

# Walla Walla Public Schools



*Garrison & Pioneer*  
MIDDLE SCHOOL  
Parent/Student  
ATHLETIC HANDBOOK

8/1/2013

## **TO THE PARENTS/GUARDIANS**

We are extremely pleased that your son/daughter has expressed a desire to be involved in our athletic program. Our coaches are looking forward to the opportunity to work with him/her.

Our coaches are committed to doing everything possible to minimize your student's chance of injury. We have carefully reviewed the coaching techniques with student safety as the primary concern. We are confident that methods of teaching skills and fundamentals are sound and safe. All of our coaches have current first aid and CPR certification. They have received training to deal with medical emergencies and bloodborne pathogens.

We want to remind you that there is always the risk of serious injury, serious illness, paralysis or even death in interscholastic athletics. However, studies by agencies such as the National Federation of State High School Associations have shown the frequency of catastrophic injuries to student athletes is no greater in interscholastic athletics than it is in daily living. Through emphasis on injury prevention, rule changes, and coaching skills, we are attempting to keep this frequency of injury as low as possible.

Any student participating in competitive athletics is required by Walla Walla School District to have at least \$25,000 of in force accident insurance. We would prefer that all families purchase the school insurance, however, parents who have private insurance for their students that meets the minimum requirement need not purchase the school insurance. Parents using private insurance will be asked to complete a form indicating the number of their insurance policy, the amount of coverage, and the name of the company. The form requires the parent's or legal guardian's signature giving permission for the student to participate. This form is in the athletic registration packet.

Please contact the athletic department or coaching staff if you have any questions or concerns about our program.

### **PHILOSOPHY OF ATHLETICS AT WALLA WALLA MIDDLE SCHOOLS**

The Walla Walla Middle Schools believe competitive sports are an integral part of the school program. It attempts to provide an opportunity for all students to participate in some form of competitive athletics. A wide variety of athletic activities are offered throughout the school year. The staff and administration encourage students to participate, if at all possible, in at least one athletic program each year. Students in the **6th, 7th and 8th grades** must meet the Walla Walla Middle School eligibility requirements.

To lead a successful life, a person needs to be both mentally and physically alert. That person must learn the responsibilities inherent in the commitments of life. The person must approach life positively with a sincere desire to realize his/her own dignity and self worth, as well as that of his/her fellow man. A person must learn to cope with the boredom of inactivity through various mental and physical outlets. He/She must learn to bounce back in the face of defeat. He/she must learn and practice the concepts of cooperation and team work. The athletic department strives to assist our student/athletes to reach these goals.

### **RULES AND REGULATIONS FOR WALLA WALLA MIDDLE SCHOOL ATHLETES**

Students who participate in the athletic program of Walla Walla Middle Schools must comply with all rules and regulations governing the sports in which they participate. These include the rules and regulations of Walla Walla School District, Walla Walla Middle Schools, Walla Walla School District Athletic Department, Yakima Valley Interscholastic Athletic Association (YVIAA), Washington Interscholastic Athletic Association (WIAA), the Tri-Cities Middle Schools Activities Association (TCMSAA), and any special rules that each individual coach deems necessary for the successful operation of his/her sport.

#### **I. WIAA / WALLA WALLA MIDDLE SCHOOL STANDARDS FOR ATHLETICS**

- A. **Student eligibility criteria** - All contestants must be eligible under the rules of the Washington Interscholastic Activities Association to participate in an interscholastic contest.

- B. **Age limits** - The student shall not have reached their 15th birthday prior to June 1 of the previous school year.
- C. **Student member of a school** - An individual must be a regular member of the school he/she represents in order to participate in an interscholastic athletic activity. An individual is a "regular member" of a school if he/she is enrolled half time or more, exclusive of interscholastic athletic activities.
- D. **Scholarship** - Grades will be checked on a regular basis. In order to maintain athletic eligibility during the current quarter, the student shall maintain passing grades, or the minimum grade standards as determined by the school district if more restrictive, in a minimum of:

**3 classes in a 4 period class schedule or the equivalent credits**  
**4 classes in a 5 period class schedule or the equivalent credits**  
**5 classes in a 6 period class schedule or the equivalent credits**  
**6 classes in a 7 period class schedule or the equivalent credits**  
**7 classes in an 8 period class schedule or the equivalent credits**

Upon notification of an athlete failing one class, the athlete will be suspended from competition for a period of 1 week. At the end of the suspension if the athlete is passing all classes they will be reinstated for competition, during the suspension the athlete may attend practice.

Upon notification of failing two or more classes, the athlete will be suspended from practice and competition for a period of 1 week. At the end of the suspension grades will be re-checked. If the athlete is failing one class they will be eligible for practice but not competition.

**End of Quarter grades:**

An athlete failing two or more classes at the end of the quarter will be suspended from all practices and competition for 3 weeks. At the end of the suspension period, the athlete may be reinstated providing they have met the grading criteria.

An athlete failing one class will be suspended from competition for one week.

Suspensions will be Monday through Friday. Each student is eligible on Monday of the week following the end of the suspension period. Three or more teaching days shall constitute a week.

- E. **Previous Semester** - The student shall have been in regular attendance in an elementary, intermediate, middle or junior high, during the semester immediately preceding the semester in which the contest is held.
- F. **Regular Attendance** - The student shall be enrolled and in regular attendance within the first 15 school days in a semester or at the start of the current semester in order to participate in interscholastic contests during the current semester. A ratio greater than one (1) unexcused absence to six (6) attendances constitutes irregular attendance.
- G. **Physical Examinations** - Prior to registration for participation in interscholastic athletic activities all 6th, 7th and 8th grade students must undergo a thorough medical examination and be approved for interscholastic competition by a medical authority licensed to perform a physical examination. Physical exams are good for 24 months from the date of the examination. To resume participation following an illness or injury requiring medical care, a participating student must obtain a written release from a physician to resume participation.
- H. **Season's Limitation** - After entering or being eligible to enter the seventh grade students shall have six (6) years of interscholastic eligibility.
- I. **Fees** - Students will purchase an ASB card for \$10.00 and pay a sports fee of \$15.00 (non-refundable) per sport.

- J. **Non-School Participation** - During any sport season after joining a school squad, students may participate in non-school athletic activities, provided they do not miss a team practice or scheduled contest and they have the approval of their school coach. Exception maybe allowed if such activity does not adversely affect the performance of the athlete in practice and/or competition, in the judgment of the coach and/or district athletic director.

## II. AMATEUR STANDING RULES

An amateur student-athlete is one who engages in athletics for the physical, mental, social, and educational benefits he/she derives therefrom, and to whom athletics is an avocation and not a source of financial reward. In order to maintain amateur standing, he/she may not:

1. Accept merchandise of more than \$100 in value;
2. Accept cash awards;
3. Enter competition under a false name;
4. Accept payment of expense allowances over the actual and necessary expenses for the athletic trip;
5. Sign or have ever signed a contract to play professional athletics (whether for a monetary consideration or not); play or have ever played on any professional team in any sport; receive or have received, directly, or indirectly, a salary or any other form of financial assistance including scholarships or educational grants-in-aid from a professional sport organization or any of his/her expenses for reporting to our visiting a professional team.

## III. TRAVEL RULES

- A. **All athletes must travel to and from an athletic contest in transportation provided by the school district.** Any exception to this rule must be approved by their coach and cleared in advance through the athletic office. A parent release form is required. These forms must be picked up by the athlete in the Athletic Office or Principals' office.
- B. Team members will remain with the team and under supervision of the school and the coach when attending away contests.
- C. Team members are expected to conduct themselves according to standards of their school and coach while traveling to and from contests and on overnight trips.
- D. Athletes will dress according to the standards of their school and coach on all athletic trips.
- E. No beverage containers or beverages will be allowed on travel vehicles unless special permission is granted by the coach and bus driver.
- F. Athletes will follow the established district and athletic department rules for students riding school buses.

## IV. EQUIPMENT RULES

Athletes are responsible for all school equipment checked out to them. They are expected to keep it clean and in good condition. The coach will inform participants at the beginning of the season concerning the athletic department laundry services and care of the equipment.

Loss of issued equipment or unnecessary damage to equipment will be the student's financial obligation. Until this obligation is fulfilled, the athlete will not be allowed to receive awards for that sport or be a member of another school athletic team. Issued equipment or clothing is to be worn only while participating with the team in a sanctioned practice or during scheduled contests. It is not to be worn in Physical Education classes or for personal use.

## V. ATTENDANCE REGULATIONS

Students involved in athletics will be subject to the following attendance rules and regulations:

1. Regular and prompt attendance at all practices. If it is necessary to be absent from, or late to practice, common courtesy dictates that the coach must be notified in advance by the athlete.
2. Athletes who are absent for any part of the school day are not eligible to compete or practice on that day unless special permission is granted by the administration.

3. If the student leaves school during the day because of illness, he/she will not be eligible to compete or practice on that day unless permission is granted by the administrator in charge of attendance.
4. If a student is placed in I.S.S. or out of school suspension, he/she will not be eligible to compete or practice on that day unless permission is granted by the administration.
5. If an illness or injury requires a doctor's care, written permission must be obtained from the doctor prior to resuming participation on an athletic team.

## **VI. CONDUCT RULES**

The following acts by an athlete shall result in disciplinary action by the coach:

1. The use of profane or obscene language or acts of vulgarity.
2. Acts of poor sportsmanship such as showing disrespect for your opponents, cheating, and lack of courtesy.
3. Acts of inappropriate conduct and citizenship on or off campus. Athletes involved in a disciplinary situation during the school day may not be allowed to participate in the athletic practice/contest that day.
4. WIAA rules require students ejected from a contest to sit out the next contest. A second ejection means the student is ineligible to compete for the remainder of that sport season.

## **VII. ATHLETIC TRAINING RULES**

The following acts by an athlete during an athletic season shall constitute immediate removal from the team until a meeting can be held with the student, the student's parents, and the athletic board. The athletic board is composed of the school principal or designee, the athletic director, and possibly the coaches of the sports in which the athlete participates. An athletic season begins on the day the WIAA designates as the first day of practice. The season ends when the athletes are dismissed by the coach after the last contest.

1. Athletes using or in possession of alcoholic beverages.
2. Athletes using or in possession of tobacco products.
3. Athletes using or in possession of legend drugs or steroids, as defined by the laws of the State of Washington.
4. Athletes using or in possession of unidentifiable drugs as determined by the Physicians' Desk Reference.
5. Athletes who are with minors and/or attend parties where alcoholic beverages, tobacco products or narcotics are being served or consumed by minors. Athletes who inadvertently find themselves in this type of situation are expected to leave immediately or they will be in violation of the athletic training code.

## **VIOLATIONS OF RULES AND REGULATIONS**

Violations of rules and regulations for Walla Walla Middle School student-athletes shall constitute cause for alternative corrective action, discipline, suspension, and/or expulsion pursuant to the appropriate governing authority. Violations are accumulative from year to year.

Student-athletes who violate the Middle School discipline policy will be subject to corrective action under that policy. The corrective action may include suspension or expulsion from participation in activities. (Refer to "Discipline Policy" and "Student Assistance Program" sections of the Parent/Student Handbook.)

## **VIOLATIONS OF TRAINING RULES**

### **I. FIRST VIOLATION**

The student-athlete will:

1. Be dismissed from the team for the remainder of the season and shall be ineligible for any and all awards for that season. \*See page 10, student Assistance Program.
2. Be requested to meet with an athletic board composed of the school principal or designee, the athletic director, and possibly the coaches of the sports in which the athlete participates.

3. Request a meeting with the athletic director and coach prior to participating on another school team. They will review previous violation(s) and determine if the student will or will not be allowed to participate.
4. Students who violate item 5 under section VII of the Rules and Regulations for Athletes will forfeit 20% of the contests scheduled for their team.

## II. SECOND VIOLATION

The student-athlete will:

1. Be excluded from participation on any school district team for one calendar year from the day of violation and will be ineligible for any and all awards.
2. Be requested to meet with an athletic board composed of the school principal or designee, the athletic director, and possibly the coaches of the sports in which the athlete participates.
3. Request a meeting with the athletic director and coach prior to participating on another school team. They will review previous violation(s) and determine whether or not the student will be allowed to participate.

## III. THIRD VIOLATION

The student-athlete shall be excluded from interscholastic competition at Pioneer/Garrison for the remainder of his/her educational program.

## **STUDENT ASSISTANCE PROGRAM**

A student-athlete with the approval of his/her parents/guardians may elect to be referred to the "Student Assistance Program" for treatment of the drug/alcohol or tobacco problem instead of being disciplined according to the disciplinary action outlined under the "First Violation" section of the Training Rules.

The "Student Assistance Program" option is only available to first offenders of the athletic training policies. The student-athlete and his/her parents/guardians electing to participate in the Student Assistance Program will agree to:

1. Meet with a representative of the Student Assistance Program to discuss the details and obligations of the program.
2. Forfeit the student's participation in 20% of the team's contests. (The number of contests forfeited is determined by multiplying the number of regular season team contests by .20 and rounding to the nearest whole number.)
3. Commit the student to continue to practice and attend all team meetings during the time the student is ineligible to participate in contests.

## **DUE PROCESS**

Any athlete who is alleged to have violated the athletic code is entitled to due process procedures as established by the Walla Walla School District Board of Directors.

## **CHANGE OF SPORT POLICY**

The following policies apply to athletes changing sports

1. In the event an athlete wishes to change from one sport to another during a specific sports season (ex: from tennis to baseball), permission must be granted from both coaches involved. This change must be

made within three (3) weeks of the first practice. Students will also be required to obtain athletic office clearance prior to making the change.

2. If an athlete plans to change from one sport to another from one year to the next (ex: from track one year to baseball the next), it is common courtesy that both coaches involved be notified by the athlete.

## **ATHLETIC REGISTRATION PROCEDURES**

Before an athlete may begin practice or be issued equipment for a sport, he/she must obtain an athletic clearance slip from the office. The office will issue this slip upon receiving the following items from the athlete:

1. Medical release card properly completed.
2. Athletic Activity Contract signed by the athlete and his/her parent or guardian.
3. **Prior to registration for participation in interscholastic athletic activities all student/athletes must be approved for competition. Please see page 2 for specific physical requirements.**
4. Show proof of Home Insurance coverage or purchase of the School Insurance package.
5. A receipt showing purchase of a current Walla Walla Middle School ASB card.
6. A receipt showing payment of the current sports participation fee.
7. Payment for any hold slip issued due to lost or damaged equipment or clothing incurred in a previous sport.
8. Completion of the additional Residence Information for Athletic Eligibility as needed.
9. Concussion Information Sheet signed by parent/guardian and student.

The Walla Walla School District complies with all Title IX/RCW 28A.640 and Section 504 requirements and does not discriminate against any protected class as defined by state and federal regulations. The Affirmative Action Plan is on file with and available for review from building administrators and the Administration Office, 364 South Park Street, Walla Walla, WA. Copies are available upon request. Individuals with disabilities who require assistance or special arrangements to attend a program or activity sponsored by the Walla Walla Public Schools should contact the district's compliance officer, 24 hours in advance of the event to arrange accommodation. Inquiries regarding accommodation, compliance and/or grievance procedures may be directed to 364 South Park Street, Walla Walla WA 99362 (509) 527-3000.