

Updated 6.19

**MILTON-UNION  
SCHOOLS  
ATHLETIC HANDBOOK  
2019-2020**



## ***1. FORWARD***

### ***1.1 To the Parent***

Our mission statement is to allow our students the opportunity to compete and participate in athletics.

Furthering their education and knowledge of teamwork, sportsmanship, work ethics, discipline and pride.

**A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial.** These are the reasons we place such stress on good training habits. **Failure to comply with the Rules of Training and Conduct may mean exclusion from the squad.** This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to comprise with mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations. These are:

- Provide adequate equipment and facilities for use by our athletes and opponents.
- Provide well trained and qualified coaches for instruction.
- Provide equalized contests with skilled officials.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well organized program of athletics.

### ***1.2 To the Athlete***

Being a member of a Milton-Union High School athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Milton-Union High School, you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our school, and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved numerous league and tournament championships. Many individuals have set records and won All-American, All-State, and All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of Milton-Union High School, we assume that you understand our traditions and are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

**RESPONSIBILITIES TO YOURSELF: The most important of these responsibilities is to broaden yourself and develop strength of character.** You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies, your participation in other extracurricular activities, as well as in sports, prepare you for your life as an adult.

**RESPONSIBILITIES TO OTHERS:** As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. You know in your heart that you have lived up to all of the training rules. You have practiced to the best of your ability everyday, and that you have played the game "all out," you can keep your self-respect and your family can be justly proud of you. It is imperative that you remember that the younger students in the

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Milton-Union School system are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

## **2. ATHLETIC PHILOSOPHY**

### ***2.1 Statement of philosophy***

The Milton-Union High School and Middle School athletic programs will provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost." It discourages any and all pressures that might tend to neglect good sportsmanship and good mental health. At all times the athletic program must be conducted in such a way as to justify it as an educational activity.

An athlete is defined as any student participating in interscholastic sports as a player, cheerleader, trainer, manager, statistician, or any other job position directly responsible to the head coach of the particular athletic team.

The administrative head of the school (Principal) shall be held responsible for all matters that concern interscholastic athletics.

The Athletic Director is the Principal's representative in matters concerning the athletic program. The Athletic Director will make all contacts with the Ohio High School Athletic Association in reference to questions concerning the school district and state regulations.

### **Why Athletics?**

The answer is simple: it assists the educational process in instilling and developing skills necessary for future success.

*Leadership • Communication • Goal Setting • Organization • Work Ethic • Self-Discipline • Perseverance • Cooperation • Loyalty • Honesty • Perspective • Relationships*

**RESOURCES:** MU WEB SITE - [WWW.MUSCHOOLS.COM](http://WWW.MUSCHOOLS.COM)  
FACEBOOK – MILTON-UNION ATHLETICS  
OHSAA WEB SITE - [WWW.OHSSA.ORG](http://WWW.OHSSA.ORG)  
UVMC - [HTTP://WWW.UVMC.COM/UVMCSERVICES.ASPX?ID=33110](http://WWW.UVMC.COM/UVMCSERVICES.ASPX?ID=33110)  
SCHEDULES AND E-MAIL ALERTS – [WWW.MUATHLETICS.COM](http://WWW.MUATHLETICS.COM)

### 3. ATHLETIC GOALS AND OBJECTIVES

OUR SPECIFIC OBJECTIVES (MISSION STATEMENT) - Our mission statement is to allow our students the opportunity to compete and participate in athletics. To further their education and knowledge of teamwork, sportsmanship, work ethics, discipline and pride.

The student athlete shall learn:

OUR GOAL - The student athlete shall become a more effective citizen in a democratic society.

- To work with others - In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- To be successful - Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel. Effort, commitment and attitude are necessities to compete in MU Athletics.
- To develop sportsmanship - To accept any defeat or victory like a true sportsman. With the belief we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
- To improve - Continual improvement is essential to good citizenship and athletic achievement. As an athlete, you must establish a goal and must constantly try to reach that goal. To improve in the skills involved and those characteristics set forth as being desirable.
- To enjoy athletics - It is necessary to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to dedicate themselves in order to preserve and improve the program.
- To develop desirable personal health habits - To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal completion has been completed.

### **3.1 Interscholastic Sports**

The Milton-Union Exempted Village School District sponsor interscholastic competition in the following sports (numbers/interest permitting):

#### **3.1.1 Fall season**

- Cross Country (Boys/Girls)  
Varsity/Reserve  
7th and 8th Grade (Combined)
- Football  
Varsity/Reserve/Freshman  
7th and 8th Grade
- Golf  
Varsity/Reserve
- Boys Soccer  
Varsity/Reserve
- Girls Soccer  
Varsity/Reserve
- Girls Tennis  
Varsity/Reserve
- Volleyball  
Varsity/Reserve  
7th and 8th Grade

#### **3.1.2 Winter season**

- Boys Basketball  
Varsity/Reserve/Freshman  
7th and 8th Grade
- Girls Basketball  
Varsity/Reserve  
7th and 8th Grade
- Wrestling  
Varsity/Reserve  
7th and 8th Grade (Combined)

#### **3.1.3 Spring season**

- Baseball  
Varsity/Reserve
- Softball  
Varsity/Reserve
- Boys Track  
Varsity  
7th and 8th Grade (Combined)
- Girls Track  
Varsity  
7th and 8th Grade (Combined)
- Boys Tennis  
Varsity/Reserve

## **4. GOVERNING BODIES**

### ***4.1 Chain of command (Milton-Union Schools)***

- Board of Education
- Superintendent
- Building Principal
- Athletic Director
- Head Coach
- Assistant Coach

If you have a concern you should set up a meeting with the coach of that particular sports team. Concerns, questions, and important information regarding your son or daughter should always be conveyed at a mutually convenient time.

### ***4.2 The Board of Education***

The Board of Education, responsible to the people, is the ruling agency for the Milton-Union High School.

The Board of Education is responsible for the following areas:

- Interpret the needs of the community.
- Develop policies in accordance with state statutes and mandates in accordance with the educational needs and wishes of the Milton-Union Exempted Village School District.
- Approving means by which our professional staff may make these policies effective.
- Evaluate the interscholastic athletic program in terms of its value to the community.

### ***4.3 The Ohio High School Athletic Association (OHSAA)***

All schools are voluntary members of the OHSAA and compete only with member schools. As a member school district, the secondary schools of the Milton-Union Exempted Village School District agree to abide by and enforce all rules and regulations promulgated by the OHSAA.

The primary role of the OHSAA is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations.

The state association attempts to enforce such rules that assure the greatest good for the greatest number to ensure that competition is conducted in an appropriate manner.

The OHSAA rules, as published in the Handbook of the Ohio High School Athletic Association, shall be the governing directive for athletic activities sponsored by Milton-Union High School.

#### ***4.4 The National Federation of State High School Associations***

The National Federation consists of the fifty National State High School athletic and/or activities associations. The National Federation's purpose is to serve, protect and enhance the interstate activity interests of the high schools belonging to state associations. To assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications and activities which will permit each state association to profit by the experience of all other member associations; and to coordinate the work to minimize duplication.

The National Federation is both a service and regulatory agency. The growth and influence of state associations and the National Federation ensures some degree of team work on the part of more than 25,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

#### ***4.5 The Southwestern Buckeye League (SWBL)***

The Conference was established to encourage member schools to improve their extra-curricular programs in athletics. The Conference membership facilitates the arranging of schedules, equalizing competition and conducting league meets, and determining league championships. Membership implies abiding by conference schedules, rules and regulations.

**Milton-Union entered the Southwestern Buckeye League in the 2001-2002 school year. Member schools are:**

- | <u>SOUTHWEST</u> | <u>BUCKEYE</u>     |
|------------------|--------------------|
| • Bellbrook      | Preble Shawnee     |
| • Eaton          | Carlisle           |
| • Monroe         | Dixie              |
| • Brookville     | Middletown Madison |
| • Oakwood        | Northridge         |
| • Valley View    | Waynesville        |
| • Franklin       | Milton-Union       |

#### ***4.6 Milton-Union Athletic Council***

**The MU Athletic Council is an advisory group for the Athletic Director. The council includes Bulldog Varsity Head Coaches or Assistant Coaches representing each varsity sport.**

**Responsibilities include providing input on the following topics:**

- Recommendations in athletic policies and procedures within the Athletic Handbook**
- Nomination and Selection of Senior Awards**
- Athletic facility planning and review**
- All Coaches are required to have a pre-season meeting with the Athletic Director prior to the start of sports season.**

#### ***4.7 Booster/Parent Clubs***

**Milton-Union Athletic Booster Clubs or Parent Groups are non-profit volunteer organizations, working in conjunction with Milton-Union Head Coaches/Advisors and the MU Athletic Department. The purpose of Booster Clubs and Parent Organizations is to support, encourage and acknowledge the endeavors of Bulldog Student-Athletes and programs.**

**Activities include fund raising, meetings, hospitality, publicity and communication with the school and the community. The primary function for MU Booster/Parent Groups is to provide a positive partnership and financial support for MU Sports Programs.**

### **5. REQUIREMENTS FOR PARTICIPATION**

#### ***5.1 Physical Examination***

A yearly physical examination is required. The physical form must be completed by the physician and submitted to the coach prior to participation. The physical is good for one calendar year from the date in which it was received. The completed physical examination form will be kept on file in the athletic office. Forms are available in each school office, the Athletic Department, at [www.milton-union.k12.oh.us](http://www.milton-union.k12.oh.us) or at [www.ohsaa.org](http://www.ohsaa.org).

#### ***5.2 Emergency Medical Authorization***

Each athlete's parents shall complete an **EMERGENCY MEDICAL AUTHORIZATION FORM** giving permission for treatment by a physician or hospital when the parent(s) or guardian(s) are not available. The copy of the form will be kept in the medical kit for availability at all practices and contests and the original will be on file with the Head Coach of that sport. A new form must be filled out for each sports season the athlete will be participating in. Updated or additional information should be forwarded to the coach of that sport as soon as possible for transfer to your Emergency Medical Form. The form is available on the M-U website or in the MU Athletic Office.

#### ***5.3 Parental/Student-Athlete Acknowledgement of Athletic Policies***

Each season the coach of that sport will require the signing of a statement to acknowledge the parental and student understanding of the *training rules and eligibility standards* that govern our athletic programs. Each sport will also be required to conduct a pre-season meeting in which parents and athletes are required to attend. Signing and returning the attendance card for this meeting will be required. Failure to attend will prohibit the parent or athlete from participating in our athletic programs.

Athletic Handbooks are available on our website or upon request from the Athletic Office.

#### ***5.4 Insurance***

The school district does not carry insurance to cover student athletic injuries. All student-athletes must have insurance coverage prior to being permitted to practice with any athletic team or cheer squad. Most types of hospitalization insurance plans will meet this requirement. MU will offer an insurance package to athletes/parents who are interested. Please contact your coach or building administrator for assistance.

### ***5.5 Scholastic eligibility***

The purpose of the scholastic eligibility policy is not to eliminate any student from participating in athletic activities. The purpose is to emphasize that academic scholarship must, in all cases, be the student-athlete's first priority. In order to participate on a Milton-Union High School athletic team, each athlete must satisfy all of the scholastic eligibility requirements, established by the OHSAA and the Milton-Union Exempted Village School District, prior to athletic participation.

#### ***5.5.1 OHSAA***

- In order to be eligible in grades 9-12, a student must be currently enrolled and must have been enrolled in school preceding grading period. During the preceding grading period, the student must have received passing grades in a minimum of five (5) one-credit courses or the equivalent which apply towards graduation. Middle School students will be required to pass 75% of courses taken including the minimum of (5) credits to be eligible.

The eligibility or ineligibility of a student continues until the start of the fifth (5th) school day of the next grading period, at which time the grades from the immediately preceding grading period become effective. Exception: Eligibility or ineligibility for the first grading period commences with the start of the fall sports season.

- Student enrolled in the first grading period after advancement from the eighth grade will automatically be eligible to participate in athletics as a freshman.
- The Eligibility of a transfer student must be established by school records or with verification from the sending school. The responsibility for establishing eligibility rests with the receiving school.
- **Summer school grades earned may not be used to substitute for failing grades from the last grading period of the regular school year per OHSAA Regulations.**
- Tutoring or examinations to complete the preceding grading period requirements is permissible provided the inability to complete the required work on time is due to illness or accident verified by a physician and the procedure applies to all students in the school.

### **5.5.2 Milton-Union Schools Eligibility Guidelines**

(Co-curricular and Extracurricular Activities)

**-Grades 7-12-**

#### **ACADEMIC STANDARD:**

1. The student must be passing five credits during the preceding nine week grading period, and obtain a 1.8 GPA for all courses taken during the preceding grading period. Athletes are not permitted to participate in practice or contests if ineligible at the beginning of the nine weeks. Eligibility is established the morning of the fifth school day.
2. The student must pass an interim eligibility check consisting of passing all his/her courses.
3. Athletes grades 7-12 must be passing all of their courses at mid-term. If the athlete becomes ineligible at the midterm, the athlete will be placed on academic probation for a week. The athlete must turn in passing grades by Friday or lose eligibility the following week. The athlete can turn in passing grades daily to restore eligibility.

*\*If the athlete fails to turn in a grade check, , the athlete will not be eligible to participate in contests.*

*\*Participation in practice will not be affected by mid-term eligibility requirements, unless it has been determined by coaches and administration that the student needs to in order to work on assignments.*

4. The coach/advisor may establish additional criteria for membership in his/her group including attendance at a Study Table until the grade(s) have been raised to passing marks.

#### **ATTENDANCE STANDARDS**

1. Students must arrive by 8:00 a.m. to be eligible for extra-curricular activities unless they have notified the attendance office prior to 8:00 and are excused upon arrival.
2. Students who leave school and don't return to school due to illness are not eligible to participate in extra-curricular activities for that day.
3. Students who leave school and return to school are eligible to play providing they have an excused absence.
4. Students absent on Friday are eligible to participate on Saturday providing they have an excused absence.

Participation is defined as playing in contests, practices or any other extra-curricular activity.

Excused is defined as having a doctor's note or a pre-approved appointment and/or absence when arriving at school.

*The Building Principal or Assistant Principal has the final authority when ruling upon extra-curricular eligibility based on the listed standards.*

*Note: PSEO students must provide documentation from their professors that they are passing.*

### **5.6 Risk of participation**

All athletes and parents must realize the risk of serious injury that may occur as a result of athletic participation. Milton-Union Athletic Department will use the following safeguards to make every effort to reduce the chance of injury:

- Conduct a parent/athlete meeting before the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.
- Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- Instruct all athletes about the dangers of participation in the particular sport.

### ***5.7 Financial obligations and equipment***

#### **ACTIVITY FEE (updated 6.19)**

##### Introduction

The Milton-Union Schools will continue to implement an Activity Fee for the purpose of reducing the cost to the General Fund of operating co-curricular and extra-curricular activities.

##### Guidelines and Procedures for the Payment of Fees

The following guidelines and procedures for the payment of fees will be utilized to administer the Activity Fee Program:

1. Parents and students are advised that payment of fees does not automatically guarantee playing time.
2. The head coach/advisor shall provide a team list of the students participating in the activity to the athletic director/building principal. The athletic director/building principal will forward a copy to the Treasurer's office. This final official roster will be submitted by the head coach/advisor after teams have been selected.
3. Activity fees must be paid by the start of the second week of the activity. Student participation in practices or contests will cease if payment has not been received by that day. Payment must be received before participation is resumed. Payment plans are available by contacting the Athletic Department at 884-7960 or by e-mailing lanema@muschools.com.
4. Activity fees for individual families will be capped at \$350. Athletic cap are separate from band, show choir and flag caps.
5. Students eligible for the Free and Reduced Lunch Program will be required to pay 50% of the listed activity fee.

##### Guidelines and Procedures for Refunding Fees

The following guidelines and procedures for refunding/reimbursing fees will be utilized:

1. No refund will be issued if a student quits an activity after the first contest.
2. No refund will be issued if a student is dismissed from an activity after the first contest.
3. No refund will be issued after the first scheduled contest has taken place. Exception: athletic injury.
4. Following a review on a case-by-case basis, the appropriate building principal may issue a refund when special circumstances exist that prohibit participation. The building principal's decision is final.

##### Injury:

- a) 100% of the activity fee will be returned if a student incurs a season-ending injury prior to the start of scheduled contests.
- b) 50% of the activity fee will be returned if a student incurs a season-ending injury after the first scheduled contest, but before the contest representing the halfway point of the competitive
- c) None of the activity fee will be returned if a student incurs an injury after the halfway point of the competitive season.

##### Fee Structure Based on School Year Calendar

High School Extracurricular: Athletics	Middle School Extracurricular: Athletics
First season for participant: \$70	First season: \$60
2 <sup>nd</sup> and thereafter: \$35	2 <sup>nd</sup> and thereafter: \$30
High School Co-curricular: Band, Show Choir, Flag Corp	Middle School Co-curricular: Band, Flag Corp, Winter Guard
Winter Guard	First season: \$70
First activity: \$70	

2<sup>nd</sup> and thereafter: \$35

2<sup>nd</sup> and thereafter: \$35

This annual fee will be capped at \$350 per family for Athletics and \$350 per family for Co-Curricular.

- Equipment -- All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for school contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty. If the athlete fails to turn in all equipment or fails to pay for such "lost" items (cost determined at what it would be to replace the item as a "new" item), that athlete will be placed on the school commitment list. The athlete will not be able to participate until outstanding items are paid for or returned. The commitment list is cumulative for four years and, if not settled, will prevent the student from graduating.

## 6. ATHLETIC CODE OF CONDUCT

**Athletes of Milton-Union Schools are direct representatives of their school and will be expected to conduct themselves in a way that will gain respect for both themselves and their schools. Training rules are enforced 365 days a year and should be adhered to accordingly. Each program's Head Coach will review Training Rules with each team prior to the start of contests.**

### *6.1 Conduct of athletes*

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major concern and transcends any other consideration.

**All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in the interscholastic program affords.**

Any conduct that results in dishonor to the athlete, the team or the reputation of anyone associated with the athletic programs will not be tolerated. See Rules Violation Chart Appendix A.

### *6.2 Penalties for violations of the Athletic Code of Conduct*

In accordance with the **high expectation of the proper conduct of an athlete**, the head coach involved, the athletic director and the building principal (when deemed necessary) shall meet to review the alleged violation and determine the penalty according to the degree of the infraction.

### *6.3 Truancy*

Any athlete (in season) who is declared truant will be suspended for a period of one scheduled athletic contest after the infraction is discovered. Continual truancy will be dealt with by other portions of the Athletic Code.

#### **6.4 School office referrals**

Any student-athlete referred to the office for a school rules violation may also receive consequences from the coach and/or athletic director. The building principal or assistant principal may refer the athlete to the coach or athletic director for disciplinary action. See Rules Violation Chart Appendix A.

#### **6.5 Behavior on grounds or at school activities**

Any student athlete who is found to violate any athletic code of conduct/training rule on school grounds or at a school activity will automatically fall under the jurisdiction of the Code of Conduct found in the Student-Parent Handbook *in addition to* the Athletic Code of Conduct/Training Rule Regulations.

#### **6.6 Suspension from school**

Suspension from school by school authorities for any reason is automatic suspension from the athletic team for the same time period. *School suspension as a result of a code of conduct/training rule violation is an automatic Code of Conduct/Training Offense.* In addition, the athlete will fall under the code in regards to his team rules or any additional Conduct of Athletes violations. See Rules Violation Chart Appendix A.

While suspended, students are not permitted on school property unless authorized by the Building Principal and/or the District Superintendent based on the following considerations.

1. Suspensions that fall between school years (summer break)
2. Nature of the suspended offense

#### **6.7 Court conviction**

Conviction by civil court for illegal use and/or possession of tobacco, alcohol, drugs, theft or vandalism is considered an offense of the athletic training rules. See Rules Violation Chart Appendix A.

#### **6.8 Curfews**

Head coaches may establish curfews for their athletes. Penalties for curfew violations will be handled by the head coach in accordance with the team rules established and approved by the athletic director.

## **7. TRAINING RULES AND REGULATIONS**

### ***7.1 General***

Code of Conduct/Training Rule violations are accumulative during a student's participation in athletics at the middle school level (grades 7 and 8) and during a student's participation in athletics at the high school level (grades 9-12). Middle school accumulation ends and high school accumulation begins with promotion from the eighth grade. Offenses of the Code of Conduct/Training Rules at the end of the middle school may be carried over to the beginning of the high school participation in some cases.

You cannot compromise athletics with substance abuses. The student who wishes to experiment with such substances should remove him/herself from the team before jeopardizing team morale, team reputation, team success, and does physical harm to him/herself.

The Milton-Union School District is concerned with the health habits of student athletes and is convinced that athletics and the use of these substances are not compatible. It is also a fact that when students have a strong interest to participate in athletics, their desire to use these substances is greatly reduced.

Students have to decide if they want to be athletes. If you do wish to be an athlete, you must make the commitment in order to be a competitor. A big part of this price is following a simple set of training rules, which the Department of Athletics believes to be fair.

*Online activities or off-school activities that come to our attention that are considered Unbecoming Conduct or Training Rule Violations. The Athletic Director and Building Principal may warn, suspend or dismiss athletes for posting inappropriate material that violate the guidelines of our listed training rules.*

**THE FOLLOWING NARRATIVE IS SUMMARIZED IN CHART FORM AND ATTACHED AT THE END OF THIS HANDBOOK (Appendix A).**

#### ***7.1.1 Use of Tobacco/Nicotine/All forms of E-Cigarettes***

Research emphasizes that use of tobacco/Nicotine/forms of e cigarettes is physically harmful to young adults. The harm done by this is not only a health problem. The educational community closely follows the progress of young athletes, and any deviation from accepted training rules marks one as unwilling to pay the price. The reputation of the team, athletic department, and school can be tarnished by the acts of a single student-athlete. **This rule means no use of tobacco/nicotine/all forms of e-cigarettes all year, in or out of season.** See Rules Violation Chart Appendix A.

#### ***7.1.2 Alcoholic beverages***

There is no way to justify athletes using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking sessions will be the first to criticize the athlete if he does not come through in a game. **This rule means no alcoholic consumption all year, not just during the season.** See Rules Violation Chart Appendix A.

### ***7.1.3 Illicit Drugs***

Simply stated, illicit drug abuse is the consumption of any chemical substance or the smoking of some plant derivatives. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modifiers. Drug possession or use by Milton-Union student-athletes will not be tolerated. **This rule against drugs is in effect all year.** This rule also applies to the abuse of prescription medicine. See Rules Violation Chart Appendix A.

#### 7.1.4 Remediation for Drugs

### ***7.1.4 Theft***

Stealing in any manner, from private and/or school property will not be tolerated.. **This rule against theft is in effect all year.** See Rules Violation Chart Appendix A.

### ***7.1.5 Vandalism***

Vandalism to private and/or school property will not be tolerated. **This rule is in effect all year.** See Rules Violation Chart Appendix A.

## ***7.2 Sportsmanship in Interscholastic Sports***

Milton-Union student athletes are to exhibit the utmost in sportsmanship. Good sportsmanship is viewed by the Milton-Union Athletic Department as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship. Treat others as you would be treated. MU has initiated and will continue to initiate positive role modeling when presenting athletics to student-athletes, coaches, parents and the community.

Un-sportsmanlike conduct will not be tolerated. See Rules Violation Chart Appendix A.

## ***7.3 Individual coach's rules***

Coaches may establish additional rules and regulations with the approval of the Athletic Director and Principal for their respective sports. These rules as pertaining to a particular sport must be given by the head coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the head coach. Copies of all additional team rules established by head coaches should be on file in the athletic office.

**8. PENALTIES FOR TRAINING RULES VIOLATIONS – THIS INCLUDES TOBACCO, ALCOHOL, DRUGS ABUSE, THEFT, VANDALISM, AND COURT CONVICTIONS ASSOCIATED WITH THESE TRAINING RULES AND/OR A COURT CONVICTION. TRAINING RULE VIOLATIONS ARE ALL ACCUMLATIVE IN PENALTY AND ENFORCEMENT.**

***8.1 First violation penalty***

After confirmation of the first training rule violation, the student will be **suspended immediately from twenty percent of the scheduled contests** in the sport in which the student is a participant. **Illegal Drug use/Possession will result in a fifty percent suspension of the scheduled contests.** If the penalty is not fully administered during that sports season, the remainder of the penalty will be applied to the next interscholastic sport season in which the athlete participates.

***8.2 Second violation penalty***

After confirmation of the second training rule violation, the student will be **suspended immediately from fifty percent of the scheduled contests** in the sport in which the student is a participant. **Illegal Drug use/Possession will result in a one calendar year suspension for the student athlete.** If the penalty is not fully administered during that sports season, the remainder of the penalty will be applied to the next interscholastic sports season in which the athlete participates.

***8.3 Third (and subsequent) violation penalty***

After confirmation of the third training rule violation, the student will be suspended from participation in athletics for the remainder of his/her high school career. After one calendar year from determination of guilt, an appeal can be made to the Appeals Board for reinstatement contingent upon substantiated rehabilitation.

***8.4 Severe Felony Conviction***

In a case where there is a severe criminal conviction, the school district reserves the right to administer a suspension or expulsion decided upon by the athletic director and/or principal and/or the superintendent.

***8.5 Twelve month enforcement***

This regulation will be subject to enforcement and/or disciplinary action by the athletic department and administration for twelve (12) months of the year whether violation occurs on or off school grounds. Out of season Code of Conduct/Training Rule violations will be administered during the next interscholastic sports season in which the athlete participates.

***8.6 Additional information***

Athletes suspended from contests due to Code of Conduct/Training Rule violations will be allowed to practice (except if the student athlete is suspended from school on that day). The athlete will be permitted to sit on the bench during contest in street clothes unless it is the third training rules violation.

Note: When serving a suspension the student-athlete must complete the sport he/she is participating in while serving an athletic suspension. If the athlete withdraws from the sport in which he/she is serving the suspension those games are considered not served. If the athlete is injured during the course of the season r remains a member of the team the suspension may be considered served if the games were served or may have been served except due to injury for the remainder of that season. These circumstances may be reviewed by the Athletic Director/Building Principal.

## **9. APPEAL PROCEDURE FOR CODE OF CONDUCT/TRAINING RULES VIOLATIONS**

The purpose of the appeal procedure for code of conduct/ training rules violations is to resolve any alleged infraction of the policies governing the athletic department of Milton-Union High School. The administration reserves the right to inquire about any alleged infraction of school athletic policies.

The athletic director and/or principal will discuss the alleged infraction with the parties involved and every effort will be made to resolve the matter in an informal matter.

If the matter cannot be resolved it will be resolved formally using the following procedure.

### ***9.1 Formal procedure***

Any student-athlete suspected of violating school athletic department policies will have a conference with the head coach of the respective team and/or Athletic Director. During this conference, the coach and or Athletic Director will inform the student-athlete of the alleged violation and ask for an explanation of his/her involvement.

### ***9.2 Suspension procedure***

The student-athlete will be given a written notice of the intent to suspend from athletic competition by the Athletic Director. The written notice will include the athletic policy that was violated, the length of the suspension, and the right to appeal the decision to the Principal. Parents will receive written notification by mail.

If the student wishes to appeal the athletic suspension, the student-athlete will have the opportunity to appear at a formal hearing with the Principal. The student and parent(s) will be allowed to present evidence and call witnesses in his/her behalf. The hearing will take place as soon as possible, no later than five school days following written notice to the parent(s).

If the decision is made to suspend the student-athlete from an athletic team, the Athletic Director will give the student-athlete, parent(s) and building administrator a written report, which will include:

- The infraction of the Athletic Code of Conduct/Training Rule that was violated.
- The action taken in accordance with the current athletic policy.
- The student-athlete's right to appeal the decision.

***Consideration will be made by the Athletic Director and Building Principal regarding reductions in penalties due to the following circumstances:***

- 1) Time served based upon a school suspension during the season.***
- 2) Time served based upon illness during the sports season.***
- 3) Length and severity of the athletic training rule violation.***

**Note:** *If a student-athlete is academically ineligible and has been suspended for a training rule violation, the suspension and ineligibility will be served concurrently.*

### **9.3 Appeal procedure**

If the student-athlete, or his/her parents, are not satisfied with the decision rendered, they have the right to appeal that decision. This appeal must be presented to the building principal/designee within 24 hours after the written suspension notification was given to the student-athlete.

#### **9.3.1 Additional information**

Alleged infractions that occurred more than thirty days from the date reported will not be considered, unless there is evidence of suppression of facts.

## **10. BASIC ATHLETIC DEPARTMENT REGULATIONS**

### **10.1 Participation in two Varsity Sports in the same season**

An athlete may participate in only one sport per season unless the student meets the following criteria to participate in two Varsity sports in the same season. The student athlete must have an accumulative and preceding grading period GPA of at least a 2.6. This only applies to student athletes wanting to participate in two Varsity sports during the same season. Freshman team and reserve team athletes are not eligible to participate in two sports during the same season (The Principal and Athletic Director may review this rule if there are circumstances that would warrant a freshman participating in two sports). The athlete must have prior approval from both coaches which sport he/she will declare as his/her primary sport. In addition the athlete must coordinate a meeting between both coaches and the Athletic Director prior to participating in more than one sport. The head coaches of both programs must come to an agreement for the athlete to participate in both sports. Any training rule, code of conduct violation, and academic ineligibility will prohibit the athlete from participating in more than one sport for the remainder of that season. Any previous training rule or code of conduct violation will prohibit the athlete from filing a request to participate in more than one sport.

*Cheerleading will not be considered a sport in terms of determining two sport activities. Advisors and coaches will determine whether cheerleaders may participate in two activities.*

### **10.2 Dropping or Transferring Sports**

- Do not get into the habit of quitting, as you risk losing the privilege of participating in athletics. On occasion however, an athlete may find it necessary to drop a sport for a valid reason. If this is the case, the following procedure must be followed:
  1. Notify the coach of the sport you're dropping.
  2. Turn-in any equipment that was issued.
  3. Discuss the decision with your other coaches or advisors.

### **10.3 Changing Sports**

- If an athlete wishes to change sports after having received an award the previous season in one sport, he/she should consult with both coach's concerned and the athletic director. This procedure assures a smooth transfer, which is in the best interest of the student-athlete. However, student-athletes will not be permitted to change sports after the first scrimmage game or contest of the sport in which he/she was originally competing in that season. The Head Coach has the final determination if any athlete wants to switch sports after that sports start date.

#### ***10.4 Equipment***

- School equipment checked out by the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

#### ***10.5 Travel***

- All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department, unless previous arrangements have been made by the parents for exceptional situations. Requests for travel other than school transportation must be made first to the Head Coach and then to the Athletic Director. Approval will be based on the circumstances involved and these requests should be limited. Students are only permitted to travel with family members when not riding in school sponsored transportation. The Request/Permission should be in writing or electronically prior to the activity.
- Athletes will remain with their squad and under the supervision of the coach when attending away contests.
- Athletes that miss the bus will not be allowed to participate in the contest. Exceptions may be made by the head coach/Athletic Director, if there are extenuating circumstances.
- All regular school bus rules will be followed.

#### ***10.6 College recruitment policy***

- In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the MU Athletic Department.

#### ***10.7 Conflicts in extracurricular activities***

- An individual student who attempts to participate in several extracurricular or co-curricular activities will, undoubtedly, be in a position of a conflict of obligations.
- The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.
- Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious when getting involved in too many activities. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise well in advance of the conflict.  
When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle.

If a solution cannot be found, the Principal or Athletic Director will make the decision based on the following:

- Importance of each event to the student-athlete.
- Relative contribution the student can make.
- When the conflict was discovered.
- Discussion with the parents, athletes and advisors/coaches.

## **10.8 Attendance (see 5.5.2 Milton-Union Schools Eligibility Guidelines)**

### ***10.9 Release from class***

It is the responsibility of athletes to communicate with their teacher the day before regarding the classes they miss because of an athletic contest. All work shall be made up at the convenience of the teacher.

### ***10.10 Grooming and dress policy***

- Members of an athletic team is expected to be well-groomed. Appearance, expression, and actions always influence people's opinions of athletes, the team, and the school. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of athletes in this community.
- The following grooming and dress rules will be adhered to by team members:
  - ✓ Hairstyles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.
  - ✓ An athlete shall dress presentably at all times, on trips, or assemblies or banquets. Wearing jeans, tennis shoes and hats during awards banquets is not acceptable behavior.
  - ✓ Only uniforms issued or approved by the department of athletics are permitted to be worn during contests.
- Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected. Coaches, the Athletic Director and Building Principals will make this determination if there is an issue.

### ***10.11 Vacation policy***

Vacations by athletic team members during a sport season are discouraged. In the event of an absence due to a vacation is unavoidable, an athlete must:

- Be accompanied by his/her parents or guardian while on vacation.
- Contact the head coach prior to the vacation.
- Practice one session for each practice or contest day missed prior to resuming competition. (Contest day will count as a practice day.)
- Be willing to assume the consequences related to their status on that squad as a starter, 2nd string, 3rd string, etc. according to the rules of that particular sports coach.

### ***10.12 Squad selection***

- In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students on the team as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport.

### ***10.13 Cutting policies***

- Choosing the members of athletic squads is the sole responsibility of the head coach of the specific squad.
- Prior to trying out, the coach shall provide the following information to all candidates for the team:
  - Extent of try-out period.
  - Criteria used to select the team.
  - Number to be selected.
  - Practice commitment if they make the team.
- Game commitments to include the proposed schedule for that season.

**When a squad cut becomes a necessity, the process will include three important elements. Each candidate shall have:**

- ✓ Competed in a minimum of five practice sessions. (Cheer two camp days/one tryout day)
- ✓ Performed in at least one inter-squad game or scrimmage.
- ✓ Informed of the cut by the coach, including the reason for the action if the student or parent request it.

### ***10.14 Emergency dismissal***

- The head coach may deny an athlete the opportunity to participate in any athletic contest or practice session for a period of 24 hours for reasons the head coach considers necessary to provide an adequate setting to conduct a game or practice session.
- Written notice of the 24 hour dismissal will be filed with the Athletic Director within the same 24-hour period. The written notice will contain:
  - Coach's name
  - Athlete's name
  - Date and time of dismissal
  - Reasons for dismissal

### ***10.15 Camp/Clinic payment for students***

- Students are to take care of their own payments for camps/clinics. Camps and clinics should not conflict with another sport while in season. Team camps/leagues may be paid for with booster/parent group funds.

#### ***10.16 Post-Season activity***

- Post-season practices or games in a particular sport should be undertaken only after consultation with the head coach of the particular sport, the athletic director, and /or the principal. Athletic Eligibility may be lost if OHSAA rules are not followed during the off season.

#### ***10.17 Administrative documentation***

- Athlete are not permitted to try out, work out, practice, or participate in any contest until the following items are in the possession of the head coach and or Athletic Department:
- Completed physical examination by a qualified physician. (OHSAA Form Only)
- Completed Emergency Medical Form.
- Completed the Athletic Eligibility and Code of Conduct/Training Rules Awareness Form, Concussion Awareness Form and Showcase Release Form.
- Completed the Sudden Cardiac Arrest Awareness Form required by Lindsay's Law.

### **11. REPORTING OF INJURY**

- The health and safety of our student-athletes is our primary concern when competing or training.
- Athletic coaches will complete Department of Education approved sports medicine seminar. Each coach will have a basic knowledge of CPR and Sports Safety Training.
- The head coach shall have completed Emergency Medical Forms with them at all practices and contests.
- In the event of an injury, the coach/athletic trainer will administer first aid and notify the parent(s)/guardian as soon as possible.
- The head coach is responsible for making necessary arrangements to obtain immediate medical help for the injured athlete.
- Following an injury, the coach and athletic trainer will be responsible for periodically checking with athlete's parent(s)/guardian regarding the athlete's recovery. Information should be relayed to the Athletic Director.
- Questions concerning the clarification of any injury should be directed to the Athletic Trainer/ Physician rendering the diagnosis and recommendations.

- All coaches, Athletic Department, and school personnel are reminded that recommending treatment contrary to that advised by the Athletic Trainer/Physician is strictly prohibited.
- Upon request, coaches/athletic trainer may advise parents of competent medical personnel familiar with sports injuries. The parent(s)/guardian assumes responsibility for selecting a suitable physician.
- Parents/guardians who inform coaches and teachers that their child is being treated by a healthcare professional for a concussion must provide written clearance from that healthcare professional for full or limited participation in class, practice, activity, or competition. Prior to receiving written clearance from a healthcare professional, students who have sustained a concussion may not participate in any school-related physical activities.
- If a concussion is suspected by a teacher or coach, the student will be removed from the class, practice, activity or game. The student will not be permitted to return to full participation until he or she is evaluated by a healthcare professional experienced in concussion management and receives written clearance for full participation from that professional. Limited physical activity in the physical education context may eventually be permitted, depending on the recommendation of the healthcare professional.
- Any athlete previously injured will not be involved in practices or games until the athletic trainer and head coach is assured by the doctor in writing and the parent(s) that the athlete is fit to compete. Any head injury or concussion should follow specific protocol and follow-up.
- Contact the MU Athletic Department at 884-7960 or Athletic Trainer Ryan Ingley at UVMC by calling 440-7152 or e-mail at [ringley@uvmc.com](mailto:ringley@uvmc.com)

## 12. LOCKER ROOM REGULATIONS

- Hazing is not permitted and this includes any physical or mental embarrassment that may be instituted by anyone associated with an athletic team. (per 2903.3 Ohio Handbook of Criminal Law)
- Showers/lights must be turned off after use. The last person to leave the locker room is expected to turn off the lights/showers.
- Only coaches, assigned players or staff are allowed in the locker room area unless otherwise authorized.
- Glass containers are not permitted in our locker room facilities.
- Spiked shoes or cleats must be put on and taken off outside of the locker room. Metal or hard plastic spikes or cleats are not permitted in any part of the school building.

## 13. WEIGHT ROOM REGULATIONS

- **No one** is to be in the weight room alone and/or without proper supervision.
- Replace all weights on racks immediately following use.

Updated 6.19

- Know your limits! Work with the instructor in determining your limits.
- Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury. Spotters must be used during free lifting stations.
- Warm-up with proper stretching exercises.
- Shirts and shoes must be worn at all times
- Food, drink, gum or tobacco are not permitted in the weight room facility.
- Instruction is required before the use of any apparatus.

## **14. INCLEMENT WEATHER POLICY**

### ***14.1 Middle School (practices and games)***

- If school is canceled or students are sent home because of inclement weather, or other reasons, by the school administration, all Middle School practices and contests will be canceled and will be rescheduled by the Athletic Department (if possible) unless otherwise notified by the Athletic Director.
- If school has been canceled for the day, practices may be held (weather permitting), with permission from the principal and/or athletic director. Any such practices will be of a voluntary nature. Athletes unable to attend practice under these circumstances will not be penalized. In most instances MS activities will be canceled on inclement days.

### ***14.2 High School (practices)***

- When school is dismissed early due to inclement weather, all practices scheduled for that day will be canceled. Unless otherwise notified by the Athletic Director.
- If school has been canceled for the day, practices may be held (weather permitting), with permission from the principal and/or athletic director. Any such practices will be of a voluntary nature. Athletes unable to attend practice under these circumstances will not be penalized.

### ***14.3 High School contests***

- When school is canceled or dismissed early due to inclement weather or other reasons by school administration, a decision will be mutually agreed upon by the principal and athletic director as to whether the contest shall be postponed. Every effort will be made to play the contest at the regularly scheduled time, provided teams and spectators can safely travel to and from the contest site.

- In the event of postponed contests, the athletic director will notify officials of the visiting school, game officials, coaches, and the general public by radio, television, and any other means available of the cancellation. The event will be rescheduled if possible.

#### ***14.4 Tournaments (Middle/High School)***

- Middle School and High School tournaments (any sport) will follow the same guidelines used for high school contests.

### **15. ATHLETIC AWARDS POLICY**

#### ***15.1 Varsity Letter requirements***

The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes all team obligations, and received the recommendation of the head coach. The coach may recommend a waiver of these requirements under an unusual circumstance.

#### ***15.2 Specific sport requirements***

- The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes all team obligations, and receives the recommendation of the head coach.

##### ***15.2.1 Baseball/Softball***

- Play in one-fourth of all varsity innings played.
- A designated hitter, pinch hitter, or pinch runner in three-fourths of the varsity innings played.
- Must have four starts or six game appearances.

##### ***15.2.2 Basketball (boys/girls)***

- A player must participate in a minimum of at least half the quarters of the scheduled varsity games.

##### ***15.2.3 Cross Country (boys/girls)***

- A runner must participate in at least one-half of the scheduled varsity meets or must place in the top 25 (boys) or top 25 (girls) in a meet which involves seven or more teams

##### ***15.2.4 Football***

- A player must participate in fifty percent of the quarters played by the varsity team.
- Play a specialist position, e.g., punter, kick-off team, return man, extra-point kicker, punter in fifty percent of the varsity contests.

##### ***15.2.5 Golf***

- A team member must participate in at least fifty percent of the scheduled varsity matches.

**15.2.6 Soccer (boys/girls)**

- A player must participate in fifty percent of varsity periods played.

**15.2.7 Tennis (boys/girls)**

- Participate in one-fourth of the matches to letter.

**15.2.8 Track (boys/girls)**

- A team member must compete as one of the school's top three participants in at least fifty percent of the scheduled varsity meets or score in a meet which involves eight or more teams.

**15.2.9 Volleyball**

- A player must participate in fifty percent of the scheduled varsity games. (Note: A match consists of two or three games.)

**15.2.10 Wrestling**

- A player must participate in at least fifty percent of the scheduled varsity meets or earn fifty wrestling points (pin-6; decision-3,4,5; draw-2).

**15.2.11 Miscellaneous information**

- Season is defined as that period of time from the first practice to the awards program.
- Reserve and freshman awards are given on the recommendation of the coach to all athletes that complete the season.
- Manager's award will parallel the regular awards system if they manage for the entire season including practices.
- Statistician's award satisfactorily compile statistics for the entire season.
- The Athletic Director reserves the right to award varsity letters to the students who contribute significantly to the overall athletic program by working directly for the athletic director.

**15.3 Lettering criteria that pertains to all sports**

- An athlete who moves from one level of competition to another will letter at the level of the highest competition provided the athlete has met combined requirements of that particular sport.
- A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering in consultation with the Athletic Director.

Injury Rule: Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter, if in the coach's judgment, he would have met the lettering requirements if he or she would not have been injured. This letter should only be awarded if the said athlete fulfills obligations regarding attendance.

- In a sport where state tournament play is sponsored, athletes may letter if they have become a starter and play seventy-five percent of the quarters, innings, matches, or score team points in individual competition or in state tournament play regardless of other lettering criteria.
- All athletes must complete the season in good standing with the school and head coach to receive end of the season awards. Suspension at the end of the season may result in non-participation at the sport awards ceremony. This is at the discretion of the Head Coach/Athletic Director based on

the circumstances. Athletes will forfeit awards if they have an unexcused absence from an awards banquet or ceremony.

## **16. INDIVIDUAL AWARDS**

### ***16.1 Varsity Awards***

1st-year award: Chenille 7" award letter with an insert pin signifying the sport and a gold service bar which indicates one year of lettering and certificate. (Note: should the athlete letter in another sport, he/she will not receive a second chenille letter.)

2nd-year award: Gold service bar (large) and certificate.

3rd-year award: Gold service bar (large) and certificate.

4th-year award: Gold service bar, certificate and a sports plaque indicating the recipient as a four-year varsity letter winner in that particular sport.

- Note: All members of a varsity athletic squad who successfully complete an athletic season for a particular sport, but who have not qualified for a varsity letter, are to be awarded a participation certificate.

### **16.2 Junior Varsity/Freshman Awards**

#### *Junior Varsity*

1<sup>st</sup>-year award: Chenille 4.5" award letter with an insert pin signifying the sport

2<sup>nd</sup> year award: Gold Service Bar (small) and Certificate

3<sup>rd</sup> year award: Gold Service Bar (small) and Certificate

#### *Freshman*

Receive an insert pin and a certificate

### **16.3 Middle School Awards**

- 1st-year award: Sport certificate.
- 2nd-year award: Sport certificate.

### **16.4 Championship Award**

All members of a varsity team that win a league championship, will receive recognition of that sport's championship. Non-championship awards should be purchased by the individual or booster group.

## **17. TEAM AWARDS (HIGH SCHOOL/VARSITY ONLY)**

### ***17.1 BASEBALL***

#### ***17.1.1 Most Valuable Player***

- Selected by vote of players

#### ***17.1.2 Highest Batting Average***

- Must be in the top ten players in official-at-bats.

#### ***17.1.3 Lowest Earned Run Average***

- Must rank in the top four pitchers in innings pitched.
- Computed by varsity coaches in accordance with OHSAA rules.

#### ***17.1.4 Most Improved Player***

- Selected by a vote of the team members

#### ***17.1.5 Most Spirited***

Selected by a vote of the team members

### ***17.2 BASKETBALL (BOYS/GIRLS)***

#### ***17.2.1 Most Valuable Player***

- Voted on by the players and coaches.
- Overall season and statistics are considered.

#### ***17.2.2 Most Improved Player***

- Voted on by the players and coaches.

#### ***17.2.3 Spirit Award***

- Voted on by players and coaches.
- Leader on bench, in practice, etc.

#### ***17.2.4 Most Points Scored***

- Based on scoring during overall season.
- Computed from official statistics in accordance with OHSAA rules.

#### ***17.2.5 Most Rebounds***

- Based on rebounds during overall season.
- Computed from official statistics in accordance with OHSAA rules.

### ***17.3 CROSS COUNTRY (BOYS/GIRLS)***

**17.3.1 Most Valuable Runner**

**(one boy and one girl)**

- Selected by a vote of the team members and coaches.

**17.3.2 Most Improved**

**(one boy and one girl)**

- Selected by a vote of the team members and coaches.

**17.3.3 Most Spirited**

**(one boy and one girl)**

- Selected by a vote of the team members and coaches.

**17.3.4 Schul Award**

**(one boy and one girl)**

- Selected by a vote of the team members and coaches.

**17.3.5 Jessica Brown Award**

**(one boy and one girl)**

- Selected by a vote of the team members and coaches.

**17.4 FOOTBALL**

**17.4.1 Most Valuable Offensive Lineman**

- Selected by a vote of the team members and coaches.

**17.4.2 Most Valuable Defensive Lineman**

- Selected by a vote of the team members and coaches.

**17.4.3 Most Valuable Offensive Back**

- Selected by a vote of the team members and coaches.

**17.4.4 Most Valuable Defensive Back**

- Selected by a vote of the team members and coaches.

**17.4.5 Most Improved Player**

- Selected by a vote of the team members and coaches.

**17.5 GOLF**

**17.5.1 Lowest Nine Hole Total**

- Lowest nine hole total during the season (league or non-league).

**17.5.2 Most Improved Player**

Updated 6.19

- Selected by a vote of the team members and coaches.

### ***17.5.3 Most Valuable Player***

- Selected by a vote of the team members and coaches.

## ***17.6 SOCCER (BOYS/GIRLS)***

### ***17.6.1 Best Offensive Player***

- Selected by a vote of the team members and coaches.

### ***17.6.2 Best Defensive Player***

- Selected by a vote of the team members and coaches.

### ***17.6.3 Most Improved Player***

- Selected by a vote of the team members and coaches.

### ***17.6.4 Spirit Award***

- Selected by a vote of the team members.

### ***17.6.5 Most Valuable Player***

- Selected by a vote of the team members and coaches.

## ***17.7 SOFTBALL***

### ***17.7.1 Most Valuable Player***

- Selected by a vote of the team members and coaches.

### ***17.7.2 Highest Batting Average***

- Must complete the varsity softball season, unless injured.
- Must be on the varsity team.
- Must be in the top ten players in official-at-bats. If tied, individual with the greater number of times at bat will be the winner.

### ***17.7.3 Lowest Earned Run Average***

- Must be on the varsity team.
- Must rank in the top four pitchers in innings pitched.  
Computed by varsity coaches in accordance with OHSAA rules. If tied, the player with the most innings pitched will be the winner.

***17.2.4 Most Improved Player*** - Selected by a vote of the team members and coaches.

***17.2.5 Most Spirited*** - Selected by a vote of the team members and coaches

## ***17.8 TENNIS (BOYS/GIRLS)***

### ***17.8.1 Most Valuable Player***

- Selected by a vote of the team members and coaches.

**17.8.2 Most Improved Player**

- Selected by a vote of the team members and coaches.
- Performance from the previous year is considered.

**17.8.3 Spirit Award**

- Selected by a vote of team members and coaches.

**17.9 TRACK AND FIELD (BOYS)**

**17.9.1 Most Valuable Runner**

- Selected by a vote of the team members.

**17.9.2 Most Valuable in Field Events**

- Selected by a vote of the team members.

**17.9.3 Bob Schul Award**

- Awarded by the Track Boosters Club.

**17.9.4 Most Improved**

- Selected by a vote of the team members and coaches

**17.10 TRACK AND FIELD (GIRLS)**

**17.10.1 Most Valuable Runner**

- Selected by a vote of the team members and coaches.

**17.10.2 Most Improved**

- Selected by a vote of the team members and coaches.

**17.10.3 Most Valuable in Field Events**

- Selected by a vote of the team members and coaches.

**17.10.4 Bob Schul Award**

- Awarded by the Boosters Club.

**17.11 VOLLEYBALL**

**17.11.1 Most Valuable Player**

- Selected by a vote of the players and coaches.

**17.11.2 Most Improved Player**

- Selected by a vote of the players and coaches.

**17.11.3 Spirit Award**

- Selected by a vote of the players and coaches.

**17.11.4 Most Assists resulting in a Score**

- Selected from statistics (all games).

## ***17.12 WRESTLING***

### ***17.12.1 Most Outstanding Wrestler***

- Selected by a vote of the players and coaches.

### ***17.12.2 Most Improved Wrestler***

- Selected by a vote of the players and coaches.
- Consideration from previous year.

### ***17.12.3 Most Pins Award***

- Selected from statistics (varsity matches only).

### ***17.12.4 Most Take Downs Award***

- Selected from statistics.

## **18. SPECIAL SENIOR AWARDS**

### ***18.1.1 Outstanding Senior Male Athlete***

- Must be a senior male athlete.
- Must have lettered in two varsity sports in senior year.
- Selected by vote of the Athletic Council.

### ***18.1.2 Outstanding Senior Female Athlete***

- Must be a senior female athlete.
- Must have lettered in two varsity sports in senior year.
- Selected by vote of the Athletic Council.

### ***18.1.3 Al Daum Sportsmanship Award***

- Must be a senior.
- Must have lettered in two varsity sports in senior year.
- Must reflect good citizenship on the athletic field.
- Must reflect good citizenship in/out of school.
- Selected by a vote of the Athletic Council.

### ***18.1.4 Ted Studebaker Award***

- Must be a senior boy.
- Must have lettered in two varsity sports in senior year.
- Must reflect outstanding determination.
- Must be a person who "gets the most from what he has."
- Selected by a vote of the Athletic Council.

### ***18.1.5 Patty Hogle Award***

- Must be a senior girl.
- Must have lettered in two varsity sports in senior year.
- Must reflect outstanding determination.
- Must be a person who "gets the most from what she has."
- Selected by a vote of the Athletic Council.

**18.1.6 Sharyn Pinkerton Sportsmanship Award**

- Must be a senior girl.
- Must have lettered in two varsity sports in senior year.
- Must reflect good citizenship on the athletic field.
- Must reflect good citizenship in/out of school
- Selected by a vote of the Athletic Council.

**18.1.7 Honorary Varsity "M" Award**

- May be male or female (non-student/coach)
- Contributes time and effort to the athletic program.
- May not repeat for at least five years.
- Not necessary to present award each year.
- Nominated and selected by the Athletic Council.

**18.1.7 "#1" Bulldog Fan**

- Must be a staff member or administrator who is employed by the Milton-Union School District
- Voted on by the senior athletes at an end of the year meeting
- Voting criteria is someone who supported the athletes thru their high school athletic career

**18.2 Student Athletes that show outstanding academic performance will be recognized with a certificate. The standard will be a 3.2 GPA for the previous grading period prior to the individual sports awards ceremony.**

**Additional Awards and Recognition:**

OHSAA Archie Griffin Sportsmanship Award (M-F); OHSAA Scholar-Athlete Award (M-F); OHSAA Courageous Athlete (M or F); Distinguished Athlete Award from the USMC (M or F); Scholastic Achievement Award from the USMC (M or F); Wat Farrar Scholarship (application 2M-2F); Arthur Lane Scholarship (application M-F); MU Rec Association Scholarship (application M-F); SWBL Fred Durkle Scholarship Nomination (application (M-F); SWBL Scholar Athlete Awards (Varsity Letter & 3.3 gpa); SWBL Sportsmanship Awards US Army Reserve Scholar/Athlete Award (M-F); OHSAA Award for Sportsmanship, Ethics and Integrity.

**Appendix A-I**

Code of Conduct/Training Rules Chart  
Guidelines for Student Athletic Eligibility

Appendix A  
Appendix B

Updated 6.19

Code of Conduct/Training Rules Awareness Form  
Showcase Permission  
OHSAA Physical Form  
Concussion Information/Awareness  
Emergency Medical Form  
Activity Fee Payment Plan  
Lindsays Law  
Informed Consent Drug Testing Form  
Points of Emphasis

Appendix C

Appendix D

Appendix E

Appendix F

Appendix G

Appendix H

Appendix I

Appendix J

# MILTON-UNION ATHLETIC TRAINING RULES/CODE OF CONDUCT VIOLATIONS, PENALTIES AND APPEALS SUMMARY (APPENDIX A) *Training Rules are year-around*

TRAINING RULES/ CODE OF CONDUCT VIOLATIONS	PENALTY DETERMINED BY	<u>1<sup>st</sup> PENALTY</u>	<u>2<sup>nd</sup> PENALTY</u>	<u>3<sup>rd</sup> PENALTY</u>
1. Tobacco 2. Alcohol 3. Theft 4. Vandalism	Training Rules	1. 20% Contest Suspension 2. Will carry over to next sport	1. 50% Contest Suspension 2. Will carry over to next sport	1. Career Suspension 2. Can appeal after 1 year
5. Illicit Drug Use/Possession	Training Rules	1. 50% Contest Suspension 2. Will carry over to next sport	1. 1 Year Suspension	1. Career Suspension 2. Can appeal after 1 year
6. Conduct unbecoming an athlete	Principal, AD <u>and</u> Coach	1. Warning, Team Rules, or 1 <sup>st</sup> Penalty	1. 2 <sup>nd</sup> Penalty	1. 3 <sup>rd</sup> Penalty
7. Truancy	Principal, AD	1. One contest suspension		
8. Office Referrals	Principal, AD <u>and</u> Coach	1. Team Rules or 1 <sup>st</sup> Penalty	1. 2 <sup>nd</sup> Penalty	1. 3 <sup>rd</sup> Penalty
9. Behavior on School Grounds or at School Activities	Student Handbook	1. Team Rules or 1 <sup>st</sup> Penalty	1. 2 <sup>nd</sup> Penalty	1. 3 <sup>rd</sup> Penalty
10. Suspension from School	Principal	1. Suspension from athletic team for same number of days (optional additional penalties 1, 2, and 3)		
11. Court Conviction	Training Rules	1. Same as 1-4 above 2. Severity of conviction can dictate further action and or suspension by principal/athletic director/superintendent		
12. Curfews	Head Coach	Team Rules		
13. Unsportsmanlike Conduct during Contest	Principal, AD <u>and</u> Coach	1. Warning, Team Rules, or 1 <sup>st</sup> Penalty	1. 2 <sup>nd</sup> Penalty	1. 3 <sup>rd</sup> Penalty

## APPEALS PROCEDURE (Applies to items 1-9 and 10, 13 if any additional penalty is given)

1. The Athlete should appeal within 24 hours of the suspension notice following notification of the suspension, unless extenuating circumstances prevail that do not allow an immediate appeal. The appeal window may be extended by the Athletic Director or Building Principal in such instances.
2. The Appeal process should begin with the Athletic Director followed by the Building Principal. The Athlete is not to participate during the appeal process.
3. The Appeal will only take place after receiving the suspension notification and/or suspension. The Appeal should be made by appointment. Once the Appeal is made the Athletic Director and /or Building Principal will then have the final decision on administration of penalties. The Appeal decision will enforce the penalty in full as written or to not enforce the penalty in full.

**PLEASE COMPLETE THE AWARENESS FORM ON THE NEXT PAGE AND RETURN TO YOUR COACH**

## MILTON-UNION ATHLETICS

### Eligibility Guidelines Grades 7- 12 (rev.6/1/2019) (APPENDIX B) (for co-curricular and extracurricular activities)

#### ACADEMIC STANDARDS

1. Students grades 7 - 12 must be passing five credits during the preceding nine week grading period. Students must obtain a 1.8 GPA for all courses taken during the preceding grading period. Athletes are not permitted to participate in practice or contests if ineligible at the beginning of the nine weeks. Eligibility is established the morning of the fifth school day.
2. The student must pass an interim eligibility check consisting of passing all his/her courses.
3. Student-athletes in grades 7 – 12 must be passing all of their courses at mid-term. If the athlete is failing at the midterm, the athlete will be placed on academic probation for a week.  
If the student-athlete is passing all classes he or she will no longer be on probation.  
  
*\*If the athlete fails to turn in a grade check, or is failing a class the athlete will not be eligible to participate in contests from Monday through Sunday the following week.*  
\*  
*\*Participation in practice will not be affected by mid-term eligibility unless it is determined they need the time to study.*
4. The coach/advisor may establish additional criteria for membership in his/her group including attendance at a Study Table until the grade(s) have been raised to passing marks.

#### ATTENDANCE STANDARDS

1. Students must arrive by 8:00 am to be eligible for extra-curricular activities unless they have notified the attendance office prior to 8:00 am and are excused upon arrival.
2. Students who leave school and don't return to school due to illness are not eligible to participate in extra-curricular activities for that day.
3. Students who leave school and return to school are eligible to play providing they have an excused absence.
4. Students absent on Friday are eligible to participate on Saturday providing they have an excused absence.

Participation is defined as playing in contests, practices or any other extra-curricular activity.  
Excused is defined as having a doctor's note or a pre-approved appointment and or absence when arriving at school.

The Building Administrator has the final authority when ruling upon extra-curricular eligibility based on the listed standards.

APPENDIX C

**MILTON-UNION SCHOOLS**  
**ATHLETIC CODE OF**  
**CONDUCT/TRAINING RULES &**  
**ELIGIBILITY AWARENESS FORM**

**I, The undersigned, have read, understand and will abide by the Athletic Code of Conduct and Training Rules as adopted by Milton-Union Schools. I also understand the right to review these rules with the coaches or administration if I wish to do so. I understand the rights and responsibilities of being an Milton-Union Student-Athlete and Parent.**

---

**Parent/Guardian Signature**

**Date**

---

**Student Signature**

**Date**

**Please detach and return the signed form to the head coach of your team. Failure to do so may result in denial of participation.**



PREPARTICIPATION PHYSICAL EVALUATION 2019-2020 HISTORY FORM

(Note: This form is to be filled out by the student and parent prior to seeing the medical examiner.)

Date of Exam \_\_\_\_\_
Name \_\_\_\_\_ Date of birth \_\_\_\_\_
Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_
Address \_\_\_\_\_
Emergency Contact: \_\_\_\_\_ Relationship \_\_\_\_\_
Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_ (Email) \_\_\_\_\_

Medicines and Allergies: Please list the prescription and over-the-counter medicines and supplements (herbal and nutritional-including energy drinks/ protein supplements) that you are currently taking

Do you have any allergies? [ ] Yes [ ] No If yes, please identify specific allergy below.

- [ ] Medicines [ ] Pollens [ ] Food [ ] Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

Table with 3 columns: Question, Yes, No. Sections include GENERAL QUESTIONS, HEART HEALTH QUESTIONS ABOUT YOU, HEART HEALTH QUESTIONS ABOUT YOUR FAMILY, and BONE AND JOINT QUESTIONS.

Table with 3 columns: Question, Yes, No. Section: BONE AND JOINT QUESTIONS - CONTINUED.

Table with 3 columns: Question, Yes, No. Section: MEDICAL QUESTIONS.

Table with 3 columns: Question, Yes, No. Section: FEMALES ONLY.

Explain "yes" answers here

Blank lines for explaining "yes" answers.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Student \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date: \_\_\_\_\_

The student has family insurance [ ] Yes [ ] No If yes, family insurance company name and policy number: \_\_\_\_\_



THE ATHLETE WITH SPECIAL NEEDS - SUPPLEMENTAL HISTORY FORM

PLEASE COMPLETE ONLY IF YOUR STUDENT HAS SPECIAL NEEDS OR A DISABILITY.

Date of Exam \_\_\_\_\_

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

Table with 16 rows of questions and two columns for 'Yes' and 'No' answers. Questions include: 1. Type of disability, 2. Date of disability, 3. Classification (if available), 4. Cause of disability (birth, disease, accident/trauma, other), 5. List the sports you are interested in playing, 6. Do you regularly use a brace, assistive device or prosthetic?, 7. Do you use a special brace or assistive device for sports?, 8. Do you have any rashes, pressure sores, or any other skin problems?, 9. Do you have a hearing loss? Do you use a hearing aid?, 10. Do you have a visual impairment?, 11. Do you have any special devices for bowel or bladder function?, 12. Do you have burning or discomfort when urinating?, 13. Have you had autonomic dysreflexia?, 14. Have you ever been diagnosed with a heat related (hyperthermia) or cold-related (hypothermia) illness?, 15. Do you have muscle spasticity?, 16. Do you have frequent seizures that cannot be controlled by medication?

Explain "yes" answers here

Blank lines for explaining "yes" answers.

Please indicate if you have ever had any of the following.

Table with 17 rows of conditions and two columns for 'Yes' and 'No' answers. Conditions include: Atlantoaxial instability, X-ray evaluation for atlantoaxial instability, Dislocated joints (more than one), Easy bleeding, Enlarged spleen, Hepatitis, Osteopenia or osteoporosis, Difficulty controlling bowel, Difficulty controlling bladder, Numbness or tingling in arms or hands, Numbness or tingling in legs or feet, Weakness in arms or hands, Weakness in legs or feet, Recent change in coordination, Recent change in ability to walk, Spina bifida, Latex allergy.

Explain "yes" answers here

Blank lines for explaining "yes" answers.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Student \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date: \_\_\_\_\_



PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

PHYSICIAN REMINDERS

- 1. Consider additional questions on more sensitive issues.
• Do you feel stressed out or under a lot of pressure?
• Do you ever feel sad, hopeless, depressed or anxious?
• Do you feel safe at your home or residence?
• Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
• During the past 30 days, did you use chewing tobacco, snuff, or dip?
• Do you drink alcohol or use any other drugs?
• Have you ever taken anabolic steroids or used any other performance supplement?
• Have you ever taken any supplements to help you gain or lose weight or improve your performance?
• Do you wear a seat belt, use a helmet or use condoms?
• Do you consume energy drinks?
2. Consider reviewing questions on cardiovascular symptoms (questions 5-14).

Table with columns: EXAMINATION, DATE OF EXAMINATION, NORMAL, ABNORMAL FINDINGS. Rows include: Height, Weight, BP, Pulse, Vision, Medical (Appearance, Eyes, Heart, Pulses, Lungs, Abdomen, etc.), Musculoskeletal (Neck, Back, Shoulder, etc.), and Functional (Duck walk, single leg hop).

ªConsider ECG, echocardiogram, or referral to cardiology for abnormal cardiac history or exam.
¸Consider GU exam if in private setting. Having third part present is recommended.
©Consider cognitive or baseline neuropsychiatric testing if a history of significant concussion.

CLEARANCE FORM

Note: Authorization forms (pages 5 and 6) must be signed by both the parent/guardian and the student.

Name \_\_\_\_\_ Sex  M  F Age \_\_\_\_\_ Date of birth \_\_\_\_\_

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

- Not Cleared
  - Pending further evaluation
  - For any sports
  - For certain sports \_\_\_\_\_  
Reason \_\_\_\_\_

Recommendations \_\_\_\_\_

I have examined the above-named student and completed the pre-participation physical evaluation. The student does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. In the event that the examination is conducted en masse at the school, the school administrator shall retain a copy of the PPE. If conditions arise after the student has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician or medical examiner (print/type) \_\_\_\_\_ Date of Exam \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician/medical examiner \_\_\_\_\_, MD, DO, D.C., P.A. or A.N.P.

EMERGENCY INFORMATION

Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

In case of Emergency, contact \_\_\_\_\_ Phone \_\_\_\_\_

Allergies \_\_\_\_\_

Other Information \_\_\_\_\_

**THE STUDENT SHALL NOT BE CLEARED TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS  
UNTIL THIS FORM HAS BEEN SIGNED AND RETURNED TO THE SCHOOL**



**OHSAA AUTHORIZATION FORM 2019-2020**

I hereby authorize the release and disclosure of the personal health information of \_\_\_\_\_ ("Student"), as described below, to \_\_\_\_\_ ("School").

The information described below may be released to the School principal or assistant principal, athletic director, coach, athletic trainer, physical education teacher, school nurse or other member of the School's administrative staff as necessary to evaluate the Student's eligibility to participate in school sponsored activities, including but not limited to interscholastic sports programs, physical education classes or other classroom activities.

Personal health information of the Student which may be released and disclosed includes records of physical examinations performed to determine the Student's eligibility to participate in school sponsored activities, including but not limited to the Pre-participation Evaluation form or other similar document required by the School prior to determining eligibility of the Student to participate in classroom or other School sponsored activities; records of the evaluation, diagnosis and treatment of injuries which the Student incurred while engaging in school sponsored activities, including but not limited to practice sessions, training and competition; and other records as necessary to determine the Student's physical fitness to participate in school sponsored activities.

The personal health information described above may be released or disclosed to the School by the Student's personal physician or physicians; a physician or other health care professional retained by the School to perform physical examinations to determine the Student's eligibility to participate in certain school sponsored activities or to provide treatment to students injured while participating in such activities, whether or not such physicians or other health care professionals are paid for their services or volunteer their time to the School; or any other EMT, hospital, physician or other health care professional who evaluates, diagnoses or treats an injury or other condition incurred by the student while participating in school sponsored activities.

I understand that the School has requested this authorization to release or disclose the personal health information described above to make certain decisions about the Student's health and ability to participate in certain school sponsored and classroom activities, and that the School is not a health care provider or health plan covered by federal HIPAA privacy regulations, and the information described below may be redisclosed and may not continue to be protected by the federal HIPAA privacy regulations. I also understand that the School is covered under the federal regulations that govern the privacy of educational records, and that the personal health information disclosed under this authorization may be protected by those regulations.

I also understand that health care providers and health plans may not condition the provision of treatment or payment on the signing of this authorization; however, the Student's participation in certain school sponsored activities may be conditioned on the signing of this authorization.

I understand that I may revoke this authorization in writing at any time, except to the extent that action has been taken by a health care provider in reliance on this authorization, by sending a written revocation to the school principal (or designee) whose name and address appears below.

Name of Principal: \_\_\_\_\_

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

This authorization will expire when the student is no longer enrolled as a student at the school.

**NOTE: IF THE STUDENT IS UNDER 18 YEARS OF AGE, THIS AUTHORIZATION MUST BE SIGNED BY A PARENT OR LEGAL GUARDIAN TO BE VALID. IF THE STUDENT IS 18 YEARS OF AGE OR OVER, THE STUDENT MUST SIGN THIS AUTHORIZATION PERSONALLY.**

\_\_\_\_\_  
Student's Signature Birth date of Student, including year

\_\_\_\_\_  
Name of Student's personal representative, if applicable

I am the Student's (check one):  Parent  Legal Guardian (documentation must be provided)

\_\_\_\_\_  
Signature of Student's personal representative, if applicable Date

**A copy of this signed form has been provided to the student or his/her personal representative**

**PREPARTICIPATION PHYSICAL EVALUATION 2019-2020**  
**2019-2020 Ohio High School Athletic Association Eligibility and Authorization Statement**

This document is to be signed by the participant from an OHSAA member school and by the participant's parent.

 I have read, understand and acknowledge receipt of the **OHSAA Student Eligibility Guide and Checklist** <https://www.ohsaa.org/Portals/0/Eligibility/OtherEligibilityDocs/EligibilityGuideHS.pdf> which contains a summary of the eligibility rules of the Ohio High School Athletic Association. I understand that a copy of the *OHSAA Handbook* is on file with the principal and athletic administrator and that I may review it, in its entirety, if I so choose. All OHSAA bylaws and regulations from the *Handbook* are also posted on the OHSAA website at [ohsaa.org](http://ohsaa.org).

 I understand that an OHSAA member school must **adhere to all rules and regulations** that pertain to the interscholastic athletics programs that the school sponsors, but that local rules may be more stringent than OHSAA rules.

 I understand that participation in interscholastic athletics is a **privilege not a right**.

**Student Code of Responsibility**

 As a student athlete, I **understand and accept** the following responsibilities:

 I will **respect the rights and beliefs** of others and will treat others with courtesy and consideration.

 I will be **fully responsible** for my own actions and the consequences of my actions.

 I will **respect the property** of others.

 I will **respect and obey the rules** of my school and laws of my community, state and country.

 I will **show respect to those who are responsible for enforcing the rules** of my school and the laws of my community, state and country.

 I **understand that a student whose character or conduct violates** the school's Athletic Code or School Code of Responsibility is not in good standing and is ineligible for a period as determined by the principal.

 **Informed Consent** – By its nature, participation in interscholastic athletics includes risk of injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have a responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN OHSAA-SPONSORED SPORT WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.**

 I understand that in the case of **injury or illness requiring treatment by medical personnel and transportation to a health care facility**, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be treated and transported via ambulance to the nearest hospital.

 I **consent to medical treatment** for the student following an injury or illness suffered during practice and/or a contest.

 To enable the OHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics in an OHSAA member school I **consent to the release to the OHSAA any and all portions of school record files**, beginning with seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received and attendance data.

 I **consent to the OHSAA's use of the herein named student's name**, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics.

 I **understand that if I drop a class**, take course work through College Credit Plus, Credit Flexibility or other educational options, this action could affect compliance with OHSAA academic standards and my eligibility. I **accept full responsibility** for compliance with Bylaw 4-4-1, Scholarship, and the passing five credit standard expressed therein.

 I **understand all concussions are potentially serious** and may result in complications including prolonged brain damage and death if not recognized and managed properly. Further I understand that if my student is removed from a practice or competition due to a suspected concussion, he or she will be unable to return to participation that day. After that day written authorization from a physician (M.D. or D.O.) or an athletic trainer working under the supervision of a physician will be required in order for the student to return to participation.

 I **have read and signed** the Ohio Department of Health's **Concussion Information Sheet** and have retained a copy for myself.

 **By signing this we acknowledge that we have read the above information and that we consent to the herein named student's participation.**

**\*Must Be Signed Before Physical Examination**

Student's Signature

Birth date

Grade in School

Date

Parent's or Guardian's Signature

Date

# Ohio Department of Health Concussion Information Sheet

## *For Interscholastic Athletics*

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

### What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

### Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

#### Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can’t recall events before or after hit or fall.*

#### Symptoms Reported by Athlete

- ◆ *Any headache or “pressure” in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not “feel right.”*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

### Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

### Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

### The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified healthcare professional.

### Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.



## Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

## Returning to Learn (School)

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
  - a. Increased problems paying attention.
  - b. Increased problems remembering or learning new information.
  - c. Longer time needed to complete tasks or assignments.
  - d. Greater irritability and decreased ability to cope with stress.
  - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.
5. For more information, please refer to Return to Learn on [the ODH website](#).

### Resources

ODH Violence and Injury Prevention Program  
<http://www.healthy.ohio.gov/vipp/child/returntoplay/>

Centers for Disease Control and Prevention  
<http://www.cdc.gov/headsup/basics/index.html>

National Federation of State High School Associations  
[www.nfhs.org](http://www.nfhs.org)

Brain Injury Association of America  
[www.biausa.org/](http://www.biausa.org/)

## Returning to Play

1. Returning to play is specific for each person, depending on the sport. *Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play.* Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
5. Your athlete should complete a step-by-step exercise -based progression, under the direction of a qualified healthcare professional.
6. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.\*

### Sample Activity Progression\*

**Step 1:** Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

**Step 2:** Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

**Step 3:** Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

**Step 4:** Full contact in controlled practice or scrimmage.

**Step 5:** Full contact in game play.

\*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

# Ohio Department of Health Concussion Information Sheet

## *For Interscholastic Athletics*

I have read the Ohio Department of Health's Concussion Information Sheet and understand that I have a responsibility to report my/my child's symptoms to coaches, administrators and healthcare provider.

I also understand that I/my child must have no symptoms before return to play can occur.

---

Athlete

---

Date

---

Athlete *Please Print Name*

---

Parent/Guardian

---

Date



APPENDIX F

**Milton – Union Exempted Village Schools  
Athletics**

**MU Athletics**  
7610 Milton-Potsdam Road  
West Milton, OH  
45383  
(937) 884-7960  
(937) 901-7370

**STUDENT NAME** \_\_\_\_\_

**SPORT** \_\_\_\_\_

**SCHOOL YEAR:** \_\_\_\_\_

**EMERGENCY MEDICAL AUTHORIZATION (Mandated by H.B. 639)**

Purpose – To enable parents/guardians to authorize the provision of emergency treatment for children who become ill or injured while under school authority, when parents/ guardians cannot be reached.

This authorization is valid for the stated sport and season. A new form must be filled out at the beginning of the participants sports season. Contact the coach of your current sport if any information changes.

A copy of this form will be carried by your coach, and the original will be on file in the Athletic Office.

Student's Name \_\_\_\_\_

School Name \_\_\_\_\_

Address \_\_\_\_\_

Student's SS No. \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

Residential Parent / Guardian

\_\_\_\_\_

Relation to Student \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

**(See reverse side for consent/signature/provider information)**

APPENDIX F

Part I to Grant Consent

I hereby give consent for the following medical care providers and local hospital to be called: **(Complete the section below. Make sure the information is accurate and up to date)**

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Dentist \_\_\_\_\_ Phone \_\_\_\_\_

Medical Specialist \_\_\_\_\_ Phone \_\_\_\_\_

Local Hospital \_\_\_\_\_ Phone \_\_\_\_\_

In the event of reasonable attempts to contact parent/guardian have been unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary by the above listed medical professionals, or in the event the designated preferred medical professional is not available, by another licensed medical professional; and the transfer of the child to any hospital reasonably accessible.

This authorization does not cover major surgery unless the medical opinions of two other licensed physicians or dentists, concurring the necessity for such surgery, are obtained prior to the performance of such surgery.

Facts concerning the child's medical history including allergies, medications being taken and any physical impairments to which a physician should be alerted: **(if none, please indicate this)**

Allergies: \_\_\_\_\_ Physical Impairments: \_\_\_\_\_

Medications: \_\_\_\_\_ Additional History: \_\_\_\_\_

\_\_\_\_\_  
Date Signature Parent/Guardian  
Address \_\_\_\_\_  
\_\_\_\_\_

Part II Refusal to Consent

I do not give my consent for emergency medical treatment of my child. In event of illness or injury requiring emergency treatment, I wish the school authorities to take the following action: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
Date Signature Parent/Guardian  
Address \_\_\_\_\_  
\_\_\_\_\_

**(See reverse side for contact information)**

**MILTON-UNION SCHOOLS  
STUDENT ACTIVITY PAYMENT AGREEMENT  
(2019 – 2020 School Year)**

Parent(s) Name: \_\_\_\_\_

Student Name: \_\_\_\_\_ Activity: \_\_\_\_\_ Fee: \_\_\_\_\_

Students who are approved for either free or reduced lunch payments pay only 50% of the activity fee.

I agree to pay \_\_\_\_\_ every two weeks. Payments are to be made directly to either the coach or the Athletic Director. I understand that failure to meet my regular payment schedule may result in ineligibility to participate. I also understand the all fees must be paid by \_\_\_\_\_.

\_\_\_\_\_  
Parents Signature

\_\_\_\_\_  
Date

Must be returned immediately for your student/athlete to participate.

Contact Mark Lane at 884-7960  
or e-mail at [lanema@muschools.com](mailto:lanema@muschools.com)  
if you have any questions. Thank you.

***Payment - Date***

***Payment Amount***

Payment 1 - \_\_\_\_\_

Payment 2 - \_\_\_\_\_

Payment 3 - \_\_\_\_\_

Payment 4 - \_\_\_\_\_

Fee Levels: HS 1<sup>st</sup>: \$70 additional \$35  
JH 1<sup>st</sup>: \$60 additional \$30

This annual fee will be capped at \$350 per family for Athletics and \$350 per family for Co-Curricular.

# Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



**What is Lindsay's Law?** Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

**Which youth athletic activities are included in Lindsay's law?**

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

**What is SCA?** SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

**What is a warning sign for SCA?** If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

**What symptoms are a warning sign of SCA?** A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

**What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play?** The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

**What happens if an athlete experiences any other warning signs of SCA?** The youth athlete should be seen by a health care professional.

**Who can evaluate and clear youth athletes?** A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

**What is needed for the youth athlete to return to the activity?** There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

-----  
Parent/Guardian Signature

-----  
Student Signature

-----  
Parent/Guardian Name (Print)

-----  
Student Name (Print)

-----  
Date

-----  
Date

**MILTON-UNION EXEMPTED VILLAGE SCHOOLS  
STUDENT DRUG & ALCOHOL TESTING POLICY  
INFORMED CONSENT AGREEMENT**

We hereby consent to allow the student named on the reverse side to undergo drug testing for the presence of illicit drugs, alcohol, or banned substances in accordance with Policy and Procedures for Drug & Alcohol Testing of the Milton-Union Exempted Village Schools.

We understand that student testing will be administered in accordance with the guidelines of the Milton-Union Exempted Village Schools.

We understand that any sample taken for drug testing will be tested only by a Board of Education approved company.

We hereby give our consent to the company selected by the Board of Education, its employees, or agents, together with any company, hospital, or laboratory designated to perform testing for the detection of drugs.

We further give our consent to the company selected by the Board of Education, its employees, or agents, to release all results of these tests to designated School District employees or agents. We understand that these results will also be available to us upon request.

I, the student, hereby authorize the release of the results of such testing to my parent/guardian/custodian.

We hereby release the Board of Education, its employees or agents from any legal responsibility or liability for the release of such information and records.

This will be deemed a consent pursuant to the Family Educational Rights and Privacy Act of 1974, 20 U.S.C. 1232g as amended, and the Ohio Revised Code 3319.321, for the release of the test results as authorized by the Informed Consent Agreement or as required by law.

**For more information, please review Board of Education Policy 5530.02 on the district website at [muschools.com](http://muschools.com).**

**MILTON-UNION EXEMPTED VILLAGE SCHOOLS  
STUDENT DRUG & ALCOHOL TESTING POLICY  
INFORMED CONSENT AGREEMENT**

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

GRADE \_\_\_\_\_

**AS A STUDENT:**

I understand and agree that participation in athletic and extra-curricular activities is a privilege that may be withdrawn for violations of the Milton-Union Exempted Village Schools Drug & Alcohol Testing Policy.

I have read the Drug & Alcohol Testing Policy and thoroughly understand the consequences that I will face if I do not honor my commitment to said policy.

I understand that when I participate in any covered program I will be subject to initial and random drug & alcohol testing, and if I refuse, I will not be allowed to practice or participate in any covered program activities. I have read the informed consent agreement and agree to its terms.

I understand this agreement is binding while I am a student with the Milton-Union Schools.

I consent to drug, alcohol, and nicotine testing as set forth in the policy.

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

\_\_\_\_\_  
DATE

**AS A PARENT/GUARDIAN/CUSTODIAN:**

I have read the Milton-Union Exempted Village Schools Drug & Alcohol Testing policy and understand the responsibilities of my son/daughter/ward as a participant in athletic and extra-curricular activities.

I pledge to promote healthy lifestyles for all students in the Milton-Union Schools.

I understand that my son/daughter/ward, when participating in any covered program, will be subject to initial and random urine drug and alcohol testing, and if he/she refuses, will not be allowed to practice or participate in any covered activities. I have read the informed Consent Agreement and agree to its terms.

I understand this agreement is binding while my son/daughter/ward is a participant in athletics and extra-curricular activities with the Milton-Union Schools.

I consent to drug, alcohol, and nicotine testing of my student as set forth in the policy.

\_\_\_\_\_  
PARENT/GUARDIAN/CUSTODIAN SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT GUARDIAN/CUSTODIAN PRINTED NAME

\_\_\_\_\_  
WORK PHONE

**For more information, please review Board of Education Policy 5530.02 on the district website at [muschools.com](http://muschools.com).**