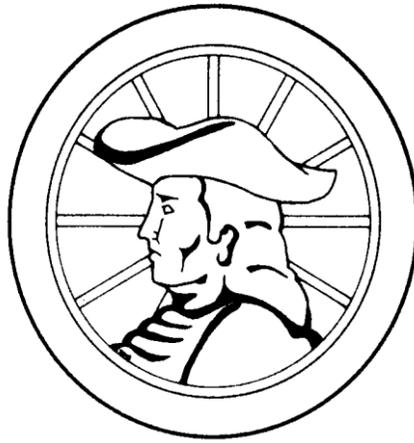


Student-Athlete Handbook



MILLVILLE AREA SCHOOL DISTRICT
2018-2019

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Conduct

1. All students will conduct themselves in a professional and respectful manner at all times.
2. Student-athletes must remember that they ultimately represent Millville Area School District and their actions are a direct reflection of the district in and out of their sport(s).
3. All team members are expected to compete fairly and demonstrate respect for coaches, fellow players, and officials at all times.
4. Any discriminatory or illegal actions will not be tolerated and will be subject to consequences.
5. The use of alcohol, tobacco, and other drugs is not permitted and will not be tolerated.
6. Athletes who are removed from a contest by officials for inappropriate conduct may not participate in the next contest of the team.

Contests

1. No student should be allowed to participate in school competitions if he/she does not attend practices on a regular basis.
2. A student may not participate in a practice or game if the student has not been in school at least 3 1/2 hours on the day of the event or the last school day immediately preceding it. Any exceptions to this must be approved by the secondary principal.

Eligibility

1. Upon notification of ineligibility of a student athlete, it is the responsibility of the coach to enforce the PIAA and School District rules and regulations.
2. Scholastic Eligibility
 - a. A student who is failing two or more classes will be ineligible to participate in practices or games the following week (Sunday through Saturday). Two failing grades at the end of the marking period will result in a 15-day suspension. Final grades for the school year will determine eligibility for the following fall.
3. Discipline
 - a. A student who is on in-school or out-of-school suspension may not practice or compete.
4. Any appeals of eligibility should be directed to the Secondary Principal.

Equipment and Uniforms

1. At the completion of the season, it is the responsibility of the athlete to return all equipment/uniforms to the head coach. This includes any athlete who may have left the team since the beginning of the season.
 - a. Any student who fails to return equipment/uniforms issued to him/her will be assessed the replacement cost for the item(s), and the Athletic Director will be notified.
 - b. This does not apply to baseball/softball caps; these remain property of the student after the season.
2. Students are not to wear their uniforms or any part of their uniforms except immediately before, during, or immediately after a competition. Exceptions to this rule, for the purpose of promoting school spirit, must be approved by the Secondary Principal.

Injuries

1. Insurance is the responsibility of the family. They may have private insurance or purchase a plan through the policy offered by the school district. Each player is to submit a signed form indicating coverage prior to the first sport of the year in which he/she participates. Any insurance claims are to be completed and submitted to the insurance company by the student and/or parents/guardians. It is not the responsibility of school personnel to do this.

Physicals and Permission Slips

1. All students must have a physical examination before practicing or playing on any team.
2. Physical exams may be conducted by the school physician on the dates established for this purpose. A student may also have an examination by a family physician.
3. All examination results are to be placed on the form provided by the school for this purpose.
4. The completed form with all signatures and other information must be submitted to the Athletic Director or the Main Office for the student to be eligible to participate.

Practices

1. Any person not connected with the athletic team is not allowed in the team locker room or on practice field/court without the consent of the coach or person in charge.
2. There will be no games or practices on days when, due to hazardous weather conditions, the district dismisses school early.
3. There may be games or practices on days when the district has closed for weather if the conditions have improved by 2:00 PM. This is at the discretion of the Superintendent, Secondary Principal, and Athletic Director based on a coach's request. Practice should not begin prior to 3:30 PM. These practices are not mandatory and students will not be penalized for non-attendance.
4. There will be no practices at churches, other schools, etc. on inclement weather days if the school does not allow practice or a game.
5. There may be occasional Sunday practices at the discretion of the Superintendent, Secondary Principal, and Athletic Director. This decision will be evaluated case by case based on weather and circumstances. These Sunday practices will occur between 2:00-5:00 PM. These practices are not mandatory and students will not be penalized for non-attendance.

Transportation

1. For away events, all players must leave from and return to school on the bus. Any exceptions to this will require written permission from the parent or guardian. This request must be submitted to the high school principal and have his/her signature prior to submission to the coach. A player may only leave with a parent.
2. Only players, coaches, cheerleaders, book and score keepers, athletic trainers, and other personnel directly related to the game may travel on the bus. Parents/Guardians and small children are not permitted on the team bus.
3. Coaches are not to transport students without specific permission from the Secondary Principal.

Lightning Procedures

Who

Coaches

Referees

Security

Responsibility

During practice times, stop practice and clear the field if deemed unsafe

Stop the game if environment is deemed unsafe as per PIAA regulations

Weather watcher

Safe Shelter:

Fall

Elementary School gym, lobby or locker rooms; Maintenance Room in stadium; buses

Spring

Elementary School gym (softball, field hockey, soccer); High School gym (baseball)

When is it unsafe to practice or play a game?

Using the Flash-to-Bang count, you can tell the approximate distance of a storm:

- Begin counting at the first sight of a lightning flash
- Stop counting when you hear the thunder clap
- Each second you count = 1 mile away

There should not be a delay in seeking shelter.

When to return to play:

Once activities have been suspended, wait 30 minutes following the last sound of thunder or lightning flash prior to resuming activity.

Places to avoid:

- Highest point on field (Press Box)
- Open water
- Flag poles
- Trees
- Light poles
- Metal bleachers

What to do if caught without shelter:

If caught in the middle of a storm and no shelter is available, assume the "Lightning Safe Position" which includes to be crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered. This is especially for individuals who feel their hair stand on end, skin tingle, or hear a "crackling noise."

Game Injury Procedures

When there is an injury during a game, the only people allowed on the field or court are the Athletic Trainer and one coach.

If someone comes onto the field or court from the stands, the other team, etc:

- They must identify themselves and why they are there.
- The Athletic Trainer is responsible for the care of the athlete.
- The coach is responsible to tell them, "Everything is under control" and to thank them for their help.
- The Game Manager should meet them at the sidelines to explain these procedures in further detail, if needed.

The exception to these procedures is a 9-1-1 call or a request for help from the Athletic Trainer.

Why we need to follow this:

The more people gathered around an athlete, the more nervous and scared people, especially parents, become. It is important to keep everyone as calm as possible when there is an injury. Also, additional people may make it more difficult for the Athletic Trainer to provide the best care possible for the injured athlete.

Concussion Protocols

1. Locate parents/guardians immediately—if in stands, call them to the field or court to discuss injury and their wishes for treatment. Trainer assesses student and fills out report. Trainer shares with Athletic Director, nurse, and concussion management contact person.
2. If parents/guardians are not present, contact them. Trainer assesses student and fills out report. Trainer shares with Athletic Director, nurse, and concussion management contact person.
3. District Concussion Team consists of Dee Davis, Sara Wolfe, Eric Stair, PJ Steiner, and Cindy Jenkins

Please return signatures to the Athletic Director or Secondary Principal upon signing. If you have any questions or concerns, please contact the Athletic Director or Secondary Principal. Thank you, in advance, for your cooperation.

Sincerely,

PJ Steiner
Athletic Director
Millville Area School District
psteiner@millsd.us
(570) 458-5538

I verify that I have read and understand the school district's rules and regulations for all student-athletes. By signing, I agree to follow and act in accordance to the student-athlete rules and regulations laid out by Millville Area School District.

Athlete Name: _____

Athlete Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____