



WATERLOO HIGH SCHOOL ATHLETIC TRAINING STANDARDS & WAIVER FORM

Athletes will read and sign this form at the beginning of each sport in which they participate or athletes may not participate in that sport. This should be done at the first team meeting. Any athlete who is presently serving a suspension or who has been suspended will also be included in the above.

The most important aspect of training standards and guidelines is that everyone involved fully understand them as well as the reasoning behind them. At Waterloo High School, we feel that all athletes should follow a few basic and universally accepted student requirements, which appear necessary for conducting a sound athletic team. Some of the basic requirements concern hours of sleep, academic achievement, sound eating habits, banning the use of alcohol, tobacco, e-cigs, and other controlled substances, good citizenship; and the like.

The violation of training standards is a serious thing since the development of certain health values is a primary objective of sports programs in schools. To some extent the student, his team, and the school suffer an unnecessary loss due to these violations. When broken standards come to the school's attention, valuable time is spent in their processing as well as doubt cast on the student's sincerity to his team and school. It is hoped that the cooperation of parents can be obtained in the enforcement of training standards. We feel that parents should, and in most cases do, feel a responsibility for enforcement of these regulations.

To more specifically point out areas in which we feel consistent application is needed during an athlete's formative growth, the following basic rules are to be followed by coaching staff members at all times during a student's years of competition.

- 1) There should be no late hours on school nights or before a game or contest: Ten o'clock on school nights and twelve o'clock on all other occasions seems to be late enough for athletes to be kept from sleep.
- 2) Academic requirements of the school and state must be maintained during an active season of competition. Athletic academic ineligibility will begin the Monday after athlete ineligibility is determined and run through the following Sunday. When indications are that a student is devoting too much time to sports, proper perspective must again be drawn.
- 3) Every attempt should be made to follow a diet that will build a strong, vigorous and healthy body, and provide that nutrition needed for reasonable playing strength.
- 4) Absolutely no possession or use of alcoholic beverages, illegal drugs and look alike drugs, unauthorized prescription drugs, or any form of tobacco (including electronic cigarettes/vapes) can be tolerated. Possession is also considered to be present while illegal transportation/use is taking place.

In the event a student athlete is placed under arrest for a violation of the law, the school may review the arrest and situation leading up to the arrest and take disciplinary action through the athletic code. Also, through the IHSA athletes can be subject to random drug and alcohol testing.

1st Offense: Suspension from below listed number of athletic contests. Athletic contests are defined as days when contests are actually played.

2nd Offense: Suspension for 1 calendar year from all athletic teams

3rd Offense: Suspension for the remainder of high school career from all athletic teams

Violations are cumulative from grades nine through twelve (9-12) and apply 24 hours a day, 365 days a year, including summer months. Violations are recorded even if a student is not actively participating in any athletics at the time of the offense. The athletic suspension will be applied to the next sport in which the student participates. For example, a student who does not participate in athletics at all as a freshman, but decides to play a sport as a sophomore, will have to serve a suspension for a violation that occurred while a freshman.

Baseball/Softball	8 games	Golf	4 matches
Basketball	6 games	Soccer	4 games
Bowling	4 matches	Tennis	4 matches
Cheerleading (fall)	2 games	Track	4 meets
Cheerleading (winter)	6 games/competitions	Volleyball	4 matches
Cross Country	4 meets	Wrestling	4 matches
Football	2 games		

If the violation of the Code occurs in the last part of a sport season and the violator cannot fulfill the terms of his/her violation in that sport, the suspension does carry over until the suspension is fulfilled. This includes their next sport or the same sport the next year. Example: If the suspension is for two football games with only one remaining, the athlete must also miss basketball games until the suspension has been served. If a typically one-sport athlete elects to participate in a new sport in order to serve

