

Millennium High School Athletics



Student-Athlete & Parent Handbook

(Revised May 25, 2021)

Win With Honor, Lose With Dignity

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How to Participate in Falcon Athletics

*Complete all clearance paperwork on AthleticClearance.com annually. New users must create a new account. Returning student-athletes may use their same login and choose the appropriate school year. *Make sure you print and sign on the final clearance page. All other portions of the packet are electronic.*

* Make an appointment for a physical examination by a medical doctor. As a student-athlete, you are required to have a sports physical every school year. Student-athletes trying out for football that are 14yrs or younger must also have a waiver completed by their doctor. (All forms can be found online at <http://www.MHSFalcons.com> under “Links/Forms”)

* Work to remain academically eligible. Each grading period, a student-athlete must be enrolled in at least four classes (20 semester units) and maintain a 2.0 GPA with **NO** F’s to be on a roster.

* To remain active, the student-athlete must maintain a passing grade (C- or better) in all classes throughout the season. Coaches may bench players throughout the season until all grades are passing.

* Student-athletes must be eligible under all CIF, MHS, and league rules and regulations.

* Follow all school and team policies with regard to conduct, attitude and proper training.

Sports Offered

	<u>Boys</u>	<u>Coed</u>	<u>Girls</u>
Fall	Football	Cheer	Volleyball
		Cross Country	
Winter	Basketball	Cheer	Basketball
	Soccer		Soccer
Spring	Baseball		Softball
	Volleyball		
		Golf	
		Track & Field	
		Swim	
		Tennis	

FALCON PRIDE!

Success is the way in which you walk
the paths of life each and every day.

It's in the little things you do and in the things you say.

It's not in reaching heights or fame,

It's not in reaching goals that all men and women seek to claim.

Success is being faithful to your friends,
and to the stranger, be kind.

Success is in your teammates, your family,
and what they learn from you.

Success is having character in everything you do.

Borrowed from Ray Moore, Vista Murrieta H.S.

Philosophy

The Tracy Learning Center believes that an interscholastic athletics program provides an opportunity for students to acquire tools for lifelong personal growth and fulfillment of their potential.

These tools include self-discipline, teamwork, perseverance, integrity, pursuing victory with honor, and grace through both victories and defeat. Furthermore, lifelong participation in physical activity is valuable for physical fitness and mental health.

In order to provide the greatest benefit to participants, Millennium High School strives to provide adult role models who exemplify the type of behavior and leadership to be developed from the program. The school also commits to provide, within the limits of reasonable resources, the broadest range of competitive programs for all who wish to participate.

While the school takes great pride in winning, it does not condone a winning at any/all cost attitude. Athletics is just one aspect of the educational program and will be conducted in a way that is complimentary and supportive of the Tracy Learning Center educational vision.

Participation in athletics at Millennium High School is a privilege, not a right. With that privilege comes the expectation that student-athletes are a positive representation of the athletic program both on and off the field/court and in school and throughout the community.

Value of Athletics

Research indicates that students involved in co-curricular activities have a greater chance of being successful during adulthood. Many of the positive character traits required as a participant in athletics are exactly those that will promote a successful life beyond high school.

Sportsmanship

The underlying value of all high school activities is sportsmanship. Without it, competitions would be plagued with disrespectful antics. Fair play, respect for competitors, respect for authority and respect for the game would be in jeopardy. It is safe to say that the trait of sportsmanship is a healthy portion of what constitutes a good citizen. It creates the moral framework, ethical content and a balanced perspective for winning and losing. It establishes the standard of conduct for participants, fans, and the game.

Sportsmanship not only assists in the character development of participants, it also contributes to the strength and civility of sports, and ultimately... society. Due to visibility, coaches and student-athletes have a unique opportunity to impact the future of athletics. Sportsmanship should be everyone's priority. No contest's outcome is worth an ugly incident due to a spur-of-the-moment action. We must create an environment that is conducive to a higher goal than a win-at-all-costs attitude. If we are successful in this endeavor, we will have attained a more lasting mark than any championship. Winning and losing are segments of competition. Participants are expected to act with modesty in victory and graciousness in defeat. True sportsmanship, however, does not preclude celebration that is spontaneous. Winning has provided some of the finest, most memorable emotional moments in sports history. Celebrating the thrill of victory without diminishing, mocking, or disrespecting the efforts of one's opponents is a display of what sports should be at its best.

Expectations of Student-Athletes

Participation

Athletics are voluntary. Participation is not required for graduation and thus, being on a sports team is not a right but rather a privilege that is earned. With that privilege comes responsibility to maintain the established standards of conduct as defined in the Athletic Code of Conduct and CIF Code of Ethics, both on and off the field.

Athletics as a Segment of the Educational Program

Athletics are just one of the many parts of the educational program that is provided to students. The main reason that students are in school is to learn and, therefore, academics always come first. Maintaining academic eligibility is the student's responsibility, not that of coaches, teachers or parents. Eligibility can also be lost due to poor attendance or citizenship.

Team Selection

Many team sports must limit the size of their squad to provide time for proper instruction, safety concerns and supervision. “*Cutting*” prospective student-athletes is always a very difficult task that coaches must accept as a necessity to benefit the sport and the growth of the team as a whole. Criteria for team selection is listed in handouts distributed at pre-season meetings and are reviewed numerous times. If a student-athlete is not selected one season, this does not mean that he/she will not be selected for a team in that sport in future seasons. There will be many student-athletes who will accept the challenge to work hard to develop physical and mental skills to make the team. In many cases, these young men and women will make a positive impact on others. Best advice here...*persevere*. If a student-athlete tries out for a team and is not selected, he/she is invited to participate in a sport during that same season that does not limit the number of participants (e.g., football, cross country, swim or track).

**Please be advised:* Students that are enrolled in band are unable to participate on athletic teams that have practice/game/meet schedules that interfere with band practice and competition scheduling. Student-athletes must be able to commit to the time requirements as scheduled.

Being a Part of the Team

Student-athletes learn many skills to play their chosen sport, but the most important skill to be acquired is teamwork. To be successful, every member of a team must work together to make the whole greater than the sum of its parts. Sacrifice, loyalty, common goals, working with others and sharing responsibility are all important components of teamwork. While all of these traits are worthwhile to participants in activities, they are even more important for future personal and career happiness.

Coming Ready to Play

Student-athletes should come to practice on time, be focused and ready to learn. In addition, they should be prepared both physically and mentally for the season by training in the offseason and preseason.

To participate in events related to athletics, student-athletes must attend a minimum of *half* of their academic schedule to be eligible to practice or participate in that day. (*i.e. A student-athlete with 6 classes must be present in a minimum of 3 of their full class periods that day to be eligible for participation.*) If a student-athlete misses the last practice before a contest, at the coach’s discretion they may not be allowed to travel to or participate in that contest.

Respect

At the very core of citizenship is respect; respect for oneself and others. The student-athlete is to demonstrate respect for coaches, teachers, officials, spectators, school facilities, equipment and opponents at all times.

Dedication

A student-athlete must be willing to dedicate oneself to sports. The athlete should be aware that nothing worthwhile is accomplished without hard work and sincere desire to succeed. The athlete

must also realize the importance of work in the off-season. This commitment may be challenging and difficult at times. Remember, attitude, effort, and persistence will assist one in reaching his/her dreams and becoming successful in life.

Perspective

Perspective is a difficult concept to embrace, since there seems to be an unbalanced value on the importance of winning. Proper perspective helps one from over-reacting to wins and losses, accomplishments or disappointments and recognizing what is really important for success and happiness in life. Balance is the key.

Conduct & Behavior

All student-athletes are expected to conduct themselves with Falcon Pride. As young adults, one has learned right from wrong. The Falcon CODE OF CONDUCT is designed to assist student-athletes to make correct choices.

Millennium will enjoy athletic success because of *Team Spirit* and *School Pride*. “*Team First*” should always be in the minds of our players. Therefore, before acting, think of how your action will affect the team. In addition, consider the fallout or the worst case scenario from a poor decision.

Athletic participation can be one of the most significant formative experiences in a young person’s life. It provides a great deal of pleasure and builds relationships that will last a lifetime. Athletics teach fair play, sportsmanship, teamwork, perseverance, a desire to excel, self-discipline, responsibility, decision making and leadership.

Because participation in athletics is a privilege and not a right, it assumes responsibilities such as courtesy and sportsmanship on the field, on the campus, and throughout the community. Following the athletic code will aid in building team morale, discipline, and spirit. Therefore, take it upon yourself to become the very best team member possible.

I. Academically Ineligible Students:

A student that is academically ineligible during the tryout phase of a season will not make the team roster at the beginning of that season. The ineligible prospective student-athlete must follow the following criteria with hopes to be added to the team roster:

A.) A student that is academically ineligible can continue to practice with the team (practice only and will not be eligible to travel with the team, be dismissed early for any contest, or sit with the team unless they are performing an approved game related task, i.e. stats or filming) with hopes of becoming academically eligible to participate at the end of the next grading period. However, there is no guarantee that there will be a roster spot available at the end of the next grading period. The only way they will make the roster is if a student-athlete on the original team roster becomes academically ineligible, or a season ending injury occurs. There is also the possibility that there is no grading period to determine eligibility.

Falcon Code of Conduct

I. Conduct:

Because the conduct of a student-athlete is always under scrutiny, one's behavior should be beyond reproach in, but not limited to, the following areas:

On the Field of Play:

Uses legal tactics.

Refrains from using profanity.

Is courteous and hospitable to visiting teams.

Respects the integrity and judgment of officials and accepts their decisions.

Is humble in victory while gracious in defeat while maintaining one's poise.

On & Off Campus:

Demonstrates a high standard of conduct as their actions are a reflection on the team, coach, school, and oneself.

Maintains "exemplary citizenship."

Respects school property.

In the Classroom:

Attends class on time.

Maintains one's grades in accordance with CIF and the Millennium High policies.

Strives to become a good student and citizen.

Shows proper respect to faculty members and other students.

If suspended from school, a student-athlete will not practice or participate until the suspension time is served.

Students that are enrolled in Physical Education must dress out and participate daily to attend practice and or participate in a game with their team.

On Athletic Trips:

Demonstrates a high standard of conduct as a representative of the school, community, family, and coach.

Respects the property of others.

Travels to and from athletic contests on school provided transportation when available, or with a cleared parent driver.

- Conducts themselves with the utmost respect to those transporting the student-athletes as it pertains to behavior, trash, music, etc.

Will only be released to the parent by a coach.

After Class Hours:

If your academic day concludes prior to the end of the normal schedule, you are to leave campus immediately after your last class and return to campus for sport related events no more than 10 minutes before the designated time required for your event.

II. Dress & Grooming

Dress and grooming standards shall conform to the Tracy Learning Center regulations. Coaches may require that hair be restrained in an appropriate head covering. Other grooming and dress standards may be implemented in order to ensure compliance with necessary safety precautions.

III. Physical Conditioning and Training Rules

Millennium student-athletes will refrain from the use of tobacco/marijuana (in any form), alcohol and other illegal drugs. This includes the illegal use of non-prescribed steroids and/or other performance enhancing substances. Proper diet and adequate sleep are equally important to the physical conditioning of an athlete. Athletes should protect themselves and their team by abstaining from anything that would harm their health. The weight room is only for team use and must be supervised by the coach of that sport. The equipment is expensive and a student-athlete responsible for damage to any weight equipment is required to pay for damages.

IV. Enforcement Due To Violation of Rules:

A. Non-adherence to the foregoing regulations will result in disciplinary action by the coaches, athletic director and administrators of the school.

B. Violations of the letter or spirit of the Athletic Code may result in one or more of the following penalties recommended by the coach and Athletic Director with the approval by the principal:

- Placement on probation.
- Removal from one or more of the next scheduled contests.
- Referral for assessment and/or treatment of any alcohol, drug violation, or criminal activity.
- Removal from the team.
- Forfeiture of letter, lettermen's jacket privileges or like award.

V. Initiations/Hazing

Student-athletes are expected to be leaders and mentors for younger students. Initiation rituals and hazing are not acceptable and will not be tolerated. One is expected to lead by example. Leave a positive legacy during your time at Millennium High School.

VI. Language

Profanity will not be tolerated at any time.

VII. Proper Behavior on the Bus and with Parent Drivers

Your behavior is a reflection upon your team, the school, your parents---and yourself. For your safety and the safety of others, please:

Do what is right....

Treat others the way in which you wish to be treated.

Follow the directions of the bus driver/parent driver.

Keep the noise level down.

Be respectful at all times.

If a student-athlete does not follow the rules, he/she will be suspended from the next away contest. If there is not another away contest, the next home contest will apply. Stiffer penalties will result if a violation of rules is repeated.

Quitting a Sport

In certain situations, a coach may allow a student-athlete to be released from a commitment to that sport with parent permission. "Quitting" a sport is not an acceptable option by any participant at Millennium High School. Difficult challenges are a part of adult life and learning how to deal with them is a core value of athletic participation. If a student-athlete quits a sport, he/she may not participate in another sport until the sport they quit completes their season (regular season and playoffs.)

The head coach may or may not allow a player to return to the team once he/she has quit the sport. Athletes who quit the team will lose all rights of a team member including, but not limited to awards and post-season honors.

Locker Room Conduct

Student-athletes are assigned a locker (when available). A student-athlete that does not follow the rules listed below may forfeit this privilege. Student security and safety in the locker room facility are priorities of the coaching staff. Each student-athlete is responsible to assist in keeping the locker room area clean, safe, and secure.

-Absolutely no horseplay. Injuries and/or bad feelings may result from this foolish action.

- Lock and re-check your lock before leaving the locker room.
- Do not share lockers or your combination with any other person.
- If you suspect that an individual knows your locker combination, see your coach for a new lock.
- Report any missing items to your coach immediately.
- Clean your area as you leave each day.
- Treat the facility with respect.

Equipment

Student-athletes are required to return all school issued equipment and uniforms at the end of the season. If a student athlete does not return his/her school issued equipment and/or uniform, they will not be able to practice or participate in any way with another school team until they fulfill this requirement. Student-athletes that are seniors and do not turn in their uniform will also have transcripts held as well as grades not being posted until they turn in all equipment and uniforms. If equipment or uniforms are lost, a fee of no less than \$100 per item will be imposed in order to cover the items.

Fundraising

It is the philosophy of all co-curricular activity programs at Millennium to limit fundraising projects to the best of our ability so that our community is not completely saturated. This also allows our players and coaches more time to concentrate on the sport. However, raising funds to support athletic programs has become a reality in today's world. Funds raised go toward additional coaching stipends not funded by the school as well as purchasing equipment, and partially covering official fees. A portion of fundraisers will also be set aside to assist in covering the cost of our future football/soccer field and gymnasium. Student-athletes are required to attend fundraising events and opportunities put on by the Athletics Department, as mapped out by the Athletic Director and coaches.

Player Donation Fees

To build and maintain a quality Athletics program, the funding received in the Athletics department via parent and community support is critical. We do ask for a Player Donation per season of sport on the following scale:

1st sport: \$250

2nd sport: \$100

3rd sport: \$50

Donations are gladly accepted in payment installments and if the above fees are difficult to provide, any donation amount is greatly appreciated to help maintain the integrity of the Millennium Athletics Program.

Information for Parents

Benefits and Challenges of Athletic Participation

As your student-athlete(s) become involved on an athletic team, they will experience some of the most rewarding moments of their lives. Likewise, it is important to realize that there will be times when things do not go the way your student (or the parents) wishes. This is the time when your child should set up an appointment to talk to his/her coach. *This type of communication will provide the coach and the student-athlete a better understanding of each other's ideas and goals.* Parents/guardians will not hold meetings with the coach or athletic director until the student-athlete has already done so, and the student-athlete does not feel there was resolution. This is also an important segment of a young person's maturity process into adulthood, encouraging them to advocate for themselves.

Parent/Coach Relationship

Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other for the benefit of the student-athlete. As parents, when your children become involved in our program, you have the right to understand the expectations that are placed upon your child. This begins with clear communication from your student-athlete's coach.

Communication You Can Expect From Your Coach

- *Philosophy of the coach.
- *Expectations the coach has for your student as well as the team.
- *Locations and times of practices and contests.
- *Team requirements; (e.g.: fees, special equipment, off-season expectations).
- *Procedure to follow should your child be injured during participation.
- *Discipline that results in the denial of your child's participation.
- *The availability of the coach to speak with you about your child if you should have a concern, following the appropriate chain of command.

Communication Coaches Can Expect From Parents

- *Concerns expressed at the appropriate times.
- *Notification of any schedule conflict which may involve an absence from practices or a contest well in advance.
- *Your support for the program and positive encouragement for all involved.
- *Encouraging the student-athlete to communicate with the coach and work through disagreements as a young adult, as well as encouraging them to understand that it is okay to disagree, but that the coach has the final decision.

Appropriate Concerns to Discuss With Coaches

It is very difficult to accept that your child may not play as much as you may have hoped. Our coaches are experienced, professional educators. They use their experience and expertise to coach young men and women and are required to make judgment decisions based upon evaluation of practice performance and what they believe to be in the best interest of all those in their program. Certain topics can and should be discussed with your student-athlete's coach.

- *Suggested ways to help your student-athlete improve.

- *Concerns about your student-athlete's behavior and/or academic progress.

Issues NOT Appropriate to Discuss With Coaches

The following items are left to discretion of the coach:

- *Playing time.

- *Play calling & game strategy.

- *Other student-athletes.

Here Is the Procedure If You Have a Concern

Have your student-athlete meet with his/her coach to discuss the issue first. On most occasions, this conference will resolve issues or questions. Next, email the coach directly to discuss your concern. Leave your name, contact information and a brief description of your concerns and the coach will respond to you call ASAP. If at that time parents are still requesting a meeting, the student-athletes are to be in attendance. Parents will not schedule meetings regarding the student-athlete and request that the student-athlete not be present unless under extenuating circumstances. All parties should be receiving the same information.

Please do not attempt to talk to a coach before or after a contest or practice. Our coaches are responsible for the supervision and safety of their athletes. In addition, these can be emotional moments for both parents and the coach. Meetings in this environment do not promote resolution, therefore a minimum of 24 hours must pass before requesting communication.

If a Next Step Is Necessary

If the coach-athlete meeting (step 1) and the parent-athlete-coach meeting (step 2) do not bring a resolution to an issue take the following measure:

- *Email the Millennium High School Athletic Department and set up an appointment with the Athletic Director, Stevi Balsamo, the student-athlete and the coach to discuss the situation. At this meeting, issues of concern will be discussed and an appropriate plan of action will be developed.

General

Release to Parents

Student-athletes shall ride to and from all athletic contests on school provided transportation, when provided. In special instances, athletes may ride home with their parents. Requests must state specific reasons and must be submitted in writing, signed by a parent/guardian, and approved by the Athletic Director or Principal at least 24 hours in advance of the contest. In addition to visual contact after the contest, a parent release card must be signed by the parent or guardian. Most sports require parent-drivers so please be sure to update your Volunteer Driver paperwork each year.

Note: *Under NO circumstances is a student released to another student driving a vehicle.*

Game Day Communication with Parents

Coaches will remind student-athletes to advise their parents who, what, where, game times, approximate return times and any other pertinent information. In order to avoid parent/guardian concern, advise parents the approximate return time and location. Please arrange to have a parent/guardian either waiting at the school or expecting a phone call upon your return to the school site. The coach will allow you access to a phone if you do not have one. For supervision purposes, please stay together in a well-lighted area near the gymnasium. All parents should be signed up on the team's designated REMIND account in order to stay up to date on any changes or necessary information.

Valuables

Leave them at home.

Expectations of Parents

Supporting Your Student-Athlete

- *Encourage participation. Allow the student to select the sport based on his/her perceived ability and interest.
- *Provide a pressure free environment regarding scholarship expectations.
- *Be supportive of your athlete. See that his/her medical needs are met. See that he/she has the right equipment.
- *Attend as many of your child's contests as possible. Stress the importance of the complete athlete- both mental and physical preparation.
- *Do NOT emphasize quitting as the best way to solve problems but rather perseverance.

Keeping Athletics in Perspective

- *Emphasize that academics must always come first.
- *Assist the student to structure time wisely so that athletics do not interfere with academics.
- *Use athletics as a way to teach our children how to interact and react with other people during emotional situations. Help your child understand that athletic ability varies with body maturity and that effort is just as important, if not more important, as natural ability.

Supporting the Program

- *Be supportive of the coaching staff. Go to all meetings requested by coaches. Being on a successful team is important to your athlete. Support the coaches' preparation plan. Talk to your athlete frequently about how things are going with his/her sport. Listen, allow them to vent, and then provide them with productive, positive tools to move forward.
- *Make arrangements to talk to the coaches privately and early about perceived problems.
- *During the season, take into consideration practice and games when planning family events.
- *Understand the needs of a particular sport. Some take more equipment, some take more time, while others may require some form of year-round preparation.
- *Support the district's policy of no profanity, alcohol, illegal drugs or tobacco/marijuana products.
- *Model positive behavior towards everyone involved in the events as described in the Code of Ethics. Cheer for the team, encourage and be positive.
- *Be respectful to officials. They have a tough job and parents/families are expected to represent the Falcons with class and pride just as much as the student-athlete. The officials are doing the best that they can.

Parent Code of Conduct

Interscholastic sports programs promote the physical, social, and emotional development of student-athletes and Millennium High School annually strives to be recognized within our league and community as a school represented with class and pride. Therefore, parents should encourage student-athletes to embrace the values of good sportsmanship, and should model good sportsmanship by demonstrating fairness, respect and self-control. For a child to participate in athletics at Millennium the child's parents must obey this Code of Conduct. Parents must be responsible for their words and actions while attending a Millennium athletic event, home or away, and respect this Code of Conduct.

I acknowledge I have read and agree to adhere to said expectations within the Parent Pledge.

Parent Pledge: As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, and our conference. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

Parent Code of Conduct Guidelines

- **Let the coaches do the coaching for all team members**
- **Support the program**
- **Be your child's best fan**
- **Encourage your child to talk with the coaches**
- **Understand and display appropriate game behavior**
- **Help your child keeping his or her priorities straight**
- **Keep sport in its proper perspective**
- **Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.**
- **Eliminate all possibilities which tend to destroy the best values of the game.**
- **Stress the values derived from playing the game fairly.**
- **Show cordial courtesy to visiting teams and officials.**
- **Establish a happy relationship between visitors and hosts.**
- **Respect the integrity and judgment of sports' officials.**
- **Eliminate criticism of coaches, this only diminishes your child's respect and has no place in high school athletics.**
- **Achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.**
- **Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.**
- **Remember an athletic contest is only a game - not a matter of life or death for a player, coach, school, official, fan, community, state or nation.**

Parents must not engage in or encourage their child or anyone else to engage in:

1. Unsportsmanlike conduct with any coach, parent, participant, official, or other attendee;
2. Any behavior that would endanger the health, safety, or well-being of any coach, parent, participant, official, or other attendee;
3. The use of profanity;
4. Treating any coach, parent, participant, official, or other attendee with disrespect based on race, creed, color, national origin, sex, sexual orientation or ability;

5. Verbal or physical threats or abuse of any coach, parent, participant, official, or other attendee;
6. Initiating a fight or scuffle with any coach, parent, participant, official, or other attendee;
7. Coaching any player from the sidelines or stands during practice or competition, as this may be distracting to the individual and the team, and may directly conflict with the coach's strategy;
8. Approaching a coach to discuss the coach's strategy or the playing time of a player immediately before, during or after a game. Please wait until the next day to contact a coach.
 - o Parents must address any concerns with the coach's approach directly with the coach, in a respectful manner at an appropriate time (never on the same day as a game). Please refer to the Student-Athlete/Parent handbook for topics appropriate to discuss with the coach. Remember, STUDENT-ATHLETES should be having conversation first. If the concerns are then not addressed to the Parents' satisfaction, they may then contact the athletic director to schedule an appointment to discuss any concerns with the coach, student-athlete and athletic director.
9. Parents who violate this Code of Conduct while attending a Millennium High School athletic event, home or away, will be subject to disciplinary action by authorized game or school officials, including but not limited to the following in any order or combination:
 - o Verbal or written warning, in addition to NFHS Course: Positive Sports Parenting;
 - o Suspension or immediate ejection from a sports event, in addition to NFHS Course: Positive Sports Parenting; and/or
 - o Season suspension or multiple season suspension.

Portions From National Association for Sport and Physical Education, December 2003

Transportation

Transportation provided by the school is limited based on availability and prioritized by timely requests and roster size. Millennium Athletics highly depends on coaches and parents to help transport student-athletes to and from contests. Coaches should be sure that they have enough drivers before each contest. Parents must receive clearance to transport all student-athletes, other than their own, with ***no exceptions***. To be a parent driver, they must submit a print out of their H6 printout from the DMV, a copy of their CDL and registration, and a copy of their Insurance Declaration stating they have the appropriate coverage:

\$100/300,000 Bodily injury liability
 \$25,000 Property damage liability
 \$5,000 Medical payments (to cover passengers)
 \$100/300,000 Uninsured motorist

Parents are encouraged to complete this process, even if they do not intend on transporting other student-athletes. It is best to have it on file in the event that it is needed or a special situation/circumstance arises. ***Student-athletes may NOT drive themselves, or anyone else, to or from contests.***

Become an MHS Authorized Driver

- *Complete the confidentiality form
- *Show proof of required auto insurance
- *Provide a copy of the car registration
- *Provide an H6 print out of your driving record from the DMV
- *Provide a copy of your Driver's License
- *Complete a TB test

Conduct At Athletic Events

In order to provide a pleasant and safe environment for all spectators and participants, the participating schools' staff and students ask that all fans do the following:

- *Remember that this is a high school athletic event. Players, coaches, officials, and fans are all involved in this phase of the student-athlete's educational experience.
- *We endorse the principals of "Pursuing Victory With Honor," display proper sportsmanship and play by the rules of the game.
- *Do not coach from the bleachers. It embarrasses you, your child, and those seated near you. There is also well documented research that proves coaching your student-athlete from the bleachers causes a dramatic decrease in performance.
- *Cheer for a good play.
- *Refrain from intimidating or harassing players, coaches, officials, or other fans.
- *Use appropriate language at all times.
- *Remain in assigned seating areas. Spectators are not allowed in the playing areas.
- *Admission to an event is a privilege and not a license to display insensitive or offensive behavior.
- *Coaches, program administrators, sports officials, and the athletes have a right to demand that spectators conform to acceptable standards of behavior.
- *Please enjoy the event by being a fan... not a fanatic.

Cheer Team

The Millennium High School Cheer Team supports all of our teams. The time, effort and commitment of all members of the cheer team is equal to that of any sport team. On many occasions, our teams play at many different sites at various times in one day. It is impossible for our cheer team members to be at every event and still maintain high academic standards. As a student-athlete, you are asked to appreciate the effort of our pep-squads which play a tremendous role with school spirit.

Risk Warning

Participation in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditioning programs, modern equipment and medical coverage have reduced these risks. However, it is impossible to totally eliminate such incidents from occurring. Players may reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following a proper conditioning program and inspecting equipment daily. Even if all of these requirements are met, a serious injury, paralysis or death may occur.

CIF Code of Ethics-----Athletics

- *Place academic achievement as the highest priority.
- *Show respect for teammates, opponents, officials and coaches.
- *Respect the integrity and judgment of game officials.
- *Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
- *Maintain a high level of safety awareness.
- *Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
- *Adhere to the established rules and standards of the game to be played.
- *Respect all equipment and use it safely and appropriately.
- *Refrain from the use of alcohol, tobacco, marijuana, illegal and non-prescription drugs, anabolic steroids, or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
- *Know and follow all state, section, and school athletic rules and regulations as they pertain to eligibility and sports participation.
- *Win with character, lose with dignity.

Basic CIF Eligibility Rules

How to Protect Your Athletic Eligibility

*Your high school career will be highlighted by your participation in interscholastic athletics which will prove to be some of the most enjoyable and memorable years of your young life.

Residential Eligibility

A student has residential eligibility upon enrollment in:

1. The ninth grade of any CIF member high school or:
2. Tenth grade of any CIF member high school from ninth grade of a middle school or:
3. Any CIF school as a member of an approved foreign exchange program as outlined in Bylaw 212.

Note: Any student “recruited” or “encouraged to attend” a school by anyone connected directly or indirectly with that school will lose athletic eligibility at that school. In addition, the school may be sanctioned by CIF.

Age Limitations

No student whose nineteenth birthday as attained prior to June 15 shall participate or practice on any team. A student whose 19th birthday is on June 14 or before is ineligible.

Changing Schools---Transfers

A student may have transfer eligibility provided the student was compelled to move from any school to a CIF school due to:

*Bona fide change of residence from one school attendance to the attendance area of the new school by the parent(s), legal guardian(s), or caregiver with whom the student was living when the student established residential eligibility at the prior school or:

*A ruling by the Board of Education of a school district, which has two or more high schools, provided the change of school is not the result of disciplinary actions. Students living with caregivers are not automatically athletically eligible.

Note: CIF transfer forms must be filed on all transfer students. See your Athletic Director for the proper forms. Avoiding this process may affect your athletic eligibility as well as the school’s standing within CIF.

Changing Schools---Open Enrollment

Any student transferring under the provisions of an open enrollment board policy, public or private, may have immediate residential eligibility upon transfer from school A to school B, subject to the following limitations:

*The transfer must not be a result of disciplinary action.

*Only one transfer is allowed during the student's high school career after enrollment as a ninth grader in a four year high school or a tenth grader in a three year high school.

*The transfer must be completed during the first 15 days of the new academic year at school B.

Note: CIF transfer forms must be filed on all transfer students no matter what the circumstances may be. See your Athletic Director for the proper forms. Avoiding this process may affect your eligibility as well as the school's standing within CIF.

Changing Schools----Hardships

If you change schools and your parent(s), legal guardian(s), or caregiver do not move to the attendance area of your new school, you could have restricted eligibility for one year unless you qualify for a hardship. A hardship is defined as an unforeseeable, unavoidable, or uncorrectable act, condition, or event, which causes the imposition of a severe and nonathletic burden upon the transfer student and/or his/her family. The three considerations for hardship are financial, medical, and family circumstances.

Note: "CIF" transfer forms must be filed on all transfer students no matter what the circumstances may be. See your Athletic Director for the proper forms. Avoiding this process may affect your athletic eligibility as well as the school's standing within CIF.

Semester of Attendance

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school and said eligibility must be used during the student's first eight semesters of enrollment at that school or any other school.

Competing Under A Name Other Than Your Own or Falsifying Your Address

Any student whose address or name has been falsified in order to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction is verified.

Undue Influence----Recruiting of Athletes

The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents, guardians, or caregivers of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the California Interscholastic Federation.

Competition on Outside Teams

A student on a high school team becomes ineligible if the student practices with or competes in a contest on an outside team in the same sport during the student's high school season of sport.

Scholastic Eligibility

A student is scholastically eligible if:

- *The student is currently enrolled in at least 20 semester units of work.
- *The student passed at least 20 semester units of work at the completion of the previous regular grading period.
- *The student is maintaining progress toward meeting the high school graduation requirements as prescribed by the governing board.
- *The student has maintained a minimum 2.0 grade point average on a 4.0 scale, having received no F's, during the previous grading period.
- *All incoming ninth grade students are eligible for participation through the first grading period. Those students who were ineligible or on probation with grades in the 8th grade will enter ninth grade on probation.

Note: Individual schools have the option of determining what the academic eligibility requirement is barring it is NOT below the CIF mandated minimum requirement. Individual schools also have the ability to check for scholastic eligibility during any time of the season to ensure student-athletes are fulfilling their academic obligation.

Student Participation----Conduct Penalty

Student participation in athletic contests is a privilege. As a student-athlete, one is expected to conduct oneself in an exemplary manner at all times. During participation in all CIF competition, a student who is ejected or disqualified from participating in the remainder of the said contest will be ineligible for the team's next contest. In addition, any student-athlete who physically assaults a game or event official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

Note: A game or event official is defined as a referee, umpire, or any other official assigned to interpret or enforce rules of competition at an event of contest.

Note: A physical assault is the intentional infliction of, or an attempt to inflict a harmful or offensive touching or contact upon the person of an official. Note that the rule is violated even if no contact is made with the person of the official. All that is required is the "attempt". However, the act constituting the attempt must be accompanied by a specific intent, which may be inferred from the circumstances and nature of the act, to inflict a harmful or offensive contact of the official's person.

Colleges and Scholarships

Recent studies have shown that the percentage of men and women being offered NCAA Division I full scholarships is 0.08%. In other words, it's easier to become a National Merit Scholar Finalist than to receive an athletic "full ride" scholarship. It is important to understand that high school coaches are not responsible for getting student-athletes college scholarships. However,

the coaches will work very hard to make sure that the student-athlete maximizes one's potential in both the athletic and academic arenas. Parents can assist in improving the odds of their student participating at the collegiate level by:

- *Learning about different divisions and the available scholarships and grants.
- *Determine if your student really wants to play at the collegiate level.
- *Have a realistic evaluation of what level your student can participate in at the collegiate level. Remember, there are over 25,000 high schools in the nation.

NCAA Eligibility Center

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization which has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions: Division I, Division II, and Division III. Institutions are members of a division according to the size and scope of their athletic programs and whether they provide scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Eligibility Center. The Center ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions.

Your Responsibility As A Prospective Student-Athlete

It is your responsibility to make sure the NCAA Eligibility Center has the documents it needs to certify you. These documents are:

- *Your completed and signed Student Release Form and fee.
- *Your official transcript mailed directly from every high school that you have attended.
- *Your ACT or SAT scores.
- *Foreign student application , if applicable.

When to Start the Process

If you want to participate in Division I or Division II athletics, plan to start the certification process early. There is a free publication of pertinent information available upon request from the Counseling Office and Athletic Office.

Develop Your Recruiting Plan

- *Honestly evaluate your talent/skill level.
- *Respond to questionnaires.
- *Show an interest and actively evaluate prospective schools.

- *Introduce yourself to collegiate coaches.
- *Develop a list of questions for coaches.
- *Create a game/skill tape.
- *Arrange unofficial college visits.
- *Take the SAT or ACT.
- *Register with the NCAA Eligibility Center.

Obtain a copy of the NCAA Guide for the College Bound Student-Athlete. This booklet can be downloaded from the NCAA website or call **1-800-683-3731** to receive a free copy.

- *Take care of the academics.**
- *Work with your high school coach.**
- *Attend camps and clinics.**
- *Build your strength and endurance.**
- *Conduct yourself well both on and off the field.**
- *Consider using a recruiting service.**

“Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.” -Muhammad Ali