

WARREN WOODS TOWER HIGH SCHOOL



Athletic Department Office Hours

Monday-Friday 8:00 am- 3:00 pm

Phone (586) 439-4565 or 4566

Fax (586) 439-4869

warrenwoods.misd.net (Forms/athletic
registration)

www.warrenwoodsathletics.com (schedules)

mhsaa.com

Updated June 2023

“Do you know what my favorite part of the game is? The opportunity to play.” -Mike Singletary

*“In the end, it’s extra effort that separates a winner from second place, but winning takes a lot more than that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. Finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together and, even if you don’t win, how can you lose?”
-Jesse Owens*

Our problem is that we make the mistake of comparing ourselves with other people. You are not inferior or superior to any human being...You do not determine your success by comparing yourself to others rather you determine your success by comparing your accomplishments to your capabilities. You are ‘number one’ when you do the best you can with what you have. - Zig Siglar

“Sports do not build character...They reveal it.” -John Wooden

“Adversity causes some men to break; others to break records.” -William A. Ward

“The answers to these questions will determine your success or failure. 1) Can people trust me to do what’s right? 2) Am I committed to doing my best? 3) Do I care about other people and show it? If the answer to these questions is yes, there is no way you can fail.” -Lou Holtz

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OUR OBJECTIVES

To provide a comprehensive, far-reaching and competitive athletic program that:

- *encourages and advocates participation by all students.*
- *designs and implements fair expectations of conduct and rules of eligibility consistent with M.H.S.A.A. regulations.*
- *clearly describes degrees of penalty and appeal procedures for violations.*
- *compliments the highest standards and traditions of classroom and community behavior.*
- *in practice and procedure, emphasizes optimal levels of safety, good health, and fitness.*
- *develops, in our athletes, potential, responsibility, self respect and goal achievement both individually and as part of a team.*
- *prioritizes sportsmanship, fair play, fun and competitiveness; refuses to “win at all cost”.*

WE BELIEVE

- *participation in athletics affords opportunities, teaches vital lessons and provides invaluable tools that continue to reward for a lifetime.*
- *participation in high school athletics is an honor and a privilege, not a right.*
- *respect should be afforded all athletes, coaches, game officials and community members-ours and those of our opponents.*

MACOMB ATHLETIC CONFERENCE

WARREN WOODS TOWER HIGH SCHOOL

COLORS: *BLUE & SILVER*

MASCOT: *TITANS*

macombmac.misd.net

| School Name | Colors | Mascot |
|------------------------------|-----------------|---------------|
| Anchor Bay | Red/White | Tars |
| Center Line | Black/Orange | Panthers |
| Clawson | Blue/Gold | Trojans |
| Clinton Twp. Chippewa Valley | Red/White | Big Reds |
| Clinton Twp. Clintondale | Blue/Gold | Dragons |
| East Pointe | Green/White | Shamrocks |
| Fraser | Navy/Gold | Ramblers |
| Grosse Pointe North | Green/Gold | Norsemen |
| Grosse Pointe South | Blue/Gold | Blue Devils |
| Harrison Twp. L'Anse Creuse | Blue/White | Lancers |
| Hazel Park | Maroon/Grey | Vikings |
| Macomb Dakota | Green/Navy/Grey | Cougars |
| Macomb L'Anse Creuse North | Black/Gold | Crusaders |
| Madison | Purple/Gold | Eagles |
| Madison Heights Lamphere | Blue/White | Rams |
| Marine City | Orange/Black | Mariners |
| Marysville | Navy/White | Vikings |
| New Haven | Green/White | Rockets |
| Port Huron | Red/White | Big Reds |
| Port Huron Northern | Blue/Gold | Huskies |
| Romeo | Red/White | Bulldogs |
| Roseville | Red/Black/White | Panthers |
| St. Clair | Red/Blue | Saints |
| St. Clair Shore Lake Shore | Red/White | Shorians |
| St. Clair Shores Lakeview | Blue/White | Huskies |
| St. Clair Shores South Lake | Royal/Gold | Cavaliers |
| Sterling Heights | Black/Gold | Stallions |
| Sterling Hgts. Utica Ford II | Maroon/White | Falcons |
| Sterling Heights Stevenson | Navy/White | Titans |
| Utica | Orange/Black | Chieftains |
| Utica Eisenhower | Royal/Silver | Eagles |
| Warren Cousino | Red/White/Blue | Patriots |
| Warren Fitzgerald | Blue/Gold | Spartans |
| Warren Lincoln | Red/Black | Abes |
| Warren Mott | Maroon/White | Marauders |

SPORTS AT WWT

| <u>SPORT</u> | <u>SEASON</u> | <u>FRESHMAN</u> | <u>JUNIOR VARSITY</u> | <u>VARSITY</u> |
|---------------------------------|---------------|-----------------|-----------------------|----------------|
| Baseball | S | | X | X |
| Boys Basketball | W | X | X | X |
| Girls Basketball | W | X | X | X |
| Bowling | W | | X | X |
| Cheerleading Competitive | W | | X | X |
| Cheerleading Sideline | F | | X | X |
| Cross Country (Boys & Girls) | F | | X | X |
| Dance | FW | | X | X |
| Football | F | | X | X |
| Golf | S | | X | X |
| Boys Soccer | F | | X | X |
| Girls Soccer | S | | X | X |
| Softball | S | | X | X |
| Boys Swimming | W | | | X |
| Girls Swimming | F | | | X |
| Boys Tennis | F | | X | X |
| Girls Tennis | S | | X | X |
| Boys Track | S | | X | X |
| Girls Track | S | | X | X |
| Volleyball | F | X | X | X |
| Wrestling | W | | X | X |

GENERAL AWARDS: Each participant receives a certificate. Freshmen and Junior Varsity players must purchase their numerals and Titan head. Varsity players are awarded their Letter and a pin commemorating their sport.

SPECIFIC AWARDS: WWT All-Academic for a 3.0 and higher GPA (awarded each season). All athletes eligible for MAC All-Academic and Sportsmanship. Varsity only: Scholar Athlete, Spirit, MVP, MIP.

CAPTAINS/LEADERSHIP CLUB: Workshops and meetings to develop leadership skills. Athletes must apply each year. Applications available in Athletic Office.

ELIGIBILITY AND ACADEMIC REQUIREMENTS

RULES OF ELIGIBILITY (In accordance with M.H.S.A.A. rules)

- Enrollment in school by Monday of the fourth (4th) week of the current semester.
- Nineteenth (19th) birthday occurs on or after September first (1st) of the current school year.
- Must have passed current year physical examination. This is one given on or after April 15 of the previous school year. Record must be on file in school office before the student participates in first practice.
- Have received credit in four (4) full-credit classes taken during the previous semester of enrollment.

WARREN WOODS TOWER ACADEMIC REQUIREMENTS

- Grades will be checked every Friday to determine continued eligibility in good standing. All work must be recorded by the end of the school day, Friday
- At the end of any Friday, two or more F grades will render the student-athlete ineligible for one week (Mon -Sat). Students that are failing 2 or more classes will not be eligible to try-out for a team.
- A list of current and missing grades are available to student-athletes and parents on Power School or Power Parent.

GENERAL RULES FOR ATHLETES

BANNED SUBSTANCES

- Smoking, Vaping, consuming alcoholic beverages and using drugs illegally are strictly prohibited by all athletes. Banned substances include: tobacco or tobacco products in any form; alcohol or alcoholic beverages in any form; illegal drugs defined as “controlled substances” pursuant to state and federal law; steroids, human growth hormones or other “performance-enhancing drugs”; misused prescription or non-prescription drugs.
- Violation of policy on banned substances will result in a mandatory hearing to assess degree of infraction and appropriate discipline. Hearing will be comprised of the athlete, his/her parent/s or legal guardian/s, and his/her head coach. It may also include the athletic director, asst. principal and other school personnel as deemed necessary.
- Failure to comply with the policy on banned substances may result in the following consequences:

First incident: Suspension from twenty percent (20%) of all contests for current season and mandatory attendance of substance abuse counseling. During suspension, athlete will be required to attend practices and games.

Second incident: Suspension for up to the remainder of the current school year.

Third incident: Possible Suspension from all athletic participation for the remainder the athlete’s high school career.

ATTENDANCE

- At the start of the season, athletes must be in training a minimum of five (5) calendar days before competing in a scheduled athletic event. Varies by sport.
- Attendance at all practices and contests is mandatory unless excused by the head coach. Each coach will determine and clarify instances of excused absence, consequences for violations, and exceptions to policy.
- Work is not considered excused absence. Injury is not considered excused absence. Vacation is not considered excused absence unless approved by the head coach in advance. An athlete may be required to sit out the same number of days he/she missed.
- An athlete returning from a lengthy absence will need to meet reconditioning requirements determined by the head coach and head trainer before resuming competition.
- ***Athletes must be in school a half of day for practice and a full day of classes on a contest day in order to participate in a contest. If a student has more than 2 tardies on a contest day they will be ineligible to participate. Exceptions such as court appearances, funerals, etc. must be approved by the athletic director. In certain situations (severe injury or prolonged illness), only a doctor's statement will be acceptable.***
- Athletes absent from school on the Friday preceding a Saturday contest must provide the athletic director or coach written permission from the athlete's parent/s or legal guardian/s, or physician, in order to compete.

Attendance Cont.

If a student-athlete skips a class on the day of an event they will be ineligible to compete in the contest that day.

EQUIPMENT/UNIFORMS

- All equipment and uniforms must be returned in satisfactory condition at the conclusion of the season. Students who withdraw from a team must return equipment immediately.
- Equipment lost or determined damaged by means other than expected usage must be paid for by the athlete. Additional equipment will not be issued until restitution is made.

Student-athletes will not be able to try-out/participate in another sport until all equipment/uniforms have been turned in from the previous sport and/or until fees have been paid for the cost of the equipment/uniform. The cost of equipment /uniform will be based off the cost of a new item at the present time.

ATHLETIC TRANSPORTATION

- Except for long distance travel (eg. Marine City, etc.), transportation for high school athletes will be provided TO the athletic event only.

Track and football are exempt from this policy due to the number of participants and equipment provisions. These sports will still be provided transportation TO and FROM athletic contests.

- Students' return trip home from athletic events will be the responsibility of their parents/guardians. Through the completion of a new district permission slip "PARENT PERMISSION FOR AN ATHLETIC TRIP BY AUTOMOBILE," parents/guardians may take their child directly home from an event or allow their child to ride home with another adult driver. The terms of the permission are set forth in the permission slip, which must be on file in the Athletic Office prior to the start of the athletic season. The permission slip is valid for their entire high school career unless otherwise changed by a parent/guardian.
- All athletes must travel TO each event by bus with no exceptions. For priorities of safety and team unity, violation of this policy may warrant immediate suspension and possible dismissal from squad.
- It will be the responsibility of the coach to remain at the site until all athletes have departed for the return trip home.

WEEKEND TOURNAMENTS

No transportation will be provided for tournaments that are played on Saturdays and Sundays, (unless approved prior to the event by the AD), requiring parents/guardians to provide transportation TO and FROM the athletic event.

The “PARENT PERMISSION FOR AN ATHLETIC TRIP BY AUTOMOBILE” covers students’ travel with their parents or in another adult driver’s automobile.

EQUIPMENT

- All equipment must be returned in satisfactory condition at the conclusion of the season. Students who withdraw from a team must return equipment immediately.
- Equipment lost or determined damaged by means other than expected usage must be paid for by the athlete. Additional equipment will not be issued until restitution is made.



CITIZENSHIP/BEHAVIOR

Student-athletes take on the responsibility of being positive role models for their peers once they join any sport and are held to a higher standard than other students. As such, student-athletes citizenship/behavior in school should be exemplary. Being disrespectful to another person, whether a teacher, administrator, maintenance staff, another student, etc. will be met with consequences based on the severity of the event and handled on a case-by-case basis. Any action that results in being suspended from school (ie, fighting, vaping, skipping, etc.) will also carry a suspension from the team you are currently in season of at least 2 contests. Additional suspension, up to being removed from the team, may occur depending on the severity of the action. Incidents will be handled on a case-by-case basis.

SPORTSMANSHIP AND PERSONAL CONDUCT

Specific elements of fine sportsmanship are often difficult to pinpoint and hard to define. Their absence, however, is terribly conspicuous.

The Titan athletic program will experience acceptable losses. There will be players and teams that, inevitably, out-perform ours.

But the respect for rich tradition, the unwavering demand for fair play, & the determined pursuit of integrity cannot be allowed to know defeat. It is the responsibility of everyone who chooses to participate here to represent our teams, school and community with the highest measures of class and ethics.

Therefore, any act or acts determined detrimental to our athletic program will result in swift and decisive disciplinary action.

Violations range from instances of poor judgement to acts of criminal behavior. Punishment will be determined on a case-by-case basis & reflect the severity of the offense. Rule applies to spectators as well.

Detrimental instances of poor judgement include behavior considered reckless, disrespectful, unsportsmanlike or dangerous. Examples: Lying to a coach or A.D., inciting or participating in hazing*, talking behind another's back, spreading rumors, talking back/mouthing off to a game official, coach, spectator, etc., and refusing to shake the hand of an opponent after a contest, and any disrespectful or inappropriate behavior.

*Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes but is not limited to any activity involving an unreasonable risk of physical harm including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, force-feeding illegal or harmful substances, and participation in physically-dangerous activities.

SPORTSMANSHIP AND PERSONAL CONDUCT (Continued)

If it is the law of the school, the city or the state, it is the law of the athletic program. All participants in the athletic program are subject to common laws regarding stealing, banned substances, defamation of character or property, and others. There is ZERO TOLERANCE for banned substances 24/7, 365 days of the year. Violation of this policy could result in suspension, immediate dismissal from a team and ineligibility from future competition.

Expectations of conduct apply whenever an athlete represents Warren Woods Tower. On campus and off, if you display team jackets, logos or uniforms, you are expected to behave in a manner that is decent, sportsmanlike and law-abiding. Student-athletes that are dismissed from a team for breaking team rules, not representing the team in a positive manner and or any other reason may be banned from competing in other sports that school year. If a student is dismissed from a team, a meeting with the student, parent, athletic director and coach of the sport he/she wants to play is required.

RESPONSIBILITIES OF STUDENT AND ADULT SPECTATORS

Coaches, athletes, and game officials are expected to conduct themselves in a sportsmanlike manner, even in the emotional heat of competition. When athletes perform and compete safely, fairly and respectfully, they deserve to be afforded like treatment from spectators.

Fans and spectators should enjoy and celebrate the spirit of competitive athletics. The choice to attend an event comes with it the fundamental expectations of decency, civility and regard. Spectators who are disrespectful, unruly or obnoxious to coaches, athletes or game officials may be asked to leave the event.

Remember that playing a sport is a privilege, not a right. Students can be dismissed from a team for any reason by the coach, athletic director, or administrator deems detrimental. Parents must adhere to all rules and be respectful of the team and to the coach. If parents do not follow the rules, their child's position on the team may be affected. The parent's role should be to support their athlete, team, and coach.

VIOLATION, APPEAL AND SELF-DISCLOSURE

REPORTING AND INVESTIGATING VIOLATIONS

- All reported violations of general rules for athletes and unbecoming conduct will be investigated vigorously and in a timely manner.
- An athlete will be informed of any charges brought against him/her. He/she will have the right to present any relevant information to support his/her defense.
- If a possible violation has occurred, a conference will be held with the athlete and, depending on the infraction and penalty, the athlete's parent/s or legal guardian/s, the athletic director, and the school principal or his/her designee.

ATHLETES SERVING SCHOOL-IMPOSED SUSPENSIONS

- If an athlete has been penalized during school with a term of in-school restriction, he/she may not attend extracurricular activities as a spectator or participant.
- Out-of-school suspension days will count as part of the individual's absences. While suspended, the individual may not attend extracurricular activities as a spectator or participant.

GUIDELINES FOR APPEAL

- Parents or guardians may request an affirmation or modification of the penalty delivered. They should schedule their appeal conference with the person whose written notification of the investigation findings they received.

VIOLATION, APPEAL AND SELF-DISCLOSURE(Continued)

GUIDELINES FOR APPEAL (Continued)

- Subsequent appeals should follow this chain of command: head coach, athletic director, school principal, superintendent.
- Athletes can expect all disciplinary hearings to be scheduled in a timely manner.

SELF-DISCLOSURE

- An athlete who, by him/herself or together with his/her parent/s or legal guardian/s, voluntarily discloses to a school employee, coach, administrator or legal authority a need for assistance for alcohol or substance abuse prior to any reports, charges or complaints brought against him/her shall not be penalized for that specific infraction. The athlete will be afforded information on steps initiating counseling, treatment and support.
- This self-disclosure exemption is available to an athlete only once during his/her high school career. It is immediately rescinded if it is determined the athlete utilized it primarily to avoid impending revelation, charges or penalty.

ADDITIONAL INFORMATION

SNOW DAYS

Athletes will be notified during the day if an athletic event must be cancelled due to inclement weather or hazardous road conditions. Practices and/or games may still occur even if there is no school. The decision to cancel an event will be made by the home school principal and athletic director.

ADDITIONAL INFORMATION (Continued)

RESIGNING FROM A TEAM

- If an athlete chooses to quit a team, he/she is ineligible for any sport during the season which has already begun and will not be allowed to try-out for a sport in the next season unless it is mutually agreed that with coaches and A.D. that the reason for quitting was due to an academic or a health related issue. Also, students that are dismissed from a team due to disciplinary reasons (not showing up for practice, violation of team rules etc.) will be treated as quitting a sport. Seniors that quit a sport and it is not mutually agreed, will not be invited to the end of year sport's banquet.
- An athlete who has quit a team must immediately return all equipment issued for that season. The replacement of missing or damaged equipment will be the responsibility of the athlete. He/she cannot participate in another sport until all equipment is returned or restitution is made.
- If an athlete chooses to quit a team, he/she must schedule a conference with the coach whose team he/she is pursuing and the athletic director before trying out for another sport. If an athlete quits two (2) sports, he/she renders him/herself permanently ineligible for any other sport/team for the remainder of his/her high school career.

APPEARANCE

- General rules for an athlete's appearance reflect basic principles of hygiene and proper attire. School policies regarding approved attire apply to athletic events.
- Rules regarding displayed tattoos, body piercings and certain attire choices will be subject to the head coach/athletic director's discretion.
- **Athletes participating in indoor sports cannot wear**

uniforms to and from home or away contests. They will be afforded one reminder. A second violation will possibly result in missing a contest or suspension.

- During cold or inclement weather, athletes need to protect their health and safety. Running out to waiting rides in shorts and wet hair, with or without coats, **is strongly discouraged**

ADDITIONAL INFORMATION (Continued)

SIMULTANEOUS PARTICIPATION

- When sport seasons overlap, athletes will not be expected to train or practice for the new sport until the first season has ended. Athletes will not be penalized for beginning a second sport late.
- If an athlete's season overlaps, he/she must notify the head coach of the second sport of his/her intent to play. All equipment from the first sport must be returned or restitution be made before beginning participation in second sport.
- In some cases, athletes may compete in two sports during the same season. Approval must be granted by the parent/s or legal guardian/s, both coaches and the athletic director. The athlete must: obtain a permission form from the athletic director, declare a "dominant" sport, complete and return all necessary paperwork.

MAINTAINING AMATEUR STATUS

Students participating or planning to participate in interscholastic athletics may NOT:

- 1) Accept money or other valuable consideration for participating in athletic contests.
- 2) Receive any money or other valuable consideration for officiating an interscholastic athletic contest. Exception to this is any twelfth (12th) grader who is at least seventeen (17) years old may register with the M.H.S.A.A. and officiate sub-varsity contests if he or she works with an official who has been included on the M.H.S.A.A. "approved" list and has been authorized by the M.H.S.A.A. as an acceptable mentor. The student may receive the normal compensation paid to officials by schools.
- 3) Sign a contract with a professional team.

ADDITIONAL INFORMATION (Continued)

MAINTAINING AMATEUR STATUS (Continued)

- A student may be compensated for giving lessons as part of a youth camp or recreation program, but may not also be a camper or participant in the camp or program.
- A student violating rules regarding amateur status will be determined ineligible and may not apply for reinstatement until the equivalent of one full school year has elapsed from the date of the last violation.

NCAA ELIGIBILITY

- Students wanting to participate in Division I or Division II collegiate sports should start the certification process early-usually by the end of their junior year.
- Rigorous NCAA Clearinghouse prerequisites regarding high school GPA, core courses, ACT and SAT scores, transcripts and student release forms are available in the athletic department and counseling offices.

GUIDELINES FOR THE PARENT/S OR LEGAL GUARDIAN/S

Having a child named to the roster of any interscholastic sport is occasion to be proud. Watching your athlete grow, perform, improve and compete is a treasured opportunity.

While it is natural for every parent/guardian to want their athlete to start, excel, win the awards and grab all the headlines, this will not be the case for most. As parent/s or guardian/s, it is vital your athlete know your unconditional support of their effort and spirit and value, regardless of how that plays out in the box score.

ADDITIONAL INFORMATION (Continued)

GUIDELINES FOR THE PARENT/S OR LEGAL GUARDIAN/S (Continued)

No one feels worse about a disappointing performance than the athlete who delivered it. Parents and guardians who correct or reprimand an athlete's performance consistently, loudly from the stands or in front of the athlete's peers create unnecessary pressure, tension and embarrassment for their athlete and our program.

While we support an open-door policy and encourage communication between coaches and parents/guardians, it is requested that parents/guardians do not challenge the coach's authority with regard to who plays and how much, the kind of offense/defense being run, when to call time-outs, etc.

The role of the parents/guardians is vital. Athletes need you to make sound choices regarding their health insurance, nutrition program and sleep schedule.

They need to know you support them as much in victory as in defeat; as much after sterling performances as poor ones. There is nothing more important than this.

Parents should expect their athlete's coach to provide them with his/her philosophy and expectations of his/her players; locations and times of all practices and contests; team requirements such as pictures, fees, special equipment and off-season conditioning; procedure should their athlete be injured or take ill; rules, violations and penalties specific to their child's team; and fund-raising activities.

In return, coaches should expect that parents will inform them of any scheduling conflicts well in advance; of specific concerns regarding their athlete's health, well-being or changes in these; and concerns regarding the coach's philosophy or expectations.

ADDITIONAL INFORMATION (Continued)

GUIDELINES FOR PARENT/S OR LEGAL GUARDIAN/S (Continued)

If parents have any concern they wish to discuss with their athlete's coach, they should schedule an appointment to address this. Confronting a coach or seeking to schedule an appointment should **NOT** be done immediately prior to or after a contest (24 hour rule). Coaches have many demanding responsibilities to their athletes during these times.

By understanding and supporting the policies described in this handbook, you help create a consistent environment that promotes discipline, responsibility, fun, sportsmanship, and hard work at home, in the classroom and on the playing field.

We all want the same thing! We want to see these gifted athletes get the most out of their high school experience. We want to help each student-athlete realize his/her unique potential, enjoy the thrilling experience that is competitive sport, and create healthy and productive habits that will reward them throughout their lives.

INJURY PREVENTION, TREATMENT AND TRAINING

Warren Woods Tower employs a credentialed and experienced athletic trainer. Athletes enjoy comprehensive training, practice and contest facilities that, together with an effective and dedicated staff, are geared toward preventing and providing immediate medical care for illness and injury.

Services available to athletes include injury prevention strategies, tape and ice treatments, stretching and strengthening therapies, and follow-up care.

On-site medical supplies (including water) are provided for all practices and contests. Every reasonable measure is taken to avoid injury or illness due to extreme weather conditions, lack of understanding by athletes and staff regarding dangerous symptoms, or failed preparations.

INJURY PREVENTION, TREATMENT AND TRAINING (Continued)

Information on correct and vital nutrition practices, sleep requirements, proper warm-up and stretching exercises, and off-season maintenance programs are available through coaches, the athletic trainer and the athletic director.

While every reasonable measure is taken to avoid injury, athletes will inevitably get sick and get hurt during the course of a season. It is the responsibility of the athlete and his/her parent/s or legal guardian/s to maintain current information on file with the athletic trainer regarding allergies, previous medical conditions, prescriptions and emergency contact numbers. Athletes will be required to file such information at the beginning of their season. Changes must be immediately communicated to the athletic trainer.

School insurance is available at a reasonable cost through the athletic office. It is the responsibility of the athlete's parent/s or legal guardian/s to insure proper medical coverage is available in case of injury or illness.

UNDERSTANDING CONCUSSION

What is a concussion?

A concussion is a type of traumatic brain injury that changes the way a brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or sudden stopping and starting of the head. Even a "ding," or "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

In order for athletes to participate in practice or contests, the Concussion Awareness Acknowledgement form found in the Athletic Office must be filled out and signed.

WARREN WOODS PUBLIC SCHOOL DISTRICT

The Warren Woods Public School District is located in Southeast Michigan's Macomb County. The entire school district covers five square miles in the eastern part of Warren, which is Michigan's third largest city. The district is served by three elementary schools (K-5), one middle school (6-8), one high school (9-12), a highly successful alternative education program, and a comprehensive community education program. The district serves over 3,300 students and enjoys a rich tradition of supportive parents and community.

- Stacey Denewith-Fici, Superintendent of Schools



Warren Woods Tower High School was established in the fall of the 1983-84 academic year after combining then Warren Woods High School and Robert S. Tower High School. We consider it the proud culmination of three unique and proven collections of administrators, teachers, coaches, athletes, families and philosophies. It is our hope that the Titan tradition continues to be enriched, strengthened and supported by the Warriors and Vikings who wore the uniform before us.



The Warren Woods Public School District does not discriminate on the basis of race, color, national origin, sex, age, disability, height, weight, religion or marital status in its programs and activities.

GENERAL INFORMATION

Maps to all athletic venues are available online at mapquest.com or yahoo maps.

Admission fees for contests: Subject To Change

Adults: Varsity: \$5.00 JV: \$3.00

Students: Varsity:\$4.00 JV: \$2.00

Family Passes: \$60 for 20 punches

Student Passes: \$25 for 15 punches

(Prices are subject to change anytime w/out notice)

(Tournament and special event pricing may vary)

(No passes of any kind are permitted at State Tournaments)

WARREN WOODS TOWER BOOSTER CLUB

The Warren Woods Tower Booster Club supports all students' extra and co-curricular activities including sports teams, National Honor Society, BPA, HOSA, the computer program, and any organized group connected with the high school.

For our athletes, they help to purchase practice sweats, equipment, awards and more. They host the *Fall Arts & Crafts Show* and the *May Fair*.

General membership meetings are held on the third Monday of every month in the high school at 7:00 pm. The club is striving for the largest membership ever and invite all families to join in making this a successful year.

Membership fee is only \$ 10.00 per family. Parents, please attend and help us support and encourage our children in all their activities.

WARREN WOODS TOWER HIGH SCHOOL

27900 Bunert
Warren, MI 48088
586-439-4402
warrenwoods.misd.net



Principal

Ian Fredlund

Assistant Principals

Colleen Gruben, Josh Thelen

Athletic Director: Craig Cutshaw

ccutshaw@mywwps.org

Athletic Trainer

Elizabeth Shark *eshark@mywwps.org*

Athletic Department Office

586-439-4565 or 4566



WARREN WOODS DISTRICT ADMINISTRATORS

Superintendent

Stacey Denewith-Fici



MEMBERS OF THE BOARD OF EDUCATION

Jenny Nitz

Michael Fitzpatrick

Kay F. Walsh

Michael Garcia

Scott Hiller

Michael Schulte

Paul Zanetti

**WARREN WOODS TOWER
EXECUTIVE BOARD BOOSTER CLUB
2023-2024**

Marie Daleo
President

Mdaleo0921@gmail.com

Jason Chamberlain
Vice President

Scott Hiller
Treasurer

Heather Goode
Recording Secretary

Oflia Nugent
Corresponding Secretary

Jessica Robinson
Concessions

Nancy Tierney
Concessions

LaShawn Baskin
Membership

Jamie Hanson
Volunteer Coordinator

SPORTS SEASONS

Fall sports

Sideline Cheer
Football
Girls Swim

Volleyball

Cross Country
Boys Soccer
Boys Tennis

Winter Sports

Bowling
Girls Basketball
Dance

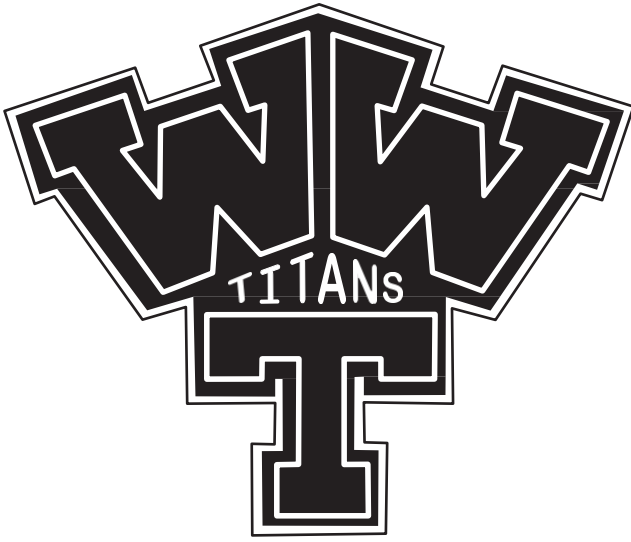
Wrestling

Boys Basketball
Competitive cheer
Boys Swim

Spring Sports

Baseball
Girls Soccer
Girls Tennis

Boys/Girls Golf
Softball
Track



TITAN FIGHT SONG

We're the Titans,
Fear the Titans,
Tremble at our name!

Wave the banner
Blue and Silver,
Victory is our aim!!

Go! Go! Go!

Onward Titans
Mighty Titans
Lead our team to Fame

Fight, champions
Fight, Fight, Fight
And win this game!

Hey!

Athletic Handbook Additions

1. Social Media policy: SEE Guidelines and Contract
2. **Policy for joining a team:** Any eligible student may try out for a team at the time the first approved practice starts and up to 2 weeks after. Transfer students may be given a one-day try-out at the coach's discretion if they meet eligibility requirements or with administrative approval.
3. **Locks-Lockers Policy:** Students of an athletic team will be granted the privilege of using a locker in the locker room to store uniforms and equipment. Student-athletes are responsible for their locker and its contents. Warren Woods Public Schools is not responsible for lost/missing/stolen items. In the event that school property is missing, the student will be responsible for the cost of the item(s).

(Lockers are the property of Warren Woods Public Schools. WWPS administration has the right to open and enter any locker in the event of any emergency that is believed to be a serious violation of school or board policy or for the purpose of the health, safety and welfare of the staff and student body).

4. **Supervision Policy:** Student-athletes are not allowed in the locker rooms, gymnasium, weight room, or any other athletics facility unless properly supervised by their coach or teacher. If a practice or game is not scheduled immediately after school, student-athletes are to report to a pre-determined location assigned by their coach or they are to leave school grounds and return at the start of practice.
5. **Team Rules and Policies:** In addition to the rules set forth in the athletic handbook, **coaches may institute other rules and policies** for a particular sport. These rules and policies will be approved by the WWPS athletics coordinator and administration and distributed to all students at the beginning of the year either

electronically or through paper handouts, which the student and parent must sign.

Guidelines and Contract for Student-Athletes: Social Media

Warren Woods Public Schools Student-Athletes,
As you begin participation in another athletic season, the Athletic Department of Warren Woods Tower High School wants to make sure you are aware of the revised social networking guidelines. The Athletic Department recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Warren Woods School District is a privilege. As a student-athlete, you represent the school district, you are expected to portray yourself, your team, your school, and the school district in a positive manner at all times.

Below are the new social networking guidelines, which provide the following direction for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future! Many employers, college admissions officers, and athletic recruiters review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments and posters).

- Similar to comments made in person, the Warren Woods School District department of athletics will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm teammates or coaches; other WWT student athletes, teachers or coaches; and student athletes, coaches or representatives of other schools, including comments that may be disrespectful to opposing teams.
 - **This Section refers to other students**: Incriminating photos or statements depicting violence, hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism; stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behavior (including the use of profanity).
 - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - Indicating knowledge of an unreported school or team violation – regardless if the violation was unintentional or intentional.

Social media outlets will be used as a communication device. They will also be used to encourage involvement with family, friends, fans, colleges and recruiting outlets. Do not be afraid to retweet and “Like” so we can promote all three sites.

For this reason, all student-athletes have the option and are encouraged to:

1. Follow on Twitter and Instagram as well as allow a link to WWT athletics to follow you.
2. “Like” WWT sports on Facebook.
3. Sign up for emails through our website at www.warrenwoods.misd.com and www.remind.com
4. Never involve yourself with alcohol or any other controlled substance. Posting pictures, retweeting or “liking” a post where this behavior is going on also indicates your approval.

5. If you are asked to remove a post, you must do so immediately! This is for the protection of your reputation and that of Warren Woods Athletics.

1. In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Think about whom you represent: yourself, your family, your teammates and coaches, and your school. Like it or not, people are going to associate everything you post with you and what you represent. Also, understand that disciplinary actions may be imposed for failure to comply with these rules up to and including: Suspension or removal from a team and/or activity and possible criminal prosecution.

Parent Do's and Don'ts

Do's:

1. Do support your student-athlete
2. Do support the coach
3. Do support the team
4. Do support the athletic department

Don'ts:

1. Don't have unrealistic expectations
2. Don't coach from the sidelines
3. Don't yell at or berate officials (They are human and will make mistakes)
4. Don't give advice on strategy/play calling
5. Don't talk about other student-athletes
6. Don't talk negatively about the coach to athletes or parents. (All this does is create dissention and mistrust within the team. **This will not be tolerated and could result in the dismissal of your student-athlete from the team.**)

Coaches are human and make mistakes, too."

"Coaching is often a thankless year-round job, with long days, little pay, and time away from family. Coaches don't expect parents or players to thank them... but they should respect a coach for that commitment, and give him [or her] the benefit of the doubt that he's running the team to the best of his [or her] ability.

Chain of Communication:

If you or your student-athlete has an issue with the team and/or coach you **must follow** the chain of communication: All communication should be **done by appointment**.

1. Student-athlete to coach
2. Parent to Coach (with athlete present) (24 hr rule)
3. Parent to Athletic Director
4. Parent to Principal
5. Parent to Superintendent

NOTE: Being at a high school/middle event whether you paid admission or not, does not give anyone the right to berate and/or yell negative comments at any official, coach, player, or spectator. This type of behavior will not be tolerated and you may be asked to leave the contest. If you notice someone behaving inappropriately it is your duty as a positive role model to help stop these type of actions by telling school staff.