team sweats are acceptable.

No practice will begin without a coach present at the site.

When a student-athlete is dismissed early for competition, it is their responsibility to see their teacher and get any assignments or make up work.

At away games it is the responsibility of all athletes to clean up the bench area, locker room, and bus.

After home games or practices, it is the responsibility of all athletes to leave the hallways, gym, locker room, and pool areas clean.

Transportation

IF TRANSPORTATION IS PROVIDED, all student-athletes must ride the provided transportation to away games.

- IF ROUND-TRIP TRANSPORTATION IS PROVIDED, the athlete may leave **after** the game with their PARENTS.
 - Please notify coaches before leaving; NO note necessary, as this permission was given in the Privit account.
 - If an athlete is leaving with a NON-PARENT, or is not taking the bus TO the event, a note must be given to the Athletic Office at least 24 hours in advance.
- IF ONE-WAY TRANSPORTATION IS PROVIDED, it is the responsibility of the parent to arrange for the athlete's return trip. No notes to the Athletic Office needed.

COMPLETION OF SEASON

Upon completion of season, the student-athlete will return all uniforms, CLEANED, to their coach.

If a uniform is lost or damaged, the athlete will be required to reimburse the school for replacement costs.

The student-athlete may order a varsity jacket or sweater upon completion of their season if they are receiving a varsity letter. Special requests are handled through the Athletic Director's office. Anyone requesting special characters or sayings to be part of the decoration must have approval from the Athletic Director. Please check the Athletic Website for Letter/Chevron/Bar guidelines.

All student-athletes should take pride in wearing their Varsity jacket/sweater.

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EXPECTATIONS FOR PARENTS, SPECTATORS, AND ATHLETES AS SET BY THE CATHOLIC HIGH SCHOOL LEAGUE

The administration and staff of Mercy, all Catholic League schools and the Catholic League Office wish to make it clear that high school sports are an educational activity. Athletes, parents and friends must be aware of our school's expectations with regard to sportsmanship. Catholic School values should be present at our events.

Unlike professional sports, as a spectator at an interscholastic event, you are a part of the activity, much like the athletes, coaches and officials. As a participant, (spectator or team member) we expect that you will maintain good sportsmanship or refrain from attending school athletic events.

It is expected that as participants and spectators, we will support in a positive way our own team; remembering that the athletes, coaches and officials are not perfect and will make mistakes. Negative, derogatory cheers or actions aimed at either team are not acceptable in educational athletics.

It is expected that you will accept the decisions of the officials without vocalizing disagreement. Officials are an important part of this educational activity. We are sending the wrong message when we challenge or abuse the game official sent to the school to administer these educational activities.

The parents/spectators will demonstrate respect for opponents and officials before, during and after contests.

The parents/spectators will not question officials' calls or use inappropriate language.

At all times it is expected that we will respect one another; adults and students alike. This especially includes our opponents and officials, without whose involvement, sport contests would not occur.

Parent/Athlete Communication

If there are issues that the student-athlete and/or parents would like to address, please follow the Chain of Command. The Chain of Command is as follows:

1. Player communicates with Coach.
2. If not at Varsity level, player then goes to Varsity Coach.
3. If not resolved, Parents should communicate with Coach, then Varsity Coach if needed.
4. If still unresolved, Parents and/or Athlete should contact Athletic Director.
5. Athletic Director will communicate with Administration if necessary.

All parents/players are expected to follow the "24/24 Rule:" Maintain a distance of 24 feet for 24 hours before approaching coaching/athletic staff. This is to ensure that all matters are handled in a professional and constructive manner.