



## VISION STATEMENT

Our athletic programs welcome all students and we will ensure all interested students have an opportunity to participate regardless of ability level or financial limitations. We believe our athletes are students first, and therefore, academics will always take priority over athletics. Our student athletes will be held to a higher standard of modeling good behavior and academic excellence.

Students will learn and apply the skills, strategies, and techniques in competitive and non-competitive activities that will best promote physical development, mental wellbeing, hard work, grit, and a wholesome interest in athletics.

Our coaches will model and implement safe and healthy athletic practices and procedures. Our coaches are dedicated to building character and developing young leaders. We will provide opportunities on and off the field/court for students to practice and master responsibility, communication, independence, teamwork, sportsmanship, self-reflection and self advocacy.

We recognize the important role our families and community plays in our athletic programs. We will engage our families as true partners in their child's athletic experiences and we will foster a connected and cohesive community between parents, coaches, teachers, and stakeholders.

## MILLIKEN MIDDLE SCHOOL ATHLETICS & ACTIVITIES

**Fall** – Football, Boy’s & Girl’s Cross Country, Volleyball

**Winter** – Boy’s & Girl’s Basketball, Wrestling, Spelling Bee

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

### 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 teachers’ classrooms. Failure to follow school handbook and board policy will result in a consequence which may affect playing time. All student athletes who are sent to the office or suspended in school will be given 2 behavior points. All student athletes/managers suspended out of school during a season or activity will be ineligible to participate in practices, performances, activities, or competitions during the period of suspension. If a contest does not occur during the period of suspension, the student athlete will miss the following contest. A student athlete will miss no more than one competition per suspension out of school. 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. See Weld RE5J Discipline Matrix, MMS Student Handbook, and School Board Policy J for more information on the district’s Code of Conduct.

#### Section 2 – Attendance (School, Practices, Events)

Students will attend all practice sessions and contests/performances unless previously excused by the coach. If an absence is unexcused, disciplinary action may be administered by the coach/Athletic Director.

All student athletes/managers must attend four of the seven school hours to be eligible to participate in that day’s contest. Any absence on the day of a contest must also be excused by the parent or guardian. Emergency situations must be approved by the Principal or Athletic Director. If a student athlete 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. Unexcused absences from school will result in 3 points assessed to the student athlete’s eligibility report. 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 unless excused by the coach/Athletic Director. Such excuse can only be obtained by providing the following:

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

### Section 3 – Eligibility Point System

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. 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 as outlined in the school's discipline matrix.

- 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: Friday to Friday) This report is updated weekly on Fridays at 7:00AM.

#### Grade/Conduct Point System

Unexcused Absence	3 Points
F	3 points
D	2 points
Poor Conduct	2 points

- The student athlete/manager is still expected to attend practices while upgrading their grade and/or conduct to be eligible for the next week.
- Student athletes/managers who are suspended in school may still attend practices.
- 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.
- When tutoring opportunities are available, it will take precedence over all other after school activities or athletics. Student athletes/managers ineligible due to academics will be expected to attend tutoring sessions instead of practice. This needs to be communicated to the coach.

\*The Principal has the final authority on eligibility concerns.\*

## ACTIVE STATUS REQUIREMENTS

The following items are required for student athletes to be considered active and therefor may participate in athletics:

- Good behavior as indicated by the student handbook and Weld RE5J school board policy. (No more than 2 behavior points assessed per week).
- Academically eligible (no more than 4 academic points assessed per week).
- Good attendance in school and scheduled practices.
- Five team practices: Five practices are required of each student athlete before they may participate in a competition.
- Completed documentation: (All paperwork is due before students may practice)
  - Physical Examinations - valid for one calendar year
  - Medical History Form
  - Insurance Form
- Current fees: An athlete may not participate in the next sport until all equipment and/or fines are paid. Parents are encouraged to 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.

## CONCUSSION PROTOCOL & MANAGEMENT

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. In 2011, the State of Colorado passed the “Jake Snakenberg Youth Concussion Act”, which protects children who have head injuries during sports and other non-sports activities. This legislation requires concussion education for all coaches who participate in organized athletic activities for youth ages 11-19. Student athletes and parents are 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.

### MMS Concussion Protocol

1. Athlete is suspected of concussion based on Coaches/Officials Concussion Screen. If suspected, the athlete is removed from play.

2. Coach/AD recommends student athlete to see district athletic trainer or family physician.
3. Trainer or physician determines if athlete is concussed.
4. Physician releases athlete to begin Return To Play protocol.
5. Trainer, School Nurse, or Athletic Director can begin the Return to Play protocol steps 1 & 2. Coach may monitor steps 3-5.
6. The athlete must be symptom free for 24 hours before moving on to the next step.
7. If the athlete is asymptomatic after all 5 steps of RTP, the athlete may return to normal activities.

### 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 student athlete often impacts 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  
Ringing in ears - Seizures - Nausea - Vomiting - Balance problems - Sensitivity to light - Visual changes - Changes in mental status – Lethargy, confusion and 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.

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**

**REAP The Benefits of Good Concussion Management**

**CHSAA Concussion Management Guidelines**

## EMERGENCY INFORMATION

STUDENT NAME: \_\_\_\_\_

Sport: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PARENT PHONE NUMBER: \_\_\_\_\_

PARENT/LEGAL GUARDIAN(S): \_\_\_\_\_

DOCTOR NAME: \_\_\_\_\_

DOCTOR PHONE NUMBER: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

EMERGENCY PHONE NUMBER: \_\_\_\_\_

LIST ANY ALLERGIES OR RELEVANT MEDICAL CONDITIONS:

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PARENT SIGNATURE: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_

MILLIKEN MIDDLE SCHOOL ATHLETIC PARTICIPATION FORMS

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian Names: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Address: \_\_\_\_\_

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

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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 CATASTROPHIC INJURY. Although serious injuries are not common in supervised school activity programs, it is impossible to eliminate this risk.

Staff and participants are responsible for helping 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.

Parent/Legal Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have read, understand, and agree to the behavior, attendance, and eligibility requirements outlined in the MMS Athletic Handbook.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## PARENT/GUARDIAN INSURANCE AGREEMENT

I understand that my child cannot participate in athletics unless they are 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.

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_