



Milford Middle School Athletics

33 Osgood Road

Milford, NH 03055

(603) 673-5221 ext. 1535

Athletic Director – Don Gutterson

dgutterson@milfordk12.org

GUIDELINES FOR MMS STUDENT ATHLETES

These guidelines have been developed to ensure that athletes and parents understand the expectations placed upon athletes at Milford Middle School. These guidelines will help to ensure a positive and fulfilling experience for our athletes. If parents/guardians or students have any questions or concerns regarding these guidelines please feel free to discuss them with the coach or contact the athletic director.

Philosophy: We feel the athletic program at Milford Middle School is an integral part of the overall educational process of our students. The aim of the athletic program is not only to develop better skilled athletes, but to develop citizens who have an appreciation for values such as sportsmanship, a healthy lifestyle, and academic achievement.

Role of Coaches: Because only so many athletes can be chosen for each team, the coach has the final decision as to what he/she feels constitutes the best team. Coaches are encouraged to not only teach the skills particular to their sport, but to promote sportsmanship and teamwork. It is fundamental that the coach is responsible for the behavior, safety and welfare of all the members of the squad prior to, during and after all practices and games. During the season, student athletes are responsible to the coach for his/her conduct on and off the field.

ATHLETIC OR EXTRACURRICULAR CODE

The following contract has been designed to bring an understanding between the coaches, the athletes or participants', and parents. The regulations set forth in this agreement are not designed to challenge the participant but rather to aid him/her in becoming the best he/she possibly can be while maintaining satisfactory academic progress. We believe that if these rules are followed and we receive the cooperation of the athlete and his/her parents, to this end, we will enjoy success in all co-curricular areas.

ELIGIBILITY OF ATHLETES

In order for a student to complete on an interscholastic team at Milford Middle School he/she must completely fulfill all the regulations and requirements set forth below.

Physical Exam: An athlete must have successfully passed a physical exam by a doctor at some point during his/her three years at Milford Middle School, and have this form on file with the nurse's office before they are eligible to try out, practice, or participate on any team. Any physical on or after June 1st of the summer preceding his/her entrance into the middle school, are considered current throughout all their years at the middle school. Physicals done prior to June 1st are only good for one calendar year, and at the end of one year, a new one will be required, which will be good throughout the rest of middle school.

ImPACT Testing: All students in 7th and 8th grade participating in a contact sport must agree to and complete the consent form, and complete a valid ImPact Test. See the attached information explaining the ImPact Test.. 6th Graders are no longer allowed to take the test and will use a physician clearance only. Exception: 7th graders who have not turned 12 prior to the sport season.

Insurance: It is a school requirement that any athlete must be covered by medical and/or health insurance before he/she may participate on any athletic team. Student Accident Insurance Forms are available on the District page of the school website under the Documents tab. Insurance begins upon completion and payment of the required application.

Academics: Eligibility begins or ends with the distribution of the report card/progress report.

- A student, who is currently passing all classes on their previous trimester report card/progress report, is eligible to participate on any team until the distribution of the next progress report/report card. The student will remain eligible, as long as he/she is still passing all classes on the next report card/progress report .
- A student who is failing no more than one class on the previous trimester report card, may try-out and practice and is eligible to participate fully in all games/meets/matches as long as they are passing all classes on the Powerschool report from the day prior to their first game/meet/match through the first 3 weeks since start of the season . If after three weeks, a student is still failing any one class on their Powerschool report, they will be ineligible to participate in any manner until the distribution of the progress report.
- A student who is failing no more than one class on a school distributed report card which comes out during the sport season will be ineligible to participate in any game/meet/match for three weeks. If after three weeks, the student is passing all classes on their Powerschool report, they will be able to resume full participation as a member of that team. If after three weeks the student is still failing any class on their Powerschool report, they will be ineligible to participate in any manner until the distribution of the next progress report.
- A student who is failing any class on a school distributed progress report, will not be allowed to participate in any game/meet/match, until all grades are brought up to passing, and documentation is provided to the administration. . If at the end of three weeks, the student is failing any class on their Powerschool report, they will be ineligible to participate in any manner until the distribution of the next report card.
- Participation on a fall sport is dependent on a student's prior 3rd Trimester grades with the exception of incoming 6th graders who are immediately academically eligible through distribution of the first progress report.
- Students who are academically ineligible to participate on the team for any part of the season, may receive a certificate of participation but not a letter or pin, as they did not complete the season.

Absences: An athlete who does not attend school may not participate in a scheduled game or practice that day or evening. An athlete must arrive at school no later than 11:00 a.m. in order to participate in a practice or game that day. An athlete may be allowed to participate after departing or returning to school, due to a doctor's appointment or any other reason given approval from the administration.

Substance Abuse: The possession or use of tobacco products, alcoholic beverages, illegal drugs and illegal use of a controlled substance is strictly forbidden. Any athlete found guilty of an infraction of this rule will be permanently dismissed from the team.

Athlete Acknowledgement/Emergency information Form: This form must be signed by a parent/guardian and the athlete, and turned into the coach prior to the first scheduled practice or try-out. Before the first tryout / practice, the athlete must have passed a Doctor's Physical and the form completed and on file with the school nurse. The coach may require any additional information / contracts, specific to their particular sport.

PARTICIPATION GUIDELINES

1. It is the responsibility of the coach of each respective sport to decide which players he/she feels best deserve a spot on the team.
2. There are no playing time/participation requirements, however, coaches are encouraged to get as many athletes involved in competition as possible. Playing time/participation is influenced by academic effort and behavior, sport ability, position, effort, attitude and attendance at games and practices.
3. Athletes are expected to make a commitment to attend all games and practices in a timely manner. An athlete who anticipates being late, dismissed or absent from a game or practice is responsible for letting the coach know about this as soon as possible.
4. Athletes are to make arrangements for pick up in a timely manner at the end of every practice and every game.
5. Busses for all approved programs, are provided for away contests. For all away events, the athletes must travel to and from the contest as a group. Exceptions can be made by the advisor / coach only upon permission from the parent or guardian, allowing the athlete to travel home with his / her parent or guardian. If a student is to ride with a parent other than his / her own, a waiver request must be approved by administration prior to the event. No parent may write a note for any individual other than their own child. For the golf and B teams, parent drivers will need to complete an Insurance Liability Waiver, Fingerprinting and Background Check and all students must complete a permission form to ride with a school-designated driver. Injuries requiring transportation to a medical facility will be treated as a separate emergency situation allowing a possible parent driver.
6. Athletes should be sure that all injuries are reported immediately so that the proper medical attention can be administered. Any time an athlete receives attention from a doctor or medical facility, he/she must get a release form from the doctor prior to resuming participation. For any concussion, see the Concussion Information for return to play protocol.
7. No athletic equipment issued to squad members may be worn outside of a practice or game without prior consent from the coach/athletic director. School dress code must be adhered to during the school day.
8. It is the athlete's responsibility to see that all equipment is returned in good condition. If equipment issued is lost, stolen, or has abnormal usage, the athlete shall be charged accordingly. An athlete may not participate on another school team until equipment is returned or paid for.
9. All students waiting for an after school activity to begin, must follow proper policies set forth by the coaches and administration. Students may not be unsupervised in the building, waiting for their activity to begin.
10. All teams are responsible for respecting all equipment and playing areas. Students are asked to help keep the athletic facilities and locker rooms clean and neat. Cleats are not to be worn in the building.

BEHAVIORAL GUIDELINES / EXPECTATIONS

The school's discipline code and academic regulations do supersede and are applicable in both athletic and non-athletic activities. Athletes are representatives of Milford Middle School and should act in an exemplary manner at all times.

1. An athlete who, in season, receives a Disciplinary Report, generated by the Administration for behavior, will serve a one game/meet suspension. Athletes who are suspended from school will not be allowed to participate in any manner for the duration of his/her suspension and will serve a one game/meet suspension for each day of the suspension. An athlete may be declared ineligible if they conduct themselves in a manner that, in the opinion of school authorities, would reflect unfavorably upon the school or other students.
2. Athletes should demonstrate a positive attitude toward their opponents and officials. Talking back to officials or becoming involved in any type of altercation with opposing athletes, coaches, or fans will not be tolerated. The coach will be the only person to discuss items of concerns with officials. This area of sportsmanship is heavily stressed to the athletes and we encourage parents/guardians and fans to please display this good sportsmanship by trying to keep all cheering towards each team positive. Displays of unsportsmanlike conduct by an athlete will result in his/her removal from the contest.
A display of any unsportsmanlike conduct toward a coach, teammate, fan, opponent or official will result in:
 - a. Counseling by the head coach and a one game/meet suspension for the first offense.
 - b. Suspension for the remainder of the season for any subsequent offense.
3. Before any suspension of more than one game/day shall take effect, the student will be given due process. If the coach is satisfied that the suspension is justified, the student shall be notified. The student may appeal any coach's decision to the Athletic Director, and then to the Administration. The Administration's decision may be appealed to the Superintendent.
4. The rules and regulations in this code shall be in affect throughout the season of participation.
5. There may be additional rules and regulations from the coach. However, they must be approved by the Administration.
6. Other forms of inappropriate and unacceptable behavior, which are neither anticipated or listed in this code, will be dealt with individually.

Grievance Procedure:

1. The coaching staff and the head coach have the right of judgment in matters concerning enforcement of team rules.
2. The athlete has the right to appeal the coach's decision regarding suspension or dismissal to the athletic director.
3. The principal or assistant principal will take action on matters requiring administrative attention. The athletic director will be consulted on all decisions as directed by the principal or assistant principal.