



MILTON HIGH SCHOOL

25 GILE ROAD

MILTON, MASSACHUSETTS 02186

Tel: 617-696-4478

617-696-4470

Fax: 617-696-5038

TO: Parents, Guardians, Student-Athletes and Coaches

Date: June 4, 2010

FROM: Stephen Traister, A.D.

RE: Athletic Philosophy, Guidelines and Procedures for Student-Athletes in Milton Public Schools

Welcome to the Milton High School Athletic Department. I hope the following notes will help you as you enter Milton High School and become involved in our wonderful athletic program.

Philosophy of athletics in the Milton Public Schools:

The Milton Public Schools operate on the conviction that a dynamic program of student activities is vital to the educational development of the student. Athletics are a vital component of that program.

By definition, athletic programs are extra-curricular; but they are activities without which many students could not realize their full potential for success. Athletics are fun, but they are more than fun. From participation in athletic programs, young people learn important lessons about self-control, sportsmanship, teamwork, leadership, and competition. They learn how to win gracefully, and how to lose gracefully. Athletics play an important role in helping the individual to develop a sense of physical, mental, emotional, and social well-being. Finally, athletic competition can promote school pride and school spirit, both in participants and spectators.

For these reasons, it is the intention of the Milton Public Schools to provide its students with a well-rounded athletic program. Such a well-rounded program grows out of the physical education program, and includes both intramural and interscholastic sports. It also includes an appropriate mix of team sports and "life sports," within the constraints of budget, facilities, and student interests. Further, it is the intention of the Milton Public Schools to promote maximum participation in these activities in terms of the number of students participating, in terms of the number of team members playing regularly, and in terms of the number of sports played by a given student. Accordingly, the Milton Public Schools should make every effort to support its athletic program with best possible facilities and equipment, and to find and to hire the most qualified staff.

Coaches play a special role in the Milton Public Schools. They not only must teach the specific skills necessary for improvement in sports, but also must serve as role models. They must guide their athletes as those athletes develop themselves and work toward the difficult objectives listed above: discipline, good sportsmanship, teamwork, leadership, and ethical behavior. They must help students realize that "specialization" in a given sport is only appropriate for the rare and extremely talented individuals, and that very few high school athletes go on to become professional athletes. Coaches must stress excellence, but they must also resist pressures to "win at all costs," no matter what the source of those pressures.

Recognition of individual athletes and of teams shall be guided in specific by the policy for Elections of Officers and Captains of Student Organizations. In general, the Athletic Director, the Principal, and the Superintendent, per policy, shall approve any outside recognition paid to Milton teams in advance. Designation of letter winners shall be the responsibility of the individual coach, in adherence to standards made available to team members in advance of the season, and approved by the Athletic Director Principal.

In case of an accident, the procedure will be:

- 1. To administer first aid. This will be done by the school representative (coach or athletic trainer).**
- 2. To notify the parents as soon as possible.**
- 3. To arrange for any other emergency first aid that might be needed.**

Medical or hospital bills beyond first aid that might be needed of either the school or team physician will be the obligation of the parent.

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Parents/guardians and students are required to attend one school-sponsored Chemical Abuse Awareness Program annually. Lost or misused equipment will be charged to the participants at the present rate for replacement. A late charge may be assessed on equipment that is not turned in at the assigned time.

Finally, participation in athletics is a privilege. It carries with it responsibilities not only to the team and to the sport, but also to the student body and to the broader community. Participants in the Milton Public School's athletic programs must accept those responsibilities, and act accordingly. They deserve the full support of their parents as they set out to represent their family, their school, and their town.

We are pleased to welcome your high school student as a member of the Wildcat Athletic Association of Milton High School. As a member of this Association and as a representative of the High School, he/she will be expected to:

- Display upright conduct and the spirit of fair play in all contests.
- Exhibit respect for school personnel, coaches, game officials and opponents.
- Develop self-control, self-direction and sound judgment.
- Refrain from and discourage abusive, irritating, profane and obscene language at all times.
- Play hard, but with respect for the rules of the game.
- Win with glory and lose without bitterness.
- Convince others by example, that athletics really promote the physical, mental and moral welfare of the players.
- Promote the game for the players-not as a matter of life and death- but as wholesome recreation and play.

Before trying out for a team a student must obtain a "Clearance Card".

In order to participate in the Milton High School Athletic Program, a student-athlete must:

- **Have academic eligibility by passing 5 courses of school work each term.**
- **Have a current copy of their physical from a physician (Dated within 13 months)**
- **Have a check made payable to "MHS Athletics" for \$250 or \$500 for Ice Hockey**
- **Have a signed "Parental Permission"**

If all the above criteria is met and given approval by the Athletic Office, a "Clearance Card" will be given to the student-athlete. The prospective student-athlete must present this clearance card to the coach before the coach will let them try out for the team.

This check will be returned or be reimbursed if the student does not make the team.

If you have any questions, please contact:

Mr. Stephen Traister
Director of Athletics
617-696-4470 ext.5515
straister@miltonps.org

Fall Sports:

Cheerleading
Cross Country (Girls/Boys)
Field Hockey
Football
Golf (Coed)
Soccer (Girls/Boys)
Volleyball (Girls)

Winter Sports:

Basketball (Girls/Boys)
Cheerleading
Ice Hockey (Girls/Boys)
Indoor Track (Girls/Boys)
Ski Team (Girls/Boys)
Wrestling

Spring Sports:

Baseball
Lacrosse (Girls/Boys)
Outdoor Track (Girls/Boys)
Softball
Tennis (Girls/Boys)

2010 -2011 FALL SPORT COACHES

FALL SPORTS	COACH	EMAIL	1 ST PRACTICE
BOYS SOCCER	COACH MADDEN	mrmadden1@verizon.net	THU AUG 26TH TBA @ BROOKS
CROSS COUNTRY	COACH SNYDER	dsnyder@miltonps.org	THU AUG 26TH TBA @ BROOKS
FIELD HOCKEY	COACH DONOVAN	jmccormack@miltonps.org	THU AUG 26TH TBA @ BROOKS
FOOTBALL	COACH BOWES	jbowes@miltonps.org	MON AUG 23RD TBA @ BROOKS
GIRLS SOCCER	COACH BORDE	bborde@miltonps.org	THU AUG 26TH 9AM @ BROOKS
GOLF	COACH TAYLOR	kevin_taylor@irco.com	THU AUG 26TH TBA TBA
VOLLEYBALL	COACH LEE	rlee@miltonps.org	THU AUG 26 TH TBA @ GYM
CHEERLEADING	COACH PARSONS	jparsons@miltonps.org	TBA

**PRACTICE TIMES & SITES WILL APPEAR ON THE MILTON PUBLIC SCHOOL WEBSITE
AND THE HIGH SCHOOL EDLINE**

2010 -2011 FALL SPORT SIGN-UPS:

AUGUST 13TH 9AM – 12PM
AUGUST 16TH - 19TH 10AM – 2PM
AUGUST 23RD – 26TH 7AM - 12PM

Before trying out for a team a student must obtain a "Clearance Card".

In order to participate in the Milton High School Athletic Program, a student-athlete must:

- Have academic eligibility from the previous academic school year
(All incoming freshmen are eligible!)
- Have a signed "Parental Permission" (Can be found on MHS Athletics page)
- Have a current copy of their physical from a physician (Dated within 13 months)
- Have a check made payable to "MHS Athletics" for \$250 or \$500 for Ice Hockey

*******COMING SOON*******
FOR ALL SPORTS SIGN-UPS YOU WILL BE ABLE TO MAKE SECURE ONLINE PAYMENTS THROUGH YOUR CHECKING ACCOUNT OR CREDIT CARD. A LINK TO ACCESS THE ONLINE PAYMENT WILL BE AVAILABLE ON THE MILTON PUBLIC SCHOOL WEBSITE SOON.

If all the above criteria is met and given approval by the Athletic Office, a "Clearance Card" will be given to the student-athlete. The prospective student-athlete must present this clearance card to the coach before the coach will let them try out for the team.

The check will be returned or be reimbursed if the student does not make the team.

THE MILTON HIGH SCHOOL ATHLETIC OFFICE IS LOCATED NEXT TO THE COPELAND FIELDHOUSE ENTRANCE.

*****THERE WILL NO SIGN-UPS AFTER THURSDAY AUGUST 26TH*****

IT IS SUGGESTED THAT STUDENTS ATTEMPT TO GET THEIR CLEARANCE CARDS BEFORE THEIR FIRST PRACTICE DATE. COACHES WILL NOT LET STUDENT-ATHLETES PARTICIPATE WITHOUT CARD! SHOW UP EARLY DUE TO LONG LINES.



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**Parental/Guardian Permission Form
2009 – 2010 School Year**

I have read and understand the attached information. I understand that a physician must examine my child **before** he/she may participate in Milton High School athletic programs, including all practices.

This permission may be rescinded at any time by my communication addressed to the Principal.

I also hereby authorize the Milton High School Athletic Training/Coaching Staff or its representatives to obtain medical treatment on my son's/daughter's behalf. In the event that, in the opinion of said staff or representative, my son/daughter is in need of such treatment, that said staff or representative may act on my behalf. I agree to waive any rights which I may have against the staff or its representatives on account of an action which it or they may take on my son's/daughter's behalf.

Furthermore, I agree that I shall be responsible for the payment of any medical treatments of any nature, which shall arise in connection with any injury/accident while my son/daughter is participating/involved within the Milton High School Athletic Program.

I fully understand the conditions under which students are allowed to take part in organized athletics at Milton High School. I give my son/daughter permission to participate.

FALL SPORT

WINTER SPORT

SPRING SPORT

NAME OF STUDENT ATHLETE:

(Please print)

PARENT/GUARDIAN SIGNATURE:

DATE:

THE MILTON HIGH BOOSTER ORGANIZATION IS A VOLUNTEER GROUP THAT HELPS SUPPORT OUR MILTON HIGH ATHLETIC TEAMS. IF YOU ARE INTERESTED IN HELPING THE BOOSTERS CLUB IN ANYWAY KINDLY LEAVE YOUR EMAIL OR PHONE NUMBER.

EMAIL _____

CONTACT NUMBER _____