

HOME EDUCATORS ASSOCIATION

FIREBIRDS ATHLETIC STUDENT/PARENT HANDBOOK



CONTENTS

MISSION	3
OBJECTIVES	3
ELIGIBILITY	3
ACADEMIC/ATHLETIC POLICIES	3
TEAM MEMBERSHIP AND LIMITS	4
MHSAA ATHLETIC CODE.....	4
HEA FIREBIRDS ATHLETIC CODE	4
CODE OF CONDUCT	4
DRESS CODE	5
ATTENDANCE POLICIES	5
EQUIPMENT AND FACILITIES	6
ATHLETIC FEES, UNIFORMS & EQUIPMENT	6
UNIFORMS	6
PRACTICES	7
COMMUNICATION PLAN	7
GENERAL CALENDAR	8
ATHLETIC FEES.....	9
CONCUSSION PROTOCOL.....	10
EXPECTATIONS.....	11

MISSION

Provide a physically beneficial and spiritually healthy sport's environment to Western Wayne and Southern Oakland County youth.

OBJECTIVES

Provide an opportunity to develop Christ like character, team unity and athletic skills
Focus on Consistence, Determination, Dependability and Enthusiasm.

ELIGIBILTY AND STATE REGULATIONS FOR STUDENT ATHLETES

State regulations can be found below and if forms under Michigan Home School Sports Association (MHSSA).

Enrollment:

To be eligible for home school athletics a student athlete must be taking the majority of their classes as part of a home school curriculum.

Physical Examination:

Students must have passed a satisfactory physical exam on or after **February 15 of previous athletic year.**
Record of the exam must be on file in the athletic office.

ACADEMIC/ATHLETIC POLICIES

The following academic policies govern the participation of students in athletic events. Academics come first, as such at any point if a parent/guardian informs the coach/athletic director that their student/athlete is not performing up to standards academically they will be ineligible to play in games until such a point at which they have increased their performance back to appropriate standards.

Amateur Status/Awards:

Students may not receive gifts of material or money and may not receive other valuable consideration, including special considerations for loans, because of athletic performance or potential. Treatment of or privileges received by athletes or their families that are not provided or available to all students violate the principles of amateurism in interscholastic athletics.

Interpretations (Awards Limits)

Awards/Gifts: May not exceed \$25

Uniforms/Equipment: Any fundraising to purchase gear or equipment is allowed as long as the items remain with the athletic department. Students may purchase equipment at current value.

Fundraisers: Students may have waivers, discounts, an opportunity to work off or fundraise for school financial assessments required for athletic participation, provided the allocation is available to all students. Students may raise up to \$200 per sport year from school fundraisers for out-of-season camps, clinics and competitions.

Limited Team Membership:

A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of an athletic team, participates in any athletic competition not sponsored by Firebirds or approved by coach & Athletic Director in the same sport during the same season, shall become ineligible for a minimum of the next 3 days of competition and maximum of the remainder of that season in that school year.

TEAM MEMBERSHIP AND LIMITS

Once an athlete has started practicing in a sport, he/she may not change to another sport that season without permission from the Athletic Director. An athlete may participate in two sports in the same season as long as both sport coaches and the Athletic Director are in agreement. In such cases, one sport has to be designated the athlete's primary sport. This means the athlete must attend all practices and contests of the primary sport before being allowed to participate in the second sport unless the coach of the primary sport gives approval.

MHSAA ATHLETIC CODE

- Know and adhere to the athletic code of the school.
- Exceed all attendance requirements as practical evidence of loyalty to team and a proper philosophy of program-sponsored athletics.
- Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
- Counsel with the athletic director over questions of eligibility.
- Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
- Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
- Demonstrate respect for opponents and officials before, during and after contests.

HEA FIREBIRDS ATHLETIC CODE

- The use or possession of non-prescription drugs, anabolic steroids, any performance-enhancing substance, alcohol, tobacco or vaping is strictly prohibited.
- The attendance at scheduled practices and games is required unless prior arrangements with coach are made.
- Good sportsmanship is expected in winning or losing before, during and after a contest.
- The use of vulgar or profane language is prohibited.

CODE OF CONDUCT

We ask family team members and friends to maintain team spirit by sitting together during games.

- **DO** cheer enthusiastically for our teams and encourage them in their team effort!! Applauding the skill of the opposing team is also in keeping with our Christian witness.
- **DO NOT** "boo," yell, or be disrespectful to the officials, coaches, players, or members of the opposing team. This type of behavior is not a good witness of Our Lord Jesus, is not good sportsmanship, and not the type of conduct that will render a good report for our team.
- **Players and their guests:** Remember that when you are at games as a player or a spectator, you and your guests are representing Home Educators Association. Our public attitudes and actions are a testimony to others of what we believe and our actions should always demonstrate respect for others.
- **Regarding boy-girl relationships:** NO public displays of affection: NO hand holding, and NO kissing. Players should treat each other with respect at ALL times. You are first and foremost brothers and sisters in the Lord and should conduct yourselves accordingly.
- **During games and tournaments:** We expect players to be on the field participating in the game as players or spectators. Please sit together as a team to cheer the players on!! Players are NOT to congregate in the parking lot or hangout in any vehicles. We are a team and we need to show it!!
- **Parents, we ask that you make every effort to help make this a positive experience for all the families involved in Home Educators Association by upholding the guidelines expressed here. This truly is a TEAM effort!!**

DRESS CODE

Athletes are expected to wear appropriate and modest athletic attire for practice. The Firebirds will purchase quality uniforms that will help the athlete's performance and keep them safe. Male athletes are expected to keep a shirt on at all times during practices as well as before and after practice. Female athletes are not allowed to wear spandex shorts or tight fitting pants during practices, however they may wear an athletic short over top. Female athletes are not allowed to wear tank tops that are spaghetti strapped or loose fitting. All athletes are expected to change in the bathrooms.

ATTENDANCE POLICIES

EXCUSED ABSENCE

Any time an athlete will miss practice it should be communicated with the head coach prior to the start of practice. An absence would be considered excused if it was a result of an illness (as per the student handbook), family emergency (as per the student handbook), medical appointment (other than routine dentist appointment) and one personal day.

Policy: There would be no penalty, however, in certain cases playing time may be reduced at the coach's discretion based upon what was missed during the practice.

UNEXCUSED ABSENCE

An unexcused absence is any absence that does not qualify under the excused absence policy or when an athlete fails to notify a coach of absence.

Policy:

1st Offense – Discipline would occur in the reduction of playing time at coach's discretion, based on the sport, and the coach will report it to the Athletic Director.

2nd Offense – After the absence is reported to the Athletic Director the student will be suspended from the following contest and will be informed in writing that the next offense will result in dismissal from the team.

3rd Offense – The athlete will be dismissed from the team and would be required to turn in all HEA's equipment and uniforms at that time.

PERSONAL DAY

In order to provide players' families and coaches some flexibility in handling unexpected situations that do not fit into any given category of absence, each athlete may request to use one personal day per season for practice that is considered excused. Athletes must request the day in writing one week prior to the day they are requesting and receive approval from the coach and athletic director.

TEAM DISMISSAL

Coaches MUST consult with and receive approval from the athletic director before a player may be dismissed from a team.

It is the job of the head coach to set up and communicate the expectations of their team with the approval from the Athletic Director. Athletes who fail to meet team requirements can be subject to team removal by the coach and Athletic Director.

Students desiring to quit a team must meet with the head coach and athletic director and they will be ruled ineligible to play on another team during that current season.

Coaches should have communication with players and parents regarding habitual offenses prior to dismissal.

ATHLETIC FEES, UNIFORMS & EQUIPMENT

The athletic program is sustained largely by athletic fees. Each fee is due prior to the start of practice in order to participate. Fees are non-refundable after the first Monday after the start of practice when team rosters should be set. If a student is cut from a sport or decides, prior to this time, not to participate, the fee will be refunded. However, if they quit, or removed from the team due to disciplinary actions, or are injured, the fee will not be refunded. HEA Firebirds do provide players with uniforms. These uniforms are the property of the HEA Firebirds and the athlete is responsible for uniforms that become lost or damaged outside the normal wear and tear of the sport.

Uniforms should be returned to the coach within one week of the completion of the season. Those who do not will be charged the cost of replacing it.

EQUIPMENT AND FACILITIES

Facilities will be available to students **ONLY** if there is an approved supervising coach in attendance. To be a supervising coach you must a staff member or volunteer coach approved by HEA Firebirds who has received a background check. Any use of athletic and other facilities for practices, scrimmages, team meetings and team meals must be scheduled with the athletic director and approved by the athletic director.

ATHLETIC FACILITY RULES

- Athletes are responsible for making sure the facility is clean after use, both home and away.
- Athletes are responsible for proper storage of equipment when not at practices or games.
- Athletes should not bring large sums of money. HEA Firebirds is not responsible for lost or stolen items.
- Music played at HEA Firebirds facilities must be appropriate.

UNIFORM EXPECTATIONS

The uniform/equipment belongs to HEA and I must also respect other people's property.

This can be done by:

- Wearing the uniform only at games or approved functions.
- Washing the uniform inside out.
- Washing it in cold water.
- Hanging it to dry or dry on delicate.
- I realize that I must carry both home and away uniforms and any equipment to each game.
- I realize that if a uniform is torn or equipment is damaged, I will bring it to the attention of my coach.
- I realize that any damage to the uniform while in my possession may result in the replacement of the uniform. A replacement fee of \$95.00 will be assessed for each set.
- I realize that the uniform/equipment needs to be returned within a week of the last game. Failure to return the uniform or equipment within a week will result in a late fee of \$5.00.
- I also realize I will have to pay \$5.00 for each subsequent week that the uniform or equipment is not returned.

We have a policy that no Firebird is allowed to wear their uniform anywhere but on the court.

This means that, when your firebird is in transit to and from a game or in the building after a game... **THE UNIFORM MUST BE COVERED.**

The director would like to see the boys in shirts and ties and the girls in dresses while traveling.....but this just isn't practical for most of us and the facilities we travel to don't support this model....SO, if your Firebird decides to wear his or her uniform they **MUST** have sweatpants/warm up pants AND a sweatshirt or shooting shirt over it.

PRACTICES

- Practices for teams may be held Monday through Saturday and never on Sunday's. Sunday's should be a day of rest from all team activities.
- Athletes are expected to show up on-time to practice.
- Athletes are expected to attend the entire scheduled practice period
- Practices can be held on Saturdays and over holiday breaks. Holiday practice cannot be considered mandatory and would be considered excused but athletes could miss valuable time with the team which could in turn affect playing time at the coach's discretion.
- The coach and athletic director, who in turn shall use good judgment and keep a proper perspective with respect to individual demands upon the athlete, will determine the length of practice.
- Coaches are asked to notify athletes and families of practice times well in advance, with the start and ending times of practice and adhere to these times. This aids parents with scheduling meals and transportation.

COMMUNICATION PLAN

COACH'S REQUIRED COMMUNICATION

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the squad
- Locations and times of all practices and contests
- Team requirements, i.e. practices, special equipment, out-of-season conditioning
- Discipline that may result in the denial of your child's participation

PARENTAL REQUIRED COMMUNICATION

- Concerns expressed directly to the coach
- Notification to the coach of any schedule conflict well in advance
- Specific concerns with regard to the coach's philosophy and or expectations

APPROPRIATE CONCERNS TO DISCUSS

- Treatment of your child(mentally and physically)
- Ways to help your child improve
- Concerns about your child's behavior

ISSUES NOT APPROPRIATE TO DISCUSS

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

When you have a concern to discuss with the coach, this is the recommended procedure you should follow:

- Wait 24 hours before approaching the coach
- Call to set up an appointment
- If the coach cannot be reached, call the Athletic Director. A meeting will be set up for you.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meeting of this nature do not promote resolution.

THE NEXT STEP

What a parent can do if the meeting with the coach did not provide a satisfactory resolution?

- Call and set up an appointment with the Athletic Director to discuss the situation.
- If you are still not satisfied please set up an appointment with the board.

GENERAL CALENDAR

JULY
Start of the next Sports Season
Basketball Open Gyms
Volleyball Parent Meeting
Meet the Director Meeting
Volleyball Evaluations (Girls 14u - 18u)
Volleyball Team Camp

AUGUST
Sports Academy: Soccer
Sports Academy: Football
Basketball Open Gyms
Volleyball Season Starts

SEPTEMBER
Basketball Open Gyms
Sports Academy: Basketball
Firebirds Volleyball Tournament
East Coast Volleyball Nationals

OCTOBER
Basketball Open Gyms
Midwest Volleyball Classic
Sports Academy: Basketball
Basketball Parent Meeting
Basketball 16u & 18u Boys Evaluation
Michigan Homeschooled Volleyball Tourney
End of the Volleyball Season

NOVEMBER
Basketball Season Starts
Volleyball Season Celebration
Varsity Boys & Girls Conference Games

DECEMBER
Midwest Challenge Tournament
Varsity Boys & Girls Conference Games
Christmas, New Year's Eve (No Activities)

JANUARY
New Years Day (No Activities)
Ft. Wayne Tournament (FWGIT)

FEBRUARY
Varsity Conference Championship
Michigan Homeschooled Basketball Tourney
Michigan Basketball Championship
Midwest Regional Championships

MARCH
Volleyball Open Gyms
National Basketball Championships
Basketball Season Celebration
End of the Basketball Season

APRIL
Volleyball Open Gyms
Sports Academy: Volleyball

MAY
Volleyball Skills Clinic
Volleyball Open Gyms
Sports Academy: Baseball

JUNE
Volleyball Open Gym
Basketball Open Gym
End of current Sports Season

ATHLETIC FEES

I agree to the following fees:

- **New family registration Fee:*** \$75 Due July 31
- **Registration Fee:*** \$100 Due July 31
- Sports Fee** **Volleyball Fee** after August 1 **Basketball Fee** after November 1
- **Uniform deposit:**** \$95 Dated check for this coming April 1

*Non-refundable

**Will not receive a uniform until we have deposit and will not return deposit until uniform is returned in its entirety

Volleyball Fee Due Late July

18U National Fee: ** \$460	18U States Fee: ** \$340	16U National Fee: ** \$420
16U States Fee: ** \$315	14U National Fee: ** \$320	14U States Fee: ** \$220
12U States Fee: ** \$135	12U Boys Fee: ** \$95	14U Boys Fee: ** \$115
16U Boys Fee: ** \$135		

Basketball Fee Due Late October

B18 National Fee: ** \$515	B18 States Fee: ** \$550	B14 National Fee: ** \$475
B14 Regional Fee: ** \$375	B14 States Fee: ** \$255	B12 Regional Fee: ** \$245
B12 States Fee: ** \$160	B10 States Fee: ** \$135	G18 States Fee: ** \$405
G18 National Fee: ** \$530	G14 States Fee: ** \$255	G12 States Fee: ** \$160

Discounts

- **Sibling** (\$50) additional family member
- **Head Coaches** (one player) if team has 8 paying players

Sports Academy

- **Soccer Fee:** \$10 per session Due Early August
- **Football Fee:** \$10 per session Due Early August
- **Basketball Fee:** \$10 per session Due Early October
- **Volleyball Fee:** \$10 per session Due Early April
- **Baseball Fee:** \$10 per session Due Early May

Clinics & Camps

- **Fee(everyone):** \$15 2 hour session

Open Gyms

- **Fee(everyone):** \$5 1 1/2 hour session

CONCUSSION PROTOCOL

FOR IMPLEMENTATION OF NATIONAL FEDERATION SPORTS PLAYING RULES FOR CONCUSSIONS

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The language above, which appears in all National Federation sports rule books, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. This language reflects an increasing focus on safety and acknowledges that the vast majority of concussions do not involve a loss of consciousness.

This protocol is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

1. The officials will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care professional for an exact determination of the extent of injury.
2. If it is confirmed by the school’s designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
3. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not be returned to competition that day but is subject to the return to play protocol.
 - a. The clearance may not be on the same date on which the athlete was removed from play.
 - b. Only an M.D., D.O., Physician’s Assistant or Nurse Practitioner may clear the individual to return to activity.
 - c. The clearance must be in writing and must be unconditional. It is not sufficient that the M.D., D.O., Physician’s Assistant or Nurse Practitioner has approved the student to begin a return-to-play progression. The medical examiner must approve the student’s return to unrestricted activity.
 - d. Individual school, districts and leagues may have more stringent requirements and protocols including but not limited to mandatory periods of inactivity, screening and post-concussion testing prior to the written clearance for return to activity.
4. Following the contest, an Officials Report shall be filed with a removed player’s parent and the Firebirds if the situation was brought to the officials’ attention.
5. Coaches are required to complete and submit the forms designated by the Firebirds to record and track head injury events in all levels of all sports.
6. In cases where an assigned physician (MD/DO/PA/NP) is present, his or her decision to not allow an athlete to return to activity may not be overruled.

SANCTIONS FOR NON-COMPLIANCE WITH CONCUSSION MANAGEMENT POLICY

Following are the consequences for not complying with National Federation rules when players are removed from play because of a concussion:

- A concussed student is ineligible to return to any athletic meet or contest on the same day the concussion is sustained.
- A concussed student is ineligible to enter a meet or contest on a subsequent day without the written authorization of an M.D., D.O., Physician’s Assistant or Nurse Practitioner.

EXPECTATIONS

Parents play a large role in the lives of their children and the activities they become involved in. HEA Firebirds want our athletes and their families to have a positive experience

KEYS TO BUILDING A SUCCESSFUL EXPERIENCE

- Have fun and be a fan
- Support the whole team
- Respect others
- Remember there should be one instructional voice
- Release your child to the coach and their sport
- Do not approach the coaches or athlete once you have released them to a practice or game until they are released back after the contest

INAPPROPRIATE BEHAVIOR BY NON-ATHLETES OR COACHES

HEA Firebirds believes in creating a safe and positive learning & teaching environment for its athletes and coaches. Those who demonstrate inappropriate behavior will be subject to removal from contests and may incur further suspensions from attending contests. Non team personal are not allowed to enter locker rooms, team meeting areas, bench areas or other marked off locations prior, during or after contests. Spectators who demonstrate inappropriate behavior such as vulgar language, physical intimidation, as well as yelling at school personal, opponents or officials will be escorted from the building.

Home or away games will only have team members and coaches on the bench without the expressed consent of the AD. Nurses are permitted to sit in for medical assistance.