

Activities Handbook

Athletic Director: Megan McMullen

Purpose

1. The purpose of activities is to contribute to the overall educational experience of the balanced and total student. Concepts learned through athletics include teamwork, integrity, sportsmanship, restraint, persistence, leadership, self-esteem, discipline, and humility. Participation in athletics at Washington Middle School is a privilege that is extended to every student. Every privilege includes responsibility. The conduct of a student-athlete, coach, administrator, and parent is closely observed by many people. Each individual, in some form, is a representative of the team, the school, and the community. Therefore, it is important that each individual representing Washington Middle School demonstrates high moral integrity and class at all times and in all places. This extends into the classroom, beyond the playing field and within the community.
2. We hope this handbook is helpful and explains the district's position relative to extracurricular activities. A perfect solution for every situation cannot be written. Policies are subject to change by administration as new situations and questions arise. Please feel free to contact the school with questions.

Athletic Association Affiliations

1. Member of the I.E.S.A. (Illinois Elementary School Association)
2. Conference: Tazwood

Activities Offered at WMS

Fall	Winter	Spring
Softball Baseball Cross Country Musical Marching Band NJHS	Cheer Girls Basketball Boys Basketball Volleyball Math Counts Chess Wrestling	Track & Field Scholastic Bowl

WMS Activities Booster Program

1. The Mission of the WMS Booster program is to promote positive parent and community involvement in support of the programs that are vital to the overall development of our students. This involvement consists of both volunteer service and the financial support required to foster the development of our students and maintain a high quality program. The success of a Booster Program is dependent on community support and participation. If you are interested in becoming a Booster member, or volunteering for fundraisers please send a message to the following email address: booster@d52schools.com

Parent Volunteers

1. Washington Middle School has been very fortunate in the past to have parents so willing to assist with a variety of needs at games and fundraisers. The much needed help is always greatly appreciated. For each activity that your child is involved in, a parent is required to sign-up for two volunteer opportunities (concessions, front door ticket sales, scoreboard operation, etc.). For parents who have more than one child participating in the same

sport, they would only sign up for two volunteer opportunities rather than four per sport. More information and sign-ups will be provided at the beginning of the season parent meeting.

Volunteer Coaches

1. All coaches require District approval and must go through all of the applicable paperwork, along with meeting the requirements set forth by IESA.
2. All individuals working with the student/athletes must be cleared by the Athletic Director and/or Principal.

Tryout Information

1. The number of days for tryouts will vary with each activity. All students trying out for an activity are required to be at all of the tryout dates. Coaches will communicate to students who are trying out about the expectations that they have before tryouts begin. Students will not be allowed to try out for an activity if competition has already begun, unless permission is given by the coach. This includes students who are injured or students who have just moved into the school district. If a student does tryout after the tryout dates, a student who has already made the team cannot be cut from the team. **Students must be eligible to try out for an activity.**

Tryout dates are approximate. Students and parents should check the WMS Athletics Webpage, the weekly announcements, or contact the sponsor directly for specific tryout information.

1. Baseball – First week in August
2. Softball – Last week in July
3. Cross Country – First week in August
4. Musical - 3rd or 4th week in May
5. Cheerleading – Last week of school
6. Girls' Basketball – Third week in September
7. Boys' Basketball – First week in October
8. Wrestling - First week in November
9. Girls' Volleyball – First week in December
10. Scholastic Bowl - Second week in December
11. 6th Grade Boys' Basketball – Second week in January
12. MathCounts - Second week in January
13. Track and Field – Second week in March

Selection of Team Members

1. Team members will be selected at the scheduled tryouts solely on the basis of demonstrated ability as determined by the sponsor or selection committee. At the coach's discretion, the scheduled tryouts may be closed to only the players and coaches.
2. Sixth (6th) grade students may be selected for participation on 7th grade teams. Sixth grade students may also play ahead of 7th graders.
3. 6th & 7th graders may even be used and play ahead of members of the 8th grade team.
4. If a student participates in two or more activities, and the seasons overlap, it is the responsibility of the coaches involved to determine a reasonable practice and game participation schedule.
5. Students wanting to participate in a fall sport will be required to make a choice between baseball/softball and cross-country.
6. Students will not be permitted to participate in both cheerleading and basketball. A choice will need to be made. In the spring, students going into 6th, 7th and 8th grade may try out for cheerleading. If selected for the next year's cheerleading team, students may NOT try out for basketball in the fall. If selected for the cheerleading team, students may not choose to "drop" cheerleading to try out for basketball. A student who "passes" on cheerleading with the desire to make the basketball team is not assured of being selected for the team.

7. Games take precedence over practices. If both activities have a game on the same night, conference games would take place over non-conference. State series competitions would take place over any other competition. In regards to Cheer, 6th/7th grade cheer team members will attend the State series for 7th grade basketball, and 8th grade Cheer Team members will attend for 8th grade basketball.

Requirements for Participation in Extracurricular Activities

1. Student participation in extracurricular activities shall be contingent upon the following requirements:

Physicals, and Concussion Agreement

1. No potential team member will be permitted to try out for a team unless a current physical, and concussion policy agreement is on file in the school office prior to the scheduled tryout. Please make a copy of your physical before you turn it into the main office. Please do not wait until the last minute to turn in your physical or concussion policy agreement as this might interrupt the team's tryout process.

Birth Certificate

1. A copy of the student's birth certificate must be on file in the office before being allowed to try out, or practice.

Insurance Coverage

1. The student must show proof of accident insurance coverage either by a policy purchased through the district's school insurance plan or a parent/guardian statement to the effect that the student is covered under a family insurance plan. An insurance waiver can be signed for this during registration week or when a student enrolls.

Activity Fees

1. A participation fee will be assessed for students involved in cross country, baseball, softball, basketball, volleyball, wrestling, track, scholastic bowl, NJHS (induction year) and cheerleading. The fee will be limited to \$40 per activity with a maximum student fee of \$80 and maximum family fee of \$160. Unpaid fees by the beginning of the second week of practice will result in removal from the team. After payment, there will be no refunds.

Academic Eligibility

1. A weekly eligibility check will be conducted at the end of the day on Thursday. The results of the eligibility check will take effect on the first day of attendance of the following week. Eligibility will be based on academic achievement, homework, student responsibility and/or purposeful acts of misconduct. These acts could warrant suspension/dismissal from the activity per the principal's discretion.
2. During the ineligible period, a student may be allowed to practice with the team at the coach's discretion. A student will not be able to attend any games/contests during the ineligible period.
3. Any student who is ineligible for two weeks will be removed from the team.
4. Eligibility runs Monday-Saturday.

Attendance Requirement

1. A team member who has not been in attendance at school for a minimum of a half day, or has been suspended from school (in or out) may not practice, play or perform on those days.
2. A.M. ½ day attendance is considered as follows: 8:00 am – 11:25 am
3. P.M. ½ day attendance is considered as follows: 11:26 am – 2:50 pm
4. A team member who does not participate in PE or who has a doctor's note excusing them from PE will also not be able to practice, play or perform on those days. In regards to Saturday competitions, a team member must be in attendance at school for a minimum of a half day on Friday, unless there are extenuating circumstances approved by the coach and administration. Exemption from PE on Friday due to illness or injury could also result in an athlete not being able to participate in a Saturday competition.
5. Occasionally, students will be excused from class to participate in a school activity. Students are required to

turn in assignments and collect new assignments from their teachers before their absence. If students do not follow these guidelines, his/her teacher may give zeros for the assignments in question. An alternative method and/or unit of instruction may be provided when appropriate.

Uniforms

1. All uniforms and equipment provided to the student must be returned no later than one week after the last scheduled contest of the season.
2. Lost, stolen, or damaged items are the responsibility of the student and he or she must pay the current replacement cost.

Sport	School Provided	Players Provided
Softball	Uniforms (jersey and pants) Batting Helmets	Glove, bats, batting gloves, cleats, school color socks, facemask
Baseball	Uniform (jersey), Batting Helmets	Glove, bats, batting gloves, cleats, school color socks, batting gloves and pants
Cross Country	Uniform (jersey and shorts)	Warm-ups (school colors)
Basketball	Uniform (jersey and shorts) Practice Jersey	Warm-up shirt, Shoes
Cheer	Uniform (shell and skirt), poms and practice skirt	Socks, briefs, shoes bows and liner
Volleyball	Uniform top	Compression shorts, knee pads
Track	Uniform (jersey and shorts) Sweat tops and bottoms are available.	Can use own sweat top and bottoms (must be school colors), shoes, spikes are optional

3. Each team will offer the option to purchase additional apparel (team shirts, warm-ups, hats, etc.).

Parent Meeting

1. After the team has been selected, it is mandatory for the coach to have a parent meeting. This meeting should take place within a couple of days after selections have been made. This is a mandatory meeting for parents/guardians. If a parent is unable to attend the meeting, it is their responsibility to contact the coach to obtain the information.

Parent Meeting Agenda

1. Introduction
2. Contact Information
3. Practice and game schedules
4. Excused and unexcused practices
5. Coaching philosophy and style
6. Playing time expectations (see below)
7. Expectations of student
8. Expectations of parent(s)
9. Eligibility

10. Activities Handbook
11. Participation Fee
12. Fees for other equipment or services
13. Procedures for inclement weather
14. Transportation
15. Sign-up with "Remind"
16. Questions from parents

*Playing time will not be equal. In games that become lopsided, efforts will be made to allow participation for all team members.

Practices

1. It is essential to come to all scheduled practices unless there is illness or a family emergency. Every attempt will be made to schedule practices as far in advance as possible. Failure to attend practice may affect playing time during the following contest(s). Athletes are strongly encouraged to attend non-school day practices unless otherwise approved by the coach.

Activity Limitations

1. Baseball/Softball - See IESA limits on pitch count.
2. Girls'/Boys' Basketball
 - A. The maximum number of quarters allowed for an individual in basketball for the **regular season** is equivalent to 6 times the number of regular season games (example- 6 x 22 games = 132 quarters). Any part of a quarter is to be considered a full quarter. In an overtime game, the extended time shall be considered an extension of the fourth quarter. Tournaments and State series play will not figure into the season limit.
3. Volleyball
 - A. Players will be allowed 4 matches per day. Exceptions will be tournaments and State series play.
4. Practice Limitations
 - A. Athletes will be limited to 3 hours of practice per individual sport/activity each day. Exceptions will be made for athletes practicing for separate sports during overlapping seasons.
5. Postseason Limitations
 - A. During the postseason, where there is a 7th and 8th grade State series, it will be up to the 7th and 8th grade coaches to communicate if any 6th or 7th team members will be placed on the 8th grade roster. If the 7th grade postseason is still in play, the 7th grade coach must be in agreement with a 6th or 7th grade player(s) participating in an 8th grade postseason game/activity.

Code of Conduct

1. This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day. This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from activities while the school is conducting an investigation into the student's conduct.
2. Students and their parents/guardians are encouraged to seek assistance from the Student Assistance Program for alcohol or other drug problems. Participation in an alcohol or drug counseling program will be taken into consideration in determining consequences for Code of Conduct violations.
3. The student shall not:
 - A. Violate the school rules and School District policies on student discipline including policies and procedures on student behavior;
 - B. Ingest or otherwise use a beverage containing alcohol (except for religious purposes);
 - C. Ingest or otherwise use tobacco or nicotine in any form;

- D. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia;
- E. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon. This prohibition does not prohibit legal use of weapons in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet;
- F. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
- G. Act in an unsportsmanlike manner;
- H. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving;
- I. Haze or bully other students;
- J. Violate the written rules for the extracurricular or athletic activity;
- K. Behave in a manner that is detrimental to the good of the group or school;
- L. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff; or
- M. Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity.
- N. Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. Bullying includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any severe or pervasive physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:
 - O. Placing the student or students in reasonable fear of harm to the student's or students' person or property;
 - P. Causing a substantially detrimental effect on the student's or students' physical or mental health;
 - Q. Substantially interfering with the student's or students' academic performance; or
 - R. Substantially interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.
- S. Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

Due Process Procedures

Students who are accused of violating the Code of Conduct are entitled to the following due process:

1. The student should be advised of the disciplinary infraction with which he or she is being charged.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.
4. The student may provide any additional information he or she wishes for the administrator to consider.
5. The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
6. If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:
 - A. Sanctions for violations other than drug and alcohol will be based on the nature of the offense and the number of offenses, and may include suspension from all extracurricular or athletic activities for one of

the time periods described below:

- i. A specified period of time or percentage of events, competitions, or practices;
 - ii. The remainder of the season or for the next season; or
 - iii. The remainder of the student's school career.
7. Sanctions for alcohol and other drug violations, including tobacco, nicotine and products composed purely of caffeine in a loose powdered form, will be based on the following:
 - A. First violation
 - i. Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of one third of the total number of performances, activities, or competitions or the remainder of the season, whichever is shorter. This penalty may be reduced if the student is enrolled in a drug or alcohol counseling program.
 - ii. Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one sixth of the total number of performances, activities or competitions, or the remainder of the season, whichever is shorter.
 - iii. The student may be required to practice with the group, regardless of the violation (unless suspended or expelled from school).
 - B. Second violation
 - i. Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of 12 weeks or 1 season, including 26 suspension from all performances, activities, or competitions during this period. To participate again in any extracurricular or athletic activity, the student must successfully participate in and complete a school approved alcohol or drug counseling program and follow all recommendations from that program.
 - ii. Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one third of the season and all extracurricular group performances, activities, or competitions during this period.
 - iii. The student may be required to practice with the group (unless suspended or expelled from school).
 - C. Third violation
 - i. Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension from extracurricular or athletic activities for the remainder of the student's school career.
 - ii. Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one calendar year from the date of the suspension, including all extracurricular and athletic activities during this period.
8. During the final step, the administrator will make a written report of his or her decision and rationale. The student may appeal the decision to the superintendent or superintendent's designee.
 - A. All students remain subject to the School District's student discipline policy and the school's student/parent handbook.

Expectations - We must realize that at the core, coaches and parents have the same goal—to see that each young person has a positive experience and become well-rounded individuals. Together we can best help our athletes reach their potential. All athletic experiences must be viewed in terms of the developmental needs of the middle school. Competition is kept in perspective.

Student/Athlete Expectations/Responsibilities

1. Understand that academics are priority #1.
2. Competition in middle school athletics is a **privilege, not a right**. Accompanying that privilege is the responsibility of the student to conform to standards established by the school teams and instituted by the IESA and Tazwood athletic conference.
3. Be on time to all practices and games.
4. Represent Washington Middle School in a positive manner at all times.

5. Come prepared to be a part of the team.
6. Be respectful of yourself, your teammates, your coaches, your parents, the officials, and the fans.
7. Communicate with the coach if problems or conflicts should arise.
8. Take care of all equipment, uniforms and return them in a timely manner.
9. It is expected that 7th, and 8th grade team members attend/support each other's games.

Expectations of Coaches

The role of the coach/sponsor is to be a teacher and mentor. It is a position of responsibility, trust, and respect. All coaches/sponsors should:

1. Remember that these are impressionable young people who look up to you. For that reason, there is no excuse for coaches using vulgarities, sexual innuendos or abusive language of any kind. What may be intended as humor can be taken quite differently by an athlete. **Blatantly abusive language can be cause for immediate dismissal.**
2. Avoid direct electronic communication with athletes whenever possible. Coaches should not communicate with athletes through social networking sites, text messaging or personal cell phones unless through "Remind".
3. "Remind" should be used by all coaches for communicating with their team. Please see Mr. Goettler for information on using "Remind" if need be.
4. Understand that academics are priority #1.
5. Be alert to your student's academic performances.
6. Provide schedules for practices, tournaments, and games to athletes and parents in a timely manner. Any changes to practice/game schedules should be done at least one week prior.
7. In cases where a coach needs to call off a practice due to extenuating circumstances, then notice should be given no later than 7:50 a.m. This will allow the office to get the message into announcements and players to arrange for transportation. Coaches must also use "Remind" to text parents of the change.
8. Complete pre-season planning well in advance of first official practice (supply request, practice schedule to Athletic Director, etc.).
9. Be on time, and come prepared for all practices and games. Coaches should arrive in time to have doors open for the athletes.
10. Create a positive environment for our team.
11. Communicate with individual athletes as to their role on the team.
12. Clearly communicate all IESA, Conference, and team rules to athletes and parents.
13. Return parent phone calls/emails in a timely manner.
14. All coaches must get permission from the Administration/AD to use district facilities out of season.
15. Help keep equipment rooms organized by putting game/practice equipment in appropriate places when finished.
16. Keep a first aid kit with the team at all times.
17. Withhold judgment about the future talents and potential of their players.
18. Supervision: Games, practices, locker rooms, bus, away competitions
19. A coach must be present from beginning to end; athletes are not permitted to begin practicing without a coach.
20. Coaches cannot leave until all athletes are picked up after games/practices.
21. Professional conduct is expected at practices/games and any time you are representing Washington Middle School. This includes exchanges with players, parents, other coaches/staff, administration, and officials.
22. It is mandatory for all coaches to use "Remind" or the new communication tool that we will be using next year **MUST** be used by all coaches.
23. Be consistent and fair with implementation of team rules and handling of player conduct.
24. Coach must secure (lock up) the facility prior to leaving.
25. Coach is responsible for upkeep of locker rooms during practices or home/away games.
26. Fall/Spring Sports: No cleats/spikes are allowed to be worn in the school. Athletes should remove cleats/spikes outside so as to not create unnecessary mud and damage to the school facility.
27. For away competitions, coaches are expected to travel via school transportation. On the rare occasion a coach is unable to ride the bus they must make arrangements for supervision (district employee, district coach, etc.)
28. Upon returning from away competitions, please check the bus with the driver to ensure proper condition of the

bus (litter, damage, articles of clothing, etc.).

29. Coaches planning on stopping to eat after a competition must communicate these plans to the athletes, parents, and bus driver. When eating on the bus, please first get permission from the driver, and then please remember to bring a trash bag or request one ahead of time so there will be an additional receptacle for trash.
30. As the guardian during competitions, the athletic staff must be able to account for the whereabouts of all students/athletes and insure their safety. Make sure that team members are supervised and that facilities are left in orderly condition when you leave.
31. Coaches should communicate approximate arrival time back at school to help parents with anticipated pick-up. When on the way back from a competition, coaches should remind athletes to call parents when they are within 20 minutes of arriving back to school.
32. For away contests, students are to go home once school is out, and then return to catch the bus to the away competition, unless their coach has made arrangements for direct supervision or the bus is scheduled for immediate departure. For example, please do not allow your student to stay after school to wait for a 4:00 bus unless the coach has given other instructions and will provide supervision.
33. Coaches/Sponsors should not maintain their own separate accounts. All funds collected should be submitted to the main office to be placed into the school activity fund or Athletic Booster account.
34. No payment for expenses should be made directly from the cash or receipts of the activity. Expenses must be paid by check and supported with proper detailed substantiation.
35. All fundraisers/money making activities must run through Athletic Boosters and be approved by the principal by the end of April. The principal will then present the fundraisers/money making activities to the BOE.
36. The Coach/Sponsor is responsible for the collection, safe handling, and submission of funds received.
37. Funds collected should be submitted to the office and locked in the safe. Money should not be taken home, left in drawers or out in the open.
38. Coaches/Sponsors must get approval prior to any purchase made through the district or Athletic Boosters. A purchased order must also be used before making any purchases. Consult with the office if you are unsure of how to get the purchase order number.
39. Coaches who intend to organize a summer camp must have it approved by the principal. All camps must be operated as a school-sponsored activity and comply with all relevant policies and procedures as described in other sections of this handbook or in District policy and procedures.
40. All personnel assisting with the camp would fall under the volunteer coach section of the Activity Handbook.
41. All revenue and expenditures for Summer Camps shall comply with school and district policies.
42. All athletic camps or open gyms should be scheduled so they do not conflict with the annual gym maintenance. Please see the principal or athletic director for when the gym will be available.

Expectations of Athletic Director and Administration

1. The athletic director will organize and oversee schedules, officiating, transportation and facilities.
2. The athletic director and principal will oversee the hiring and performance of coaches.
3. The athletic director and principal may also mediate or settle disputes between players (or their parents) and coaches, when necessary.
4. Assist in supervision at home games
5. Ensure adherence to all district and IESA policies and guidelines.
6. Secure workers for athletic contests
7. Work with the Athletic Boosters in supporting the WMS Athletic Program
8. Provide checklist for coaches
9. Provide feedback to coaches (formal/informal)

Expectations of Parents and Guardians

The attitude of middle school students is often shaped by the attitude of parents. It is important for parents to be positive role models and supporters of their children by doing the following:

1. **Parent Responsibilities**
 - A. Understand that academics are priority #1.

- B. Attend mandatory pre-season meetings to receive information and expectations on the upcoming season.
- C. Volunteer for sporting events (parents must sign up for at least two volunteer opportunities for each sport their child is involved in).
- D. Schedule appointments, and vacations outside of school, tournaments, practice, or game time.
- E. Encourage your student-athlete to communicate appropriately and respectfully with the coach.
- F. During home or away competitions, only student-athletes and their team are allowed on the field, in the dug-out, or on the court.
- G. Model respect for coaches and officials.
- H. Exhibit proper sportsmanship and etiquette during contests.
- I. Abide by the decisions of the coach concerning placement, playing time and strategy.
- J. Let the coaches coach during competitions. The athletes should be focused on what their coach is communicating to them and to the play on the court.
- K. Emotionally support your child in winning and in losing, and help provide proper perspective.
- L. Be available to provide transportation home from practices and contests.
 - i. Students need to be picked up no later than 15 minutes after the practice, game, tournament or contest. 1st time – Warning; 2nd time – one game/contest suspension.

Communication You Can Expect from the Coach

- 1. Philosophy of the coach.
- 2. Expectation of individual athletes and team.
- 3. Location, dates, and times of all practices and games.
- 4. IESA, Conference, and school rules.
- 5. Modes of transportation.

Communication That Coaches Can Expect from Parents/Guardians

- 1. Non-confrontational situations.
- 2. Appropriate concerns can be expressed directly to the coaches outside of practice, games, or the playing field.
- 3. Specific questions about philosophy or expectations of their child.
- 4. Notification of any absences prior to practices or games.
- 5. A phone call to set up an appointment to discuss a concern.

Appropriate to Discuss

- 1. Treatment of your child (mentally or physically).
- 2. Ways to help your child improve.
- 3. Concerns about your child's behavior/academic problems.

Inappropriate to Discuss

- 1. Playing time
- 2. Coaching
- 3. Team strategy
- 4. Play calling or substitutions
- 5. Another athlete

Conflict Resolution

- 1. If a dispute or conflict should arise between an athlete or parent and coach, the following steps should be taken:
 - A. If a student or parent/guardian wishes to discuss a concern with the coach, they must schedule an appointment with the coach. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and the coach, and this period does not promote objective analysis of the situation.
 - B. If the athlete or parent does not feel they have achieved a satisfactory resolution, they should contact the Athletic Director. If necessary, the Athletic Director may confer with the Principal.

Concussion Management

- 1. Concussions and head injuries are among the most commonly reported injuries in children and adolescents who participate in interscholastic sports. District 52 requires the immediate removal from all athletic activities any

- student who has sustained, or is believed to have sustained, a mild traumatic brain injury (MTBI) or concussion.
2. Removal must occur based on display of symptoms regardless of whether such injury occurred inside or outside of school. If there is any doubt as to whether the student has sustained a concussion, it shall be presumed that the student has been injured until proven otherwise. The coach must notify the Athletic Director and student's parents or guardians immediately.
 3. In cases when an athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return.
 4. The standards for return to athletic activity will also apply to injuries that occur outside of school. Coaches must follow any directives issued by the student's treating physician with regard to limitations and restrictions on play for the student.

Transportation

1. Washington Middle School will provide transportation to all competitions. Athletes are expected to travel via school transportation. It is expected that our student/athletes will conduct themselves appropriately while on bus transportation. In the event that there are extenuating personal circumstances, a parent may take responsibility for the transportation of their child. Written notice to the coach requesting the exception must be provided in advance. Prior to leaving a competition, a parent/guardian must sign their child out on the sign-out sheet provided by the coach. Under special circumstances, transportation with those other than parents could be allowed with the written or verbal consent of the parent(s).

Discipline

1. All students are expected to set a positive example in the classroom and on the field or court. We require respect, cooperation, positive attitude, participation, and responsibility from all of our students.

Extracurricular Participation is a Privilege

1. Any student who receives a suspension (in or out) will be suspended from the next competition.
2. If the attitude and conduct of the student becomes a detriment to the program, the student will be subjected to corrective disciplinary action pending conference with Administration.

Student Consequences and/or Dismissal from Athletics

1. A student receiving (1) **one** infraction for reasons such as those listed below will be subject to a conference with the sponsor and the parent/guardian will be notified.
2. A student receiving (2) **two** infractions for reasons such as those listed below will be subject to one game/contest suspension.
3. A student receiving (3) **three** infractions for reasons such as those listed below will be subject to dismissal from the team.
4. Severity of infraction could lead to immediate dismissal.

Infractions

1. *Parents will be notified of each strike the student receives.*
 - A. Unexcused absences
 - B. Improper attitude
 - C. Failure to fully participate when capable.
 - D. Failure to cooperate
 - E. Any other action(s) that are addressed in the student handbook.