

# *Milan Area Schools*

*2015 - 2016*

## Athletics Department Rules, Regulations & Code of Conduct

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For more information about teams, schedules, directions, athletic forms, participation fees, etc., go to [www.milanareaschools.org](http://www.milanareaschools.org) , [www.schedulestar.com](http://www.schedulestar.com) , or [www.mhsaa.com](http://www.mhsaa.com) .

*Note: Milan Area Schools does not discriminate on the basis of race, color, national origin, sex, age, religion, or disability in admission, access to, or treatment of employment in any of its programs, activities, or policies.*

## **Milan Area Schools Athletic Department Rules and Regulations**

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## INTRODUCTION

**The following rules and regulations apply to all participants in all sports**, including club sports, at Milan Area Schools, but are not intended to be all inclusive. These rules and regulations cover areas specific to participants in Milan Schools sports **and are in addition to all rules and regulations outlined in the High School and Middle School Student Handbooks and the Michigan High School Athletic Association Rules.**

**In addition** to the following rules and regulations, **each coach will present in writing to the student athlete the rules and expectations specific to the sport** in which the student athlete is competing. The sport specific rules will be approved by the athletic director and will not be in conflict with the Milan Area Schools Athletic Department Rules and Regulations, the High School and Middle School Student Handbooks, or the Michigan High School Athletic Association Rules.

**Any violation** to the Milan Area School Athletic Department Rules and Regulations, the High School or Middle School Student Handbooks, the Michigan High School Athletic Association Rules, or rules and expectations specific to the sport in which the student athlete is participating in **will result in some form of discipline.**

### General Clause:

It must be understood by all concerned; athletes, parents, coaches and administration that rules cannot be written to cover all possible situations which may occur. In such cases, the participants should understand that the Athletic Review Board would act in its own best judgment in light of the circumstances involved.

### Athletic Review Board

The board will consist of the building principal or assistant principal, the athletic director, the coach of the athlete, and a guidance counselor. A designated staff member may be asked to replace a board member.

*Note: Any issues not covered by the Milan Athletic Department Rules, Regulations & Code of Conduct, the Milan Student Handbooks, the MHSAA Rules, or specific team rules will be resolved by the Head Coach and the Athletic Director.*

## ATHLETIC DEPARTMENT PHILOSOPHY

The athletic program is a very important part of the overall education of the student. Athletics offer many opportunities for the total development of each individual. **Participation in a Milan athletic program is a privilege, not a right.** If a student decides to participate in the athletic program, he or she must understand that there are specific obligations and responsibilities by which they must abide that are greater than those expected of other students. The athletic code of conduct defines acceptable behavior and conduct.

## THE DEFINITION OF “IN SEASON”

### **Season Start:**

The season begins with the first day of practice allowed by the Michigan High School Athletic Association (MHSAA).

### **Season End:**

The season ends based on whichever occurs LAST: The banquet for the team or the last competition for the team.

**PARTICIPATION:** Before a student is allowed to practice/compete, the following items need to be on file in the Athletic Director's Office.

1. **Physical Exam** – No student shall be eligible to represent Milan Area Schools if there is not a physical exam on file. A physician's statement for the current school year certifying that the student has passed an adequate physical examination and that, in the opinion of the examining physician, the student is physically able to compete in athletic contests. **(THE PHYSICAL MUST BE SIGNED AND DATED BY THE PHYSICIAN ON OR AFTER APRIL 15TH, 2012.)**
2. **Parent Medical Consent Form** – No student shall be eligible to represent Milan Area Schools if there is not a Parent Medical Consent form on file. This form must be filled out completely. If the parent does not have insurance, that must be noted on the form with an N/A on the line next to "Insurance Company". Milan Athletic Department does not provide secondary medical insurance for any high school or middle school athlete. It will be the complete responsibility of the athlete's parent or guardian to provide medical coverage for any injury that occurs while the athlete is a member of a Milan Area Schools athletic team. It must be further understood that participating in any sport is exposing your son or daughter to the risk of serious injury, up to and including death.
3. **MAS Rules, Regulations and Code of Conduct:** Each student must have a signed copy of the Milan Area Schools Rules, Regulations and Code of Conduct on file prior to participating in the first practice. This signed document indicates that both the student AND parent have read, understand, and agree to the rules and expectations put forth by the district and athletic department
4. **MHSAA Academic Eligibility Rules:**
  - a. Enrollment – The student has to have been enrolled in a high school by Monday of fourth (4<sup>th</sup>) week of present semester.
  - b. Age – The student must be under nineteen (19) years of age at time of contest unless 19<sup>th</sup> birthday occurs on or after September 1 of a current school year, in which case student is eligible for balance of that school year in all sports. Seventh grade students must be under fourteen (14) years of age unless the 14<sup>th</sup> birthday occurs on or after September 1 of a current school year, in which case the student is eligible for balance of that school year in all sports. Eighth grade students must be under fifteen (15) years of age at time of contest unless the 15<sup>th</sup> birthday occurs on or after September 1 of a current school year in which case student is eligible for balance of that school year in all sports. No student who is enrolled in the sixth grade or below may compete on the same team with or against seventh or eighth grade student.
  - c. Awards – a student must not have accepted any award or merchandise exceeding \$25.00 in value for athletic performance. Athletes accepting memberships, privileges, services, negotiable certificates of money are in violation. A student shall be ineligible under this rule if he or she accepts cash, merchandise certificates, or any other type of negotiable certificate of any value.

## **ACADEMIC ELIGIBILITY**

To be eligible for interscholastic athletics during the first semester of the school year, a student must be enrolled in a high school no later than the fourth Friday after Labor Day. To be eligible for interscholastic athletics during the second semester of the school year, a student-athlete must be

enrolled in a high school no later than the fourth Friday in February. Unless a specific exemption is stated, a student must be enrolled in at least 66 percent of full credit load potential for a full-time student in the school for which he or she competes.

The MHSAA rules requires that no student-athlete shall compete in any athletic contest who does not have to his or her credit in the official records of the school to be represented, at least 66% of full credit load potential for a full-time student for the last semester during which he or she shall have been enrolled in grades 9 to 12, inclusive. A student-athlete entering the 9<sup>th</sup> grade for the first time may compete without reference to his or her record in the 8<sup>th</sup> grade.

**W-A-Y Program:** Students enrolled as part of the W-A-Y program are not eligible to participate in high school athletics as they are not satisfying the full-time course load requirement as deemed necessary by the MHSAA.

### **Coach/AD Grade Checks**

To monitor and determine academic eligibility, coaches will be using the on-line grading system, Power School, to receive the most accurate and up-to-date records. Eligibility will be determined by reviewing grades through grade checks, progress reports, and report cards.

### **Grade Checks and Progress Reports:**

If on any grade check or progress report a student athlete earns two F's within the quarter marking period, not semester grades, he or she becomes ineligible. At this point, the student athlete may practice with the team, but NOT compete until the the grade situation is rectified. The athletic department will check students grades on a two week basis or on a randomly needed basis. Only actual grades will be used to determine eligibility. Non-reported grades will not be held against the students. In-completes will be considered as failing until work is completed. A student that is below the standards will be ineligible for competition until the grades are rectified or until the next grade check. A coach can do a weekly check for athletes that are seeking reinstatement.

Semester grades will be used for MHSAA qualifications.

Middle school grades will not be used to determine a 9<sup>th</sup> graders eligibility, however the grades will be closely monitored throughout the season.

Middle school grades will be checked every four and a half weeks. Coaches may do weekly checks for reinstatement.

### **Reinstatement of Academic Eligibility**

#### **Grade Checks and Progress Reports:**

After becoming ineligible during a grade check or progress, the student athlete can work to bring these grades up before the report card. The student athlete may request an updated grade from the teacher at any time. The coach can then check online for an updated grade.

#### **Report card:**

After becoming ineligible at the end of a semester, and failing to pass 66% of a full time student academic load, the student athlete remains ineligible for the next semester. The student may recover the credit during a subsequent semester, summer session, night school, etc.

# **PRACTICE AND COMPETITION ATTENDANCE**

## **PRACTICE ATTENDANCE**

As a member of any/all Milan athletic teams, attendance at **all** practices and games is **mandatory**, and it is the responsibility of each student to make sure that they are taking care of all responsibilities and obligations associated with being a member of the team (aka: keep up with homework, being a positive team member, participate in all team functions, etc.). Any practices that are going to be missed for academic reasons (aka: makeup homework, concerts, etc.) must be prearranged with the coach at least 24 hours in advance. Missing practices in order to get homework done is an unacceptable practice and will be viewed as an unexcused missed practice.

### **Athletes starting after the first practice (see “The Definition of ‘In Season’”)**

All student athletes are expected to be at the first day of practice. Exceptions must be discussed with the coach in order to participate in the sport. Make-up work will then be determined by the coach. Each individual sports head coach has the freedom to make said penalties more strict as they see fit. These below are simply guidelines.

### **Athletes missing practice or competitions during the season**

All student athletes are expected to be at all practices and competitions throughout the season. If a student athlete is injured or unable to participate, he/she is still expected to attend practices and competitions as part of the team. Absences must be discussed with the coach at least 24 hours prior to the missed practice or competition.

### **The consequences for missed practices and/or competitions could include:**

*The consequences for missing the start of the season could include:*

#### **Potential Consequences for non-cut sports:**

<u>Missed Practice(s)</u>	<u>Penalty</u>
1-5	1 week of competition
6-10	2 weeks of competition
11 or more	Dismissed from the team.

#### **Potential Consequences for cut sports:**

<u>Missed Practice(s)</u>	<u>Penalty</u>
1	1 competition
2	2 competitions
3 or more	Dismissed from the team

\*Exceptions to the consequences (as stated above, must be cleared with coach)

- ✓ the athlete's seasons overlap
- ✓ academic obligations; group discussions, ECA/EMU
- ✓ death in the family or other emergency
- ✓ religious observation
- ✓ curricular class requirement (See “Conflicts of Interest” below for explanation)

## **Conflicts of Interest**

It is expected that once an athlete commits to a sport and team, he/she will not shirk this responsibility for other interests. This includes family vacations during school breaks, school trips and functions (such as the day of Prom), or travel team programs. We attempt to minimize as many of these types of conflicts as we can, but circumstances do not always allow us to eliminate team responsibilities during such times. All athletes will still be held accountable for absences due to these types of conflicts of interest. The only exception in the case of a conflict of interest would be if one of the classes in our curriculum **REQUIRES** attendance at a different event at the same time; in other words, if the student athlete's grade for that class will suffer because of lack of attendance at the required class event; aka: Band or Choir activities.

## **PLAYING TIME:** Playing time is earned at all levels.

1. Middle school – the amount of playing time is earned, but everyone plays.
2. Freshman teams – the amount of playing time is earned, but everyone plays.
3. Junior Varsity teams – playing time is selective, everyone does not play in each event, but strongly encouraged. Preparation for varsity competition.
4. Varsity teams – very selective playing time, everyone does not play in each event. Playing time based on a set of criteria and as deemed by the coaching staff. Some of that criteria would be:
  - Physical ability
  - Team Chemistry
  - Academic eligibility
  - Practice attendance
  - Practice & Game attitude and work ethic
  - Knowledge of offensive and defensive assignments
  - Team play
  - Safety
  - Position experiences
  - Bench conduct, attitude, team support
  - Specialization of skills (volleyball server/setter, FB kicker, etc.)
  - Direct One-on-one competition (individual sports)

## **SCHOOL ATTENDANCE**

### **Consequences of school absence**

A student athlete is expected to attend classes at all times. Unexcused absences will not be tolerated. Students must be in class at least ½ of the school day (4 of 7 blocks) or he/she will NOT be allowed to practice or compete on that day. Students may not participate in a practice or contest on the day of an unexcused absence. Violation of this policy will result in a one-contest suspension. Prearranged absences for funerals, doctor or dentist appointments, etc. will not affect participation, but this information needs to be communicated to the coaches prior to the absence.

*Note: Exceptions to this rule may be approved by submitting a written request to the Athletic Director AND Head Coach prior to the day missed.*

### **Consequences of truancy**

When a student athlete has been deemed “truant” by school administration, the following consequences in Athletics can occur:

Offense

Truancy

Penalty

Will not be allowed to practice either the day of, or the day after, the reported truancy. Could possibly not be allowed to compete in the next competition following the reported truancy.

Recurring Truancy

TBD (possible suspension from team).

## **FACILITIES AND EQUIPMENT**

### Facilities

A student athlete using ANY FACILITY (including but not limited to the weight room) of Milan Area Schools must be under the DIRECT SUPERVISION of a coach at all times.

### Trainer's Room and Coaches' Offices:

The trainer's room and coaches' offices are off-limits to all student athletes unless they are under the supervision of the trainer or coach.

### Equipment

All student athletes are financially responsible for equipment issued to them during their season. Equipment issued to student athletes is to be worn only for practice or competitions, unless given express permission by the coach of the sport. Uniforms are supplied for the sole purpose of athletic participation. When the season is completed, all equipment and uniforms must be returned. There are no exceptions to this policy. All equipment must be returned within one week after the final contest for that sport or as specified by the head coach.

The theft of school equipment or uniforms is larceny and Michigan Law regards larceny as a felony. A student will be charged full replacement cost for any lost or damaged equipment or uniforms regardless of its age or condition.

**Any student that does not turn in any Milan Area Schools property (ex: uniforms) will be ineligible to participate in another sport until all property is paid for or returned.**

### Vandalism

A student athlete will be financially responsible for acts of vandalism of athletic equipment or facilities home and away. This includes but not limited to acts such as climbing facility fences/gates, kicking doors, breaking restroom soap and toilet paper dispensers, white boards, etc.

*Note: Violations of the above standards regarding facilities and equipment will result in appropriate discipline ranging from corrective action prescribed by the coach to suspension from competition(s) or expulsion from the team. The police may also be notified.*

## **TRANSPORTATION**

When the school provides transportation (bus, van, etc.), all student athletes must travel to and return from the destination together nonstop. This is a team function and the team is to remain together until they return home.

Do to the number of “school of choice” students we have on our sports teams, some parents may want to take their kids from the game sight. It is permissible to release the kids to their parents at the game sight. Prior arrangements should be made by the parents. They are not to be released to go home with other students or other family members.

Behavior: Students need to remain seated at all times with the windows up. At railroad crossings, everyone needs to remain quiet until the bus has cleared the railroad tracks.

*Note: Please keep in mind that if there is eating allowed on the buses or vans used for transportation to and from events, the bus/van needs to be cleaned of all food, trash, etc. upon return to the school. Failure to do so could result in elimination of transportation services and/or eating privileges on the bus.*

## **COACH/PARENT MEETING**

Prior to the first day of practice AND the first competition, all coaches will provide an opportunity for a meeting with parents/guardians of the student athletes to discuss the upcoming season. All families will receive copies of the schedule, team rules and expectations, and the Athletic Department Rules, Regulations and Code of Conduct.

The student athlete will not be allowed to compete until a copy of the physical exam and parent consent forms are signed by a parent/guardian and on file in the athletic directors office. The parent/guardian’s signature on both of these documents will serve to acknowledge acceptance of the conditions to participate in athletics in Milan Area Schools.

## **INJURIES/MEDICAL CARE**

All injuries must be reported to the coach and/or trainer promptly, regardless of the severity of the injury. The coach, trainer and/or athlete should then notify the parent/guardian of this injury. This same process should take place in the case that an accident or injury occurs off of school grounds.

If a student athlete receives care from any physician, including a physician’s assistant (PA) or certified nurse practitioner (CNP), for any injury or illness, then that athlete is required to present a written note from a medical professional to the athletic trainer and coach stating his/her status. Athletes will not be allowed to practice or compete until a written medical release to return to practice and/or competition is received.

*All medical situations should be communicated to the athletic trainer, the student-athletes position coach and/or head coach. If they are not available, then it should be communicated to the Director of Athletics.*

## **MHSAA RULE INFRACTIONS RESULTING IN INELIGIBILITY**

The following represent a few of the commonly misunderstood MHSAA rules that will result in ineligibility:

- ✓ A student athlete's amateur status can be jeopardized if a student receives money or valuable consideration for participation in sports sponsored by Milan Area Schools. The period of ineligibility will be dictated by current MHSAA rules.
- ✓ A student athlete who plays a sport for a team other than a Milan Area Schools team during the season he/she is a member of the same sport team at Milan Area Schools will be ineligible. The period of ineligibility will be dictated by current MHSAA rules.
- ✓ A student athlete who receives an award for participation in athletics that exceeds \$25 in value will become ineligible. The period of ineligibility will be dictated by current MHSAA rules.

## **AWARDS**

An athlete will receive a maximum of one (1) varsity letter while participating as a high school athlete. All other letters or awards won will be recognized via certificates and/ or recognition bars. Only members of a team finishing the season in good standing will receive any type of award or recognition (such as a certificate or varsity letter). The head coach will determine the status of "in good standing."

Only 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grade athletes are eligible for the Milan scholar athlete award, as this is based on at least two semesters of high school grade point averages. Only 12<sup>th</sup> grade athletes are eligible for the all-conference academic honors.

Student-athletes that are involved in outside academic programs (Early College Alliance, Online courses, etc.,) do not qualify for Milan High School or Huron league academic honors.

Huron League Awards: League recognition is done through a nomination or voting process by the league coaches and athletic directors. League academic recognition is only available to seniors.

*Note: Student athletes who have been expelled from the team for violations will not receive a team award and will not be allowed to attend the team banquet.*

## **BEHAVIOR**

**The behavior of Milan student athletes will be held to the highest of standards. Athletes must understand that they represent the community and the school at all times. Proper behavior in school, at practices, at athletic contests, with in the community, and during bus rides should be exhibited at all times.**

### **Poor sportsmanship/disrespect**

All athletes are expected to display the highest degree of sportsmanship in relation to opponents, teammates, coaches, officials, and spectators. Excessive display of temper, loss of self-control, use of profanity, abusive language, taunting, or obscene gestures will not be tolerated. Coaches will deal with poor sportsmanship, vulgarity, and other forms of poor behavior and disrespect in conjunction with the athletic director. Any action by student athletes that violates behavior standards will result in appropriate discipline (based on the severity of the offense) ranging from corrective action prescribed by the coach, to suspension from competition(s), or expulsion from the team. This also applies to behavior exhibited during the school day and at school sponsored activities towards faculty or any MAS staff.

Inappropriate behavior by parents at athletic events towards coaches, officials, other spectators, etc. is not to be tolerated. In the case that such behavior results in a parent being escorted from a competition venue, home or away, will result in your son/daughter being suspended for the next contest. Parents are expected to be good ambassadors of our teams, Milan school district and the Milan community.

### **Unsportsmanlike Conduct**

Any student that is removed from a MHSAA athletic event for unsportsmanlike conduct may not participate in the next scheduled event as per MHSAA rules. The coach and the athletic director may add penalties based on the severity of the violation. A coach removed from an MHSAA athletic event may be suspended for a week of practice and/or the next scheduled competition.

### **Hazing/Bullying**

Hazing is defined as harassment, abuse, or humiliation by way of initiation. This definition can include both physical and mental forms of hazing. Hazing is associated with, but not limited to being initiated into, or pledging, a team. Student athletes participating in hazing activities will be subject to discipline appropriate to the offense. Depending on the severity of the violation, penalties may range from suspension to expulsion from the team, and potential police involvement.

### **Discipline from school**

All violations of rules and regulations outlined in the Student Handbook that result in a student athlete being assigned any form of discipline by school administration (such as detention or suspension from school) will result in suspension from the next competition upon their return to the team. Recurring violations may result in further suspension or expulsion from the team.

### **Breaking the Law**

If a student athlete breaks the law (misdemeanor, felony, other than minor traffic violations) and the action results in a conviction (or a separate school investigation determines culpability), discipline will be administered. Penalties could include suspension from competition or expulsion from the team.

If a student athlete's action (as described above) is also a violation of the regulations in the Student Handbook or the Athletic Rules and Regulations, discipline will be administered. Penalties could include suspension from competition or expulsion from the team.

*Note: During an investigation (police or school), the student athlete in question may be temporarily suspended from all team activities.*

## **TRAINING RULES**

Training rules are a very necessary part of a total athletic program. Students will be expected to make a commitment to follow these rules and to display the self-discipline necessary for a successful experience in all sports. The training rules are in effect throughout the school year.

### **Use of illegal substances**

Milan Area Schools recognizes that the use of tobacco, alcohol, and other drugs interferes with the physical, intellectual, social, and emotional development of our student athletes. Reflecting the prevention philosophy of both our athletic program and our school system, this policy's intent is to send a clear and consistent message to all athletes, coaches, parents, and program administrators regarding tobacco, alcohol, and other drugs. The adolescent use of tobacco, alcohol, and other drugs is illegal and presents a significant threat to an athlete's health and safety and to the orderly conduct of athletic programs. The additional safety factors associated with active, competitive participation give

the athletic community an added responsibility to provide the safest and healthiest environment for all concerned.

**Substance abuse violation:**

The use, sale, distribution or possession of any controlled or illegal behavior-altering substances or drug paraphernalia is strictly prohibited. It is the policy of Milan Area Schools Board of Education that intervention be taken in case of policy violations which take place in the schools, on school property, or within 500 feet of school property during school hours, at school-sanctioned activities, or while in-route to and from any of the above by school approved transportation. If an investigation finds that a student is in violation of the Milan Substance Abuse Policy, it will result in immediate expulsion from the team and will invoke the Students Disciplinary Action and the Student Assistance Policy.

Out of school (weekends, holidays, before and after school) substance abuse violations may be reported to the athletic director's office, coach, faculty member or administrator. Confirmation of violations must be made in writing by a parent, a school employee or a law enforcement agent. Athletes found in violation of this policy will receive disciplinary action as outlined in the Student Abuse Policy or Student Handbook.

1. Category 1 Substances (See Board Policy & Student Handbook)

First Offense: A school administrator will notify parents of the violation. The athlete will be suspended for 20 school days. The suspension includes, but is not limited to practices, games, team meetings, pre-game meals, tryouts and pep assemblies. The athlete may or may not be nominated for post-season all-conference honors.

Second Offense: Suspension from all Milan Area School athletic teams or clubs for one calendar year.

2. Category II Substance (See Student Handbook)

First Offense: The same as Category 1 penalties except the suspension will be for 15 school days.

Second Offense: Suspension for 30 school days.

NOTE: ALL PENALTIES ARE CUMULATIVE FROM THE FIRST OFFENSE THROUGHOUT A STUDENT'S CAREER AT MILAN HIGH (MIDDLE) SCHOOL.

*Note: Refer to complete Student Assistance Policy (in Milan Student Handbook).*

**CODE OF CONDUCT:**

All athletes are to abide by the standards set forth in the Milan Student Handbook. An athlete may not participate in any athletic contest or practice while on suspension from a violation defined in the handbook. Any athlete that is suspended from school may not play until the day after the suspension ends. The Code of Conduct shall cover the actions of any athlete while they are under the supervision of a school athletic team. Furthermore, any athlete who is involved in larceny, physical assault, vandalism or other severe inappropriate behavior outside of school will be immediately suspended from the team. A decision regarding the charges will be made after the Athletic Review Board has had a chance to review all of the facts.

**QUITTING A TEAM**

No student should quit a team without first consulting with his or her coach. A student may quit a team without penalty at any time before the beginning of the first contest of that season. If a student quits

after the first contest, they will be ineligible to compete in the first 30% (thirty percent) of the next sport in which they wish to participate. (The coach or athletic director may excuse a student from the above rule under extenuating circumstances, but their decision together is final.)

### **Appeals/Complaint Procedures**

When a person (i.e. student, parent, coach, teacher, or an administrator) has a question, concern, or complaint regarding an athletic situation, the following line of communication ***must*** be followed:

- Set up a meeting with the coach involved.
- If the appellant is not satisfied with the coach's decision, he/she may appeal to the Head Coach of that sport by setting up a meeting.
- If the appellant is not satisfied with the Head Coach's decision, he/she may appeal to the Athletic Director by setting up a meeting.
- If the appellant is not satisfied with the Athletic Director's decision, he/she may appeal to the High School or Middle School Principal (whichever applies) by setting up a meeting.
- If the appellant is not satisfied with the Principal's decision, he/she may appeal to the Superintendent by setting up a meeting.

All complaints must be heard at the lowest possible level before intervention by a higher authority can occur.

When explaining your concerns, state the facts as you know them. Voice your expectations for the results and/or outcome of your concern.

When you converse with a coach or other authority, repeat what you hear him or her say to be sure you understand the important points.

Before the session ends, have a plan which is clearly understood by all parties. Check for mutual understanding.

Students should learn to resolve their own differences. When a student successfully deals with difficult situations, they learn and benefit the most. Of course, a parent always retains the right to intervene on behalf of their child.

Always assume that all parties have the best interest of the student in mind when concerns are discussed. Every effort will be made to assure that the student is not penalized or placed in an awkward position as a result of voicing a complaint or concern.

- Appropriate issues to discuss with coaches:
  - The treatment of your child, mentally and physically.
  - Ways to help your child improve.
  - Concerns about your child's behavior.
  
- Issues NOT appropriate to discuss with coaches:
  - Team strategy.
  - Play calling.
  - Other student-athletes.
  - Playing time

**Athlete and Parent signatures to acknowledge the participant contract:**

**I have chosen to participate in athletics at Milan High School. I commit myself to continuously working toward the goal of top physical fitness. To do anything which would harm my body would not be in my best interest or in the interest of my team and school. I agree to remain free from tobacco, alcohol, and other drugs. I fully understand this pledge extends to 24 hours a day/seven days a week. If I have a problem or need help fulfilling this contract, I understand that the coaches, and school counselors will be available to help me. I have read and understand the athletic rules, regulations and code of conduct; and the consequences of violating them. I pledge to keep all rules and regulations and to help all of my teammates abide by the same. In addition, my signature below acknowledges that I have read the Athletic Department Rules, Regulations and Code of Conduct and accept the rules and regulations as a condition of participation.**

*Student Athlete Signature* \_\_\_\_\_ *Date* \_\_\_\_\_

*Please print your name (student athlete)* \_\_\_\_\_

**As the parent/guardian of \_\_\_\_\_, I understand and support this contract regarding substance abuse violations and pledge that my son/daughter has signed. Optimum health is the goal of our athletic program, and I support the school system in the efforts to attain this goal. I acknowledge the consequences stated above for athletes who violate the substance abuse policy of Milan Area Schools. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations and accept the rules and regulations as a condition of participation for my child.**

*Parent/Guardian (Print Clearly)* \_\_\_\_\_

*Parent/Guardian Signature* \_\_\_\_\_ *Date* \_\_\_\_\_