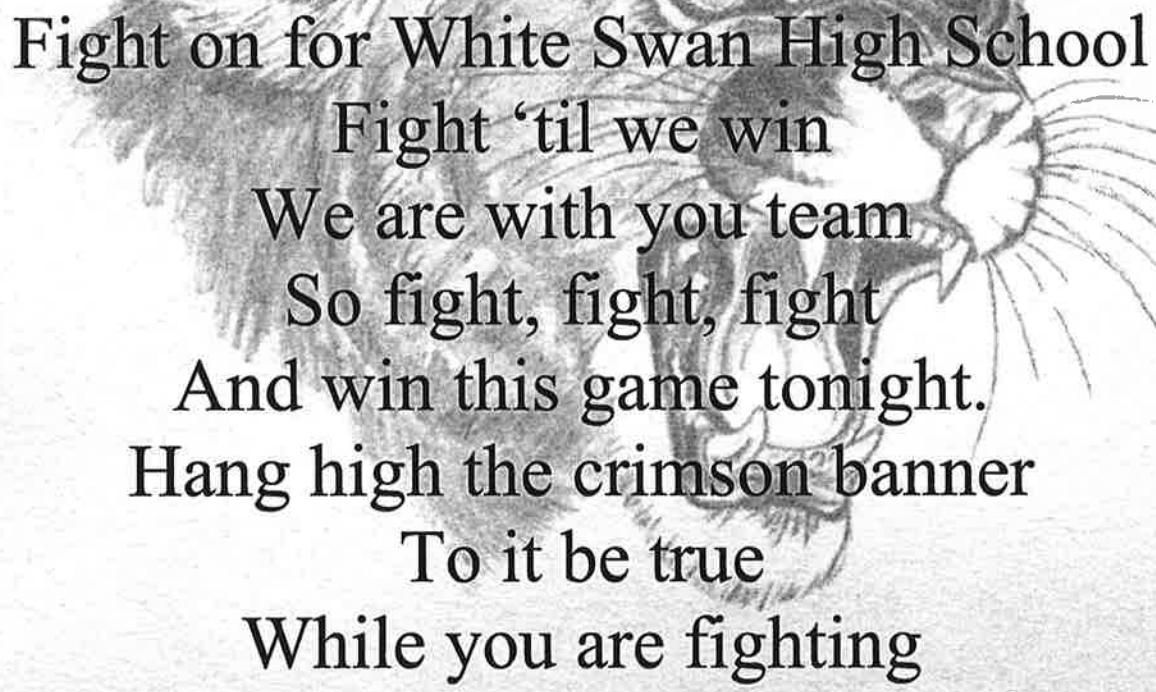


# Mt. Adams School District ATHLETIC HANDBOOK

“Where Athletics Is A Privilege, Not A Right”



Fight on for White Swan High School  
Fight ‘til we win  
We are with you team  
So fight, fight, fight  
And win this game tonight.  
Hang high the crimson banner  
To it be true  
While you are fighting  
We’re here with you.

**White Swan High School Colors**  
Crimson and White

**Fight Song Etiquette**  
Stand while Fight Song is played.

## Mt. Adams School District Athletic Code

**The WIAA rules represent the minimum standards. In many cases, the Mt. Adams School District Athletic Code is more strict.**

Many athletic code infractions may carry an additional disciplinary action that can be found under the appropriate heading in the student handbook. **If a student-athlete receives a suspension, they will automatically be excluded from all practices and contests until the suspension has been completed.** This includes in-house suspensions. The student-athlete will not be eligible to practice or participate in contests until the next school day following the last day of suspension.

### Washington Interscholastic Activities Association (WIAA)

**All student athletes are required to follow all rules, regulations and procedures of the WIAA.**

For further explanation of WIAA rules, see [www.WIAA.com](http://www.WIAA.com) or contact the Athletic Director.

Athletes must meet WIAA and Mt. Adams School District requirements in order to be eligible for sports.

#### Section 1. Rules and Regulations

Coaches: **Student athletes will not be unsupervised in athletic areas. (Gyms, fields, or locker rooms)**

1. **ASSAULT** - a violent physical attack, with or without a weapon, on another person. **(Procedure 1)**
2. **ILLEGAL DRUGS** - selling or distributing illegal drugs, including alcohol, is both unlawful and dangerous. **(Procedure 1)**
3. **ILLEGAL DRUGS** - the use or possession of illegal drugs is both unlawful and dangerous. **(Procedure 2)**
4. **ALCOHOL** - of any type, and athletics do not mix. Alcohol not only dulls the senses, but also exemplifies an attitude that hurts team morale and performance. **(Procedure 2)**
5. **LARCENY** - stealing and thievery will not be tolerated. No student athlete shall take or appropriate the property of another with intent to keep or to use in a wrongful manner. No athlete shall sell or knowingly purchase stolen property. **(Procedure 2)**
6. **HAZING** - Initiation rituals to athletic teams that cause or are likely to cause bodily harm, psychological damage, and/or personal degradation to any student-athlete is strictly prohibited. **(Procedure 2)**
7. **TOBACCO** - the use of tobacco and/or tobacco products is prohibited during the sports season. **(Procedure 3)**

8. **ATTENDANCE** - neglecting to attend one or more classes in the course of a day or missing practice is not acceptable. Attendance in all classes and being on time is required. Skipping and/or an unauthorized absence from class are a major violation and may require a suspension. **(Procedure 4)**
9. **SCHOOL CONDUCT** - student-athletes shall be good citizens in school at all times. Disruptive behavior, bullying/harassment, and other violations of school regulations are unacceptable. A student-athlete must realize that his/her primary purpose in attending school is to acquire an education. Therefore, any conduct that is detrimental to this purpose is unacceptable. **(Procedure 5)**
10. **PROFANE AND OBSCENE LANGUAGE** - the use of profane or obscene language, or gestures, and/ or acts of vulgarity is prohibited during practice or competition. **(Procedure 5)**
11. **SCHOOL TRANSPORTATION** - Student-athletes must ride the school approved form of transportation to and from the contest unless parent(s)/guardian(s) sign a release form at the conclusion of each individual contest or have received prior approval, in writing from the principal or his/her designee. The coach will keep the release form as documentation. **(Procedure 5)**
12. **GENERAL TEAM CONDUCT** - Student-athletes shall not violate rules of general conduct, including, but not limited to, the following areas:
  - a. Attitudes or actions that cause ill feeling or affects the harmony of the team.
  - b. Arguing or fighting amongst student-athletes and/or staff will not be condoned.
  - c. Violation of curfews as determined by head coach.**(Procedure 5)**
13. **UNIFORMS** - Student-athletes must take proper care and clean their issued uniform(s) and/or equipment. The loss or damage of school property will require restitution. Also, issued uniforms or equipment must be turned in immediately after completion of the sport season. If uniforms are not turned a student/athlete will not be able to participate in the following sport until all pieces of the uniform/equipment have been turned in or paid for. **(Procedure 6)**

#### Section 2. Definition of Procedures

##### **Procedure 1:**

**FIRST OFFENSE -**

- a. Suspension from sports for the remainder of the school or calendar year (whichever is longest.)

**Procedure 2:**

**FIRST OFFENSE -**

- a. Suspension from all athletics contests for 45 school days.

Continued attendance at all practices is required.

**SECOND OFFENSE -**

- a. Suspension from sports for the remainder of the school or calendar year (whichever is the longest.)

**Procedure 3:**

**FIRST OFFENSE -**

- a. Automatic two-week suspension from all athletic contests.

**SECOND OFFENSE -**

- a. Automatic removal from the team for the remainder of the season.

**Procedure 4:**

**FIRST OFFENSE -**

- a. Do make-up time in OCS.

**SECOND OFFENSE -**

- a. Do make-up time in OCS.

**THIRD OFFENSE -**

- a. Automatic one-week suspension from all athletic contest; required to attend all practices.

**FOURTH OFFENSE**

- a. Automatic removal from the team for the remainder of the season.

**Procedure 5:**

**FIRST OFFENSE -**

- a. Automatic suspension from the next athletic contest.
- b. Probation for the duration of the sports season.

**SECOND OFFENSE -**

- a. A one-week suspension from all athletic contests; required to attend all practices.
- b. Probation continues.

**THIRD OFFENSE -**

- a. Automatic two-week suspension from all athletic contests.
- b. Continued attendance at all practices is requires.
- c. Probation status reviewed.

**FOURTH OFFENSE -**

- a. Automatic removal from the team for the remainder of the season.

**Procedure 6:**

**FIRST OFFENSE -**

- a. The student will not be allowed to continue to turn out for next sport until either:
  1. The damaged uniform (or its parts) is/are paid for.
  2. The undamaged missing uniform (or its parts) is/are returned to the respective coach or designee.

Philosophy

Student-athletes who have been charged with a violation of the Mt. Adams School District Eligibility Policy and/or Athletic Code have the right to appeal. It is each individual's right to have due process regarding disciplinary action. The process is detailed in the steps listed below.

1. All student-athletes charged with a violation of the rules and regulations shall be notified of the infraction either verbally or in writing within three (3) school days after the infraction has been identified to the administration.
2. The student-athlete shall have the right to an appeals hearing within five (5) school days of the receipt of either the verbal or written notice of the infraction(s).
3. If the student-athlete wishes to have a hearing, he/she must present this request in writing to the principal or designee. The hearing meeting will be with the MS/HS administration and/or the MS/HS athletic director.
4. Upon receipt of the Hearing Board's decision, the affected party may appeal the decision. This is accomplished by giving written notice of such appeal within three (3) school days after receipt of the decision. Within five (5) school days of receipt of the notice of appeal, an Appellate Hearing shall be held.
5. The Appellate Hearing Board will consist of the following three (3) people:
  - The school district superintendent.
  - The building principal.
  - One (1) school board member.
6. The decision of the Appellate Hearing is final unless either party pursues the matter in civil court.

**Mt. Adams School District Eligibility Policy for Interscholastic Athletics and Activities**

Philosophy

Students who participate in interscholastic athletics and activities need to balance their time carefully to maintain their studies in addition to their athletics or activities. A well-placed sense of values concerning the allotment of time to specific tasks to be done, both at home and at school, is a major goal of education. Students who participate in interscholastic athletics and activities will be encouraged to give their all to both their sport/activity and their studies. Participation in interscholastic athletics and activities should not be used as an excuse for not completing course assignments on time.

Students who participate in interscholastic athletics and activities are representative of the Mt. Adams School District, and as such, should conduct themselves in a mature and responsible manner.

These regulations apply to all students who are participating in interscholastic athletics and activities for the Mt.

**Mt. Adams School District Due Process**

Adams School District. (Students who serve as managers, statisticians, scorekeepers, etc. also fall under applicable conditions of the eligibility regulations.)

### Eligibility Regulations

1. **M.A.S.D. ACADEMIC ELIGIBILITY STANDARD** - The student-athlete must be passing all classes, with a minimum GPA of 2.0 in order to be eligible to participate in athletic contests. If a student does not meet eligibility requirements they will be ineligible for all games during that eligibility period.
    - a. **PROCESS** - Grade checks occur every week on Monday (unless a holiday or vacation) throughout each sport season. Teachers will enter grades for student-athletes the prior Friday afternoons so that the athletic director can generate an eligibility list Monday to be made available to the coaches and administration.
      - In order to participate in any practice session while ineligible, the student-athlete must present written documentation to the coach that he/she was in attendance at study table. If there isn't written documentation, the student-athlete is not allowed to practice.
    - b. **NOTIFICATION** - It is the responsibility of the coach or advisor for informing student-athletes of their eligibility status.
  2. **M.A.S.D. ATTENDANCE ELIGIBILITY STANDARD** - The principal (or his/her designee) will determine the attendance eligibility of student-athletes.
    - a. Student-athletes must be in full attendance at school on the day of a practice or a contest in order to participate, unless excused in writing by the principal or his/her designee.
    - b. Unexcused absences result in the student-athlete not being allowed to participate in a practice or a contest on the day of the unexcused absence.
    - c. Skipping class is considered a major violation and suspension may occur.
    - d. The attendance-counting day for Saturday contests is the preceding school day.
    - e. Student-athletes who are dropped from a class and placed into Study Hall must be in regular attendance and passing to be eligible to participate in practices and contests. Student-athletes who were failing their previous class before voluntarily transferring into Study Hall are ineligible until the next scheduled grade check.
    - f. **3 unexcused absences from practice will cause the student-athlete to be dropped from the team.**
    - g. Student-athletes will attend academic study table prior to practice during Teacher In-service days. Dates and times TBA.
  3. **M.A.S.D. NO-QUIT POLICY** - Student-athletes must honor their commitment to their team and finish what they have started, even in challenging and difficult situations.
    - a. Student-athletes who quit a sport season after the 10th day of practice (or is removed for lack of attendance or other disciplinary reasons) will become ineligible for the first 25% of scheduled contests of the next sport season in which he/she participates.
    - b. Student-athletes are required to attend all practice sessions from the beginning of the next sport season in which he/she participates.
    - c. Sport Penalties are as follows:

• Football --	2 Games (HS)	2 Games (MS)
• Volleyball --	4 Matches (HS)	2 Matches (MS)
• Basketball --	5 Games (HS)	2 Games (MS)
• Wrestling --	4 Matches (HS)	2 Matches (MS)
• Track --	2 Meets (HS)	2 Meets (MS)
• Baseball --	5 Games (HS)	2 Games (MS)
• Softball --	5 Games (HS)	2 Games (MS)
• Tennis--	4 Matches (HS)	
• Cheer--	2 Games(HS)	
    - d. **Mutual Agreement Clause--** Imposed penalties may be waived due to unusual and extenuating circumstances if arranged and mutually agreed upon between the coach, student-athlete, administration, and parent/guardian before the end of the current sports season.
  4. **M.A.S.D. MANDATORY FORMS - Student-athletes must have the following forms on file in the office before the are allowed on the field or court.**
    - a. **PHYSICAL** - Student-athletes must have a written statement from a physician stating that they have had a physical examination and are fit to participate in interscholastic athletics and activities. Physicals are required to be updated every two (2) years.
    - b. **HEALTH HISTORY** - Parent/guardians must fill out the health history form and sign the permission statement allowing their son or daughter to participate in interscholastic athletics and activities.
    - c. **INSURANCE/WAIVER** - Student-athletes must have a paid-up insurance policy through the school insurance plan, or have a waiver form indicating they have home coverage signed by their parent(s)/guardian(s). Waiver forms are available in the High School office. If a student is not able to provide his/her
  - h. During Student Led Conference Week, athletic practice will start 15 minutes after the release of school.
- Study table will be held at a designated location and attendance is taken. Student-athletes with unexcused absences from Study Table will not be allowed to participate in their regular athletic practice. On Inservice days, practice will start at 3:00 p.m.

coach with an insurance/waiver he/she may not participate any sport until insurance can be provided.

- d. WARNING ACKNOWLEDGEMENT - Student-athletes and their parent(s)/guardian(s) must sign a statement stating they were made aware of and fully understand the risks of participating in interscholastic athletics.
- e. ELIGIBILITY POLICY/ATHLETIC CODE - All student-athletes must abide by the Mt. Adams School District Eligibility Policy and Athletic Code. Parent(s)/guardian(s) and student-athletes must sign the athletic code and turn it in with the sports packet prior to the sport season(s) in which the student-athlete will participate in.
- f. A.S.B. CARD - Student-athletes must purchase a current A.S.B. card. No student without an ASB will be allowed to practice or compete in any sport until they have purchased an ASB in full.
- g. Concussion Form-Student and parent/guardian signature required.
- h. ALL STUDENT-ATHLETES IN MIDDLE SCHOOL AND HIGH SCHOOL ARE REQUIRED TO TURN IN GEAR AND UNIFORMS AT THE END OF THEIR LAST GAME.  
Student athletes need to pay athletic fines before they are able to participate in the next sports season.