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PHILOSOPHY OF PHS ATHLETICS

Interscholastic athletics and activities play a major role in the total educational experience at Princeton R-V. We believe athletics help students develop mentally, physically, socially, and emotionally. The Princeton R-V School District is committed to the belief that interscholastic activities are supplemental to the secondary curricular program. Student participation in any part of our extra-curricular offerings is a privilege which carries with it responsibilities to the school, to the student body, to the community, and to the student him or herself. At PHS we encourage all of our students to be involved in as many programs as their time and talents allow. We do not encourage students to specialize in one sport or activity. Rather, we encourage students to experience a variety of activities.

PHYSICAL EXAMS & INSURANCE

It is mandatory that all students who participate in MSHSAA sanctioned sports and activities return their completed physical form with current information in order to be eligible to participate in activities.

The MSHSAA handbook states:

1. The school shall require of each student participating in athletics a certificate of an issued physical signed by a physician, advanced nurse practitioner or a certified physician assistant stating that the individual is physically able to participate in athletic practices and contests for their school. The medical certificate is valid for the purpose of this rule if issued on or after February 1 of the previous school year.
2. A student shall not be permitted to practice or compete for a school until it has verification that the student has basic athletic insurance coverage. The MSHSAA participation certificate, which each student must completed, includes one side for the physical and the opposite for parent and insurance information. The certificate must have signatures from the physician, the student, and their parent and be on file in athletic director's office before the student will be allowed to practice with any PHS athletic team! No certificate = no practice or games.

Princeton R-V is very fortunate to have the ability to offer free physicals at school each year. These physicals are performed during the day and at no expense to the student. We strongly recommend that all of our potential student athletes take advantage of this opportunity

COMPETITIVE PARTICIPATION

Interscholastic participation in the activities at PHS is competitive. Participation is open to everyone; however, the amount of participation is not guaranteed to be equal. Coaches will ultimately have the final say on how much playing time each individual will receive.



CONFERENCE AFFILIATION

PHS is a member of the Grand River Conference. As a member, we are committed to adhere to all rules and regulations set forth by the conference. In 2016, the GRC became a super conference as it increased in size. The conference went from 10 participating schools to its current number of 16. This allowed required the conference to split into two different divisions. These divisions are considered the GRC East and the GRC West. Football determines which side of the conference each school will join. All schools with 11-man football belong to the east division. Schools playing 8-man football belong to the west.

GRC EAST

- Princeton
- Putnam County
- Milan
- Trenton
- Gallatin
- Maysville
- Polo
- South Harrison

GRC WEST

- North Harrison
- Pattonsburg
- King City
- North Andrew
- St. Joe Christian
- Worth County
- Stanberry
- Albany



EXTRA-CURRICULAR ACTIVITIES OFFERED

FALL SPORTS

Football- Varsity, Junior Varsity, Middle School

Cross Country- Varsity, Junior Varsity

Girls Softball- Varsity, Junior Varsity, Middle School

Girls Golf- Varsity, Junior Varsity

WINTER SPORTS

Boys Basketball- Varsity, Junior Varsity, Middle School

Girls Basketball- Varsity, Junior Varsity, Middle School

SPRING SPORTS

Baseball - Varsity, Junior Varsity

Boys Track- Varsity, Middle School

Girls Track- Varsity, Middle School

Boys Golf- Varsity, Junior Varsity

ACTIVITIES

Scholar Bowl- Varsity, Junior Varsity, Middle School

Band- High School, Middle School

Choir- High School, Middle School

Cheerleading- Varsity, Middle School



CODE OF CONDUCT

QUIT POLICY

A student who has gone out for a sport but decides to quit on his own accord, will NOT be eligible to start participating for another sport before the end of competition in the sport that he or she dropped. Both head coaches along with the Athletic Director may waive this rule in special circumstances.

TRANSPORTATION

All students will be transported to and from respective activities via school transportation. The only exception to this occurs when a parent requests to transport the student and contacts the head coach personally to make arrangements. The head coach or sponsor will make the final decision in these matters. Students are not allowed to drive themselves to away competitions. Students may not ride home with another student's parents unless pre-approved by the coach. Phone calls will no longer be an accepted method of transportation approval. Parents must send a signed note granting their permission to school prior to the event. These notes should be turned into the high school office before the team departs for their competition.

DUAL SPORT

Participation in more than one sport or activity within a season is left to the mutual agreement of the student and the head coaches or sponsor involved. A detailed plan must be laid out prior to the beginning of the seasons. Student athletes will pick a primary sport and a secondary sport. Primary sports take precedence over secondary sports. Please note that dual sporting is difficult but can be done. Communication between player, parent, and coach is extremely important when participating in multiple activities during the same season.

PRACTICE GUIDELINES

If a student must miss practice or a competition, the student must obtain permission from the head coach prior to the scheduled practice or event. If the absence is unforeseen or abrupt, the student should make every effort to contact the head coach or sponsor concerning the nature of the absence. Unexcused absences may cost the participant his or her opportunity to dress for an event and could impact playing time. If it becomes an ongoing problem, the student may be dismissed from the team. Coaches and sponsors may set their own policies regarding missed practices or competitions.

ATTENDANCE POLICY

Students are expected to be at school. In order for a student-athlete to be eligible to participate in an interscholastic competition he or she MUST be at school all 8 hours of the school day. Any excused absence must be pre-approved by administration. This rule also applies for the day before an event that comes on the weekend. Any event taking place on a Saturday would require the student to be in school for the full day on the Friday before.



ELIGIBILITY POLICY

The activities and athletics programs will abide by the eligibility policies set forth by district administration. These policies can be found in the Princeton R-V student handbook

CITIZENSHIP GUIDELINES AND CONSEQUENCES

Students who represent Princeton R-V interscholastic activities must be credible citizens and judged so by the proper school authority certifying a list of students for competition. Those students whose character or conduct is such as to reflect dishonor upon themselves or their school are not considered "credible citizens". Citizenship guidelines apply not only in the school setting but also outside of the classroom. In addition, appropriate digital citizenship is expected by all students. Any student who has displayed questionable or inappropriate citizenship, inside or outside the classroom, will be faced with consequences deemed appropriate by the administration, coaches, and sponsors. These consequences could lead to suspension or dismissal from the team.

FOR SOCIAL NETWORKING SITES, WEBSITES, BLOGS, TEXT MESSAGES, EMAILS, THE FOLLOWING ARE PROHIBITED:

1. Posting photos, videos, or commentary that is unsportsmanlike, derogatory, or demeaning towards any other individual or entity. This will not be limited to but includes opposing schools and players, teammates, teachers, administrators, sponsors, and/or coaches.
2. Posts that depict or encourage unacceptable, violent, or illegal activities.
3. Posts that are sexually explicit in nature.
4. Use of offensive, violent, or derogatory language.

SOCIAL MEDIA HELPFUL HINTS FOR STUDENT-ATHLETES

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember, once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online to social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of, and that reflects positively on you, your family, your school, and your community.
3. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
4. Remember, photos uploaded on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile.



One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school students, and particularly student-athletes, should carefully consider their profile updates and photos, as they will most likely be examined by future college admission officers, coaches, and employers.

DISCIPLINE

If a student is assigned a detention as the result of an issue in the classroom (behavior, attendance, academic, etc.), the detention must be served in order to participate in a competition. In the event of a suspension, the student will not be eligible for competition or practice until he or she has fulfilled the disciplinary requirements established by the administration. **Any student serving ISS will be allowed to attend practice but will not be allowed to participate in a game or competition that falls on that same day.** Any student serving OSS will not be allowed to participate in practices or competitions the day(s) of the suspension.

Tobacco, Alcohol, & Drug Use: The use of tobacco, alcohol, and drugs is absolutely prohibited. Prescription drugs must be prescribed to the person taking them. The use of a prescription drug prescribed to someone else is prohibited. The first offense will result in a 20% suspension of athletic and activities competitions. The second offense will result in a complete athletic and activities suspension for the remainder of the current school year.

Theft: Theft is defined as the unauthorized taking of property from another with the intent to permanently deprive them of it. Theft by any student participating in any school related functions will not be tolerated. The first offense will result in a 20% suspension of athletic and activities competitions and may include additional administrative discipline. The second offense will result in a complete athletic and activities suspension for the remainder of the current school year.

Law Enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. Each student is responsible to notify the school of any and all situations that would affect his or her eligibility. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery.

General Misconduct: Students participating in extra-curricular activities are expected to conduct themselves appropriately at all times. Administration has the ultimate say in any situation where a student's conduct is in question. Coaches may imply additional consequences supplemental to administrative discipline.

EQUIPMENT

Each activity participant will be held responsible and accountable for the abuse and/or loss of equipment. Any equipment lost or stolen must be paid for by the student in whose name it was checked out. All equipment must be returned in a clean condition and in a timely manner at the end of the contest season. Awards will not be issued until all equipment is checked back in by coaches or sponsors.



ATHLETIC AWARDS

PARTICIPATION AWARD

A certificate will be presented to each athlete every time he or she meets the participation standards established in that sport and is recommended by the head coach.

VARSITY LETTER AWARD

A certificate will be presented to each athlete every time he or she meets the lettering standard established in that sport and is recommended by the head coach to receive that award. When an athlete receives his or her first varsity letter at Princeton R-V, the athletic department will present him or her with a white chenille "P". The letter is given in addition to the letter certificate but is awarded only once during the athletes participation in athletics at PHS.

SPECIALTY PATCHES

Athletes that wish to purchase special patches for the letterman's jacket will be ordered and purchased by the athlete. PHS will not purchase letters for other honors.

BLACK "P" LETTER

In the spring of 2018, the coaching staff established the Black "P" Letter. This letter will be for individual athletes that letter 12 different times throughout their high school career. The coaching staff at PHS feel that this is the highest ranking award an individual can receive at PHS. This letter will symbolize one's success and commitment to Princeton's athletic programs. This letter will be awarded to individuals at the senior awards ceremony.

LETTERING STANDARDS

GENERAL STANDARDS FOR ALL SPORTS

1. Attendance at the awards presentation is mandatory unless given prior permission to be absent by the head coach of that sport.
2. All equipment must be checked in, cleaned, and/or paid for if lost or stolen. Equipment should be returned in as good as shape as possible.
3. Varsity letters may be awarded in special situations on the head coach's judgement. Examples of this would include seniors or injured athletes who do not reach the required standards of quarters, innings, points, etc.
4. The coach must recommend each athlete for the letter award.
5. The head coach reserves the right to refuse letters to any athlete not demonstrating good citizenship throughout the entire school year or to any athlete not demonstrating good behavior as a PHS athlete.
6. Entire sports teams who win conference, district, or state contests will automatically letter for being part of the championship team.



CROSS COUNTRY

Boys: The athlete must run 5,000 meters in 20:30 or better.

Girls: The athlete must run 5,000 meters in 25:30 or better.

Any athlete qualifying for state competition will have special consideration if time marks are not met. This will be left up to the head coach.

BASKETBALL

The athlete must play in one fourth of the total quarters during the regular varsity season.

A provisional letter may be awarded to underclassmen who meet one half of the criteria. This will change to a letter the immediate following year if the conditions of the criteria are met.

FOOTBALL

The athlete must play in one fourth of the total quarters during the regular varsity season and must participate in 5 hours of community service projects set up by the head football coach.

A provisional letter may be awarded to underclassmen who meet one half of the criteria. This will change to a letter the immediate following year if the conditions of the criteria are met.

TRACK AND FIELD

The athlete must score 40 varsity points. Athletes will automatically receive 1 point for being entered in a varsity meet. Special consideration will be given to athletes scoring in the conference meet if their total points do not accumulate to over 40.

A provisional letter may be awarded to underclassmen who meet one half of the criteria. This will change to a letter the immediate following year if the conditions of the criteria are met.

SOFTBALL & BASEBALL

The athlete must play in 10 varsity innings during the course of the season.

A provisional letter may be awarded to underclassmen who meet one half of the criteria. This will change to a letter the immediate following year if the conditions of the criteria are met.

GOLF

The athlete must play in one third of regular season varsity matches.

A provisional letter may be awarded to underclassmen who meet one half of the criteria. This will change to a letter the following year if conditions of the criteria are met.



PARENT/COACH COMMUNICATION

COMMUNICATION PARENTS SHOULD EXPECT FROM THEIR ATHLETES' COACH:

- Philosophy
- Expectations
- Locations and times of all practices and contests

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACHES:

- The treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

It is difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgement decisions based on what they believe to be best for all students involved. As you have seen from the above list, certain things can be and should be discussed with your child's coach. Other things, such as those to follow, must be left to the discretion of the coach.

INAPPROPRIATE ISSUES TO DISCUSS WITH THE COACH:

- Playing time
- Team strategy
- Play calling
- Other students/athletes

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help resolve the issue of concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH THE COACH, THE FOLLOWING PROCEDURES SHOULD BE FOLLOWED

- The student athlete must bring the issue to the coach's attention
- If the issue needs further attention, contact the coach during his or her planning period to get clarification or to set up a meeting.
- Never confront a coach before or after a contest or practice. These can be emotional times for both parents and the coach. Meetings of this nature do not promote resolution.

WHAT CAN THE PARENT DO IF THE MEETING WITH COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

- Call during school hours and set up an appointment with the athletic director to discuss the situation.
- At this meeting, the appropriate next step can be determined.



THE PARENT & STUDENT PLEDGE

By signing below, the parent, acknowledges that he or she is a role model. The parent will remember that school athletics and activities are an extension of the classroom, offering learning experiences for students. The parent will show respect for all players, coaches, spectators, officials, and support groups. The parent understands the spirit of fair play and that good sportsmanship is expected by the school, conference, and state. The parent hereby pledges his/her responsibility to be a model of good sportsmanship that comes with being the parent of a student-athlete.

The parent will work with district administration and coaches to ensure his or her student is abiding by the Princeton policies outlined in this Activity Handbook as well as the PHS Student Handbook. Any concerns or issues will be addressed by following the chain of command and will occur in a professional manner.

By signing below, the student acknowledges and pledges to abide by the rules set forth in the Princeton Athletic Handbook as well as the PHS Student Handbook. The student understands that appropriate conduct inside and outside the classroom are expected and inappropriate conduct will lead to consequences. The student also understands that these policies can be supported by more strict policies set forth by the coaches and sponsors of the specific sports and activities. Any concerns or issues will be addressed by following the chain of command.

In addition, the student will show respect for all players, coaches, spectators, officials, and support groups. The student understands the spirit of fair play and that good sportsmanship is expected by the school, conference, and state. The student hereby pledges his or her responsibility to be a model of good sportsmanship that comes with being a student-athlete.

Student Name: _____

Signature of student: _____ Date: _____

Signature of parent(s): _____ Date: _____

