

Evergreen Public Schools



Middle School Athletic/Activity Handbook

Revised July, 2009

Evergreen Middle Schools Addresses & Phone Numbers

Cascade Middle School

13900 NE 18 Street
Vancouver, WA 98684
(360) 604-3600

Covington Middle School

11200 NE Rosewood Road
Vancouver, WA 98684
(360) 604-6300

Frontier Middle School

7600 NE 166 Avenue
Vancouver, WA 98682
(360) 604-3200

Pacific Middle School

2017 NE 172 Avenue
Vancouver, WA 98684
(360) 604-6500

Shahala Middle School

601 NE 192 Avenue
Vancouver, WA 98683
(360) 604-3800

Wy'east Middle School

1112 SE 136 Avenue
Vancouver, WA 98683
(360) 604-6400

Athletic/Activity Handbook Instructions

Please read the handbook. Pay special attention to the safety guidelines for the sports in which your student may participate. By signing the registration form, you are acknowledging you have read and understand the guidelines.

INCLUDED ARE: (inserted into booklet at center)

1. W.I.A.A. PHYSICAL FORM (2 sides)
2. ATHLETIC/ACTIVITIES REGISTRATION FORM
(Includes Medical Emergency Authorization and Insurance requirement information.)
3. Concussion Fact Sheet for Athletes
4. Concussion Fact Sheet for Parents
5. Consent to Share Information Form

Prior to turning out for a W.I.A.A. sanctioned sport, participants are required to be adequately covered by insurance. You may choose to purchase insurance through the school or you may sign the insurance waiver, which is located on the athletic registration form. By signing the insurance waiver, you are stating you have your own private insurance. The parent/guardian must sign these. Students **MUST** have medical insurance to participate in sports.

User Fees

User fees are charged for students participating in Athletics, Cheer, and Dance Teams. Students who participate in the federal Free or Reduced Lunch program also qualify for a reduction in user fees. For information on eligibility for additional reductions, the parent/guardian should contact the Athletic Coordinator or Principal at their son's/daughter's school.

These fees at middle schools are:

		Students on Reduced Plan	
<u>1 sport</u>	<u>2+ sports</u>	<u>1 sport</u>	<u>2+ sports</u>
\$20.00	\$40.00 maximum	\$10.00	\$10.00

There is a \$200 per year user fee cap for each family. This cap includes user fees for both high school and middle school students. It is the responsibility of the family to inform the school when that cap is reached and to provide the school with the name(s) and school(s) of all children in the family paying a user fee. User fees collected from students will only be refunded if the student is cut from a team.

A "CONSENT TO SHARE INFORMATION WITH OTHER PROGRAMS" form is included in this booklet for parents who have a Free and Reduced-Price School Meals Application on file; if you choose to complete this form your child automatically qualifies for the reduced plan fee rate.

Athletic/Activity Clearance Requirements

In order for your student to clear and participate in a sport the following forms must be completed:

1. W.I.A.A. PHYSICAL FORM – Signed and dated, completed annually by a medical practitioner. Your physical form is good for 2 years.
2. MIDDLE SCHOOL ATHLETIC/ACTIVITIES REGISTRATION FORM (includes Medical Emergency Authorization Information), signed and dated by parent/legal guardian and student.
3. The Athletic/Activity User Fee must be paid. (For information on eligibility for fee reductions other than Free or Reduced Lunch Program, contact the Athletic Coordinator or Principal.)
4. Athletes must read, sign, and return the "HEADS UP: CONCUSSION IN YOUTH SPORTS" Fact Sheet for Athletes.

5. Parents must read, sign, and return the "HEADS UP: CONCUSSION IN YOUTH SPORTS" Fact Sheet for Parents.
6. Participants must be a member of the Associated Student Body and purchase an ASB card. (May be purchased in the school office).
7. All fines must be paid. (Fine list is in the school office). An athlete is responsible for all equipment issued to him/her. The athlete must clear all fines and return library books and equipment before being allowed to participate in the next sports season.

Complete and return all forms to the school office. All forms must be in before the student can try out for a sport. A copy of the Athletic/Activities Registration form will be given to the coach as proof of clearance.

Middle School Sports Seasons

SEASON ONE:

- Fall Rally
- FootballLate August – mid-October
- Girl's Cross-CountryLate August – mid-October

SEASON TWO:

- Volleyball.....Late October – mid December
- Wrestling.....Late October – mid December

SEASON THREE:

- Winter Rally
- Girl's Basketballearly January – late February
- Boy's Basketballearly January – late February
- Dance

SEASON FOUR:

- Knowledge Bowlmid February – mid April
- Trackmid April – early June

Sports Schedules are available at each middle school - check our website at www.evergreenps.org or call the school.

District Requirements for Participants in Athletics/Activities

ATTENDANCE:

1. The student athlete shall be enrolled and in regular attendance within the first ten (10) days in a trimester, at the start of the current trimester, in order to participate in interscholastic contests during the current trimester.
2. Athlete must be present in school the day of a game/event in order to participate in the game/event. Emergencies will be handled by the Athletic Director/Administrator.
3. On days when school is in session, student must be in attendance for at least one-half of the school day in order to participate in practice.
4. Students will demonstrate that they are meeting Evergreen Public Schools requirements as outlined in the board policy.

ACADEMIC:

Grade Point Average (GPA) Requirements

Students participating in the athletic programs or activities listed below shall have a minimum GPA of 2.0 and be maintaining a passing grade in all except one class (allowing for one failure), in the immediately preceding trimester in order to be eligible for competition during the succeeding trimester. Students entering middle school without an established GPA, or others not meeting these standards shall be monitored by the processes outlined in these procedures.

Specific Middle School Athletics/Activities

These procedures shall apply to students involved in all athletic programs governed by the Washington Interscholastic Activities Association (WIAA); and further, to all students holding office in student body government, dance team, and rally, unless higher standards are prescribed by the ASB/club constitution.

Eligibility

1. Students shall maintain a minimum GPA of 2.0 and shall maintain passing grades in all except one class (allowing for one failure).
2. Students participating in athletics governed by the WIAA shall meet WIAA eligibility requirements and Evergreen Public Schools eligibility requirements.
3. Students will demonstrate that they are meeting Evergreen Public Schools attendance requirements as outlined in board policy.

Regaining Eligibility/Probation

Students who do not meet eligibility standards will be placed on academic probation. Probation is not intended to be a prolonged process for students or staff. Appropriate action needs to be taken by the student, assisted by parents/guardians and staff, to help the student meet school district guidelines.

1. Probationary Determination

- A. Each school site is responsible for checking the grade eligibility prior to the first contest of the season for every athletic participant.
- B. The last grades of record (semester, trimester, or progress grades) are compared to the eligibility standard.
 1. Any athlete with a GPA of lower than 2.0 for the preceding grades of record is determined to be ineligible.

Athletic Code

The athletic departments and professional coaching staff of Evergreen Public Schools recognize the importance of the athletic programs within the total school structure. It is our belief that high expectations for our student athletes will produce positive performance and personal growth.

The opportunity to participate in the interscholastic athletic program is a privilege granted to all students in the district. Since the athletic program is an extension of the school program, participants are expected to follow district policies as outlined by the school board and, specifically, those related to student behavior (Policy 3200). In addition, participants in this voluntary program are expected to follow the specific standards of conduct established by the administration and athletic coaches, as well as the standards set forth by the Washington Interscholastic Athletics Association (W.I.A.A.).

Athletic/Activity Code of Conduct

The conduct of a student athlete is closely observed by many elements of our society and it is important that this behavior always be exemplary.

Athletes must think of themselves as leaders; therefore, an athlete has certain obligations and responsibilities to the team, the school, the home, and to the community.

1. **On the Field**, the athlete:

- A. is under control at all times and exhibits poise and composure regardless of the situation;
- B. is respectful to officials;
- C. is modest in victory and gracious in defeat;
- D. does not use profanity.

2. Any athlete who is failing more than one class for the preceding grades of record is determined to be ineligible.

C. A school's Athletic Director may require an additional grade check during the season to determine eligibility if specific concerns are identified. If this is utilized, the clauses below in Section 2 and 3 apply.

2. Ineligible Consequences

A. Any athlete determined to be ineligible must sit out at least one contest. The student will not be in uniform at the competition/event.

B. The student may continue their participation in practice.

3. Regaining Eligibility

A. Once the student is determined ineligible, they must bring weekly progress reports to their coach. Progress reports will be required weekly (regardless of results) for the entire specific sport season.

1. If the student's progress report demonstrates that their current grades are above a 2.0 GPA and they are not failing more than one class, they may participate in the next contest.

2. If the student's progress report does not demonstrate that they are meeting academic eligibility, they are required to sit out contests until their current grades are above a 2.0 GPA and they are not failing more than one class, they may then participate in the next contest.

3. After three weeks of ineligibility, the athlete will be removed from the team.

2. **At school and in the community**, the athlete:
 - A. works hard to promote pride with other students in his/her school and community;
 - B. is discreet at all times. Public display of affection is discouraged;
 - C. displays appropriate appearance and behavior before fellow students.
3. **In the classroom**, the athlete:
 - A. meets the academic standards of school;
 - B. is respectful to teachers and fellow students;
 - C. maintains a good attendance record;
 - D. will not be truant from classes or practice.
4. **On athletic trips**, the athlete;
 - A. is an ambassador for his/her home, school, and community and will act accordingly;
 - B. dresses appropriately and in good taste;
 - C. refrains from misconduct while traveling to and from athletic events. Disruptive behavior or other forms of misbehavior will not be tolerated.
 - D. remains with the team at all times when attending away events.
5. **To maintain a healthy life style**, the athlete:
 - A. realizes that good physical condition is absolutely necessary and is willing to abide by the conditioning regulations established by the head coach of a particular sport;
 - B. receives a sufficient amount of sleep.

Infractions Which Will Result in Discipline, Suspension, or Expulsion

1. Unsportsmanlike conduct (disruptive behavior, fighting, vulgarity, verbal abuse, etc.).
2. Destruction or defacing of school property.
3. Possession, use, sale, or distribution of drugs, narcotics, legend drugs (steroids), or alcohol. It is understood that substance abuse is a disease that can be treated; if an athlete comes forth seeking help, he will be referred to the appropriate people for assistance. All cases will be confidential. Each case will be reviewed and ruled on by the Review Board (See Appendix A).
4. Use of tobacco.
5. Criminal acts committed while under school authority.
6. Criminal acts committed while not under school authority.
7. Not adhering to the coaches' identified training rules, for a specific sport.

ANY VIOLATION OF THE ABOVE WILL BE REPORTED TO THE PARENT OR GUARDIAN BY THE HEAD COACH OF THE SPORT IN WHICH THE ATHLETE IS INVOLVED.

Appendix A-Evergreen Public Schools Drug Policy:

Alcohol and other drugs: Use, possession, sale, or delivery of tobacco, alcohol, drugs and/or possession of drug paraphernalia, and/or substance purported to be drugs, is prohibited. Inhalation, ingestion, or otherwise use of any substance for it's mood altering and/or intoxication affect is prohibited at all times on any school district property and/or during any school sponsored event. Possession or use of a controlled substance defined by RCW chapter 69.50 is a violation of the Evergreen Public Schools Policy regarding alcohol and other drugs and will result in discipline which may include suspension and/or expulsion. The Vancouver Police office will be notified in all cases of policy violation.

Dealing With Suspected Substance Use:

1. The first time substance abuse is suspected, the Head Coach will meet with player regarding concerns of violation. (Parental contact if deemed appropriate).
2. The second time substance abuse is suspected, the coaching staff, including the Head Coach, will meet with the student regarding the suspected violation. The student's parents will be required to attend the meeting (no exceptions).
3. The third time substance abuse is suspected, it will be considered very serious and disciplinary procedures may be utilized for students believed to have violated the chemical use policy (administrative decision based on substantiation).

Substance Abuse Consequences:

1st Violation: Loss of 20% of consecutive, competitive contests and/or performances (i.e. tournaments), and referral to Student Assistance Program (SAP) with parental supervision. If found to be under the influence or in possession at school or school related events the student will also be placed on a ten (10) day suspension with seven (7) days waived for an assessment and referral to our district insight class.

2nd Violation: Loss of 50% of contests and/or performances and referral to SAP with parent involvement and assessment will be required. If found to also be under the influence or in possession at school or school related events the student will be placed on a long term suspension. Student will be mandated to attend our district insight class to learn more on how to deal with drug and alcohol issues and abuse.

3rd Violation: One school year suspension from all sports and extracurricular activities. Referral to SAP with family.

4th Violation: Expulsion from all Activities/Athletics.

General Information:

1. Suspected violations, to be cumulative, must occur within one (1) calendar year of each other.
2. Consequences will carry forward to the next season of involvement.

Students who have violated the drug/alcohol policy or who have qualified for intervention through multiple interventions may be denied the privilege of traveling with the activity or sport overnight (Administrative decision).

Grievance Procedure

In the event that a parent or guardian questions a sanction imposed on their son or daughter, the following procedure should be followed:

Step 1: Contact the coach at the school during regular hours to arrange a meeting.

Step 2: If satisfaction is not reached, request a meeting with the coach and principal or his/her designee. The request must be in writing and received by the principal within three (3) school days following the meeting with the coach. If not received within three (3) days, the student will have waived the right to an appeal.

Review Board

Each secondary school will have a review board consisting of the Athletic Director, Building Principal, Head Coach of the sport involved, and District Athletic Director. Decisions will be reached by majority vote.

The responsibilities of the review board are: To help the principal resolve problems pertaining to the athletic code and the interpretation of it's intent.

1. To review the severity of criminal acts, when in question, for the purpose of determining whether the appropriate sanction is removal for the rest of the year, removal for the remainder of the season, or expulsion from all activities.

Evergreen Public Schools Basic Sports Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for the activities offered at Evergreen's middle schools, in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach. Travel to and from off-campus facilities shall be in accordance with the directions of the coach, and Athletic Director (NO exceptions), and athletes are to use district transportation.

✓ Basketball

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you are injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.

✓ Rally

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms if illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
6. Practice stunts prior to the event in which you will perform. Stunts can be dangerous if not spotted correctly.
7. Lead cheers at the appropriate time so that you will be aware of ball and players' positioning to prevent possible injury.
8. Be aware of supervisory staff of both teams and where they can be located so they may be contacted in case of an emergency or an undesirable crowd control situation.

Most rally practice areas are constructed with extremely hard surfaces. Athletes who fall during participation risk potentially dangerous injury, especially to knees, elbows or head. Injury may include damage to joints, broken bones, or serious head and eye injury.

✓ **Dance Team**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
 2. Advise the coach if you are ill or have any prolonged symptoms of illness.
 3. Advise the coach if you have been injured.
 4. Engage in warm-up activities prior to strenuous participation.
 5. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
 6. If a physician recommends special equipment, it is the athlete's responsibility to get that equipment; i.e., ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
 7. Practice stunts prior to the event in which you will perform. Stunts can be dangerous if not spotted correctly.
- Be aware of supervisory staff of both teams and where they can be located so they may be contacted in case of an emergency or an undesirable crowd control situation.

✓ **Football**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
6. If a physician recommends special equipment, it is the athlete's responsibility to get that equipment; i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.

Tackling, Blocking, and Running the Ball

Tackling and blocking techniques are basically the same. Contact is to be made above the belt, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up, and the target area as near to the body as possible, with the main contact being made with the shoulder. When properly blocking or tackling an opponent, contact with your helmet will naturally result. Therefore, technique is most important in order to prevent or reduce the likelihood of injury.

Blocking and tackling by not keeping the helmet as close to the body as possible may result in a shoulder injury and separation or a pinched nerve in the neck area. Injuries, as a result of improper techniques, can range from minor, to disabling, or even death. Improper body alignment can put the spinal column in a vulnerable position for injury. The development of strength in the

neck muscles through isometric type exercises will enable the participant to hold his/her head up, even after getting tired during a workout or contest.

Basic Hitting (Contact) Position and Fundamental Technique

Strained muscle injuries can range from ankle injuries to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal.

Cleats are restricted to no more than one-half inch to further help prevent knee injuries. A runner with the ball, however, may be tackled around the legs.

In tackling, the rules prohibit initial contact with the helmet or grabbing the facemask on the edge of the helmet. Initial helmet contact may result in a bruise, dislocation, broken bone, head injury, or internal injury such as kidney, spleen, bladder, etc. Grabbing the face mask or helmet edge may result in a neck injury, which could result in injuries ranging from a muscle strain to a dislocation, nerve injury, or spinal column damage, which could cause paralysis or death.

Equipment

An athlete is required to wear all issued equipment. If equipment is damaged or does not fit correctly, the athlete must inform his coach immediately before use. Shoulder pads, helmets, hip pads, and pants (including thigh pads and knee pads) must fit correctly and be used as designed.

A shoulder pad that is too small will leave the shoulder point vulnerable to bruises or separations. A shoulder pad that is too tight in the neck area may result in a possible pinched nerve. A shoulder pad which is too large will leave the neck area poorly protected and will slide on the shoulders, making them vulnerable to bruises or separations.

Helmets must fit snugly at the contact points: front, back, and top of the head. The helmet must be safety "NOCSEA" branded. The chinstraps must be fastened and the cheek pads must be of the proper thickness. A fit that is too loose could result in a facial injury such as a broken nose or cheekbone, or a neck injury that is serious, such as paralysis or even death.

Be aware that tackle football is a high-risk sport and that practicing or competing in tackle football is a dangerous activity involving many risks of injury. Understand that the dangers and risks of practicing and competing in tackle football include, but are not limited to, death; serious neck and spinal injuries, which may result in complete or partial paralysis; brain damage; serious injury to virtually all internal organs; serious injury to virtually all bones, joints, ligament, muscles and tendons.

Other risks of practicing or competing in tackle football may result not only in serious injury, but a serious impairment of any future abilities to earn a living, to engage in other business, social and recreational activities and general quality of life.

Because of the dangers of tackle football, athletes must recognize the importance of following coaches' instructions regarding techniques, training and other team's rules, etc., and agree to obey such instruction.

✓ **Girl's Cross Country**

1. Advise the coach if you are ill or have any prolonged symptoms of illness.
2. Advise the coach if you have been injured.
3. Engage in warm-up activities prior to strenuous participation.
4. Be alert of any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
5. Stay on the designated running courses

✓ **Track**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert of any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
6. Recognize the safety rules for restricted areas; e.g., javelin, discus, shot put, pole vault. These areas must be supervised.
7. Stay on the designated running courses.
8. Check equipment, apparatus, field and pits thoroughly before each use; i.e., debris in jumping pits, placement of standards, etc.

✓ **Volleyball**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert of any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.

Be aware of court surroundings, i.e., obstacles, projections, bleachers, standards, etc.

✓ **Wrestling**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert of any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
6. Recognize illegal holds, as defined by the rulebook.
7. Wear approved, proper fitting apparel when wrestling with an opponent, whether in practice or in a match.
8. Wrestle a safe distance from all walls and other obstructions. All wrestling will be done on the mats provided for wrestling.

Be aware that wrestling is a high-risk sport and that practicing or competing in wrestling is a dangerous activity involving many risks of injury. Understand that the dangers and risks of practicing and competing in wrestling include, but are not limited to: death; serious neck and spinal injuries, which may result in complete or partial paralysis; brain damage; serious injury to virtually all internal organs; serious injury to virtually all bones, joints, ligaments, muscles, and tendons.

Other risks of practicing or competing in wrestling may result not only in serious injury, but a serious impairment of any future abilities to earn a living, to engage in other business, social and recreational activities, and general quality of life. Because of the dangers of wrestling, athletes must recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instruction.

Performance Enhancing Substance Policy

We want to remind students and parents of the serious danger of chemicals, both prescription and over-the-counter, used with the intent of enhancing performance or body shape. It is Evergreen Public Schools' position that we believe these to be unacceptable health risks.

The issue of anabolic steroid use is addressed in our school procedures and in the state guidelines from W.I.A.A. Use of these substances will not be encouraged or tolerated in the Evergreen Public Schools.