



Winchester School Athletic Handbook

WINCHESTER SCHOOL DISTRICT



Winchester School Athletics

Student-Athlete Permission Slip

Participation

In signing this permission slip, I understand that my son/daughter will be participating in _____ (write in name of sport) at Winchester School. I also understand that my son/daughter will be required to have on file and provide proof that he/she has had a physical examination within one year previous of participation in the sport chosen. I also understand that involvement in athletics requires attendance at regularly scheduled games and practices, which may include away matches for which the school provides transportation. In addition, it's understood that my son/daughter will receive a copy of the school's athletic code of conduct, outlining the rules and regulations for athletic participation as an athlete at Winchester School, and will be responsible for signing before participating.

Waiver and Release of All Claims

Please read this section carefully, and be aware that signing this document will waive and release all claims for injuries sustained during involvement in athletics at Winchester School.

Possible Risks Involved in Participation of Athletics (but not limited to): Head Injury, Cardiac Arrest, Spinal Cord Injury, Heat Illness, Orthopedic Injury, Environmental Hazards, Overuse Injury, Eye Injury, Dental Injury

I understand that, as a participant of athletics at Winchester School, my son/daughter could be at risk of potential physical injury. I agree to assume the full risk of any injuries, including death, damages, or loss that he/she may sustain as a result of participating in any and all activities connected with or associated with this program.

I agree to waive and relinquish all claims against Winchester School and its employees from any and all claims from injuries, including death, damage, or loss which he/she may have or which may occur during participation in athletics.

Medical Treatment

In the event of an emergency requiring medical attention, I hereby grant permission to a physician or other hospital personnel designated by the Winchester School Coaching Staff or Athletic Director to attend to my son/daughter.

I have read and understand all above information.

Student Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

Winchester School Athletic Policies & Procedures

“Sportsmanship” is defined as:

- Playing fair
- Following the rules
- Respecting the judgment of referees and officials
- Treating opponents with respect

Student Expectations

Practice Attendance – All students are expected to attend all scheduled practices throughout the season. Students should notify their coach if they will be missing a practice for any reason. It should be noted that frequent absences or irregular attendance may result in reduced playing time or possible removal from the team. Players are expected to be present, on time, and prepared for each practice. Any student who cannot attend practice must notify the coach DIRECTLY at least 1 day in advance. In the case of an emergency or school absence the player/parent is expected to contact the school by the end of the school day. Any excused absence can result in the following: 1st offense – reduction in playing time, 2nd offense – reduction of playing time or 1 game suspension, 3rd offense – 1 game suspension, 4th offense – removal from the program upon review by the coach, athletic director and principal. Excused absences include the following: 1. Furl 2. After School meeting with a teacher (not a detention) 3. Religious obligations 4. Sickness 5. Family emergency or engagement. NOTE: The athletic director reserves the right to wave an unexcused absence depending on the circumstances of the fielded team.

Game Attendance – Athletes are expected to attend all games. Unexcused absences from games may be cause for further game suspensions or possible removal from the team.

Travel – All athletes are expected to travel on the team bus both to and from all away games. Exceptions may be granted by written request that had the approval from the administration or by permission from the coach only after personal contact has been made at the time of the departure from the game site with the student’s parent(s).

Injuries – Athletes are to report all injuries to their coach. The coach will determine the appropriate action regarding first aid, whether or not the athlete can return to action and if an injury report is necessary.

Detention –

- a. Students will not be able to participate in any practice, meeting, game or event scheduled for that day.
- b. Students who accumulate two or more office detentions will not be allowed to participate in their next meeting, practice, game or event.
- c. Chronic detention issues may result in dismissal for the team.

Attendance/Tardies – Student athletes will not be permitted to practice or participate in a contest on the day when they are absent from school for illness, for unexcused reasons or during periods of suspension. A student must attending at least a half day of school to participate in the sporting event of the day (game or practice). A student must attend school to participate in the sporting event of the day (game or practice).

Guidelines for coaches:

1. Shall abide by the rules of the game in the letter and in spirit.
2. Shall respect the integrity and judgement of the officials/referees.
3. Sets the tone of conduct for student-athletes, spectators, team members and citizens.
4. Must visibly show that s/he values fair, honest rivalries, courteous relations and graceful acceptance of the results.
5. Shall take corrective action on any student-athlete who violates the code of conduct found within this policy.

Guidelines for student-athletes/participants:

1. Be respectful and courteous of opposing teams and officials.
2. Refrain from disrespectfully addressing officials and opposing teams, antics to intimidate, taunting, fighting, or using profanity.
3. Respect the integrity and judgement of the officials and accept their decisions without question.
4. Be modest when successful and gracious in defeat.

*** Any student-athlete found to have violated the above guidelines may be subject to appropriate discipline to be administered by either the coach or school administrators. Such discipline may range from temporary to permanent suspension of the student-athlete's participation on the athletic team. Disciplinary measures will be considered on a case-by-case basis.

SPORTS PASS:

A sports pass is a daily behavioral and academic check in that the student-athlete is responsible for. A sports pass is a form that each of the student-athlete's teacher(s) signs and makes notes if necessary, regarding the student-athlete's behavior and academic completion that day. The student-athlete is to obtain the sports pass each morning at the beginning of the day, either from their teacher or homeroom, and is required to carry it with them to every class and have the teacher sign. The sports passes are then given to the coach at the beginning of practice, so the coach is aware of the student-athletes behavior and academics that day. Sports passes help incorporate our schoolwide ROARS; responsibility, ownership, acceptance, respect and safety as well as keeping the philosophy of schooling/education before sports.

HEALTH REQUIREMENTS

All students who intend to participate in Winchester School athletic activities need to provide written permission and certification from a parent or guardian. Forms (which will be supplied by the Athletic Director or provided by doctor) need to be completed to certify that the student is physically capable of handling the rigors of the athletic activity. A parent/guardian and student must immediately advise the school if such physical ability situation changes. The forms must indicate if any limitations are to be placed upon the student's participation.

Students participating in sports must have a physical on file in the nurse's office *before they begin practice*.

Concussion Protocol:

Attached to this handbook are the guidelines coaches and athletes will be following in regards to concussions. Please refer to SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS and A Parent's Guide to Concussion in Sports provided by National Federation of State High School Associations (NFHS).

Athletic Roles:

PLAYER:

The role of the player is to play. Athletic participation is a privilege, not a right. With privilege comes responsibility. This takes a personal commitment on the player's part – a commitment to yourself, your teammates, and your community. Be proud to represent Westmoreland on and off the field. All players are there for the enjoyment of the sport and the team.

COACH:

The role of the coach is to coach. Coaches focus on:

1. Development of individual and team skills
2. Maintaining sportsmanship and character
3. Communicating individual and team roles
4. Providing safe supervision and direction for players
5. Encouraging a fun and constructive environment for all team members

PARENT:

1. The role of the parent is to parent.
2. Make sure your children know that win or lose, you are proud of their efforts and are not disappointed in them. This will allow them to do their best without fear of failure.
3. Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship, and actual skill level.
4. Be helpful but don't coach them. It is tough not to, but please do not compete with the coach. If your child is receiving mixed messages from two different authoritative figures, they will likely become confused and frustrated.

5. Teach them to enjoy the thrill of competition, to be “out there trying”, to strive to improve their skills and attitudes. Help them have fun!
6. Please do not compare the skill or attitude of your child with other members of the team.
7. Get to know the coach. Become familiar with his or her philosophy, attitudes, ethics, and game knowledge. This will help you become comfortable having your child under his or her leadership.

COMPLAINT PROCEDURE:

During the span of an athletic season, parental concerns may arise and should be expressed. Communication is the best solution to most problems. Therefore, the following protocol needs to be followed by administration, coaches, parents, and players:

“CHAIN OF COMMAND”:

Step 1 – Athletes should discuss the problem with their coach. If a solution cannot be reached then proceed to step 2.

Step 2 – Parents should discuss the problem with the coach. If a solution cannot be reached then proceed to step 3.

Step 3 – The Athletic Director should be notified and a meeting will be conducted involving the player, parent, and coach. If a solution cannot be reached then proceed to step 4.

Step 4 – A written appeal can be made to the principal. The Athletic Director and coach will also be involved. Information will be gathered and an administrative decision will be made.

Please note that if the Chain of Command is not utilized correctly; complaints can be overlooked

UNIFORMS:

Athletes will be issued numbered uniforms. It is the student’s responsibility to keep the uniforms clean and free of damage. If a uniform item is missing, lost or damaged, the student/family is responsible to pay for the item. Uniforms are only to be worn during games, practices or to school on home game days.

All uniform pieces must be returned or paid for before the student can try out or participate in any future athletic activity. Replacement fees are subject to change and/or increase without notice.

Photo release page:

COMPLIANCE

I have read the Winchester School Athletic Handbook and understand the procedures that must be followed.

Student Name (printed): _____ **Date:** _____

Student Signature: _____

Parent Name (printed): _____ **Date:** _____

Parent Signature: _____

Parent Email: _____

Please note: Your email address will be added to the Athletic Director's list to include you in all updates and news – for convenience.

PLEASE RETURN (this page only) **TO YOUR COACH PRIOR TO THE FIRST GAME.**

IF NOT RETURNED, STUDENT WILL NOT BE ALLOWED TO TRAVEL OR PLAY.

Two Sport Student-Athlete

Winchester School will offer the opportunity for an athlete to compete in two sports in one season. It is understood that this opportunity is an immense commitment and must have parental approval. Both coaches have to agree. Within this agreement, one sport must be declared the primary sport in which the commitment takes precedence. The other sport would be considered the secondary sport. The student-athlete and the two coaches need to communicate for this opportunity to be successful.

Athlete's Signature

Date

Parent's Signature

Date

Primary Sport: Coach's Signature

Date

Secondary Sport: Coach's Signature

Date

Athletic Director's Signature

Date