

2015-2016

**STUDENT ATHLETIC HANDBOOK
FOR
MILFORD HIGH SCHOOL
100 WEST STREET
MILFORD, NEW HAMPSHIRE 03055**

Revised 7/1/15

TABLE OF CONTENTS

Philosophy	2
Objectives of Interscholastic Athletics	2
Code of Ethics and Conduct	2
Guidelines for Students and Coaches	2
Guidelines for Spectators	2
A Parent-Coach Communication Guide	3
Communication You Should Expect from Your Child's Coach ...	3
Communication Coaches Expect from Parents	3
Appropriate Concerns to Discuss with Coaches	3
If You Have a Concern to Discuss with a Coach	3
Concussions and Head Injuries (Milford District Policy)	4/5
Concussion Fact Sheet (Parents)	6
Concussion Fact Sheet (Athletes)	7
Eligibility of Athletes	8
General Rules and Regulations Governing Athletics	9
Sanctions to the Rules and Regulations	10
Grievance Procedure	10
Hazing	10/11
Permission Forms	11
Insurance	11
Doctor's Physical Forms	11
Private Transportation	11
Equipment	12
NHIAA Disqualification Policy	12
Letter Requirements and Awards	13
Criteria for Letter	13
Criteria for Senior Athlete Awards	13
Parent Consent Signature Form	14
Concussion or Head Injury Return To Play Form	15
Student/Athlete Handbook Acknowledgment Form	16

**MILFORD HIGH SCHOOL
MILFORD, NEW HAMPSHIRE
2015-2016
STUDENT/ATHLETE HANDBOOK**

Philosophy

The athletic program should be an integral part of the overall educational process of the Milford High School. Our aim is to develop competitive athletes but not to lose sight of educational values such as sportsmanship, health, and scholastic attainment. The program should occupy a position in the curriculum comparable to that of other subjects or activities and should aid in promoting school morale.

Objectives of Interscholastic Athletics

1. Provide opportunities to develop skills and to experience the satisfaction of performing effectively in emotionally charged situations.
2. Contribute to the development of a health and fitness attitude that will provide a carry-over interest during adult leisure time.
3. Satisfy the physiological needs of growing young people.
4. Contribute to the development of a wholesome appreciation for a well-developed and properly conditioned body.
5. Contribute to the development of desirable social and citizenship qualities such as responsibility, respect for authority, leadership and fellowship abilities, respect for the rights and properties of others, harmonious and cooperative group action, and respect for individual differences.
6. Help students learn to deal effectively with emotional strains and stresses.
7. Contribute to the satisfaction of certain psychological needs such as self-understanding, self-expression, understanding of others, challenge, confidence, acceptance, recognition, and approval.
8. Contribute to the development of desirable character traits including persistence, determination, unselfishness, will-to-win, alertness, maximum effort, resourcefulness and tenacity.
9. To display courtesy and respect to officials, spectators, and visiting teams.

Code of Ethics and Conduct

The purpose of this Code of Ethics and Conduct is to provide guidelines for Milford High School students, coaches, and spectators to follow.

GUIDELINES FOR STUDENTS AND COACHES

1. Participants shall represent the school in an exemplary manner at all times. These include, but are not limited to team busses, visiting schools, locker rooms prior to and after contests, and behavior on the field/court of play.
2. They should show respect toward their opponents and game officials at all times.

GUIDELINES FOR SPECTATORS

1. Spectators should respect the judgment of the coaching staff.

2. Spectators should respect game officials and accept their decisions.
3. Spectators should watch games from those areas defined by each school or the game officials as spectator areas. They should not call to players, coaches or officials in an unsportsmanlike manner, go onto the field of play, or run up and down sidelines.

A PARENT-COACH COMMUNICATION GUIDE

The NHIAA has prepared a guide to facilitate effective communication between parents and coaches. The following five areas should be considered and may prove to be beneficial to our student athletes.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Coach's and program's philosophy.
2. Individual and team expectations.
3. Locations and times of all practices and games.
4. Team requirements, i.e., practices, special equipment, off season conditioning.
5. Procedure followed should your child be injured during practice or games.
6. Any discipline that may result in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach.
2. Notification of schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.
4. Support for the program and the attributes of dedication, commitment, and responsibility that are essential ingredients for success and excellence.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve and develop.
3. Concerns about your child's behavior.
- 4.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call to set up an appointment with the coach.
2. If the coach cannot be reached, call the Athletic Director. A meeting will be set up for you with the coach.
3. Please do not attempt to confront a coach before, after, or during a practice or game. These can be emotional times for both the parent and the coach, and this situation does not promote resolution nor objective analysis.

The School Board recognizes that concussions and head injuries may occur in students who participate in co-curricular activities. The Board acknowledges the risk of significant injury when a concussion or head injury is not properly evaluated and managed. The Board recognizes that the majority of concussions will occur in “collision” sports. However, in order to ensure the safety of all District student-athletes, this policy will apply to all competitive athletic activities as identified by the athletic directors at the middle and high school levels.

Duty to Educate and Inform

Consistent with the National Federation of High Schools (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA), the District will utilize recommended guidelines, procedures and other pertinent information to inform and educate all District coaches, student athletes, and parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

Annually, the District will distribute head injury and concussion information to all parents/guardians of student-athletes in competitive sport activities prior to the student-athlete’s initial practice or competition.

All middle and high school coaches, including volunteers who directly supervise students, will complete training as recommended and/or provided by the NHIAA, the New Hampshire Department of Education, and/or other pertinent organizations. Training for experienced coaches shall occur at least once every two years. All coaches of competitive sport activities will comply with NHIAA recommended procedures for the management of head injuries and concussions.

Each spring, the athletic director/designee shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting with the NHIAA, medical personnel, or other reliable resources. If there are any updated procedures, they will be adopted and used for the upcoming school year.

Identified sports include all NHIAA-sanctioned activities, including cheer/dance squads, and any other middle or high school sponsored sports or activities as may be determined by the school administration.

On an annual basis, concussion and head injury information shall be distributed to the student-athlete and the athlete’s parent/guardian prior to the student-athlete’s initial try-out, practice, or competition. This information may be included with the parent permission forms that allow students to participate in co-curricular athletics.

The Superintendent/designees will keep abreast of changes in standards regarding concussions and implement appropriate professional development activities.

Removal From Play and Protocol For Return To Play

Any coach, official, licensed athletic trainer, or health care provider who suspects that a student-athlete has sustained a head injury in a practice or game shall immediately remove the student-athlete from play. A student-athlete who has been removed from play shall not return to play on the same day or until he/she is evaluated by a health care provider and receives written medical clearance and authorization from that health care provider to return to play. The student-athlete shall also present written permission from a parent/guardian to return to play. Athletic Directors shall develop and implement an appropriate "return to play, medical clearance" form.

The District may limit a student-athlete's participation as determined by the student's treating health care provider.

Academic Issues in Concussed Students

In the event a student is concussed, regardless of whether the concussion was a result of a school-related or non-school-related activity, school district staff should be mindful that the concussion may affect the student's ability to learn. In the event a student has a concussion, that student's teachers will be notified by the Principal/designee. Parents/guardians are encouraged to contact the school Principal/designee should the concussion occur during a non-school activity. Teachers shall report to the school nurse if the student appears to have any difficulty with academic tasks that the teacher believes may be related to the concussion. The school nurse will notify the student's parents and treating physician. Administrators and district staff will work to establish a protocol and course of action to ensure the student is able to maintain his/her academic responsibilities while recovering from the concussion.

Section 504 accommodations may be developed in accordance with applicable federal law and board policies.

Education in the General Curriculum

To the extent possible, the Board encourages the administration to implement concussion awareness and education into the District's physical education and/or health education curriculum. The administrative decision will take into account all relevant considerations, including time, resources, access to materials, and other pertinent factors.

School and Playground Activities

Any staff member who observes or suspects that a student has sustained a head injury shall immediately contact the school nurse. The nurse shall then implement appropriate standards of care for the student and report the injury to the parents as soon as possible.

Legal References:

RSA 200:49, Head Injury Policies for Student Sports
RSA 200:50, Removal of Student-Athlete
Adopted: 10/2012

HEADS*UP CONCUSSION IN HIGH SCHOOL SPORTS

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports *one or more* symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Sign Observed by Parents or Guardian	Symptoms Reported by Athlete
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (<i>even briefly</i>) • Shows mood, behavior, or personality changes • Can’t recall events <i>prior</i> to hit or fall • Can’t recall events <i>after</i> hit or fall 	<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light or noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not “feeling right” or is “feeling down”

How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.

- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?

- 1. Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don’t let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it’s OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
- 2. Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
- 3. Teach your teen that it’s not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. discourage others from pressuring injured athletes to play. Don’t let your teen convince you that s/he’s “just fine.”
- 4. Tell all of your teen’s coaches and the student’s school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen’s coaches, school nurse, and teachers. If needed, they can help adjust your teen’s school activities during her/his recovery.

If you think your teen has a concussion:
Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion. www.cdc.gov/Concussion



HEADS*UP CONCUSSION IN HIGH SCHOOL SPORTS

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice *one or more* of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other healthcare professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

Eligibility of Athletes

In order for a student to compete in interscholastic athletics, they must fulfill completely all the regulations and requirements set forth by the NHIAA and/or the local school district SAU#40.

The requirements are as follows: A Student Athlete

1. Must be carrying a minimum four (4) course units during his/her sports season and must have passed four (4) units of course work in the previous marking period. Fall athletes must pass four units of course work during the 4th quarter of the previous year.
2. A student with a grade of "F" in more than two courses in a quarter prior to the start of a sport shall be ineligible to play. A student with a grade of "F" in more than one course shall be placed on probation. Should this status continue to the next report card, the student shall become ineligible to play.
3. Must have successfully passed a physical examination by a doctor. If passed, in the freshman year, the exam will be good through graduation. Physical forms will be kept on file by the athletic trainer. It is strongly recommended, but not required, that a student should have a second physical prior to the beginning of the junior year.
4. An athlete who does not attend school during the day due to illness, injury, oversleeping, etc. may not participate in a scheduled game or practice that day or evening. Late to school following an away contest is not an excused absence unless waived by administration due to extenuating circumstances. A student returning to school on the day of a doctor's appointment may attend a practice or a game on that day with the doctor's written permission. Examples of excused absences in the student handbook include: doctor visits, verified college visits, religious holidays, bereavement, and school-sponsored/sanctioned activities.
5. A student who has reached the age of 19 on or after September 1 may represent the school.
6. Must not have changed schools. (Except upon change of residence of your parents).
7. Must not have, at any time, received financial remuneration for participation in any athletic activity.
8. Must not have been in high school for more than eight semesters beyond the 8th grade.
9. **Non-School Competition:** A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an "out-of school team."

Whenever a conflict arises between the high school team practice/ competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the athletic director and principal on a case by case basis.

Penalties: Any student who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next four (4) consecutive interscholastic events or three (3) weeks of a season in which the student athlete is a participant, whichever is greater. This penalty is effective from the date of his or her last participation in a high school sport.

Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

General Rules and Regulations Governing Athletics

It is fundamental that the coach is responsible for the behaviors, safety and welfare of the members of their squad during practices and games. Student athletes are responsible to their coach for their conduct on and off the field, during their season.

1. Athletes should plan their time so that they devote sufficient time to their academics and so that their involvement in an athletic activity does not interfere with their studies. Academic or disciplinary commitments must be met before athletic responsibilities.
2. The possession or use of tobacco products, alcoholic beverages, illegal drugs and illegal use of controlled substances is strictly forbidden. Any athlete guilty of an infraction of this rule will be subject to the following consequences:
 - **1st offense:** Athletes will not be allowed to participate with the team, in any way, for twenty-one (21) calendar days. If the number of days is greater than the remainder of the season, the days will be added on to the next season that the athlete participates in. If the student seeks out help in the form of an assessment by a certified addiction counselor or enrollment in an appropriate program, the suspension can be reduced to fourteen (14) days.
 - **2nd offense:** Athletes will be suspended from participation for the remainder of the season. This policy does not preclude punishment of a student under the school drug and alcohol policy in appropriate situations. Additional consequences will be considered by school administration.
3. Athletes who have been suspended from school will not be allowed to participate in any school activity for the entire duration of their suspension. This includes all team activities, practices and games.
4. Athletes should maintain a good attendance record.
5. Good sportsmanship should be encouraged both in victory and defeat.
6. ***Students who participate in athletic activities are school leaders and should assume their responsibilities at home, in school and in the community. These responsibilities include the use of social media technologies that include, but not limited to Twitter, Facebook, Internet forums, and photographs. The use of social media in an inappropriate manner may result in disciplinary action.***
7. Athletes should be sure that all injuries are given proper attention, which the athlete should immediately report to the coach.
8. Athletes will not use profane language.
9. Athletes should always work for the betterment of their school and their team.
10. Athletes should not allow employment to interfere with their responsibilities to their team or their schoolwork.
11. Athletes will attend all games and practices for the team of which they are members.
12. Athletes who anticipate being late or absent for a game or practice have a responsibility to the team and coach to advise the coach of this and make any necessary arrangements.
13. A violation of any of the rules may result in disciplinary action.

Sanctions to the Rules and Regulations

1. Student must be in good standing in the school to be permitted to participate in interscholastic sports activities. Violation of any school or team rule can cause disciplinary action by the coach. Coaches have the authority to suspend any athlete from their team as part of a disciplinary response.
2. All violations of school and/or team rules should be punished in a fair manner commensurate with the seriousness of the infraction.
3. A student may be declared ineligible if they conduct themselves in a manner that, in the opinion of school authorities would reflect unfavorably upon the school or other students. This applies to all co-curricular activities, regardless of location.
4. The New Hampshire Interscholastic Athletic Association dictates that any student who does not comply with established school regulations will be declared ineligible.
5. An ineligible student may not represent the school in any home or away interscholastic event, contest, or scrimmage situation. This student may practice with the team if extraordinary circumstances exist. Coaches must present such a situation to the athletic director and only after approval from the athletic director, may special practice arrangements be made by the coach.

Grievance Procedure

1. The coaching staff and the Head Coach have the right of judgment in matters concerning enforcement of team rules.
2. The student athlete has the right to appeal the coach's decision regarding suspension or dismissal to the Athletic Director.
3. The Principal will take action on matters requiring administrative attention. The Athletic Director will be consulted on all decisions as directed by the Principal or Assistant Principal.

Hazing

No person associated with any organization sanctioned by the School District shall engage in or be associated with hazing, nor shall any such person participate in any secret fraternity or organization that is related to a District-sanctioned activity.

Student hazing means any act directed toward a student, or any coercion or intimidation of a student, to act or participate in, or submit to any act, when:

- 1) Such act is likely, or would be perceived by a reasonable person, as likely to cause physical or psychological injury to any person; and
- 2) Such act is a condition of initiation into, admission into, continued membership in, or association with any organization, even if the student willingly participates in the activity.

Hazing is further defined as an activity which recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation, admission, or affiliation with any organization sanctioned by the District.

“Endanger the physical health” shall include, but is not limited to, such physical acts as whipping, beating, branding, exposure to elements, forced consumption of food, alcohol, or drugs, or any forced physical activity, outside of that associated with acceptable athletic conditioning appropriate to the sport, that could adversely affect the physical health or safety of an individual.

Hazing con't

"Endanger the mental health" shall include any activity which would subject the individual to mental stress such as sleep deprivation, exclusion from social contact, or any forced activity that would affect the dignity of the individual.

Students or employees who violate this policy will be subject to disciplinary action up to and including expulsion for students and termination for employees. All incidents of hazing should be reported to school authorities. The Superintendent/designee shall report to local law enforcement officials incidents of reported hazing to which he/she has knowledge.

Permission Forms

Before the first practice, a completed parental permission form, completed athletic handbook form, doctor's physical form and insurance form must be submitted to the appropriate coach.

Insurance

1. It is a school requirement that the student must be covered by insurance before he may participate on any interscholastic athletic team.
2. School insurance coverage includes regular school sessions, going to and from school and all school sponsored and school supervised activities including interscholastic football.

Doctor's Physical Forms

1. Documentation of a Doctor's physical is required before a student may participate in any interscholastic activity. This includes practices, scrimmages and contests. Physicals should be completed in or after June of the incoming freshman year. Contact the Athletic Director or Athletic Trainer if there are extenuating circumstances such as insurance company restrictions.
2. Once a student has had a physical, subsequent physicals are not required unless the student has had an injury, which has required doctor's care. In the event that such an injury has taken place the student will need a doctor's certificate in order to resume practice/playing. If an athlete is withheld from athletic participation by a physician, the athlete must have written approval from THAT physician prior to returning to his/her sport. This is to be submitted to the school's athletic trainer. It is strongly recommended, but not required, that a student should have a subsequent physical prior to the beginning of their junior year.

Private Transportation

NO athletic team or team members will be transported in private cars for any reason unless the Athletic Director or Principal gives prior approval in writing. Buses will be chartered for all games by the school. Students who are members of the athletic teams going to a contest or game will return on the bus. Requests from parents to transport their son/daughter or if extenuating circumstances, other team members should be in writing to the Athletic Director at least 24 hours in advance. For the purpose of team unity and cohesiveness, players should all use the school transportation. Parents transporting their son/daughter must sign and submit the Parental Consent form on page 14 to the coach after the sporting event.

Equipment

No athletic equipment issued to squad members may be worn in physical education class or worn outside of practice or game situations. Athletes may wear jerseys to school on game days at the discretion of the coach.

It is the athlete's responsibility to see that all equipment is returned in good condition. If the equipment issued is lost, stolen or has had abnormal usage, the athlete shall be charged accordingly. Students are ineligible to participate in any athletic activity or tryout the next season until restitution is made.

NHIAA Disqualification Policy

NH.I.A.A. By-Law Article VIII: Sportsmanship:

Section 3: Disqualification from an Interscholastic Athletic Event

The following policies for disqualification shall apply in all sports:

Any player who is disqualified before, during or after a game at the Freshman, Junior Varsity or Varsity level for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled inter-scholastic athletic event, including NHIAA Tournament contests. Any player who is disqualified from a game and participates in the next scheduled interscholastic athletic event, including NHIAA Tournament contests, will cause that school's game 1 event to be forfeited in the event of a win. In the event of a loss, the matter will be referred to the Sportsmanship Committee for action.

If any player received a second game disqualification during the season, that individual will be required to forfeit any participation in that interscholastic sport at any level, for the balance of that season.

If the game disqualification is administered in the final contest of the season (including tournament play) the penalty shall be carried over in that sport and invoked at the first regular season game the

following academic year. If a disqualification is administered to a graduating senior or a coach in his final game of coaching for that school, it is the expectation of the NHIAA that the school will take immediate and appropriate disciplinary action.

Any player, who leaves the bench during an inter-scholastic athletic event where an altercation is taking place in the playing area, shall receive a one game disqualification for the next scheduled game.

Letter Requirements and Awards

Requirements for earning a letter have been established by the athletic department. Athletes will be informed of these requirements prior to the season.

Special athletic awards may be given to those members who compete on teams that win their conference championship, state or sectional titles or go undefeated. The type of award given is to be determined by the Coach, Athletic Director, Principal, Superintendent and the Milford School Board.

The coach shall recommend the members of his squad who have met the requirements for an award. These recommendations are to be based on the established criteria as outlined below and approved by the Director of Athletics. If any situations arise due to extenuating circumstances, a committee composed of the Principal, Director of Athletics and coach involved shall make the final decisions.

Criteria for Letter

1. Attendance - athletes should attend all practices and games unless there is a reasonable excuse, accepted by their coach. Athletes removed from teams due to disciplinary action are ineligible from receiving a letter.
2. Sportsmanship - athletes should realize that they are representing their school and community and should conduct themselves in an appropriate manner.
3. Adherence to training rules - athletes must abide by the training rules as set forth by the athletic department.
4. Participation in games/contests - varsity athletes must participate in at least 50% of games or contests to be considered eligible for a varsity letter (An exception to this requirement can be made in cases where an injury keeps an athlete from competing in 50% of the contests). All students who participate on freshman or junior varsity level teams and fulfill the requirements outlined in sections 1, 2, and 3 above will be eligible for the appropriate award.
5. Service - senior athletes who have successfully completed three years of service to a sport and meet all of the criteria except participation may be awarded a varsity letter for their service, dedication and loyalty to the team.

Criteria for Senior Athlete Awards

The athletic department has established requirements for the Outstanding Senior Male and Female Athletes of the year.

1. A senior must have earned varsity letters in at least two sports during their senior year.
2. Students who have quit teams or been removed from teams due to disciplinary action are ineligible for this award. If extenuating circumstances occurred, the dismissing coach would be requested to provide needed information on the situation.
3. Recipients must have demonstrated outstanding character and loyalty to Milford and its athletic program.
4. Students must have represented the school well at all times while remaining in good academic standing.

July 1, 2015



**Milford high School Athletic Transportation Release to transport a student
FROM an Athletic event.**

Gender, Level, Sport: _____

Date & Location of Event: _____

Riding home with a parent

_____ I certify that I, _____ am personally transporting my
(parent's name, printed)

Son/daughter, _____, home after the athletic event listed above.
(child's name printed)

Riding home with a teammate's parent

_____ I, _____ give permission for my son/daughter,
(parent's name printed)

_____, to ride home with _____,
(child's name printed) (name of parent for which you are permitting your child to travel with)

following the athletic event listed above.

I understand that Milford High School athletic rules require students to ride the buses to and from all athletic events. Departure from this requirement will release Milford High School and the Milford School District from all liability for any adverse result that may occur. By completing and signing this form, I agree to release Milford High School and the Milford School District and it's employees and officers from any and all liability with reference to the above stated transportation.

_____,
Parent Signature Date

****Please submit this form to the Athletic Director 24 hours prior to the event.**

**CONCUSSION OR HEAD INJURY
RETURN TO PLAY FORM**

Student Name: _____ DOB: _____ Grade: _____
Date of Injury: _____

**Health Care Provider Medical Clearance and
Written Authorization to Return to Play**

I, _____, with Health Care License # _____
(print health care provider name)

Of _____
(print business name and address)

by signing this Concussion or Head Injury Return to Play Form certify the following:

1. I am licensed, certified, or otherwise statutorily authorized by the State of New Hampshire to provide medical treatment and am trained in the evaluation and management of concussions.
2. I examined the above-named student on the date listed below.
3. I explained to the student and the student's parent/guardian the nature and risks of concussions or head injuries including the risks of continuing to play and practice after sustaining a concussion or head injury.
4. I have medically cleared the above-named student to return to play and practice without any restrictions.
5. The above-named student has my written authorization to return to play and practice.

Date: _____
(signature of health care provider)

Parent/Guardian Written Permission to Return to Play

I, _____ am the parent/guardian of the above-named
(print name of parent/guardian)

student who was removed from play at a practice or game because of a suspected concussion or head injury. By signing this Concussion or Head Injury Return to Play Form, I certify the following:

1. My child was evaluated by our health care provider who is listed above and has received written medical clearance to return to play and practice.
2. Our health care provider has explained to us the nature and risk of concussions and head injuries including the risks to my child of continuing to play and practice after sustaining a concussion or head injury.
3. I understand, acknowledge, and accept the risks of my child returning to play and practice.
4. I understand and acknowledge that my child cannot return to play and practice without my written permission.
5. I give my written consent and permission for my child to return to play and practice.

Date: _____
(signature of parent/guardian)

2015-2016

MILFORD HIGH SCHOOL

**MILFORD, NEW HAMPSHIRE
STUDENT/ATHLETE HANDBOOK
ACKNOWLEDGMENT FORM**

Athlete's
Name _____

Sports _____ School Year _____

I have read the Student/Athlete Handbook and I understand the rules and policies, which regulate Athletics at Milford High School. I agree to abide by these rules and policies and understand that if I violate them my coach could discipline me. I also understand that my coach may have additional training rules and policies for which I am also responsible.

I understand that the athletic activities offered by Milford High School require dedication, hard work and strenuous athletic exertion. I understand that those who participate in athletics are exposed to the risk of injury including serious permanent injury.

I understand additional information such as NCAA eligibility, health forms, and baseline concussion testing may be posted on the MHS website.

ImPACT TESTING: All students participating in a contact sport must agree and complete the consent form and complete the test. See the attached information.

Athlete's Signature _____ Date _____

Parent's Signature _____ Date _____

I hereby give my consent for the above-named student to compete in Milford High School approved sports, and go with the coach or other representatives of the school on any trips.

It is understood that the High School does not assume any responsibility in case an accident occurs. The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above-named pupil.

This form once signed and returned, is in effect during each sport season played.

Date: _____

(Signature of Parent or Guardian)