

Parent and Student Notification/Agreement Form Illegal Steroid Use

Nebraska state law prohibits possessing, selling, dispensing, or administering a steroid in a manner not allowed by state law.

Nebraska state law also provides that the increase of muscle mass, strength, or weight; or the improvement of physical appearance or performance in any form of sport through use of a steroid is not a valid medical purpose.

Nebraska state law requires that only a medical doctor may prescribe a steroid for a person.

Any violation of state law concerning steroids is punishable by long-term suspension, exclusion, or mandatory reassignment.

HEALTH CONSEQUENCES ASSOCIATED WITH ANABOLIC STEROID ABUSE

(Source: National Institute on Drug Abuse)

- *In boys and men*, reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement (gynecomastia).
- *In girls and women*, development of more masculine characteristics, such as decreased breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair.
- *In adolescents of both genders*, premature termination of the adolescent growth spurt, so that for the rest of their lives abusers remain shorter than they would have been without the drugs.
- *In males and females of all ages*, potentially fatal liver cysts and liver cancer; blood clotting; cholesterol changes, and hypertension, each of which can promote heart attack and stroke; and acne. Although not all scientists agree, some interpret available evidence to show that anabolic steroid abuse- particularly in high doses- promotes aggression that can manifest itself as fighting, physical and sexual abuse, armed robbery, property crimes such as burglary and vandalism. Upon stopping anabolic steroids, some abusers may experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, headache, muscle and joint pain, and the desire to take more anabolic steroids.
- *In injectors*, infections resulting from the use of shared needles or non-sterile equipment, including HIV/AIDS, hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

Student Certification

I have read the above information and agree that a prerequisite of my participation in Millard Public School athletic activities is that I refrain from illegal steroid use. As a prerequisite to participation, I agree that I will not use illegal steroids. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by Millard Public Schools.

Parent/Guardian Certification

I have read the above information and agree that a prerequisite of my student's participation in Millard Public School athletic activities is that my student refrains from illegal steroid use. I understand that failure to provide accurate and truthful information could subject my child to penalties as determined by Millard Public Schools.

A Letter from the District Director of Activities and Athletics:

Welcome to the Millard Public Schools activities program. I would like to take a moment to explain a small part of how the athletic and activities programs are conducted at our high schools.

In each program, coaches and sponsors are responsible for team and/or program selection. The coaches and sponsors establish conditions for selection. This may be a very subjective process and any one of us might select different students for the team or program if we had the responsibility for selection. We believe, however, that it is the responsibility and right of the coaches and sponsors to select the members of the team or program with whom they will work for the season and/or event.

A key goal of any team or program is to use the best combination of students available, in the judgment of the coach or sponsor, to win the contest and/or have a successful event. Starting positions, playing time, and roles for a game or event are not guaranteed to any student. Some students may play a great amount of time in a game or receive a big role for an event while other students may not receive what you and/or they consider to be "significant" playing or performance time. We believe it is the responsibility and right of the coaches and sponsors to determine the time and/or role earned by each student during each game or event.

Every team and program wants to win or have a successful event and each coach or sponsor wants to win or have a successful event. In the attempt to win or have a successful event, coaches and sponsors will use different strategies at appropriate times. These strategies might differ with the decisions you might have made if you were the coach or sponsor. The coaches and sponsors do the best that they can to make the proper decisions at the proper time so that our groups perform well and win the game or have a successful event. We believe it is the responsibility and right of the coaches and sponsors to determine the strategies used during a game or event.

There may be times when you have a concern about your student's participation on our teams and/or in our programs. When these concerns arise, we ask that you use the following chain of communication to deal with the concerns:

- ***First:** Ask your student to talk with the coach or sponsor about the concerns.
- ***Second:** If the issues have not been resolved by the coach or sponsor and student, then the parent/legal guardian should request a meeting with the coach or sponsor outside of class time, practice time, and event time. The coach or sponsor may request that the student attend this meeting. Please take the time to talk directly with the coach or sponsor so that you get the coach's or sponsor's point of view directly.
- ***Third:** If these two steps have not succeeded, then the parent/legal guardian may request a meeting with the Assistant Principal for Activities at the high school/Activities Director at the middle school. The student, coach or sponsor will be included in this meeting.
- ***Fourth:** If resolution has not been achieved, the parent/legal guardian and student may request a meeting with the Principal, in which the coach or sponsor, parent, student and assistant principal will attend. We hope that the concerns can be addressed at the site level.
- ***Fifth:** If questions continue to exist, the parent/legal guardian may request a review by the District Director of Activities and Athletics. The District Director will review the steps taken and may hold a meeting in which the parent/guardian, student, coach, assistant principal and/or principal may be asked to attend.
- ***Sixth:** We would request that you initiate this chain of communication when you first believe a concern warrants communication with the school, for the sooner that we are aware of the concern, the sooner we can attempt to address the concern.
- ***NOTE:** Topics that will not be addressed by administrators in these meetings include playing time, game strategies, playing level, starters, student selection on teams, and comparison of students' skills. These are decisions properly made by and discussed with our coaches and sponsors, and we support the freedom of coaches or sponsors to make these types of decisions. We believe that by using this approach, most of the concerns can be addressed and resolved at the most appropriate level.

We want our parents to be active participants in the activities that your children choose to participate. Schools and programs may certainly ask for your financial support as well as your attendance at the activities. We want our parents to vocally support our teams and activities and all of the participants on our teams and in our activities. You play a crucial role, perhaps the crucial role, in the reputation of our schools' athletics and activities. We request that you welcome the coaches, student participants of the schools that visit our schools to participate in athletic and activity events. These events are not possible without these people. We request that you welcome and yes, even support, the officials for the events in which the students and coaches will participate. The officials are just as important to the events as are the student participants and coaches. We request that you welcome the fans of the schools that visit our schools for a game or event. The activities and the venues in which the activities occur should be enjoyable events and welcoming places so that all of the participants will want to return to our schools in order to participate and will welcome us when we visit their schools. We also request that you cheer for our teams and players rather to cheer against the opposing schools, their participants, and the officials. Again, you can choose to establish a positive example that will be the envy of other schools in Nebraska.

We want and need our parents to be active participants by attending parent meetings that our schools and coaches host. By attending these meetings, many of the questions that you may have about the school's activity program will be addressed, the coaching philosophies and team expectations of our coaches will be addressed, and you have an opportunity to directly ask questions to the leaders of our activities programs. You need to be comfortable with the programs in which your children will participate and attendance at these meetings often helps you develop and enhance that comfort level.

As mentioned earlier in this letter, we hope that if you have a concern about your child's participation in an activity, you will follow the chain of communication to voice the concern. At this time let's address a somewhat touchy subject--- the anonymous letter, e-mail, and/or voice mail to voice a concern. Activity directors often receive anonymous letters from parents and community members to address a concern about a coach and/or about an activity program. What we will attempt to explain is the view that often accompanies these messages from those who receive the messages. In many professional settings, anonymous messages are often viewed as lacking credence; in other words, these messages are often taken with a huge grain of salt. Anonymous messages give the administrator the power to determine the accuracy and validity of the complaint. The anonymous messenger often believes that the administrator will, without hesitation, agree with complaints; however, that messenger cannot be sure about this agreement. We hope that if you have a concern, any concern, that you will demonstrate the courage to identify yourself as well as the concern. This allows the following to occur: 1) to determine the validity of the complaint and to ensure that we understand the concerns expressed by communicating with you, 2) to determine whether or not there is already a solution, policy, or procedure that covers the concern and to have an opportunity to explain this to the person seeking an answer, 3) to seek additional information in order to determine what action may or may not be appropriate, and perhaps most importantly, 4) to directly communicate what actions will or will not take place to address the expressed concern. While you may not agree with the opinions and/or actions that are taken, you will have the opportunity to know what those actions and/or opinions are. We hope that if you have a concern, you will provide us with the opportunity to address the concern and communicate with you what actions we did or did not take. We welcome the opportunity to communicate with you.

By being a parent/legal guardian and student in an activity, regardless of the time spent in the game or event, you can learn many valuable lessons. These lessons include, but are not limited to, accepting the role you are assigned, demonstrating good sportsmanship, appreciating good effort by any of the participants, respecting all participants, working for a greater role, practicing self-control, working cooperatively to accomplish a common goal, and accepting the responsibility for our actions.

We hope this information helps you to understand some of the beliefs of our athletic and activities programs. We wish our students and parents/legal guardians the best of luck with all of their pursuits, both in academics and activities. We thank you for the opportunity to work with your children.

Nolan Beyer, District Director of Activities and Athletics