

Parent – Student

Activities/Athletic Handbook



Millard West High School
“Home of the Wildcats”
2008-2009

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A Letter from the District Director of Activities and Athletics:

Welcome to the Millard Public Schools activities program. I would like to take a moment to explain a small part of how the athletic and activities programs are conducted at our high schools.

In each program, coaches and sponsors are responsible for team and/or program selection. The coaches and sponsors establish conditions for selection. This may be a very subjective process and any one of us might select different students for the team or program. We believe, however, that it is the responsibility and right of the coaches and sponsors to select the members of the team or program with whom they will work for the season and/or event.

A key goal of any competitive team or program is to use the best combination of students available, in the judgment of the coach or sponsor, to win the contest and/or have a successful event. Starting positions, playing time, and roles for a game or event are not guaranteed to any student. Some students may play a great amount of time in a game or receive a big role for an event while other students may not receive what you consider to be “significant” playing or performance time. We believe it is the responsibility and right of the coaches and sponsors to determine the time and/or role received by each student during each game or event.

Every team and program wants to win or have a successful event and each coach or sponsor wants to win or have a successful event. In the attempt to win or have a successful event, coaches and sponsors will use different strategies at appropriate times. These strategies might differ with the decisions you might have made if you were the coach or sponsor. The coaches and sponsors do the best that they can to make the proper decisions at the proper time so that our groups perform well and win the game or have a successful event. We believe it is the responsibility and right of the coaches and sponsors to determine the strategies used during a game or event.

There may be times when you have a concern about your student’s participation on our teams and/or in our programs. When these concerns arise, we ask that you use the following chain of communication to deal with the concerns:

- **First**, ask your student to talk with the coach or sponsor.
- **Second**, if the issues have not been resolved, then the parent/guardian and student should request a meeting with the coach or sponsor outside of class time, practice time, and event time.
- **Third**, if these two steps have not succeeded, then the parent/guardian may request a meeting with the Assistant Principal for Activities at the school. The student, coach or sponsor will be included in this meeting.
- **Fourth**, if resolution has not been achieved, the parent/guardian and student may request a meeting with the Principal, in which the coach or sponsor, parent, student and assistant principal will attend. We hope that the concerns can be addressed at the site level.

- ***Fifth***, if questions continue to exist, the parent/guardian may request a review by the District Director of Activities and Athletics. The District Director will review the steps taken and may hold a meeting in which the parent/guardian, student, coach, assistant principal and/or principal may be asked to attend.

Topics that will not be addressed by administrators in these meetings include playing time, game strategies, playing level, starters, student selection on teams, and comparison of students' skills. These are decisions properly made by and discussed with our coaches and sponsors, and we support the freedom of coaches or sponsors to make these types of decisions. We believe that by using this approach, most of the concerns can be resolved at the most appropriate level.

By being a parent/guardian and student in an activity, regardless of the time spent in the game or event, you can learn many valuable lessons. These lessons include good sportsmanship, appreciating good effort by any of the participants, respect for all participants in the game or event, practicing self-control, and accepting the responsibility for our actions.

We hope this information helps you to understand the chain of communication in our athletic and activities programs. We wish your students the best of luck with all of their pursuits, both in academics and activities.

Craig T. Whaley
District Director of Activities and Athletics

Controlling Illness and Infections

As you may be aware, there has been considerable attention given to the drug resistant strain of staphylococcus (staph) known as MRSA. Staph is one of several health issues to which athletes, coaches and trainers must pay attention. Other health issues common in athletics are tinea pedis (“athlete’s foot”), tinea cruris (“jock itch”) and tinea corporis or tinea capitis (“ringworm”). We must take appropriate steps to prevent these health issues from preventing athletic participation. While our custodial staff, coaches and certified athletic trainers have been directed to address these health issues as part of their job responsibilities, there are also interventions that can be implemented by the athletes. ***The key to controlling illness and infections is prevention.***

Millard Public Schools health and athletic officials are recommending the following guidelines to athletes and their parents to help prevent illness and infections from affecting athletic participation. Efforts that athletes and parents can take may seem daunting, but these common sense precautions can help reduce the risk to athletes:

- ✓ ***Wash and dry all athletic clothing after each use.*** Clothing should be laundered in hot water with antiviral soaps or chlorine bleach.
- ✓ ***Do not use the same bag to transport dirty clothing used after practices and games that you use to bring clean clothing to school.*** The bag used to transport dirty clothing may contaminate the bag, which then might contaminate the clean clothing placed in that bag.
- ✓ ***Wash hands frequently with soap and water.*** Careful hand washing remains the best defense against germs. Scrub hands briskly for at least 15 seconds, and then dry them with a disposable towel.
- ✓ ***Do not share personal items*** --- towels, clothing, soap, deodorant, razors, etc.
- ✓ ***Keep cuts and abrasions clean and covered until well healed.*** This should be done immediately after a cut or abrasion occurs, using clean and sterile dressing to cover the wound. Always apply antiseptics to the dressing, not to the cut or abrasion, before covering the cut or abrasion.
- ✓ ***Clean your gear with a disinfectant cleaner after every use.*** This would include items such as wrestling headgear and shoes, football helmets and shoulder pads, etc.
- ✓ ***Shower immediately after every practice and game.*** Use a liquid antibacterial soap if possible. Do not share soap or towels with other athletes and be sure to a clean towel after each shower.
- ✓ ***Check your skin frequently (everyday) for cuts, abrasions, and lesions.*** This includes areas that you cannot readily see, such as the back of the neck and the back of your upper body. Notify your parents, coach, and certified athletic trainer about any skin sores.

Millard Public Schools is committed to maintain a safe and healthy environment for your athletes. The training rooms, locker rooms, showers and wrestling rooms are cleaned and disinfected daily. During the wrestling season the mats are cleaned and disinfected before and after practices and matches. Showers are available for use by the athletes. Athletes have daily access to a certified athletic trainer. The well being of our athletes is our primary concern. Please know that we are taking all necessary precautions at our schools. If you have concerns about the cuts, abrasions or other breaks in the skin of your child, please consult the certified athletic trainer at your school and/or your physician.

Respectfully,
Craig T. Whaley
Director of Activities and Athletics
Millard Public Schools

Kraig Lofquist
Director of Pupil Services
Millard Public Schools

RESPONSIBILITIES OF PARTICIPANTS

1. Respect the rules of the school, teachers, coaches, and administrators.
2. Respect and follow all school rules.
3. Follow all training rules, Millard eligibility requirements, and NSAA eligibility rules for eligibility. Students are responsible for maintaining their own eligibility.
4. Strive to perform to your best ability in the classroom. Understand the importance of an education. Students will think of themselves as students first and participants second.
5. Support all school activities to the best of your ability.
6. Promote good sportsmanship and character.
7. Responsible for modeling respectful behavior and the duty to ensure that their teammates refrain from disrespectful conduct, including verbal abuse of opponents and officials, profane or belligerent trash talking, taunting, and inappropriate celebrations.
8. Exemplify good behavior, appearance, and conduct at all times. Respect others and their property. Theft and destruction of any school's property and/or any individual's equipment or property will not be tolerated.
9. Follow the expectation to dress neatly on all trips, follow trip guidelines established by the coach/sponsor, and to ride the transportation provided by the school to and from the site of the event unless prior arrangements have been made and approved by site administration and all appropriate forms are signed and returned to school.
10. Honor the traditions of the sport.
11. Abide and respect the decisions of event officials.
12. Attend all classes the day of and the day following any contests or activities.
13. Condition properly so that you can safely and adequately meet the physical demands of the activity.
14. Prior to participating in any tryouts, practices or games, or receiving any equipment or awards participants must have all eligibility paperwork on file at the site Activities Office.
15. Responsible for payment of participation fees.
16. Acknowledge that substance abuse in any form while participating in high school activities may result in forfeiture of eligibility.
17. Responsible for returning all equipment and uniforms issued to the participant after the completion of any activity or after dropping out of that activity. Students shall pay for all items not returned.
18. Follow all district and school transportation guidelines.

SPECTATOR AND FAN CODE OF CONDUCT FOR MILLARD PUBLIC SCHOOLS

As a spectator attending a Millard Public Schools athletic event:

I recognize

that the goal of this event is to provide young people with the opportunity for healthy competition in the spirit of sportsmanship and camaraderie.

I recognize

that I have a role to project a positive and supportive attitude and to show respect toward all of the participants, including the officials, coaches, and student-athletes as well as other spectators and game management staff.

I recognize

that my words and behavior have a powerful impact on those around me and that I have a role to behave in a mature and dignified manner. I will not say, make, or promote profane comments, obscene gestures, offensive remarks, trash-talking, or taunting of any participant or spectator during the event. I should support and cheer for my team and not cheer against the other team or game officials.

I recognize

that I should exhibit good character and provide a positive role model for all spectators and participants

I recognize

that attendance at an athletic event is a privilege, not a right, and that I am expected to represent my child, my team, my community, and myself with honor.

I recognize

that for the orderly management of this event, I have a role to follow the directions of school officials and the game management staff.

I recognize

that if my conduct during an event is not conducive to a positive environment (as determined by site administrative and staff) for any participants, spectators, school officials, or game management staff, I may be asked to leave the event and I may be barred from attending future events.

Welcome to this MPS event. We hope you have an enjoyable time and thank you for your attendance and support!

MILLARD WEST HIGH SCHOOL

ADMINISTRATIVE STAFF

Mr. Greg Tiemann	Principal
Mr. Harry Grimminger	Assistant Principal-Attendance & Discipline
Mr. Steve Joekel	Assistant Principal-Activities & Athletics
Dr. Deborah Kolc	Assistant Principal-Curriculum & Instruction
Ms. Stacy Longacre	Assistant Principal-Attendance & Discipline
Dr. Kathy Ryan	Assistant Principal-Pupil Services

BOARD OF EDUCATION

Dave Anderson
Brad Burwell
Mike Kennedy
Mike Pate
Linda Poole
Jean Stothert
Keith W. Lutz, Ed.D, Superintendent

A Letter from the Millard West Director of Activities and Athletics:

The purpose of this handbook is to share important knowledge and explain rules and regulations to the parent and the student who chooses to participate in athletics and activities. The staff of coaches and sponsors at Millard West is proud to be part of a tradition of success. We invite parents and students to join us in building a total activities program in which each activity is offered and conducted in a manner that is on par or exceeds the performance of schools of our stature in the metropolitan area, state and region.

The philosophy at Millard West is that activities are considered an integral part of the school's program of education. They provide experiences that will help students develop physically, mentally and emotionally.

Taking part in athletics, student organizations and the arts as both a participant and spectator, is an important part of a student's total educational experience. Such participation is a privilege that carries with it responsibilities to the school, to the parents, to the community, to the entire student body, and to the student who gets involved. These experiences contribute to the knowledge and skill of the student and will hopefully better prepare them for their future.

Steve Joekel - CAA
Assistant Principal/Activities and Athletics
Millard West Staff

OFFICE OF ACTIVITIES/ATHLETICS

**Millard West High School
Omaha, Nebraska
(402) 715-6025**

As I enter this school year as a member of a team or organization representing Millard West High School, I understand that participation in this activity is a privilege and requires a standard of behavior somewhat higher than that of a non-participant.

Upon recommendation of the coach or sponsor to the Activities Director, I understand that failure on my part to adhere to these guidelines could result in a suspension or dismissal from the sport or activity.

Contained in this handbook is a list of rules, guidelines and training rules for Millard West High School. Your coach or sponsor may provide you with other specific rules or guidelines, which have been approved by the Activities Director.

WARNING:

The purpose of this **WARNING** is to bring to your attention the existence of potential dangers associated with athletic participation. Participation in any athletic activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck, and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis, or death.

Even with the best coaching, the use of the best protective equipment and the strict observance of rules, injuries are still a possibility.

I understand that if an Inhaler/Epi-pen needs to be accessible, it will be my responsibility to provide a separate Inhaler/Epi-pen which will be kept with the coach's first aid supplies until the end of that sport's season.

PURPOSE AND OBJECTIVES

The purpose of the Millard West Activities program is to provide opportunities for those students who desire competitive activity in sports and/or desire to pursue specific interests outside the instructional day. The athletic program is available to all students, as are most clubs and organizations.

The following are the objectives of the Millard West High School activities programs:

STUDENTS WILL:

1. Develop specific skills in each respective activity.
2. Demonstrate responsibility to others and self toward the achievement of common goals.
3. Demonstrate self-discipline.
4. Demonstrate the ability to set goals and make a plan to achieve those goals.
5. Demonstrate the ability to accept coaching or direction in a positive manner.
6. Demonstrate good sportsmanship when experiencing success or setback.
7. Represent the Millard schools and community in a positive manner.
8. Demonstrate positive leadership skills.
9. Be provided a positive learning experience.

Any student is welcome to try out for any of the interscholastic activities available to them provided they meet any prerequisites, requirements established by the Nebraska School Activities Association (NSAA), and they agree to follow the guidelines established in this handbook.

FRESHMAN ATHLETICS

Purpose

The purpose of the freshman interscholastic program is to provide participation and develop individual and team fundamentals for all participants.

Athletic Programs Offered

The program will be open to all 9th grade girls for volleyball, softball, cross country, golf, basketball, swimming, track, soccer, and tennis. Ninth grade boys may participate in cross-country, football, tennis, basketball, swimming, wrestling, baseball, golf, soccer and track. Separate teams compete in volleyball, softball, football, basketball, and wrestling. In track and cross-country, separate 9th grade competitions are offered on a limited basis. In baseball and softball, 9th grade and 10th grade students compete on the reserve team. West competes as a member of the Metro High School Activities Association.

Team Selection

Ninth grade participants may be placed on the A team, B team and, if ability warrants, they could be placed on JV or Varsity squads. The head varsity coach and assistant coaches will be responsible for selecting team members.

Coaches

Ninth grade coaches are members of the high school coaching staff and are responsible to the head coach in the respective sport, and will be assigned by the head coach and Activities Director.

RESERVE AND JUNIOR VARSITY ATHLETICS

Purpose

The purpose of the reserve (sophomore) and junior varsity interscholastic activities program is to provide a training ground for varsity competition, while at the same time providing an opportunity for competition. Reserve and junior varsity participants are governed by most of the same NSAA and MHSAA regulations that govern varsity participants.

Athletic Programs Offered

The athletic programs offered for reserve competition include softball, football, volleyball, basketball, and baseball. Programs offered for junior varsity competition include cross-country, football, volleyball, golf, tennis, softball, basketball, wrestling, soccer and baseball.

Team Selection

The head coach and the assistant coaches will select participants for teams at the reserve and junior varsity levels. Typically, reserve level participants are sophomores, while junior varsity participants are grades 9, 10 or 11. Seniors are not eligible for junior varsity competition. Players may compete at both the junior varsity and varsity levels.

Coaches

Reserve and junior varsity coaches are members of the high school coaching staff, and are responsible to the head coach, and will be assigned by the head coach and Activities Administrator. The head coach, who reports to the Activities Administrator, evaluates assistant coaches.

VARSITY ATHLETICS/ACTIVITIES

Purpose

The purpose of the varsity interscholastic program is to provide a competitive experience for the high school student within the philosophy of the Millard Public Schools and the framework and guidelines established by the NSAA and the MHSAA.

Athletic Programs Offered

The head coach is responsible for selecting participants at the varsity level. Participants in the 12th grade not selected for the varsity team may not participate at the junior varsity level.

Awards

Athletic letters are awarded to those varsity participants who, in the judgment of the head coach, contributed sufficiently to the sport to merit a letter. Specific guidelines are written by each head coach and approved by the Activities Administrator. Millard West will award a chenille M letter to each student the first time they earn a varsity letter, along with a gold pin to signify the sport

the letter was earned in. Subsequent letters earned will be recognized with a gold bar to be pinned on the letter under the specific sport or activity pin. Letter jackets, chevrons, and class numbers may be purchased through the Millard West Activities Office.

Coaches

In order to serve as a head coach of a sponsored NSAA activity, the individual must possess a valid Nebraska Teaching Certificate or qualify for a provisional trade certificate or coaching endorsement. Evaluation of head coaches is done by the Activities Administrator who makes recommendations to the building principal.

Team Selection

It is the philosophy of the Millard West Activities Program to retain as many students as possible. In some instances, space restrictions, ability to schedule competition and limitations on the number of team members may require competitive tryouts to be held to determine the team makeup. Where competitive tryouts must be held, students will be informed of the tryout process in advance of the tryout, and in the case of athletics, will be evaluated for at least 3 practice sessions before the final selections are made. Students who decide to try out for a team after the first scheduled dates of practice may be allowed to try out with the recommendation of the head coach and final approval of the Activities Administrator. Any student trying out late for a team will be required to complete a prescribed number of practices before the first competition. When the required number of practices is completed, a late tryout may then participate in competition.

Number of Practice Days Needed Prior to Competition:

For any athlete who did not participate in a pre-season conditioning program or prior athletic season, the athletic program has made the following recommendation regarding the number of practice days needed prior to competition: Basketball, Baseball, Cross Country, Football, Cheerleading, Soccer, Softball, Swim/Diving, Track/Field, Volleyball, Wrestling- **10 Days**, Golf-**3 Days**, Tennis-**5 Days**.

After tryouts are completed, students who were unsuccessful in their efforts to secure a position on the team will be notified by the coach who also will present them with reasons for the decision upon request. Parents may contact the coach if they have any questions or would like to be informed of the reasons their student was not selected.

The final decision for team selection rests with the head coach or director of that activity. The head coach or director will present the Activities Administrator with a list of those students not selected along with the reasons they were not selected.

There are options available to a student who is not selected after tryouts are completed:

1. The student may try out for another activity.
2. The student could volunteer to remain with the team in another capacity.
3. The student could participate in a recreational, intramural, or community program.

The coach, director or Activities Administrator will discuss the options with the student and they will assist in helping the student contact other people and explore possibilities.

SPORTS SEASONS

All interscholastic sports are divided into three seasons – Fall, Winter and Spring. The division of sports, the date of the first allowed organized practice, and the end of the season shall be as follows. No individual may participate simultaneously in more than one sport per season.

	Opening Practice	End of Season
<u>Fall</u>		
Cross Country	August 18	State Meet – Oct. 24
Football	August 11	Playoffs – Oct. 31
Girls Golf	August 18	State Meet - Oct. 13-14
Girls Softball	August 18	State Tournament – Oct. 15-17
Boys Tennis	August 18	State Tournament – Oct. 16-17
Volleyball	August 18	State Tournament – Nov. 14-15
<u>Winter</u>		
Basketball – Boys	November 17	State Tournament –Mar. 12-14
Basketball – Girls	November 17	State Tournament – Mar 5-7
Swimming	November 17	State Meet – Feb. 26-28
Wrestling	November 17	State Tournament. – Feb. 19-21
<u>Spring</u>		
Baseball	March 2	State Tournament – May 16-21
Boys Golf	March 2	State Tournament – May 27-28
Soccer	March 2	State Tournament – May 13-19
Girls Tennis	March 2	State Tournament – May 21-22
Track	March 2	State Meet – May 22-23

ACTIVITIES/ATHLETIC FEE

During the 2008-2009 school year, each high school student participating in Nebraska School Activities Association sponsored performances or competitions will be required to pay a **NON REFUNDABLE** \$50.00 activity/athletic fee. This is a one time per year fee for each student. As part of the \$50.00 per year fee, the participating student will receive an athletic Admission Ticket, which is valued at \$35.00. The Athletic Admission Ticket will provide reduced price admission to a variety of athletic events. There is a \$100 per family cap on these fees and a student who meets the criteria for free or reduced price meals under the federal income eligibility guidelines may have the activity fee reduced or waived.

The district pays for the salaries and fringe benefits of all coaches/sponsors and provides each high school with a budget to pay for the cost of personnel to work at events, and for substitute teachers when coaches/sponsors must miss teaching time. Each high school must generate the additional money needed to meet the remaining expenses of operating the activity/athletic program. These expenses include the costs for transportation, equipment and supplies, officials/judges, security, entry fees and other miscellaneous costs. Revenue is generated at each high school through gate receipts, concessions and vending machines, the sale of Athletic Admission Tickets and fundraising.

Currently it costs approximately \$500 per individual who competes. The activity/athletic fee is an attempt to create a relatively consistent yearly source of revenue to deal with ever increasing costs and decreasing revenue. This will not eliminate the need for each school to continue to do fundraising, but it is hoped that the amount of money needed through fundraising will stabilize.

Finally, an activity/athletic fee is one method of asking those who participate to contribute a small amount to the cost of participating. Also, the fee is consistent with current practice in the Millard middle schools.

THE ACTIVITIES/ATHLETIC PARTICIPATION FEE IS NON REFUNDABLE FOR ANY STUDENT WHO CHOOSES TO TRYOUT, EVEN IF NOT SELECTED FOR A TEAM OR GROUP.

GUIDELINES, REGULATIONS, PRACTICES AND REQUIREMENTS

Pre-Practice Requirements

All athletes must meet the following requirements before they begin practice:

1. Return the parent consent and physical form, signed by the physician and parent or guardian to the Activities Director's office.
2. Follow and complete any other requirements and fees as directed by the respective head coaches or sponsors.
3. Sign off on the participant sheet indicating receipt of the activities handbook.

Starting Times for Practices-Attendance at Practice

All starting times of practices will be designated by the individual coach/director. All Students are expected to be on the field or court at the time set by the coach/director. Under normal conditions, all members will be required to report properly dressed and ready to begin. A student must be in attendance at school on the day of a performance, contest or practice in order to participate, unless excused through the activities office. A school-sponsored activity is an exception (i.e. field trip) as are medical appointments if excused by the attendance office.

If a student is unable to attend practice, he/she must contact their coach/sponsor before practice begins. Each coach/sponsor may have specific attendance requirements or procedures for athletes to follow if they will miss a practice.

Attendance Game /Performance Day

A team member is not allowed to participate unless he/she is in attendance at all scheduled classes the day of the contest. In the case of a Saturday contest/performance, if the individual was absent Friday, he/she must gain permission from the Activities Director and coach/sponsor. Absences for school sponsored activities and medical appointments, as well as circumstances beyond control of the student, may be exceptions to the game day performance rule. **(If a student must be absent for any reason on the day of a performance or contest, please don't try to interpret the rule yourself. Contact the office and find out if an exception can be made. Only the Activities Administrator or other administrator can approve the exception.)**

Practices and Contests on Wednesday and Sunday

According to the Nebraska School Activities Association, no activity contests may be scheduled on Sunday. In addition to this, the school wishes to work cooperatively with the churches of the community.

1. There will be no school activities on Wednesday after 6:30 P.M.
2. There will be no school activities on Sunday morning or Sunday evening. Any school activity will be restricted to Sunday afternoon, between the hours of 1:00 and 5:00 P.M.

An exception to these guidelines is if a team is required to play in a conference, district or tournament competition on Wednesday.

Inclement Weather

If school must be canceled or dismissed early because of inclement weather, practices and contests will be postponed as a rule. Occasionally, weather and road conditions clear by early afternoon and, if it is determined that athletes can travel safely, a practice or contest may be held.

Certified staff members are directly responsible for all students under their supervision at any school-sponsored activity. When severe weather strikes, staff members will determine in their best judgment, what action will be in the best interest concerning safety of their students.

At away events when severe weather becomes a concern, coaches or sponsors along with bus drivers will determine the best course of action to take.

Coaches and sponsors will make every effort to keep school officials and parents informed of any changes or deviations from the normal routine if weather dictates that such actions be necessary.

Parents wishing to pick up students from school-sponsored activities may do so. However, if return transportation is being provided and the student is not returning with the school group, coaches, sponsors, or school officials must be notified. No student will be released to anyone other than their parent or guardian, or an adult designated by the parent/guardian.

Transportation

Millard West will provide transportation for students to away contests outside of the Omaha/Metro Area and other events as determined necessary. Contracted transportation is provided by private bus companies and rental vehicles driven by staff. Students may be allowed or asked to provide their own transportation under the following circumstances:

1. Parent request on the school provided form on file with the Activities Office. The various forms are available in the Activities Office.
2. Contracted transportation is not available.
3. Numbers of students traveling are not sufficient to warrant contracted transportation.
4. Location of the contest or time schedule of events makes it feasible to car-pool or provide own transportation.

The final decision on the mode of transportation will rest with the Assistant Principal for Activities, at each building.

Team members travel to and from out of town events as a unit. Any exceptions must be approved by BOTH the parent/guardian and the Activities Administrator.

Dress at Events When Representing Millard West

Students representing Millard West at events away from the school are expected to dress in an appropriate manner, following the guidelines established by the coach or sponsor for each team or organization. General guidelines for dress require that an individuals clothing be clean, neat, and in good taste.

Conduct at School Activities and Athletic Contests

Each student should conduct themselves in a manner, which exemplifies good sportsmanship and conduct. Any student who exhibits poor sportsmanship or disrespect to opponents, officials or event staff may be disciplined by the coach/sponsor and Millard West administration. Discipline may include removal from an event and suspension or dismissal from a team or organization. All rules for student conduct found in the Parent-Student Handbook apply to conduct of students representing Millard West in activities and athletics.

Pictures

Individual and group pictures will be taken of all teams and organizations by a professional photographer approved by the school. Individuals may also have pictures taken at that time. Students must order pictures using the form provided by the photographer and make payment to the photographer on order. Problems with pictures should be resolved by contacting the photographer.

Building Use

No one is allowed to be in the building without a coach or faculty sponsor. Offenders will be subject to disciplinary action and could be cited for trespassing by law enforcement.

End of Season Banquets

The head coach or sponsor of each team or organization will plan and organize an end of season banquet or event to recognize participants in their program. Each student and their parents are invited and encouraged to attend these events.

Insurance

The Millard Public Schools provides no insurance coverage and is not responsible for any such expenses. Millard School Board policy and rules 5600.3 requires all students that participate in extracurricular athletic programs to be covered by medical insurance. It is the responsibility of the parents/guardians to provide adequate insurance to cover any medical expenses which may be incurred while a student is participating in a school sponsored activity. This insurance may be under a family coverage plan. Students who do not have family insurance may be eligible to apply for health insurance coverage. Kid's Connection, Nebraska Children's Health Insurance Program, is an insurance program made available through the Nebraska Health and Human Services System. Kid's Connection is a health insurance program developed by the state of Nebraska as an extension of Medicaid and provides health coverage to uninsured children across the state of Nebraska. Applications can be obtained by calling the Pupil Services Office (715-8300) at the Don Stroh Administration Center, or from your school office.

Varsity Lettering Requirements

Each head coach/sponsor of a sport will develop and inform students of the requirements to earn a varsity letter. The recommendation of the head coach/sponsor is required for all letter awards. An individual who is suspended from a team or organization will not letter in that activity. An individual who does not finish the season as a member of a team or organization or complete the season in good standing with all equipment and uniforms properly checked in will not be awarded a

letter. This pertains to the sport season where the infraction occurs and does not carry over to another activity or sport season.

State Champions/All-State Recognition

Individual State Champions and All State selections will be recognized on the Wall of Champions. They will also receive a white chenille M letter. To qualify, a student must win an individual event at an NSAA sanctioned and sponsored state championship event, or be selected 1st Team All Nebraska or 1st Team Class A by coaches and/or print media with statewide circulation. Members of Millard West teams who win a state championship at an NSAA sanctioned and sponsored competition will be honored in the same fashion.

Use of the Weight Room and Fitness Equipment

Any student may have access to the school's fitness facility; provided they follow the rules and guidelines established for such use and are properly supervised by a certified staff member.

Weight and fitness training is an integral part of the Millard West athletic programs as a method of physical conditioning and development. A supervised and monitored class is offered each semester, as well as in the summer, and the fitness center is open after school when supervision is available. In addition, individual sports include a weight training program as part of their pre-season, in-season, and off-season practice schedules. Students who are planning on competing in athletics at the high school level should incorporate weight training into their regular conditioning routine. They can obtain a program to follow from a coach or physical education instructor. To benefit from weight training, the athlete must use a planned program and be monitored regularly by an instructor or coach.

The fitness center equipment is the property of the Millard Public Schools. Overall supervision will be under the Activities Administrator and/or his designee. Equipment will be kept in the assigned area and will not be used unless there is a certified supervisor present.

The equipment will be used for the following purposes with priority to:

1. Physical Education instruction
2. Sport in-season program designed by head coach.
3. Off-season conditioning supervised by a staff member. These programs will not start until two weeks after in-season athletic programs have started.
4. Adult staff or community use.

Out-of-Season Athletes

1. There shall be a “dead time” for off-season conditioning with any athletes until after the first competitions of the current season. (Example: from the end of football until after the first basketball game.)
2. Off season programs are voluntary for athletes and it must be clearly communicated to them and to parents that there are no penalties, other than those which will naturally occur in the loss of development and conditioning from failure to participate.
3. All Head coaches should encourage and offer structured off-season programs for their athletes who choose not to participate during a sport season.
4. Strength training and conditioning should be encouraged and part of the required program.
5. Priority for scheduling and use of the athletic facilities will be for the off-season work of the next athletic season. (Example: During winter, spring sports get first priority)
6. Athletes that quit a school athletic team after being selected should not participate in an off-season program without the agreement of the coaches of the sports involved and the activities administrator.

Injuries-Sports Medicine

Millard West has two certified athletic trainers on our staff. We have licensed medical doctors who serve as team physicians to provide emergency treatment when in attendance and consult with the parent/guardians of Millard West students and/or work with the family physician in the case of injury, illness and rehabilitation. The athletic trainers work under the supervision of the team physicians and the family physician to treat and rehabilitate.

In the event that an athlete is injured, the trainer or coach will administer emergency first aid if needed. The parent/guardian will be notified as soon as possible to transport the student for medical attention, or notified that a rescue squad was called to transport the student if a serious injury has occurred. If the injury is less serious, first aid treatment will be administered and the trainer or coach will attempt to notify the parent/guardian of the injury, and recommend follow up or referral to a physician. The trainers and/or coaches do not attempt to diagnose an injury except to determine if the student can be safely moved. Once a physician has diagnosed an injury, the athletic trainer can supervise any rehabilitation recommended by the physician, if desired.

All injuries should be reported to a coach immediately. The coach will then refer the athlete to the athletic trainer or remove the athlete from practice and competition until it can be determined if the athlete can safely continue. If there is any doubt, the athlete will be withheld until a medical diagnosis is obtained.

If an athlete complains of an injury sustained during practice or a contest, or experiences pain, swelling, misshapen structure or alignment, or discoloration, ice can be applied and the athlete should be seen by a physician. **If the coach or trainer has not been made aware of the injury, please notify the athletic office, trainer, or coach as soon as possible.** An athlete, who complains

of headache, dizziness, or nausea after competing or practicing, should be monitored closely and seen by a physician, if the symptoms persist. Any bleeding from the ears, nose, or mouth, or vomiting could indicate a serious head injury and the athlete should be seen by a physician immediately.

Equipment and Lockers

The school will furnish equipment and lockers needed for each program, with the exception of shoes and items of a personal nature. All equipment checked out to a participant is their responsibility. All items of equipment and clothing are the property of Millard West High School. Upon completion of the season, the equipment will be checked back in. If items are not checked back in or have been damaged, the athlete will be responsible for the replacement cost of the item.

Large sums of money, valuable jewelry items and items of value should not be left in lockers. Millard West is not responsible for loss of valuables from athletic lockers and locker rooms.

GUIDELINES FOR ACTIVITIES/ATHLETICS

Attendance at School

In order to participate in a contest, performance, or practice a student must have attended all scheduled classes that day. Any student suspended from school is also suspended from the practice or performance/contest that day. Any student who misses a scheduled competition or performance without a valid excuse may be suspended from the team for the remainder of the season.

Infractions

Students participating in activities programs and athletics may face discipline that may include extra practice or conditioning being assigned, curtailment of participation in practice or suspension from performances and contests, as determined by the coach or sponsor, and recommended to the Activities Director for review.

- A. First time minor offenses will be handled by the individual coach, and will not result in additional activity curtailment.

- B. Students who participate in activities and athletics will follow all rules and regulations, which are stated in the Millard West student handbook and the parent-student handbook for activities. Students may face a long-term suspension from the activities program for involvement in the following:
 - 1. Use of alcohol
 - 2. Use of drugs
 - 3. Selling drugs
 - 4. Possession of drugs or alcohol.

In addition to short-term suspension, emergency exclusion, long-term suspension, and mandatory reassignment, the District may restrict or curtail the extracurricular activities of a student who is being disciplined pursuant to District Policy or Rule.

GENERAL ATHLETIC RULES

Athletes will face a minimum one (next) game suspension for the following:

- Use of alcohol
- Using/selling drugs
- Possession of drugs/alcohol (includes tobacco)
- Possession or use of a weapon
- Inappropriate behavior or language
- Abuse/vandalism of school equipment or property
- Acting in a manner that reflects poorly on Millard West High School

Curtailment of Extracurricular Activities.

- A. General Statement. When reasonably necessary to aid the student, further school purposes, or prevent interference with the educational process, the District shall curtail a student's participation in District extracurricular activities. Students shall not be permitted to be on District property or participate in or attend District-sponsored extracurricular activities during the time period that the student is excluded from school for disciplinary reasons. In addition, students may be curtailed from extracurricular activities for misconduct taking place off school grounds and not at a school function, activity, or event during the academic school year pursuant to the provisions of this section and Rule 5400.4.
- B. Period of Ineligibility for Conduct on School Grounds.
1. Period of Ineligibility. During any time period that a student is excluded from school due to short-term suspension, long-term suspension, expulsion, or emergency exclusion for conduct occurring on school grounds, in a vehicle owned, leased, or contracted by a school being used for a school purpose or in a vehicle being driven for a school purpose by a school employee or by his or her designee, or at a school-sponsored activity or athletic event, or any other place where the governing law permits the District to discipline students for prohibited conduct, the student so excluded shall also be ineligible for participation in extracurricular activities for the entire period of exclusion, and will also be prohibited from being on District property or attending any District-sponsored extracurricular events during the period of exclusion from school.
 2. Effective Following Semester if Necessary. The ineligibility period shall remain in effect during the following semester (including the following school year) if there are insufficient school days in the semester to complete the ineligibility period.
- C. Period of Ineligibility for Conduct off School Grounds. The following prohibited conduct occurring off school grounds not at a school function, activity, or event during the academic school year shall subject the student to the following periods of

ineligibility for extracurricular activities:

1. Guns, etc. Knowingly possessing, handling, transmitting, using, intimidating with, or threatening with any object or material that is ordinarily and/or generally considered a firearm, explosive, destructive device, or weapon, including, but not limited to, guns, firearms, pipe bombs, stun guns, paint ball guns, air soft guns, B.B. guns and pellet guns, provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection or the student admits that he or she has violated this subsection.
 - a. Suspension from extracurricular activities for one (1) year.
2. Other Weapons. Using or threatening with a knife, throwing star, brass knuckles, chemical substances (including, but not limited to, mace, pepper guns, and bleach), and any other object that could be used to injure a person, provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection or the student admits that he or she has violated this subsection.
 - a. Sanction. Ineligibility period of one (1) year.
3. Sexual Contact. The intentional touching of another person's sexual or intimate parts or the intentional touching of another person's clothing covering the immediate area of the other person's sexual or intimate parts, without the consent of the other person. Sexual contact also includes the non-consensual touching by the other person of the actor's sexual or intimate parts or the clothing covering the immediate area of the actor's sexual or intimate parts when such touching is intentionally caused by the actor provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection or the student admits that he or she has violated this subsection.
 - a. Sanction. Ineligibility period of one (1) year.
4. Possession of Alcohol or other Drugs. The use or possession of an illegal narcotic drug, drug paraphernalia, look-a-like substance, controlled substance, mood-altering or behavior-affecting substance, or alcoholic beverage, provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection or the student admits that he or she has violated this subsection.
 - a. First Offense. Ineligibility period of nineteen (19) school days. Parents, at their own expense, may choose to participate in a District-approved suspension reduction program. Successful completion of this program may reduce the curtailment of extracurricular activities a maximum of nine (9) school days (results in a total of ten (10) school days curtailment of extracurricular activities).

- b. Second Offense. Suspension from extracurricular activities for one (1) year. Prior violations of subsection III (A) on or off school grounds will be included as previous offenses.
- 5. Distribution of Alcohol or other Drugs. The dispensing, sale, or the intent to sell or dispense an illegal narcotic drug, look-a-like substance, controlled substance, mood-altering or behavior-affecting substance, or alcoholic beverage, provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection or the student admits that he or she has violated this subsection.
 - a. Sanction. Ineligibility period of one (1) year.
- 6. Under the Influence of Alcohol or other Drugs. Being intoxicated or under the influence of any illegal narcotic drug, controlled substance, prescribed medication by a student for whom the prescribed medication was not prescribed, mood-altering or behavior-affecting substance, or alcohol, provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection or the student admits that he or she has violated this subsection.
 - a. First Offense. Ineligibility period of nineteen (19) school days. Parents, at their own expense, may choose to participate in a District-approved suspension previous offenses.
- 7. Physical Injury to District Employees, Volunteers, and Students. Causing or attempting to cause personal injury to any District employee, school volunteer, or to any student, provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection or the student admits that he or she has violated this subsection.
 - a. Sanction. Ineligibility period of remainder of the semester or nineteen (19) school days, whichever is more.
 - b. Second Offense. Suspension from extracurricular activities for one (1) year. Prior violations of subsection II(B) on or off school grounds will be included as previous offenses.
- 8. Sexual Assault or Attempted Sexual Assault. Sexually assaulting or attempting to sexually assault any person, provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection, the student admits that he or she has violated this subsection, or a complaint has been filed by a prosecutor in a court of competent jurisdiction alleging that the student has sexually assaulted or attempted to sexually assault any person.
 - a. Sanction. Ineligibility period of one (1) year.

9. Theft/Larceny. Committing a burglary or theft that constitutes a felony, provided the student has received a citation by a law enforcement officer which involves the offense subject to this subsection or the student admits that he or she has violated this subsection.
 - a. Sanction. Ineligibility period of one (1) year.
10. Repeated Offenses. Two (2) or more offenses of one (1) of the above prohibited actions. Prior offenses of the above prohibited actions will be included as previous offenses.
 - a. Sanction: Ineligibility period of one (1) year.
- D. District Events During Ineligibility Period. Students who are ineligible for participation in extracurricular activities will also be prohibited from attending any District-sponsored extracurricular events during the ineligibility period.
- E. Effective Following Semester if Necessary. The ineligibility period shall remain in effect during the following semester (including the following school year) if there are insufficient school days in the semester to complete the ineligibility period.
- F. Commutation. Penalties assigned under this Section may be reduced by the Superintendent or Superintendent's designee upon the successful completion of counseling, community service, or other alternatives to curtailment set by the District. The District shall have the sole discretion in determining whether the student is eligible for commutation, and what form the counseling, community service, or other alternatives to curtailment must be successfully completed before commutation may take place. Any costs associated with counseling, community service, or other alternatives to curtailment shall be borne by the student or the student's parent(s) or guardian(s).
- G. Effective Date. The effective date of the curtailment of extracurricular activities shall be the date that the principal or principal's designee provides the student with the oral or written notice of the charges except the principal shall not issue a letter of curtailment until there is a student admission, court decision or uncontested citation.

DEFINITIONS:

- A. "Alcoholic beverage" shall mean any substance subject to the jurisdiction of the Nebraska Liquor Commission.
- B. "Citation" shall mean a summons to appear in court issued by a law enforcement officer.
- C. "Controlled substance" shall mean opiates, opium derivatives, depressants, stimulants, and the substances and derivatives as defined by Neb. Rev. Stat. §28-401(4) including, but not limited to, "uppers", "downers", barbiturates, amphetamines, LSD, heroin, hashish, hallucinogenic or cocaine, and substances, such as glue, to the extent any such substance is used for the purpose of mood or behavior

alteration by a student, and any other substance which alters the mood or behavior and which is not taken for medical purposes (e.g., steroids).

- D. “Curtailment of extracurricular activities” shall mean that the student is ineligible for participation in or attending any extracurricular activities. During any time that a student is excluded from school for conduct occurring while within school jurisdiction, the student is ineligible for participation in or attending any extracurricular activities.
- E. “Destructive device” shall mean (1) any explosive, incendiary or poison gas-bomb, grenade, rocket having a propellant charge of more than four (4) ounces, missile having an explosive or incendiary charge of more than one-quarter ounce, mine, or device similar to any of the devices described in the preceding clauses; (2) any type of weapon (other than a shotgun shell which is generally recognized as particularly suitable for sporting purposes) by whatever name known which will, or which may be readily converted to expel a projectile by the action of an explosive or other propellant, and which has any barrel with a bore of more than one-half inch in diameter; and (3) any combination of parts either designed or intended for use in converting any device into any destructive device or from which a destructive device may be readily assembled.
- F. “Exclusion” shall mean that time period a student is excluded from school during short-term suspension, long-term suspension, emergency exclusion, or expulsion. It may also mean that period that the student is mandatorily reassigned.
- G. “Expulsion” shall mean exclusion from all schools in the District (except the location designated for alternative education).
- H. “Extracurricular activities” shall mean all athletic teams, activities, groups, clubs, homecomings, proms, dances, graduation ceremonies, and all other organizations or events sponsored by or associated with the District which are not part of the District curriculum.
- I. “Firearms” shall mean (1) any weapon (including a starter gun) which will or is designed to or may readily be converted to expel a projectile by the action of an explosive, or by the action of compressed gases or air, or by the action of the frame or receiver; (2) the frame or receiver of any such weapon; (3) any firearm muffler or firearm silencer; or (4) any destructive device. Such term does not include an antique firearm. Such term does include any object that is ordinarily or generally considered a firearm or gun, including, but not limited to, stun guns, paint ball guns, air soft guns, B.B. guns, and pellet guns.
- J. “Illegal narcotic drug” shall mean the illegal substances as defined by Neb. Rev. Stat. §28-401(15).
- K. “Ineligibility period” shall mean that period of time that a district student is prohibited from participating in and/or attending any district extracurricular activities.

- L. “Injury” shall mean damage to a person that results in a specific wound or wounds that requires first aid treatment or a physician’s care.
- M. “Long-term suspension” shall mean exclusion from all schools in the District for more than five (5) school days but less than twenty (20) school days.
- N. “Look-a-like substance” (also known as imitation controlled substance) shall mean any substance which is not a controlled substance, but which by its appearance (including, but not limited to, color, shape, size, markings, or packaging) or by representations made, induce or are intended to induce, persons to believe that the substance is a controlled substance. “Look-a-like substance” shall include any beverage containing alcohol or a beverage that is represented to contain alcohol.
- O. “Medication” shall be broadly defined and shall mean all prescribed medications, over the counter and other non-prescribed medications, and all chemical substances, compounds, homeopathic substances, herbs, vitamins, and/or devices, which purport to aid in a person’s health or well-being or are intended for use in the diagnoses, cure, mitigation, treatment, or prevention of diseases, or are intended to affect the structure or any function of the body; and any device, instrument, apparatus, implement, machine, contrivance, implant, or other similar or related article, including any component part or accessory, which is prescribed by a physician, physician assistant, or advanced practice registered nurse, and dispensed by a pharmacist or other person authorized by law.
- P. “Non-prescribed medication” shall mean all medications which are available without a prescription or order from a person who is licensed under the laws of Nebraska to prescribe medications.
- Q. “On school grounds” shall mean on District property, in a vehicle owned, leased, or contracted by the District being used for a school purpose or in a vehicle being driven for a school purpose by a school employee or his or her designee, or at a school-sponsored activity or athletic event.
- R. “One year” shall mean the three hundred sixty-five (365) days that follow the acts at issue.
- S. “Prescribed medication” shall mean all medications which are available only with a prescription or order from a person who is licensed under the laws of Nebraska to prescribe medications.
- T. “Public indecency” shall mean performing, procuring, or assisting any other person to perform, in a public place and where the conduct may reasonably be expected to be publicly viewed: (1) An act of sexual penetration; (2) An exposure of the genitals, female breasts or buttocks of the body done with intent to affront or alarm any person; or (3) A lewd fondling or caressing of the body of another person of the same or opposite sex.
- U. “School day” shall mean any day that school is in session and students are attending

academic courses. It does not include practices for extracurricular activities held during the summer, or weekends and vacations that occur during the academic school year.

- V. “School jurisdiction” shall mean on District property, in a vehicle owned, leased, or contracted by the District being used for a school purpose or in a vehicle being driven for a school purpose by a school employee or his or her designee, or at a school-sponsored activity or athletic event, or any other place where the governing law permits the District to discipline students for prohibited conduct.
- W. “Sexual assault” shall mean sexual assault in the first degree as defined in Neb. Rev. Stat. §§28-319, sexual assault in the second degree as defined in Neb. Rev. Stat. §28-320, sexual assault of a child in the second or third degree as defined in Neb. Rev. Stat. §28-320.01, or sexual assault of a child in the first degree as defined in Neb. Rev. Stat. §28-319.01, as such statutes now provide or may hereafter be amended.
- X. “Sexual or intimate parts” shall mean the genital area, groin, inner thighs, buttocks or breasts.
- Y. “Short-term suspension” shall mean exclusion from all schools in the District not to exceed five (5) school days.
- Z. “Under the influence” shall mean the manifestation of physical and physiological symptoms or reactions caused by the use of any illegal narcotic drug, controlled substance, mood-altering or behavior-affecting substance, prescribed medication by a student for whom the prescribed medication was not prescribed, or alcohol.
 - a. “Weapon” shall mean any object or material that is ordinarily or generally considered a firearm, explosive, or weapon, including, but not limited to, guns, firearms, pipe bombs, stun guns, paint ball guns, air soft guns, B.B. guns, and pellet guns. reduction program. Successful completion of this program may reduce the curtailment of extracurricular activities a maximum of nine (9) school days (results in a total of ten (10) school days curtailment of extracurricular activities).
- AA. Second Offense. Suspension from extracurricular activities for one (1) year. Prior violations of subsection III(G) on or off school grounds will be included as

NSAA RULES OF ELIGIBILITY

The following rules of eligibility and training are determined to apply by the Nebraska School Activities Association (NSAA), the Metropolitan High School Activities Association (MHSAA), and the Millard Public Schools.

In order to represent a high school in interscholastic competition, a student must meet eligibility rules of the NSAA, and the Millard Public Schools. The following is a summary of these rules. If there is a question about eligibility rules, consult the Activities Administrator.

1. Student must be an undergraduate.
2. Student must be enrolled in and passing at least 10 credit hours per week during each Millard West semester (9 weeks) and regular in attendance.
3. Student must be enrolled in some high school on or before the 11th school day of the current year.
4. Student is ineligible if 19 years of age before August 1 of the current school year.
5. After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school attendance.
6. Student must have enrolled in school the immediate preceding semester.
7. Student must have received 20 total semester hours of credit the immediate preceding semester. (At Millard West, this is interpreted as 20 credits during semesters one and two -first 18 weeks or semesters three and four - second 18 weeks.) A student must pass 20 total credits in semesters one and two combined to be eligible for the third and fourth semesters. He/she must pass 20 total credits in semesters three and four to be eligible for semesters one and two for the next school year.
8. Once the season of a sport begins, a student shall compete only in athletic competitions, which are scheduled by his/her school. Any other competition will render the student ineligible for the remainder of the season of that sport. The season of a sport begins with the first day of practice as permitted by NSAA rules. The fall sport season begins August 2008, and ends with state competitions in the fall sports. The winter sports season begins November 2008, and ends with the state competitions in the winter sports. The spring sports season begins March 2009, and ends with the state competitions in the spring sports.
9. A student shall not participate in sports camps or clinics during the season of a sport in which he/she is involved, either as an individual or a member of a team.
10. A student shall not participate on an all-star team while a high school undergraduate.
11. A student shall be ineligible for ninety school days to represent a school in interscholastic competition at the varsity level if the school is located in a school district other than the district in which his/her parents maintain their domicile. (Check with the school administration for an interpretation of the rule if the school district where parents reside has no high school or if there are two or more high schools in the district).

12. A student is ineligible for ninety school days if his/her parents have changed their domicile to another school district and the student has remained in former school, which is in a different school district. (EXCEPTION: If parents have moved after school has started, the student will be eligible to compete for the remainder of the school year, or if parents have moved during the summer which immediately precedes the school year and the student is in grade twelve and has attended the high school for two or more years, the student is eligible for that school year in the school district from which the parents moved).
13. Guardianship does not fulfill the definition of a parent. If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parent(s) have their domicile.
14. A student shall not participate in a contest under an assumed name.
15. A student must maintain his/her amateur status.

Athletic Eligibility for College

A. NCAA GUIDELINES:

The National Collegiate Athletic Association (NCAA) has established guidelines that Division I and II member schools must follow before awarding scholarships and granting eligibility to high school students who wish to compete as freshmen on college athletic teams after completion of high school.

ATTENTION NCAA DIVISION I AND II STUDENT ATHLETES:

THE CLASS OF 2009 MUST BE AWARE OF NCAA REGULATIONS! Student athletes who wish to participate in NCAA Division I or Division II sports **MUST BE CERTIFIED** by the NCAA initial-Eligibility Clearinghouse which will analyze your academic information to determine if you meet NCAA initial eligibility requirements. The three steps for being certified are clearly explained online at **www.ncaaclearinghouse.net**.

Students who have questions should see Mr. Gosnell regarding items such as whether a college is a Division I or II institution in the sport in which they are interested. Students interested in participating in athletics at NCAA Division III colleges, or NAIA institutions should obtain the appropriate athletic guidelines that pertain to them. Athletes or their parents are encouraged to obtain additional references pertaining to student athletes.

Due Process for Athletics and Activities

In the case of alleged infractions of the rules and regulations set forth in this handbook, the student participant may be suspended from practices, performances or competition. In any alleged violation and subsequent action taken by a coach, sponsor, or administrator, due process procedures

adopted by the Millard Public Schools Board of Education will be followed. An individual, who wishes to be advised of these procedures, may do so by contacting the Activities Administrator or Principal.

Civil Rights

Compliance Requirement: No person shall, on the grounds of race, color, national origin, age, handicap, sex, or religion be excluded from opportunity to participate in or be subjected to discrimination in any program or activity.

Guidelines for Athletes Signing Letters of Intent

1. Let your coach know that you are interested in playing in college.
2. Check with the Guidance Office and make sure you have followed all NCAA eligibility guidelines for participation in college athletics.
3. When you have made your decision, notify your coach and the Activities Office.
4. If you want to have a signing ceremony, let the Activities Office know the date you are signing your letter of intent, the school you will be attending, and the contact person at the school.
5. The Activities Office will let you know the final arrangements for your ceremony.

**Parent and Student Notification/Agreement Form
Illegal Steroid Use**

Nebraska state law prohibits possessing, selling, dispensing, or administering a steroid in a manner not allowed by state law.

Nebraska state law also provides that the increase of muscle mass, strength, or weight; or the improvement of physical appearance or performance in any form of sport through use of a steroid is not a valid medical purpose.

Nebraska state law requires that only a medical doctor may prescribe a steroid for a person.

Any violation of state law concerning steroids is punishable by long-term suspension, exclusion, or mandatory reassignment.

**HEALTH CONSEQUENCES ASSOCIATED WITH ANABOLIC STEROID ABUSE
(Source: National Institute on Drug Abuse)**

- *In boys and men*, reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement (gynecomastia).
- *In girls and women*, development of more masculine characteristics, such as decreased breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair.
- *In adolescents of both genders*, premature termination of the adolescent growth spurt, so that for the rest of their lives abusers remain shorter than they would have been without the drugs.
- *In males and females of all ages*, potentially fatal liver cysts and liver cancer; blood clotting; cholesterol changes, and hypertension, each of which can promote heart attack and stroke; and acne. Although not all scientists agree, some interpret available evidence to show that anabolic steroid abuse- particularly in high doses- promotes aggression that can manifest itself as fighting, physical and sexual abuse, armed robbery, property crimes such as burglary and vandalism. Upon stopping anabolic steroids, some abusers may experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, headache, muscle and joint pain, and the desire to take more anabolic steroids.
- *In injectors*, infections resulting from the use of shared needles or non-sterile equipment, including HIV/AIDS, hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

Student Certification

I have read the above information and agree that a prerequisite of my participation in Millard Public School athletic activities is that I refrain from illegal steroid use. As a prerequisite to participation, I agree that I will not use illegal steroids. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by Millard Public Schools.

Student Signature

Date

Parent/Guardian Certification

I have read the above information and agree that a prerequisite of my student's participation in Millard Public School athletic activities is that my student refrains from illegal steroid use. I understand that failure to provide accurate and truthful information could subject the participant to penalties as determined by Millard Public Schools.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

