

Milpitas High School

TROJAN ATHLETIC CODE OF CONDUCT And REQUIREMENTS FOR ATHLETIC PARTICIPATION



2018 – 2019

*ALL ATHLETES AND THEIR PARENTS MUST
THOROUGHLY READ BEFORE ATHLETIC
PARTICIPATION IS ALLOWED*

**ATHLETIC CODE OF CONDUCT
&
REQUIREMENTS
FOR ATHLETIC PARTICIPATION**



REQUIREMENTS FOR ATHLETIC PARTICIPATION:
ACADEMICS, ATTENDANCE, BEHAVIOUR, EQUIPMENT, INSURANCE, PHYSICALS, RESIDENCE,
TRANSPORTATION, WAIVERS, PURSUING VICTORY WITH HONOR, MEDIA, PARENT CODE OF ETHICS, PARENT
PARTICIPATION FORM AND NON-USE OF ALCOHOL, DRUG, STERIODS, AND TOBACCO.

PHILOSOPHY

School sponsored athletic competitions mean more than competition between individuals representing different schools. They are, rather, a means of learning a way of life, which exemplifies the philosophy that hard work, drive, and determination bring eventual success. Good sportsmanship, both as a winner and a loser, and the concept of self-discipline and self-esteem are inherent parts of any student's participation.

Athletic competition is a part of the total educational program and as such contributes to the development of desirable learning habits and outcomes in knowledge, skills, and emotional patterns. Athletic competition is an integral part of school life. When carefully planned and operated, it:

- A. Extends and reinforces the instructional program
- B. Gives students practice in democratic self-government
- C. Builds student morale and promote positive support for the school
- D. Provides wholesome social and recreational activities
- E. Contributes to the enhancement of all segments of a multi-cultural student body

**PRIOR TO PARTICIPATION ATHLETES and PARENTS MUST COMPLETE AND SIGN ATHLETIC FORMS IN
ATHLETIC ELIGIBILITY PACKET**

Prior to participating, both the athlete and their parent(s) or guardian(s) must down load, thoroughly read, and then sign on-line, all required sections of the Milpitas H.S. Athletic Code of Conduct. Included are the sections referring to the Milpitas H.S. Athletic Department Code of Conduct. the MHS Athlete Player's Contract, the Alcohol, Drugs, Steroids, and Tobacco Non-Use contract, the CIF "Pursuing Victory With Honor" contracts, the Transportation Fee contract, Parent/Guardian's Code of Ethical Conduct & Expectations contract and the media release form.

Prior to participating in an athletic contest the athlete and a parent must attend at least one mandatory parent-athlete each school year.

We also understand that the Milpitas High School, the Milpitas Unified School District, the Milpitas High School Athletic Department, and the coach's policies regarding behavior, and the use of alcohol, illegal drugs, steroids, and tobacco, will be enforced for any violation of these rules.

(Please refer to MUSD, the MHS, the MHS Athletic Code of Conduct, and the Coach's policies for these penalties.)

We recognize that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. Fraudulent information may lead the athlete to be declared ineligible, by the CIF CCS, from high school athletic competition, for up to 2 years.

ACADEMIC ELIGIBILITY REQUIREMENTS

To be eligible to participate in athletics, a student must **pass four or more classes** and maintain a **minimum of a 2.0 grade point average for all classes**. Eligibility will be determined at the end of each mandated grading period. At the beginning of the school year all entering 9th graders will be allowed to participate. All 10th – 12th graders will use the grades from the proceeding spring semester to determine eligibility. *Grades received in summer school may be used to recalculate eligibility for the beginning of the following fall semester. How course are used for eligibility are determined by the courses taken.*

After the start of the school year, each new eligibility period will start after the verification of grades by the athletic director. The date of eligibility will be no sooner than the Monday following the submission of grades by teachers for each grading period.

There are no interim grade checks during a grading period. Only official grading period grades can be used for eligibility. (I.e. School Loop grades are not official grade)

Even if the athlete has a 2.00 grade point average for the grading period, the athlete must be on course to graduate with their class in order to be eligible to participate on an athletic team.

If an athletic team makes cuts it may not keep an academically ineligible athlete on the roster.

ALCOHOL / ILLEGAL DRUGS / STERIODS / TOBACCO NON-USE PLEDGE

It is the intent of the Board of Trustees of the Milpitas Unified School District to keep the schools of this district free from narcotics, hallucinogenic drugs, steroids, tobacco, and intoxicants, as well as from the harmful effects that such substances may have on the lives of the students attending Milpitas High School.

As a condition of membership in the CIF and in accordance with Education Code 49030, the Governing Board of the Milpitas Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of alcohol, illegal drugs, androgenic /anabolic steroids, and tobacco. All member schools shall have participating student athletes and their parents, legal guardian/caregiver agree that the athlete will not use, possess, or be under the influence of any controlled substance, as defined in Section 11007 of the California Health and Safety Code, any alcoholic beverages, intoxicants of any kind, androgenic/anabolic steroids (CIF Bylaw 524), and tobacco, without the written prescription of a fully licensed physician (as recognized by the American Medical Association) to treat a medical condition.

Alcohol/Drug Use Affecting Participation in Competitive or Performing School Activities

- A. Training rules are a matter of self-discipline. The best performance the individual is capable of producing comes only after the body and mind have been conditioned through a regular training program.

Alcohol and other drug use have a detrimental influence on performance. Intoxication prior to practice, rehearsal, or a game, or intoxication leading to a hangover and the associated discomforts will influence performance.

The more subtle impacts of use may be manifest in late arrival or missed practice due to previous use, or inability to concentrate due to physical discomfort or fatigue.

Perhaps more subtle negative consequences of use are demonstrated in attitudinal changes of the regularly using athlete or performer. Coaches, directors, and advisors have noted a decrease in commitment to team or individual performance among students who are increasing their commitment to chemical use. As some adolescents develop a regular pattern of frequent use, they may shift their interest and attention away from other aspects of their lives. It is clear that a divided commitment to athletics and chemical use can reduce the student's capacity to perform and improve.

A negative attitude toward the activity, coach, director, or teammates may also be detrimental to the success of the student and his/her team or group. The impact of this tension may be seen in overt ways, such as arguments and excessive physical contacts, or more subtle ways such as non-support or reluctance to work together.

ALCOHOL / ILLEGAL DRUGS / STERIODS / TOBACCO NON-USE PLEDGE (continued)

- B. Students in these activities are representatives of the school and school district, role models for other students, and are expected to lead and give positive examples.
- C. **The policy is in effect at all times from the start of fall sports practices through the entire or school year. This includes in season or off-season, evenings, weekends, and holidays, and on off school campuses.**

D. The following are the minimum penalties for violating the Milpitas H.S. Alcohol, Drugs, Steroids, and Tobacco Contract. The school, the athletic department, or the coach may choose more severe penalties, including immediate removal from the team.

First violation:

- Administrator /parent conference
- Minimum of 25% ineligibility from athletics contests (practices may continue)
(i.e. 10 game season ineligible for 3 contests, 24 game seasons ineligible for 6 contests)
- Mandatory attendance at appropriate intervention program
- Law Enforcement Agency informed as appropriate

TOBACCO* (First violation for use or possession of tobacco will be a 2 contests suspension. Subsequent violations of the Alcohol, Drugs, Steroids, and Tobacco Non-Use contract, will follow the policies for second or subsequent violations)

Second violation:

- Administrator /parent conference
- Minimum of 50% ineligibility from athletics contests (practices may not continue)
- Counseling program to be determined at administrative conference
- Law Enforcement Agency informed as appropriate

Third and subsequent violations:

- Administrator /parent conference
- Indefinite ineligibility - Minimum of 75% ineligibility from athletics contests and practice.
- Proof of completion of drug dependency program through non-school agency
- Law Enforcement Agency informed as appropriate.

Note: Students who self-refer at any time will be referred to Student Assistance Program and will keep their eligibility.

- E. If a student does not comply with this policy, he/she will automatically lose eligibility, the privilege to participate in contests, until an appropriate intervention is completed. Parents will still be notified at this point.
- F. Rumors must be confronted; however, they cannot be a basis for restricting student participation unless the substantiated. Rumors must be confronted and discussed with students by coaches.

By signing the athletic eligibility form, both the participating student athlete and the parents, legal guardian /caregiver, hereby agree that the athlete shall not use alcohol, illegal drugs, androgenic/anabolic steroids, dietary supplements banned by the U.S. Anti-Doping Agency as well as the substance synephrine, or tobacco, without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

By signing the athletic eligibility form, we also understand that the Milpitas High School, the Milpitas Unified School District, the Milpitas High School Athletic Department, and the coach's policies regarding the use of alcohol, illegal drugs, steroids, and tobacco will be enforced for any violation of these rules. We also recognize that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information.

ATHLETE'S CONTRACT

The following are terms and conditions that must be met in order to participate on a Milpitas High Athletic Team. This is only a partial list of requirements and is in addition to the other rules set forth in the "Milpitas High School Athletic Code of Conduct"

1. **All players are expected to have 100% attendance starting with the 1ST day of practice. This includes all weekend practices and contests, and practices and contests on holidays and vacation weeks.**

All players are expected to attend all practices, work assignments, conditioning, contests and tournaments to their conclusion. Many contest, tournaments and work assignments are on Saturdays, holidays, and vacation weeks, and are mandatory to attend.

a) **Excused absences and consequences**

- (1) Excused absences will be cleared with the coach before the practice is missed; either in person, by a phone call, or e-mail sent to the coach. (Messages are not to be sent with another team member.) If the absence is not cleared before the practice, it will be considered not excused.

2) Excused absences will be for the following reasons only:

- (a) **Physical illness.** If you are not sick enough to be at home from school, you should be at practice, even if you are not able to participate. If you are going home ill, see your coach before leaving
- (b) **Family Emergencies.** (Death in the family, medical emergencies, etc.)
- (c) **Some School Activities.** If the school activity is not essential to passing a class, it will be reviewed on an individual basis. If the school activity is for a prolonged period of time, it may be deemed necessary for you to resign your position on the team. Other school activities should not interfere with your participation in a scheduled athletic contest.
- (d) **Doctor or dentist appointments.** When appointments cannot be scheduled at a time that does not interfere with practice and they have been cleared with the coach, at least one day in advance, they will be excused. Please refer to game schedules so that appointments do not conflict with contests. Missing contests for an appointment is not an acceptable excuse unless it is an emergency.

b) Unexcused absences may result in removal or suspension from the athletic team.

2. ALL PLAYERS MUST HAVE STOPPED PARTICIPATION IN CONTESTS FOR AN OUTSIDE TEAM, IN THE SAME SPORT, PRIOR TO THE CCS START DATE FOR CONTESTS IN THAT SPORT SEASON, IF THEY CHOOSE TO PARTICIPATE AND HAVE BEEN SELECTED TO PARTICIPATE ON THE MILPITAS HIGH SCHOOL TEAM.

The only exception to this rule is for athletes who have received permission from the principal to participate on designated Olympic Development Program (ODP) teams, during their season of sport. This form must be provided by the athlete and signed off by the principal, 30 days prior to participation on the ODP team.

- 3. Making the team **does not guarantee playing** time in matches. There is the possibility that as a player, they will get little to no playing time in contests.
- 4. **Parents recognize that playing time, position, and strategy are determined by the coach. There is the possibility that my son / daughter may get little to no playing time. Positions and playing time will be determined by ability, attitude, adherence to team and school rules, and effort, as decided by the coach. The parent will support the coach's decisions.**

ATHLETIC DEPARTMENT "FAIR SHARE" DONATION

The Milpitas Unified School District partially funds the MHS Athletic Program. The funds however do not come close to covering our operational costs. It is vital and essential that we have close to a 100% "Fair Share" Donation rate, in order to continue to provide athletics to our student athletes at the current level. We need you, regardless of your child's sport, to donate your "Fair Share" to help keep the MHS Athletic Program going.

If we do not receive enough "Fair Share" donations it will result in the elimination of services and / or athletic teams.

Your "Fair Share" donation may be tax deductible so please contact your personal tax expert or CPA.

The following are the policies for the MHS Athletics Department "Fair Share" Donation

- 1. *All high school student athletes, once the team's final roster has been set by the coach, are kindly asked to do their "Fair Share" and donate a minimum of \$100.00 to MHS Athletics. The "Fair Share" donation can be submitted to the MHS school bank along with this form. (See opposite side)*
- 2. *All athletes must complete and submit the MHS Athletic Donation Form prior to being allowed to participate in an athletic contest, home or away. The form needs to be submitted whether you chose to participate in your "Fair Share" or not. The MHS Athletic "Fair Share" Donation Form must be submitted 48 hours prior the first contest, whether it is a game or scrimmage, or whether it is a home or away contest.*
- 3. *Submitting the MHS "Fair Share" Athletic Donation Form whether a "Fair Share" donation is made or not has no bearing on playing time. Choosing to participate in the "Fair Share" donation does not guarantee a given amount of playing time per game or playing time during the season.*

4. *There are no "Fair Share" donation refunds provided for students who quit, become ineligible for participation, or are dropped from the team because of discipline measures. Refunds may be issued, if requested, in cases of injury that negate playing with the team prior to the start of the season. Once a season has started there are no refunds, as the requested funds will have already been committed to the MHS Athletic budget.*
5. *If enough "Fair Share" funds are available, transportation we will attempt to be provided for all weekday contests, except for scrimmages and tournament play. Weekend and holiday transportation will be kept to a minimum. Parents will be asked to help transport students on some weekends, to all scrimmages, to all tournament play and in instances when a bus is not available*
6. *Special arrangements can be made for those who chose to donate but cannot do so all at one time.*
Please contact the MHS Athletic Director.

ATHLETIC INJURY WARNING WAIVER

Participation in competitive athletics may result in severe injury, including paralysis or death.

Changes in rules, improved conditioning, and improvements in equipment have reduced these risks. It is impossible to eliminate such occurrences from athletics. Students will be instructed in proper techniques to be used in athletics competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques. No amount of instruction, precaution, or supervision will eliminate all risks of injury. By granting permission for your daughter/son/guardian to participate in athletic competition, you, the parent/guardian, acknowledge that such risks exists.

Concussion Warning Contract

1. *The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.*
3. *Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

ATTENDANCE

The expectation of the Athletic Department is for all players to attend all classes regularly on the day of the activity, practice, or competition. In order to participate on an athletic team in practice or in a contest, the student must attend at school for a minimum of 4 periods. Any missed periods must be excused prior to an athlete being allowed to participate in practice or an athletic contest on that day.

The athletic director, the assistant director, or the principal to waive this policy, may review special circumstance. This must take place prior to the start of practice or the athletic contest for that day. Coaches at no time may waive this policy.

Any athlete who did not attend a minimum of 4 periods or has any unclear absence and/or cuts for one or more classes is ineligible from participating in athletics for that day whether it is practice or an athletic contest.

1. Any athlete who is found to have participated in practice on a day where they did not attend a minimum of 4 periods and/or have any unclear absences or cuts will be suspended for a minimum of 1 contest.
2. Any athlete who is found to have participated in an athletic contest on a day where they did not attend a minimum of 4 periods and/or have any unclear absences or cuts will be suspended for a minimum of 2 athletic contests.
3. Any parent or player who knowingly attempts or succeeds in falsely clearing and absence will result in the player being suspended from the team for a minimum of double the penalty that would have been imposed or removal.
4. Succeeding violations of the attendance policy can result in doubling the penalties and/or removal from the team.

Enforcement of these penalties for violations of the athletic attendance policy is the responsibility of all school personnel, including but not exclusive to the coaches, the athletic director, the assistant athletic director, the principal, associate principals, and attendance staff.

***Any coach who knowingly does not enforce the athletic attendance policy may lead to their dismissal.
Under no circumstances should the coach be asked to waive this rule.***

BEHAVIOR REQUIREMENTS OF MHS ATHLETES

The conduct of the athlete is closely observed in many areas of his/her life. Since the athlete is representative of the school, behavior must be above reproach. The athlete must see him/herself as a leader with certain obligations and responsibilities.

In the classroom, the athlete must:

- A. Meet the academic, behavior, and attendance standards of the school
- B. Show respect for teachers and fellow students
- C. Make arrangements for all assignments missed due to a contest

On campus, the athlete must:

- A. Set a good example for others to follow
- B. Work for the improvement of the school
- C. Show respect of personal and school property

At a competition, the athlete must:

- A. Respect the rules and decisions of the officials and judges
- B. Be modest in victory and gracious in defeat
- C. Control temper at all times
- D. Know that profanity and illegal tactics are signs of poor sportsmanship
- E. Show respect for all participants and their equipment

On trips, the athlete must:

- A. Behave appropriately as a representative of the team, the school, and the community
- B. Be responsible for all equipment
- C. Respect the regulations as well as the property of the host campus

In the locker room:

- A. At no time are athletes to be in the locker room unsupervised.

Thefts

An athlete caught stealing or in the possession of items stolen from Milpitas High School, the MHS locker room, the opposing school locker room, or a fellow athlete, at any time, will immediately be ineligible from participating in athletics for a minimum of 1 complete season of sport. The date will start from the day the athlete is formally suspended from the athletic team. The suspension will carry over into the following sport or the next year in the same sports season, which ever occurs first.

Violations of any CIF rule, CCS rule, MUSD rule, Milpitas High School rule, or MHS Athletic Department rule can lead to suspension and/or dismissal from practice(s), athletic contest(s) or the MHS athletic team, by the athletic director, assistant athletic director, coach, or school or district administrator.

An athlete who is suspended may not participate in any capacity when serving their suspension.

CODE OF CONDUCT

The student, parent, and/or guardian must read the Code of Conduct and sign in the appropriate space on the Athletic Waiver Card. This form should be kept at home. Participation on an athletic team implies agreement to follow all rules associated with the school, the athletic department and the athletic team.

HAZING PROHIBITION

Purpose - The purpose of this policy is to maintain a safe learning environment that is free from hazing for students and staff members. Hazing activities of any type are inconsistent with the educational goals of the school district and are prohibited at all times.

General Statement of Policy - No student, teacher, administrator or other school district employee, contractor or volunteer shall plan, direct, encourage, aid or engage in hazing.

No student, teacher, administrator or other school district employee, contractor or volunteer shall permit, condone or tolerate hazing.

Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy.

A person who engages in an act that violates school policy or law in order to be initiated into or affiliated with a student organization shall be subject to discipline for that act.

This policy applies to hazing behavior that occurs on or off school property and during and after school hours.

The school district will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator or other school district employee, contractor or volunteer who is found to have violated this policy.

Definitions: "Hazing," means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose. The term hazing includes, but is not limited to:

Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.

Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.

Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.

Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.

Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

"Student organization," means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities or particular school events. A student organization does not have to be an official school organization to come within the terms of this definition.

Hazing Reporting Procedures

Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct that may constitute hazing shall report the alleged acts immediately to an appropriate school district official designated by this policy.

The building principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.

Teachers, administrators, other school district employees as well as contractors and volunteers shall be particularly alert to possible situations, circumstances or events that might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct that may constitute hazing shall inform the building principal immediately.

Submission of a good faith complaint or report of hazing will not affect the complainant or reporter's future employment, grades or work assignments.

School District Action: Upon receipt of a complaint or report of hazing, the school district shall undertake or authorize an investigation by school district officials or a third party designated by the school district.

The school district may take immediate steps, at its discretion, to protect the complainant, reporter, students or others pending completion of an investigation of hazing.

Upon completion of the investigation, the school district will take appropriate action. Such action may include, but is not limited to, warning, suspension, exclusion, expulsion, transfer, remediation, termination or discharge. Disciplinary consequences will be administered consistently. They will appropriately discipline prohibited behavior and deter others from hazing. School district action taken for violation of this policy will be consistent with other school policies and applicable collective bargaining agreements and statutory authorities.

Reprisal - The school district will take appropriate action against any student, teacher, administrator or other employee of the school district, or any contractor or volunteer who retaliates against anyone who makes a good faith report of hazing, or who testifies, assists or participates in an investigation or hearing about a hazing incident. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

INSURANCE

Prior to participation, California law (Education Code Section 32220-24) requires every member of a co-curricular activity to have accidental bodily injury insurance providing the state minimum of scheduled medical and hospital benefits. Any student injury must be reported to the coach/advisor before leaving place of contest or practice so proper report forms may be filled out. All medical, hospital, ambulance or other bills shall be charged to the parents or guardians and shall be considered the bill of such parents or guardians.

PARENT-ATHLETE MEETING MANDATORY EACH SCHOOL YEAR

A parent and the athlete must attend a parent-athlete meeting each school year prior to participating in any athletic contest. An athlete will be allowed to tryout or practice prior to attending the meeting but will not be allowed to participate in any scrimmage, match, or game until a meeting is attended.

PARENT PARTICIPATION FORM

All parents are required to fill out, sign and return the parent participation form before the athlete will be allowed to participate on an athletic team. This is required for each sport played,

PARENT PERMISSION TO PARTICIPATE

The parent and athlete must submit a Confirmation / Consent form for all sports prior to be allowed to participate. Participating on a MHS athletic team does not guarantee playing time. There is no minimum playing time.

PARENT/GUARDIAN CODE OF ETHICAL CONDUCT & EXPECTATIONS

The purpose of the Parent Code is to develop parental support and positive role models in all Milpitas High School athletic activities. In the tradition of excellence, the purpose of all athletic activities at Milpitas High School is to promote the physical, mental, social, and emotional well being of each student athlete.

Parents/Guardians are an integral part of this process.

EXPECTATIONS OF PARENTS AND GUARDIANS:

As a Milpitas High School parent/guardian, I agree to:

- *Follow Pursuing Victory With Honor Six Pillars of Character- Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.*
- *Teach, Enforce, Advocate, and Model (T.E.A.M.) good sportsmanship.*
- *Be a positive role model for my student, the school and community*
- *Display a positive attitude and behavior*
- *Show respect for all participants, officials/judges and coaches*
- *Assist in providing for student safety and welfare at all times*
- *Encourage my student to attend school regularly and excel academically*
- *Inform my student athlete of the dangers of using and discourage the use of any illegal drug, alcohol, steroids or tobacco.*
- *Follow all of the guidelines in the MHS Athletic Code of Conduct.*

Inappropriate behavior on the part of the parent or guardian will lead to suspension or complete removal of the parent from all home and away contests. Inappropriate parent behavior may lead to suspension or removal of their son or daughter from the MHS Athletic team.

PLAYING TIME, POSITIONS, AND TEAM STRATEGY

Playing time, where a player plays, and team strategy are up to the discretion of the coach. Being a member of a Milpitas High School athletic team does not guarantee minimum amount of playing time. Questions about playing time, players positions, other student athletes and team strategy are inappropriate and will not be entertained by the coach, Athletic Director, or School or District Administrators. Questions about what the athlete may do to improve to should be directed to the coach.

GRIEVANCE PROCEDURE

It is Milpitas High School's policy that grievances should not be addressed before, during or immediately following any practice or athletic contest.

Coaches are instructed to not participate in discussions at these times.

If a situation arises where a parent /guardian wishes to meet with a coach, or address a specific issue, or complaint, the following steps should be followed (The athlete is expected to be in attendance all meetings):

- 1. Request a meeting at school with the coach.*
- 2. If your problem is unresolved, arrange an appointment with the athletic director.*
- 3. If your problem is still unresolved, arrange an appointment with the school administrator in charge of athletics, the principal or associate principal.*

PHYSICAL EXAMS

An annual physical examination for each school year, by a medical practitioner using the CIF form, certifying that the student is physically fit to participate in athletics is required, prior to a student attending try outs, practices, or participating in interscholastic athletics. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parents' Refusal to Consent.

Pursuing Victory With Honor* **Code of Conduct for Parents/Guardians**

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"_{SM}). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

See attached contract.

PURSING VICTORY WITH HONOR

CIF – Milpitas High School Code of Conduct for Interscholastic Student-Athletes

*Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"_{SM}). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following: **See attached contract.***

RESIDENTIAL ELIGIBILITY (CIF /CCS) and ATHLETIC ELIGIBILITY REQUIREMENTS

All athletes must meet residential eligibility and athletic eligibility requirements of the MUSD, the CIF, and the CCS. *ANY STUDENT, WHO MOVES FROM ANOTHER HIGH SCHOOL TO MILPITAS HIGH SCHOOL, MUST COMPLETE CIF / CCS PAPERWORK AND BE CLEARED BY THE CCS IN ORDER TO PARTICIPATE IN ATHLETIC CONTESTS. (SEE MHS ATHLETIC DIRECTOR FOR THE CORRECT FORM)*

THREE POSSIBILITIES:

1. The athlete has been enrolled at Milpitas High School continually from the beginning of their freshman year or has attended Milpitas High School continually for more than **one calendar year**.
NO PAPER WORK REQUIRED.
OR
2. The athlete has moved into the Milpitas Unified School District Attendance Area within the last calendar year, with the entire family units that lived in the previous school district attendance area, and have established residential eligibility in the Milpitas Unified School District. **Must complete the CIF / CCS Form 206 and have it approved by the CCS before the athlete is allowed to participate in athletic contests.**
OR
3. The athlete is a transfer student. **The athlete must complete the CIF 207 and 510 transfer forms and be cleared by the CCS prior to participating in athletic contests.** Athletes transferring may be ineligible from participating at the varsity level, in any sport in which they participated in at the high school level in the last calendar year. An athlete may apply for a documented hardship (waiver) to the Central Coast Section (CCS), chose to play FS or JV were applicable, or chose to participate in a 6 week sit out period per sport, in order to become eligible. The CIF- CCS By-Law 207 defines a Hardship.

Falsification of an address in order to attend Milpitas H.S. not only violates MUSD requirements but also violates the CIF and CCS fraud by-laws if the student participates in athletics. Violation of this rule upon discovery will result in the athlete being deemed ineligible from high school athletics for up to 2 years. The team will forfeit all contests participated in by the athlete if any school personal knows of the falsification.

PCA STUDENT-ATHLETE SOCIAL MEDIA AGREEMENT

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

- I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- I will not degrade my opponents before, during, or after games.
- I will post only positive things about my teammates, coaches, opponents and officials.
- I will use social media to purposefully promote abilities, team, community, and social values.
- I will consider "Is this the me I want you to see?" before I post anything online.
- I will ignore any negative comments about me and will not retaliate.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
- I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.
- I am aware that violation of the PCA Social Media Contract can lead to suspension of a game(s) or possible removal from the team.

Thanks to PCA's National Student Athlete Advisory Board for helping produce this agreement.

For more Resources, visit: www.PCDevZone.org

For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org

SOCIAL PROBATION- MILPITAS HIGH SCHOOL

Milpitas High School has established a Student Discipline Tracking System. If an athlete is placed on Social Probation they will be suspended for 1-2 contests depending on the sport. Athletes are not prohibited from participating when on Social Probation. An athlete who is suspended may not participate in any capacity when serving their suspension.

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

TRANSPORTATION

Students must use district transportation when provided. Alternative transportation is limited to special waivers and must be cleared prior to alternative transportation being used.

Athletes may not transport themselves to away athletic contests, unless they are over the age of 18 and have completed all of the MUSD requirements to operate a vehicle during school functions. At no time may an athlete transport another student to an away athletic contest.

Parents who will transport their son or daughter from an away athletic contest must sign the bus log each and every time this occurs. Failure to do so will result in disciplinary action against the athlete.

Taking an athlete to any away event requires clearance through the athletic office prior to the contest.

ADDITIONAL THINGS YOU SHOULD KNOW

APPEALS

- A. An athlete wishing to appeal his or her removal from a team or suspension from a team, must submit a written request to the Athletic Director to consider extenuating circumstances not known at the time of the suspension. The Athletic Director will determine if the extenuating circumstances should be considered.
- B. If the Athletic Director determines that no extenuating circumstances exist the removal or suspension will stand. If the Athletic Director deems extenuating circumstances exist he/she will call a meeting of the MHS Athletic Behavior Committee.
- C. If the Athletic Director denies the appeal, the athlete and the parent may appeal, in writing, to the Milpitas H.S. principal, who may chose to call a meeting of the MHS Athletic Behavior Committee.
- D. The MHS Athletic Behavior Committee will be comprised of a MHS school administrator, the MHS Athletic Director, and three MHS coaches not affiliated with the athlete's sport(s).
- E. A parent, the athlete, and the athlete's head coaches must be in attendance.
- F. This meeting will convene at the convenience of all parties involved. The athlete will remains ineligible until the appeals hearing is convened.

ATHLETIC AWARDS - LEO B. MURPHY

In addition to awards that athletes may earn on their individual teams, there are several ends of the year awards that athletes may qualify for by participating.

Scholar Athlete - 3.5+ grade point average

3- Sport Athlete – Athlete participated on 3 athletic teams during the school year.

Class Athletes of the Year (Male and Female) – Must participate on a minimum of 2 athletic team per year.

Bill Bebout Award Male and Female (Most dedicated junior athlete)

Jim Ferguson Award (Male and Female) Outstanding Athletic Accomplishment during the school year)

Ned McIver Award (Male and Female)- Highest graduation senior GPA with 4 varsity letters

Leo B. Murphy Awards (Male and Female)- 4 year award based on character, athletics, and academics.

CONSUMPTION OF ENERGY DRINKS PROHIBITED

Athletes are prohibited from consuming energy drinks prior to, during, or after practices or contests. Energy drinks are not allowed in the locker room or on athletic facilities. Energy drinks have been shown to be detrimental to the athlete's health when used in conjunction with physical activities

EQUIPMENT

Students are responsible for all issued school equipment. Students are expected to keep the equipment clean and in its best possible condition. Any loss due to student neglect, including items that are stolen, will be his/her financial obligation. Students will not be allowed to try out, practice, or participate on any other athletic team until equipment is returned or reimbursed.

OUT OF SEASON PRACTICES AND CONDITIONING PROGRAMS

Off-season practices are not allowed under the CIF-CCS By-laws.

A practice according to the CCS by-laws is any activity that is mandatory, the coach or assistant coach is present, and it takes place on the field of play for that sport.

The exception to this rule is that during an 8 week period, designated by the athletic department, in which the coach can meet with up to but no more than 4 athletes at time, for no more than 2 hours a week. These practices are completely voluntary and cannot be made mandatory. These practices must take place as to not conflict with practices of sports that are currently in season. If the sport of football chooses to participate in these practices they may not conduct spring football.

An off-season conditioning program may be required if the athlete is not a member of another MHS athletic team. Weight lifting is an example of an acceptable activity.

NO PLAYER CAN BE REQUIRED TO PARTICIPATE IN AN OFF SEASON CLUB TEAM OR A SUMMER TEAM AS PART OF THE REQUIREMENT TO PARTICIPATE ON A MILPITAS HIGH SCHOOL TEAM.

PARTICIPATION ON OUTSIDE ATHLETIC TEAM

There are no CIF or CCS rules prohibiting an athlete from participating on an outside team in a different sport concurrently with a high school season in another sport. (I.e. an athlete may be on the Milpitas High School volleyball team and be playing on an outside soccer team at the same time)

The high school team will and must take precedence over the outside team. Missed contests or practice to participate on the outside team could result in removal from the high school team.

Athletes who are a member of any Milpitas High School team, per CIF by-laws, **may not participate on an outside team in the same sport** during the high school season that has 50% or more players as the high school team. (i.e. May not be on the MHS basketball team and play on an outside basketball team during the high school basketball season that has 3 or more players. They could play on a 2 on 2-basketball team.)

Playing in any type of an organized contest (game, scrimmage, or tryout that includes scrimmaging) with any outside team during the sport season will result in the following.

1. The athlete will be ineligible from participating on the high school team for twice as many contests as played with an outside team. (i.e. the athlete plays in a game and a scrimmage with an outside team would constitute 2 contests, they would then be ineligible for 4 contests with the MHS team.
2. Any contest played on the high school team after having participated on an outside team will result in the high school team forfeiting all contests until the infraction has been detected and the athlete suspended. (i.e. Playing in a game on a Sunday recreational team and then playing in 6 contests for Milpitas High School would result in Milpitas High School forfeiting all 6 contests.

An athlete in an individual sport may participate in outside contests in the same sport but may not participate for another team. They must compete unattached, representing neither Milpitas H.S. nor another team, or wear the uniform of any team.

PLAYING MULTIPLE SPORTS FOR MILPITAS HIGH SCHOOL

Athletes are encouraged to participate on as many MHS sports teams as they qualify. No coach may tell or coerce an athlete to not play on another MHS sports team. This is a violation of the MHS coaching contract and could result in the removal of the coach.

Athletes coming from one sports season to another (fall to winter or winter to spring) may not be required or coerced to attend tryouts or practices until the Monday following the conclusion of the previous sports season. The exception to this rule is for athletes whose teams or as an individual have advance to the CCS playoffs or beyond. These athletes will be given a minimum of one day off before being required to attend the next sport. All athletes coming from one sports season to another will be given 5 days of tryouts from the time they can be required.

QUITTING or REMOVAL FROM A MHS ATHLETIC TEAM

All MHS sports will provide a minimum 5 days of tryouts. This tryout period will begin on the start date for each sport season unless otherwise noted by the coach. Athletes need to be cleared and ready to participate on the designated start date. Failure to be ready to participate on the designated start date does not extend the tryout period. At any time during the 5 days tryout period or extended tryout period set by the coach, the student may chose not to continue to participate in that sport. After 5 days in sports that do not have cuts or at the end of the tryout period in sports that have cuts, the athlete will be considered to have made the commitment to be a member of that particular athletic team. Once an athlete has been selected to be a member of one of Milpitas High School's athletic teams, the athlete and the athlete's parents are expected to fulfill their commitment through the end of that sports season. The athlete is expected to follow all rules of the school, the athletic department, and the athletic team. Quitting a team or being removed from a team for not fulfilling all requirements to be on the team will result in the following consequences.

1. The athlete is ineligible to go out for another athletic team at Milpitas High School until the end of the current sports season. (i.e. May not go out for basketball until the end of the football season)
2. The athlete becomes ineligible for that school year, to be considered for any of the end of the year athletic awards presented at the annual Leo B. Murphy athletic awards.
3. The athlete is removed from consideration for the Leo B. Murphy Award presented at the end of the athlete's senior season.
4. Special circumstances will be taken into consideration. Unhappy with the coach or playing time is not a special circumstance.

SUNDAY CONTACT DURING THE SEASON IS PROHIBITED

CIF by-laws prohibit coaches from having contact with their players on Sundays during their season of sport for any type of sport related activity. This includes such activities as practices, conditioning, watching film, team socials, and team or individuals dinners.

Effective 7/1/18

Pursuing Victory With Honor*

Code of Conduct for Parents/Guardians

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"SM). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

TRUSTWORTHINESS

- *Trustworthiness* — Be worthy of trust in all you do.
- *Integrity* — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.
- *Honesty* — Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct.
- *Reliability* — Fulfill commitments. Do what you say you will do.
- *Loyalty* — Be loyal to the school and team; Put the interests of the team above your child's personal glory.

RESPECT

- *Respect* — Treat all people with respect at all times and require the same of your student-athletes.
- *Class* — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- *Disrespectful Conduct* — Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- *Respect for Officials* — Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.

RESPONSIBILITY

- *Importance of Education* — Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- *Role Modeling* — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates

with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.

- *Self-Control* — Exercise self-control. Don't fight or show excessive displays of anger or frustration.
- *Healthy Lifestyle* — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- *Integrity of the Game* — Protect the integrity of the game. Don't gamble or associate with gamblers.
- *Sexual Conduct* — Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

FAIRNESS

- *Fairness and Openness* — Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

CARING

- *Caring Environment* — Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

- *Spirit of the Rules* — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.

Parent/Guardian Signature

Date

*Our athletic program subscribes to the Pursuing Victory With Honor ArizonaSports Summit Accord. "Pursuing Victory With Honor" and the "Six Pillars of Character" are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. Reproduced with Permission by the



FOR YOUR RECORDS – PLEASE DO NOT SUBMIT



PURSING VICTORY WITH HONOR

CIF – Milpitas High School Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Charactersm"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS

Trustworthiness — be worthy of trust in all I do.

Integrity — live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.

Honesty — live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability — fulfill commitments; do what I say I will do; be on time to practices and games.

Loyalty — be loyal to my school and team; put the team above personal glory.

RESPECT

Respect — treat all people with respect all the time and require the same of other student-athletes.

Class — live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.

Disrespectful Conduct — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or *racial* nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

Importance of Education — be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

Role-Modeling — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. *Suspension or termination of the participation privilege is within the sole discretion of the school administration.*

Self-Control — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

Healthy Lifestyle — safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game — protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

Be Fair — live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

Concern for Others — demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

Teammates — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

Play by the Rules — maintain a thorough knowledge of and abide by all applicable game and competition rules.

Spirit of rules — *honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship*

FOR YOUR RECORDS – PLEASE DO NOT SUBMIT

MILPITAS HIGH SCHOOL CONCUSSION INFORMATION SHEET

PLEASE KEEP THIS PAGE FOR YOUR RECORDS!!

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

***Adapted from the CDC and the 3rd International Conference on Concussion in Sport
REQUIRED OF ALL ATHLETES BY JANUARY 1, 2012***

MILPITAS HIGH SCHOOL CONCUSSION INFORMATION SHEET

PLEASE KEEP THIS PAGE FOR YOUR RECORDS!!

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:-

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

*For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>*

MILPITAS HIGH SCHOOL
PARENT/GUARDIAN CODE OF ETHICAL CONDUCT & EXPECTATIONS

PLEASE KEEP THIS PAGE FOR YOUR RECORDS – Do Not Submit!!

The purpose of the Parent Code is to develop parental support and positive role models in all Milpitas High School athletic activities. In the tradition of excellence, the purpose of all athletic activities at Milpitas High School is to promote the physical, mental, social, and emotional well being of each student athlete.

Parents/Guardians are an integral part of this process.

EXPECTATIONS:

As a Milpitas High School parent/guardian, I agree to:

- *Follow Pursuing Victory With Honor Six Pillars of Character- Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.**
- *Teach, Enforce, Advocate, and Model (T.E.A.M.) good sportsmanship.**
- *be a positive role model for my student, the school and community**
- *display a positive attitude and behavior**
- *show respect for all participants, officials/judges and coaches**
- *assist in providing for student safety and welfare at all times**
- *encourage my student to attend school regularly and excel academically**
- *inform my student athlete of the dangers of using and discourage the use of any illegal drug, alcohol, steroids or tobacco.**
- *follow all of the guidelines in the athletic code of conduct**

PLAYING TIME

Playing time is up to the discretion of the coach. Being a member of a Milpitas High School athletic team does not guarantee minimum amount of playing time. Questions about playing time are inappropriate. Questions about what the athlete may do to improve to should be directed to the coach.

GRIEVANCE PROCEDURE

*It is Milpitas High School's policy that grievances should not be addressed during or immediately following any practice or athletic contest. **If a situation arises where a parent /guardian wishes to meet with a coach, or address a specific issue, or complaint, the following steps should be followed (The athlete is expected to be in attendance at all meetings):***

- 1. Request a meeting at school with the coach.**
- 2. If your problem is unresolved, arrange an appointment with the athletic director.**
- 3. If your problem is still unresolved, arrange an appointment with the school administrator in charge of athletics; the principal or associate principal.**

PARENT/GUARDIAN CODE OF ETHICAL CONDUCT & EXPECTATIONS

We have read and agree to the policies stated in the Code of Ethics regarding the conduct of parents/guardians of Milpitas High School students participating in athletics. We agree that these rules are important in helping our students become good citizens with a high sense of moral integrity, a competitive spirit, and the ability to be honest and forthright in all endeavors. We agree to abide by these rules for athletic participation at Milpitas High School.



BETTER ATHLETES
BETTER PEOPLE

Student-Athlete *Social Media Agreement*

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

- I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- I will not degrade my opponents before, during, or after games.
- I will post only positive things about my teammates, coaches, opponents and officials.
- I will use social media to purposefully promote abilities, team, community, and social values.
- I will consider “Is this the me I want you to see?” before I post anything online.
- I will ignore any negative comments about me and will not retaliate.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
- I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.
- I am aware that violation of the PCA Social Media Agreement can lead to suspension of a game(s) or possible removal from the team.

Thanks to PCA’s National Student Athlete Advisory Board for helping produce this agreement.

For more Resources, visit:

www.PCADevZone.org

For more information on Positive Coaching Alliance, visit:

www.PositiveCoach.org

FOR YOUR RECORDS – PLEASE DO NOT SUBMIT

Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

**FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION**

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart

rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a

victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.
Gasping, gurgling, snorting, moaning or labored breathing noises.
Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness.
Call 9-1-1 and follow emergency dispatcher's instructions.
Call any on-site Emergency Responders.

Early CPR



Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions—about 100 per minute.

Early Defibrillation



Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a bystander to use in an emergency situation.

Early Advanced Care



Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.

Cardiac Chain of Survival Courtesy of Parent Heart Watch

Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation
<http://www.epsavealife.org>

CardiacWise (20-minute training video)
<http://www.sportsafetyinternational.org>

