

STUDENT-ATHLETE EXPECTATIONS

Section 1- School Behavior

Student-athletes are expected to meet all expectations of school behavior described in the Milliken Middle School Student Handbook, Board policies and teacher's classroom. All students suspended out of school during a season of activity will be ineligible to participate in practices, performances, competitions or activities during the period of suspension.

Section 2 – Attendance (School, Practices, Events)

Students will attend all practice sessions and contests/performances unless previously excused by the coach. For unexcused absences, disciplinary action may be administered by the coach/Athletic Director. All student athlete/managers must attend four of the seven class periods to be eligible to participate in that day's contest. This absence must also be excused by the parent or guardian. Emergency situations must be approved by the Principal or Athletic Director. If a participant cannot be in school for reasons other than illness, the absence must be pre-planned and approved by the Athletic Director/Administrator in order for the participant to practice or participate that day. If the student is tardy or absent following a competition or performance more than two times within a season, the Athletic Director/Administrator in conjunction with the coach may take disciplinary action up to and including declaring the student ineligible for a period of time. We ask for the cooperation of the parents to see that students miss as little class time as possible.

Students will travel to and from all contests/performances on the district provided transportation (team bus) unless excused by the coach/Athletic Director. Such excuse can only be obtained by providing the following:

1. A written or verbal request to the coach/Athletic Director preferably one day in advance.
2. Parents may request permission for their son/daughter to ride home with another parent by signing the form available in the school office.
3. The parent/guardian must pick up the student in the presence of the coach/Athletic Director.

Section 3 – Academic Eligibility

STUDENT ATHLETIC AND SCHOOL ACTIVITY ELIGIBILITY

Activity Requirement and Code of Conduct: At Milliken Middle school our athletes are students and good citizens first. A student athlete/manager must maintain a respectable GPA and display good behavior in the classroom and on school grounds. The eligibility requirements for athletics, may also be designated for all students for any extracurricular activity (i.e. school socials, etc.) determined by the principal. Teachers are asked to use their own discretion in regard to student athletes/managers who are working up to their abilities. However, there should be no leeway in regard to student athletes/managers who exhibit poor conduct.

1. In order to be eligible for participation, a student athlete/manager must not have more than 4 points assessed against him/her during an eligibility period (1 week: Monday thru Friday) This report is updated weekly on Fridays at noon.

Grade/Conduct Point System

F	3 points
D	2 points
Poor Conduct	1 point

2. Excessive poor conduct will not be tolerated and will result in a loss of privileges for participation. Any student athlete/manager who has 3 or more behavior points assessed against them during an eligibility period will be declared ineligible for the week regardless of grades.

3. Being ineligible will result in the athlete/manager to miss the athletic event(s) scheduled for the following week (Monday through Sunday). The student athlete/manager is still expected to attend practices while upgrading their grade and/or conduct to be eligible for the next week.
4. Ineligible student athletes/managers will not be allowed to suit up or sit the bench at home or away contests and will not be allowed to travel with the team to away contests.
5. POWER HOUR takes precedence over all other after school activities or athletics. Students will not be allowed to participate in away contests if they are required to attend POWER HOUR for that date.
6. Suspensions: Any student athlete/manager who has been suspended from school (OSS) will not be eligible to compete in any athletic event(s) during their period of suspension. Any student athlete/manager who has been suspended during an athletic season may be removed from that sport by school administration. Any student recommended for expulsion is ineligible until the conclusion of the expulsion process.
7. Playing time for student athletes/ managers may be affected by missing a scheduled practice(s).
8. All student athletes/managers must be present at school for four of the seven class periods to be eligible to participate in that day's contest. This absence must also be excused by the parent or guardian. Emergency situations must be approved by the Principal or Athletic Director.
9. Five team practices are required of each student athlete before he/she may participate in athletic season.
10. All paperwork is due before student may practice.
11. An athlete may not participate in the next sport until all equipment and/or fines are paid. Parents may contact administration for special circumstances

Any student in the 7th grade who turns fourteen (14) before August 1st of the school year in which he/she wishes to participate will not be eligible to participate at that level. Any student in the 8th grade who turns fifteen (15) BEFORE August 1st of the school year in which he/she wishes to participate will not be eligible to participate.

The Principal has the final authority on eligibility questions.

Section 4 – Code of Conduct

The Athletic Director and Administrator will determine all alleged conduct code violations. Conduct not specifically delineated in the code or team guidelines but deemed inappropriate will be considered a violation of the Athletic code. Conduct is part of eligibility and can count as one point against a student athlete/manager for inappropriate behavior in class. Excessive bad conduct will not be tolerated and will result in a loss of privileges for participation. Any student who has 3 or more behavior points assessed against him/her during an eligibility period will be declared ineligible for the week regardless of grades.

Code violations include all of the following but are not limited to:

- Use or possess tobacco or a look-alike.
- Use or possess an alcoholic beverage or a look alike.
- Use or possess an illegal controlled substance, paraphernalia or a look alike.
- Use or possess a weapon or a look alike (*Legal and sanctioned uses are excluded)
- Participate in hazing activities: (Defined according to School Board Policy 5516)

Hazing shall be defined for purposes of this policy as performing any act or coercing another, including the victim, to perform any act on initiation into any class, group or organization that causes or creates a risk of causing mental, emotional, or physical harm. Permission, consent or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy.

Athletes will not conduct themselves in a manner in and/or out of school which brings discredit to him/her, the parents, or the school or to the team or athletic group. Example of this may include but are not limited to Shoplifting, theft, lewd and or explicit photographs or images, harassment, etc.

CONSEQUENCES FOR CODE VIOLATIONS – DRUG & ALCOHOL USE BY STUDENTS

Weld School District Re5j shall promote a healthy environment for students by providing education, support and decision making skills in regard to alcohol, drugs and other controlled substances and their abuse. In order to accomplish this goal, a cooperative effort must be made among the school, parents, community and its agencies.

It shall be a violation of Board policy and considered to be behavior which is detrimental to the welfare, safety or morale of other students or school personnel for any student to possess, use, sell, distribute or procure or to be under the influence of alcohol, drugs or other controlled substances. The unlawful possession or use of alcohol or controlled substances is wrong and harmful to students.

For purposes of this policy, controlled substances include but are not limited to narcotic drugs, hallucinogenic or mind-altering drugs or substances, amphetamines, barbiturates, stimulants, depressants, marijuana, anabolic steroids, any other controlled substances as defined in law, or any prescription or nonprescription drug, medicine, vitamin or other chemical substances not taken in accordance with the Board policy and regulations on administering medicines to students.

This policy also includes substances that are represented by or to the student to be any such controlled substance or what the student believes to be any such substance.

This policy shall apply to any student who is on school property in attendance at a school function, in a school vehicle or taking part in any school sponsored or sanctioned activity or whose conduct at any time or place interferes with the operations of the district or the safety or welfare of students or employees.

Students violating this policy shall be subject to disciplinary sanctions that may include suspension and/or expulsion from school and referral for prosecution. Suspension or expulsion shall be mandatory for sale or distribution of drugs or other controlled substances in accordance with state law.

Situations in which a student seeks counseling or information from a professional staff member for the purpose of overcoming substance abuse shall be handled on an individual basis depending upon the nature and particulars of the case. When appropriate, parents shall be involved and every effort made to direct the substance abuser to sources of help.

The board, in recognition that drug and alcohol abuse is a community problem, shall cooperate actively with law enforcement, social services or other agencies and organizations, parents and any other recognized community resources committed to reducing the incidents of illegal use of drugs and alcohol by school aged youths.

Whenever possible in dealing with student problems associated with drug and alcohol abuse, school personnel shall provide parents and student with information concerning education and rehabilitation programs that are available. Information provided to student and/or parents about community substance abuse treatment programs or a disclaimer to clarify that the school district assumes no financial responsibility for the expense of drug or alcohol assessment or treatment provided by other agencies or groups unless otherwise required shall accompany other resources.

The district shall provide all students and parents with a copy of this policy and its accompanying procedures on an annual basis.

The Board shall conduct a biennial review of its drug prevention program or determine its effectiveness, to implement any required changes and to insure that the disciplinary sanctions required are consistently enforced.

In accordance with the accompanying policy, the following procedures are established for disciplining students for alcohol or drug related misconduct.

USE OF ALCOHOL & DRUGS

When a student is suspected of use, that student under suspension should be notified by the principal or his/her designee and will include reasons for such suspicion (observed use, unusual behavior, etc). The principal or his/her designee will conduct a check of the suspected student and collect data. This action must comply with the Board policy on interrogations and searches.

- a. If information is not sufficient to warrant further action, the principal or his/her designee may have a personal conference with the student expressing awareness and concern.
- b. If information warrants, the parent/guardian will be requested to attend a conference at school. The conference may include sharing the data collected, explaining consequences of involvements with drugs/alcohol, developing a plan of action, and offering the parent or guardian general information and resources related to substance abuse.

When necessary, emergency health and safety care will be provided and any procedural or disciplinary issues postponed until the student's immediate needs are treated. While waiting for the parent/guardian or further medical aid, the student will not be left alone but placed in a quiet situation where he/she will remain under observation.

POSSESSION OF ALCOHOL & DRUGS

Students who use and/or are in possession of drugs, alcohol, other controlled substances or drug paraphernalia are in direct violation of School Board policy and will be handled in the following manner:

1. A staff member who comes in contact with evidence and/or contraband must notify the principal or his/her designee immediately.
2. A staff member who has reasonable cause to believe that a student possesses alcohol, any controlled substance or drug containing paraphernalia in violation of Board policy will request that the student accompany him/her to the principal or his/her designee. If the student refuses, the staff member will notify the principal or his/her designee immediately.
3. The principal or his/her designee will attempt to obtain evidence by requesting it directly from the student or through search procedures as outlined in Board policy.
4. The principal or his/her designee will place any evidence in an envelope or alternative container as necessary which will be sealed, dated and initialed by the individual who originally obtained the materials and by principal or his/her designee. The evidence then will be secured.
5. The principal or his/her designee will call appropriate law enforcement officials in each instance of possession or sale of controlled substances by a student. A mutual decision will be made as to retention of the contraband by the school or testing by the authorities.

FIRST OFFENSE FOR USE AND/OR POSSESSION

1. Parents will be notified.
2. The student will be suspended for ten (10) student contact days. If the student participates in and completes drug and/or alcohol counseling or takes and completes a class approved by a school counselor then the suspension will be reduced to 5 days. Parents are responsible for all costs incurred in this process.
3. Information concerning drug and alcohol counseling and rehabilitation and re-entry programs will be given to student and parents.
4. The student will receive his/her school work to complete but will not receive credit for the work in his/her classes and will be recorded as a zero. The work is provided so the student will not fall behind his/her peers in curriculum.
5. Upon return to the regular school environment, the student will lose all activity privileges for a period of thirty (30) student contact days*. At the end of the thirty (30) student contact days, if the student is passing all classes and has not had any additional discipline referrals, the student will be given the opportunity to participate again in all school activities. If the student participates in and completes drug and/or alcohol counseling or takes and complete a class approved by a school counselor then the activities suspension will be reduced to 15 days. If the student is not passing all classes and/or has been referred to the office for other discipline matters, the loss of activity privileges will be

extended an additional thirty (30) student contact days. This process will continue until the conditions to participate in activities are met.

6. Additional suspension or expulsion proceedings may be initiated in serious cases as determined at the discretion of the District administration.
7. Violation of federal or state law will be grounds for referral to law enforcement authorities.

*Student contact day: A student contact day is defined as a day in which students attend regular classes at school. Vacation days, in-service days, holidays, parent/teacher conference times and weekend days are not counted as student contact days.

SECOND OR SUBSEQUENT OFFENSE FOR USE AND/OR POSSESSION

1. A recommendation for expulsion according to district policy will result upon second and subsequent offenses within any four (4) year period unless circumstances are such that the Board elects to impose lesser punishment.
2. Violation of federal or state law will be grounds for referral to law enforcement authorities.

DISTRIBUTION

Students who sell, give or exchange alcohol, drugs or other controlled substances or drug containing paraphernalia in violation of Board policy will be handled in the following manner:

1. If an employee witnesses an act in which alcohol, drugs or other controlled substances or drug containing paraphernalia being transferred from one student to another, the staff member will immediately attempt to detain the student and request that the student accompany him/her to the principal or his/her designee. If the student refuses, the staff member will notify the principal or his/her designee immediately.
2. The principal or his/her designee will attempt to obtain evidence by requesting it directly from the student or through search procedures in accordance with Board policy.
3. Any student who distributes, trades, exchanges or sells controlled substances will be suspended and recommended for expulsion for one (1) student contact school year (172 school contact days.)
4. Violation of federal or state law will be grounds for referral to law enforcement authorities.

Section 5- Concussion Protocol

Weld RE5J School District takes all head injuries very seriously. There is an increased risk of head injury during athletic participation. Therefore, MMS has adopted a concussion management program to provide safe and effective management of head injuries. The State of Colorado has passed a new law to protect children who have head injuries during sports and other non-sports activities called the "Jake Snakenberg Youth Concussion Act". The legislation covers middle and high school athletes, because this age range is most at risk for sports-related concussions. Students need to be encouraged to report ALL head injuries that occur on or off the field of play to coaches and school staff so appropriate steps for recovery are taken. Parents should do the same, if the injury is initially missed.

INTRODUCTION

Proper management of concussions requires a comprehensive multi-faceted approach to prevent serious and potentially catastrophic injury as well as decrease time lost due to injury. According to the *National Athletic Trainers' Association Position Statement: Management of Sport-Related Concussion*, a thorough concussion management team includes a certified athletic trainer, school nurse, physical therapist, school counselors, teachers, and a physician, preferably with a background in sport-related concussion. When possible, a neuropsychologist can augment this team. In addition, in an environment in which none of these team members is present at all times, the coaches become an extension of this team.

A cerebral concussion has no current authoritative definition, but most specialists agree that it is the immediate and transient impairment of neurological functions of the brain associated with mechanical forces. The fact that experts cannot

agree on a concise definition of a concussion, in spite of 50 years of research, helps to highlight the difficulty of predicting brain injuries as well as recovery. As a result of this, it is important to manage concussions conservatively and make decisions using as much information possible concerning each individual athlete and injury.

STATISTICS

Sport-related concussions are not uncommon. It is estimated that 300,000 sport-related concussions occur each year. Other information indicates that sport-related concussions are experienced by up to 19% of athletes who participate in contact sports. This is nearly one out of every five athletes.

Consequences of concussions can be varied. According to the Journal of Neurotrauma, 3 traumatic brain injuries (TBI's) occur every minute. 5.3 million live with disabilities related to TBI. Concussions of varying grade can recover fully with no ill-effects, while others may elicit effects such as persistent headaches, dizziness, and difficulty concentrating for the rest of the athlete's life. These are often described as symptoms of "Post Concussion Syndrome".

Second Impact Syndrome can occur when an athlete is concussed while still symptomatic from a previous head injury. The second injury causes a rapid deterioration in neurological function, eventually resulting in death. The brain itself rapidly swells within the skull increasing the intracranial pressure, not like focal brain injuries. Prevention is the key with Second Impact Syndrome because the average time from injury to brainstem failure is 2-5 minutes. Second Impact Syndrome is not common but occurs almost exclusively in adolescents. According to the Journal of Neurotrauma, 3 traumatic brain injuries (TBI's) occur every minute. 5.3 million live with disabilities related to TBI. Chronic Traumatic Encephalopathy (CTE) describes a progressive deterioration of the brain in athletes who have suffered repetitive blows to the head, both subconcussive and concussive in nature.

RECOGNIZING CONCUSSIONS

Concussions are often the most difficult injuries on the field to recognize. Some of this difficulty comes from the fact that many of the symptoms must be reported by the athlete. The education and motivations of the high school athlete often bias their report or lack of reports of symptoms to coaches or athletic trainers. With this in mind, it is very important to take seriously any symptom an athlete reports related to a head injury. It is possible for what may seem to be a mild concussion to progress to something more debilitating and/or catastrophic if not addressed with sincerity. For this reason it has become the recommendation by experts in the field of sport-related concussion that the term "ding" not be used as it suggests a cavalier attitude concerning concussions.

Concussions are, for the vast majority, a diffuse injury to groups of neurons within the brain as a result of acceleration-decelerating movements. These diffuse injuries in neuronal activity can be manifested in any one or a combination of the following signs and symptoms:

- Headache
- Loss of consciousness
- Amnesia
- Irregular pupils
- Ring in ears
- Seizures
- Nausea
- Vomiting
- Balance problems
- Sensitivity to light
- Visual changes
- Changes in mental status – lethargy, difficult to arouse, confusion, agitation

Focal Brain injuries can often initially display signs and symptoms very similar to diffuse injuries. These injuries can affect mental, emotional, behavioral and physical faculties.

MMS SPECIFIC MANAGEMENT

When planning for the management of sport-related concussions the setting in which they occur must be addressed. In the current setting of Milliken Middle School, there are times when an ATC will be present, and most times when the coach is the first responder and responsible for the care of head injuries.

"The Jake Snakenberg Youth Concussion Act" requires that coaches of all youth organized sports for kids age 11-18 complete annual concussion recognition education. If the coach suspects a youth athlete has sustained a concussion, the

coach must immediately remove the athlete from play, and the athlete cannot return to practice or play until evaluated by a licensed health care provider and cleared to return. The coach will send a form with these athletes.

Concussions present varied signs and symptoms. Some of these symptoms must be treated with utmost urgency, and the emergency medical system must be activated. Please see attached directive.

Some concussions only present signs and symptoms which indicate the athlete needs to be removed immediately from participation and monitored. The conditions of these athletes and the suspicion of concussion must be reported to the parent or guardian of the athlete and home instructions should be distributed. Follow-up care at the ER or urgent care might be needed.

In both cases the ATC will continue care as early to the time of incident as possible. The SAC (Sideline Assessment of Concussion) or SCAT (Sport Concussion Assessment Tool) will be administered. This neuropsychological evaluation will be performed by the ATC at regular intervals until symptoms improve. This neuropsychological test is a means of measuring the cognitive functions of the athlete in as objective a fashion as currently possible. This sideline evaluation is to become part of the athlete's injury record.

Neuropsychological testing provides for a more informed decision for return-to-play (RTP) protocol. This is a 6-step protocol performed under the guidance of the ATC. This process should happen in conjunction with the return-to-learn (RTL) process. (Please see attached for the RTP protocol).

The return to participation is a decision made based on a compilation of information including previous medical history, injury mechanism, severity/duration of symptoms, neuropsychological testing, RTP/RTL results, parent approval, physician clearance, and ATC clearance.

All concussions will be reported to the ATC in as close to the time of injury as possible. The school nurse will assist the ATC in monitoring physical symptoms. Concussions will also be reported to the athletic director, principal and school counselors who will help manage and bridge the physical RTP protocol with the RTL protocol.

If a student has a concussion outside of school or sports, they will follow the same protocol. All head injuries will have a "return-to-play" and "return-to-learn" program.

Proper management of a head injury requires a multi-faceted, team approach to prevent serious and possible lifelong consequences. This protocol is to help your student athlete return to play and academics as quickly as it is safe to do so after a head injury.

Additional Resources for more information: [http://rockymountainhospitalfor children.co./sports-medicine/concussion-management/reap-guidelines.htm](http://rockymountainhospitalforchildren.co./sports-medicine/concussion-management/reap-guidelines.htm)

<http://www.chsaa.org/sports/medicine/www.cdc.gov/concussion/HeadsUp/training/HeadsUpConcussion.html>

Section 6 – MILLIKEN MIDDLE SCHOOL ACTIVITIES COVERED BY THE ATHLETIC CODE

Fall – Football, Boy's & Girl's Cross Country, Girl's Volleyball

Winter – Boy's & Girl's Basketball, Wrestling, Spelling Bee

SPRING – Boy's & Girl's Track and Field, Brain Bowl

Athletic Pledge Form

Any student at Milliken Middle School who wishes to take part in athletics must:

1. Adhere to all school regulations regarding eligibility.
2. Complete and return all required forms.
3. Complete all requirements for participation including:
 *Physical Examinations (A physical is valid for one complete year)
4. Medical History Form
5. Insurance Form

The Athletic Code information should be kept for your records. Please sign and return the Athletic Pledge Form prior to the first practice. By signing this Athletic Pledge Form you are acknowledging you have read and agree to the Athletic Code for Milliken Middle School.

Athlete

Sport

Date

Parent/Guardian Signature

Date

EMERGENCY INFORMATION

STUDENT

NAME: _____

ADDRESS: _____

PARENT PHONE

NUMBER: _____

PARENT/LEGAL GUARDIAN NAMES: _____

DOCTOR NAME: _____

DOCTOR PHONE NUMBER: _____

EMERGENCY CONTACT PERSON: _____

EMERGENCY PHONE NUMBER: _____

LIST ANY ALLERGIES OR MEDICAL CONDITIONS THAT WE NEED TO KNOW ABOUT:

PARENT SIGNATURE: _____

STUDENT SIGNATURE: _____

MILLIKEN MIDDLE SCHOOL ATHLETIC PARTICIPATION FORMS

Name: _____ Birthdate: _____ Grade _____

Parent/Guardian Names: _____

Home Phone: _____ Work Phone: _____

Address: _____ Town: _____

THESE SIGNED STATEMENTS MUST BE ON FILE IN THE ATHLETIC OFFICE FOR EVERY ATHLETE PARTICIPATING IN INTERSCHOLASTIC ATHLETIC COMPETITION.

PARENT OR GUARDIAN PERMIT

Warning: Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHY. Although serious injuries are not common in supervised school activity programs, it is impossible to eliminate this risk. Participants can and have the responsibility to help reduce the chance of injury. PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY. By signing this Permission Form, we acknowledge that we have read and understand this warning. PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.

I, hereby give my consent for _____ to participate in interscholastic athletic competition in the sport of _____ for Milliken Middle School.

Signed: _____ Date: _____

Parent/Legal Guardian

Signed: _____ Date: _____

I understand my child cannot participate in athletics unless he/she is covered by the School Accident Coverage Plan or the equivalent in a family insurance policy. **Check one of the following:**

_____ I have the School Accident Coverage Plan for my child.

_____ We have adequate accident and medical insurance to cover any injury that may occur, and I accept full responsibility for any injury incurred while taking part in the athletic program.

Signed: _____ Date: _____

Parent/Legal Guardian

