

**MILLER ANGELS
ATHLETICS**



**PARENT AND
STUDENT
ATHLETE
HANDBOOK**

PARENT RESPONSIBILITIES

Miller Middle School athletic program promotes integrity, fair play, trustworthiness, teamwork, work ethic, and sportsmanship. As a parent of a Miller athlete we expect each and every parent to support these ideas in our athletic program, as well as display exemplary sportsmanship on every playing area both home and away.

- A.** Get to know the coach so that you can be assured the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under this leadership. Communication should be frequent, open, easy and face-to-face. Don't compete with the coach. The coach is an authority figure with your athlete.
- B.** Don't try to analyze or second-guess what the coach is doing. Coaches work with these young people everyday and are not only trying to have a successful season they are trying to bring along each team member. Coaches look objectively at each player, their strengths and weaknesses and try to bring out the best of each young player.
- C.** Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over reacting.
- D.** Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- E.** Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
- F.** Be helpful but don't coach them on the way to or from the event. It's tough not to, however it's tougher for the child to be overwhelmed with advice, pep talks, and often critical instruction.
- G.** Teach them to enjoy the thrill of competition, to be out there trying, to be working to improve their skills and attitude. Help them to develop the feel for competing, for trying hard, for having fun.
- H.** It is up to the parents to make sure that they are demonstrating exemplary sportsmanship at all games by supporting the coaches and officials.
- I.** Try not to re-live your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, backed off at times, were not always heroic. Don't pressure them because of your lost pride.
- J.** Don't compare the skill, courage, or attitude of your children with other members of the team. Support each team member as if they were your own.

- K.** Be considerate in picking up your child on time after practice and games. Coaches are not a babysitting service. Parents should be waiting for the bus to arrive not waiting for a call to come pick up.

- L.** Make a point of understanding courage. Add the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly as a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one and it takes a lot of effort to do it well.

PLAYER RESPONSIBILITIES

As a Miller athlete you are expected to maintain a leadership role at school as well as other schools you may compete against. You are an ambassador of our school and represent all of Miller to our community as well as the communities we visit. This is a huge responsibility and you are expected to exhibit at all times exemplary sportsmanship, conducting yourself toward all coaches, officials, opponents, and visitors in an outstanding manner of courteous conduct befitting a Miller athlete. You are also expected to work toward a high level of academics as well as athletic skill.

There will be a \$20 per activity fee, with a cap of \$35 per student and \$50 per family per year. The following will have participation fees: All sports, Instrumental Music, Knowledge Bowl, and Vocal Music.

Athlete participants should be prepared to pay the fee when they pick up their blue card. Students will not be eligible for participation until fees have been paid.

Music participants should be prepared to pay their classroom teacher the first week of school.

- A.** Practice will begin after school Monday through Friday unless number of participants dictates alternate practice times.
- B.** A participant will only be excused from practice by parent request, which will include a note as well as verbal contact from parent to coach.
- C.** All athletes are to respect and obey the instructions of any coach regardless of whether or not they are participating in the sport that coach is coaching.
- D.** No one is to be in the halls or at their lockers after practice.
- E.** Players are responsible for the care of equipment check out to them. If damage or loss should occur there will be a financial charge to that player to cover the equipment cost.
- F.** All checked out items must be checked in within one week at the end of the season.
- G.** Team members are responsible at all times for taking care of the facility and locker rooms as well as displaying proper conduct in the locker room before and after practice and contest.
- H.** Practices are closed to anyone other than players and can be closed to parents at administration and coach's' discretion.
- I.** When participating in games whether at home or away, all players will adhere to the Miller dress code. (See Student Handbook)
- J.** When traveling to another school each athlete will remain in the gym or facility with their team and coaches.
- K.** Each player will travel to each contest on school transportation. A player may ride home with parents after signing out with the coach.

L. Only participants currently in the sport may travel with the team to an event.

M. Players will show good sportsmanship by respecting ALL officials during home and away games. Players talking to and/or about officials will NOT be tolerated.

PLAYER ELIGIBILITY AND TRAINING REGULATIONS

Miller Middle School students must meet the following academic requirements to participate in any school sponsored/sanctioned extra-curricular activity:

1. Students must have a “C” or higher in every class. Any cumulative grade lower than 70% will result in the student being ineligible to participate in any Miller sponsored sport or extra curricular activity occurring during the subsequent calendar week (Monday-Saturday). Eligibility will be determined on a weekly basis.
2. Each player must complete the following forms to begin the practice season.
 - a. Player permission form
 - b. Physical exam form
 - c. Proof of insurance form
 - d. Athletic code of conduct form
 - e. Player Eligibility and Training Regulations
 - f. 9-R Athletic consent form
 - g. Parent signature
3. A player receiving a referral, indicating poor behavior will have that equated to one “F” on the eligibility. Parents must be contacted.
4. Students must attend school for the entire day in order to be eligible to participate in any Miller sponsored sport or extra curricular activity on that day, including practice and contests and after-school activities. For excused absences including medical or legal appointments, students must be in attendance for at least half a day (**four full classes**) in order to participate. A written excuse from the medical or legal party must be provided prior to the practice, contest, activity, or event.
5. If a player breaks the athletic code signed by themselves and their parents, the player will be dismissed from the team.
6. During the days that students are serving In-School or Out-of-School Suspension, they are ineligible to practice with the team and they cannot participate in the next match or game. They cannot travel or sit the bench with the team during that game. The student is also ineligible to participate or attend any other Miller sponsored activity or to be on campus after school. If I.S.S. or O.S.S. is more than one day, then that number of games is applied. If a player incurs I.S.S. or O.S.S. for a 2nd time, he/she will be dismissed from the team and be ineligible for post-season awards.
7. If an official gives an unsportsmanlike penalty to any player (i.e. technical fouls, late hits) he/she will not participate at the next immediate contest. If a player is ejected from a game, he/she will be dismissed from the team as well as be ineligible for post-season awards.
8. If a player becomes academically ineligible for a total of 2 weeks, that player will be dismissed from the team. **Academics come first!**

Pursuing Victory With Honor Code of Conduct for Student-Athletes

Athletic competition of interscholastic age student athletes should be fun and a significant part of a sound educational program, embodying high standards of ethics and sportsmanship while developing good character and other important life skills. Essential elements of character building are intrinsic in the concept of sportsmanship and consist of six core ethical values: trustworthiness, respect, responsibility, fairness, daring, and good citizenship (the “Six Pillars of Character”). The highest potential of sports is achieved when learning from the T. E. A. M. concept (Teaching, Enforcing, Advocating, and Modeling) these values and by committing to the ideal of pursuing victory with honor. Good-faith efforts to honor the words and spirit of the code will improve the quality of all programs and the well being of all teammates.

TRUSTWORTHINESS

- **Trustworthiness** – Be worthy of trust in all you do.
- **Integrity** – Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what’s right even when it’s unpopular or personally costly.
- **Honesty** – Live and compete honorably. Don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct. Plagiarism or cheating is not acceptable.
- **Reliability** – Fulfill commitments. Do what you say you will do. Be on time to practices and games.

RESPECT

- **Respect** – Treat all people, including the teacher-coach, with respect at all times. Demonstrate an appropriate demeanor that reflects self-control and an unwavering commitment to fair play.
- **Class** – Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Help fallen opponents, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- **Disrespectful Conduct** – Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, and offensive remarks of a sexual nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect for Officials** – Treat game officials with respect. Don’t complain about or argue with calls or decisions during or after an athletic event. Help youth sports organizations fill their need for qualified officials as a way to promote greater understanding and respect for the referee’s role.

RESPONSIBILITY

- **Importance of Education** – The primary responsibility of a student-athlete is academic achievement. Be a student first, and commit to getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes who do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably. Not achieving passing grades will result in your suspension from the team until the deficiency is cured.

- **Role Modeling** – Remember participation in sports is a privilege, not a right, and that you are expected to represent your school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- **Self-Control** – Exercise self-control. Don't fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.
- **Healthy Lifestyle** – Safeguard your health. Don't use any illegal or unhealthy substances, including alcohol, tobacco, drugs and nutritional supplements, or engage in any unhealthy techniques to gain, lose or maintain weight. Be informed about the health risks involved in the use of recreational and performances-enhancing drugs, tobacco and alcohol, as well as in eating disorders.
- **Integrity of the Game** – Protect the integrity of the game.
- **Sexual Conduct** – Sexual or romantic contact of any sort between student athletes and adults involved with the athlete program is improper and strictly forbidden. Report misconduct to proper authorities.

FAIRNESS

- **Fairness and Openness** – Live up to high standards of fair play. Be open-minded, always be willing to listen and learn.

CARING

- **Concern for Others** – Demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.
- **Teammates** – Help promote the well being of teammates through positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

- **Playing by the Rules** – Have a thorough knowledge of and abide by all applicable game and competition rules. Demonstrate and demand integrity.
- **Spirit of Rules** – Honor, observe and enforce the spirit and the letter of rules. Avoid temptations to gain competitive advantages through improper gamesmanship techniques that violate the highest traditions or sportsmanship. Do not engage in or allow any conduct designed to evade the rules governing fair competition.

Miller Middle School Athletic Forms

CHSAA Parent/Guardian Permission

I hereby give permission for _____ to compete in athletics for Miller Middle School in all sports except those crossed out (basketball, football, manager, track volleyball, wrestling). I realize the risk of injury may be severe, including the risk of fractures, brain injuries, paralysis, or even death.

Parent/Guardian Signature

Date

Code of Conduct for Student Athletes Player Eligibility and Training Regulations

I have read Miller Middle School's Code of Conduct and the Player Eligibility and Training Regulations (See Athletic Handbook). I understand that my son/daughter will be governed by these codes as a participant in Miller Middle School Athletics/activities. I have reviewed the Code of Conduct with my student and his/her signature acknowledges an understanding of the code and the consequences should a violation occur.

Student Signature

Date

Parent/Guardian Signature

Date

Media Permission

I give School District 9-R permission to take pictures or give information to the news media about my son/daughter for recognition. Yes _____ No _____

Parent/Guardian Signature

Date

Insurance Coverage

I understand that my student cannot participate in athletics unless he/she is covered by insurance.

_____ I have adequate accident and medical insurance to cover any injury that he/she may incur while participating in the interscholastic athletic program. Our insurance company's name is: _____

_____ I want to purchase school insurance for my student. (Insurance forms are available in the school office and must be returned to the school office.)

Parent/Guardian Signature

Date

Miller Middle School Physical Form

Student Name _____ Grade _____

CHSAA Statement by a United States Physician

I hereby certify that I have examined _____, and that he/she is found physically fit to engage in the following middle school sports: (except those crossed out) basketball, football, manager, track, volleyball, wrestling.

Physician

Date

Physical must be completed by a practitioner licensed in the U.S.A. Physical is good for 365 days per CHSAA Handbook (1790.1).

(Please print)

Physician Name _____

Physician Address _____

City, State, Zip Code _____

Emergency Medical Release

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray, examination, and immunization for _____ . In the event of serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is not able to communicate with me, the treatment necessary in the best interest of the above named student may be given.

In the event an emergency arises during a practice session, an effort will be made to contact the parents/guardians as soon as possible. Permission is also granted to the athletic trainer to provide the needed emergency treatment to the athlete prior to his/her admission to a medical facility.

Parent/Guardian Signature

Date

Contact Information:

Name _____

Home _____ Cell _____ Work _____

Family Physician _____

Allergies to any drugs or medications? Yes _____ No _____

If yes, what? _____

Health problems we should be aware of? _____

Child's date of birth _____