

# **ACTIVITIES HANDBOOK**

## **WASHINGTON MIDDLE SCHOOL**



**2020-2021**

***GO DEMONS!!!***

Page intentionally left blank

## Table of Contents

(Click the item in the Table of Contents to take you directly to the page in the document.)

[WASHINGTON MIDDLE SCHOOL ACTIVITIES PROGRAM](#)

[BASKETBALL](#)

[FOOTBALL](#)

[TRACK AND FIELD / CROSS COUNTRY](#)

[VOLLEYBALL](#)

[WRESTLING](#)

[ACADEMIC WEEKLY ELIGIBILITY](#)

[ACTIVITY TICKETS](#)

[ACTIVITY POLICY DURATION](#)

[ATTENDANCE AND ACTIVITY PARTICIPATION](#)

[BEHAVIOR AND ACTIVITY PARTICIPATION](#)

[TEAM RULES](#)

[TRAINING RULES](#)

[DUE PROCESS](#)

[DRESS CODE](#)

[INSURANCE](#)

[PRACTICE](#)

[ABSENCE FROM PRACTICE](#)

[PARTICIPATION BY OUTLYING SCHOOL DISTRICTS](#)

[PLAYING TIME](#)

[PHYSICAL EXAMS AND CONCUSSION FORM](#)

[SPORTSMANSHIP EXPECTATIONS](#)

[OTHER INFORMATION](#)

[WMS STUDENT AND GUARDIAN ACTIVITY AGREEMENT](#)

## **WASHINGTON MIDDLE SCHOOL ACTIVITIES PROGRAM**

The WMS Activities Handbook outlines the expectations for all students participating in any sports/activities at Washington Middle School for the 2020-21 school year. All participants and guardians must sign the guardian/student agreement form stating that they have read the handbook in its entirety and agree to uphold the expectations.

The philosophy of Washington Middle School's extracurricular program is based upon the primacy of learning and the concept of participation in a diverse and flexible set of activities aimed not only toward building intellectual and physical skills, but also in nurturing self-esteem, promoting emotional well-being, building character, and requiring responsibility and self-discipline. Sportsmanship and appropriate behavior, both as part of an activity and as representatives of Washington Middle School, will be expected/promoted. All of the extra curricular goals and objectives will be aimed at developing a lifelong interest in achieving personal wellness, appreciating the arts, and by cultivating responsible young citizens for our community.

### Washington Middle School has established these goals:

1. Extra Curricular activities will be presented in a positive learning environment.
2. Extra Curricular activities will be under the direction of a trained staff that are attuned to the philosophy of middle school concepts.
3. Extra Curricular activities will be operated under a "no cut" policy allowing every student to realize his/her maximum potential.
4. Students shall realize substantial participation in games and practices.
5. Students and coaches shall develop and practice the elements of good sportsmanship.
6. Students shall learn and demonstrate knowledge of the fundamental skills specific to each sport.
7. Students shall be responsible to themselves, teammates, the team, and the overall athletic program.

The school district will provide properly trained coaches, safe equipment, and facilities, teach proper techniques and make reasonable efforts to see that the athletic or extra-curricular program is safe for your child. However, because athletic activity can involve injury to the participants, we must warn you of such dangers.

These activities require that the student make a commitment to the activity, submit to the discipline of the coach/advisor, and develop self-discipline to be able to successfully participate. Participation in these activities often requires considerable physical exertion, physical conditioning, and adherence to training rules and regimens.

The purpose of this warning is to aid you in making an informed decision as to whether the student should participate in the athletic activity. In addition, its purpose is to make you aware that as a student athlete and parent or guardian, it is your responsibility to learn about the sport involved and to inquire of coaches, physicians, and other knowledgeable persons about any concerns that you might have regarding athletic safety and the School District's athletic program.

Athletic injuries can impair the student's general physical and mental health and the student's ability to earn a living and engage in social or recreational activities and general enjoyment of life. Such injuries can include death or serious physical injury and a possibility of emotional injury as well. Injury can arise from training room procedures, the administration of first aid, or failing to follow game, training, safety, or other team rules. The use of transportation provided or arranged by the School District to and from games/contests also involves the risk of injury or death.

WMS strives to protect each student from possible injury while engaging in school activities. The guidelines and sport specific injury warning information is listed on the following pages. **The parents and student athlete should read this information provided for each sport in which the student plans to participate. The parents and student/athlete should also read all other information carefully and sign in all the appropriate places.**

It is the responsibility of the parent and/or guardian and student/athletes to read and understand the contents of this packet. Please have your family physician complete all appropriate forms. **Your signatures indicate that you have read, understand, and agree to allow your child to participate in our programs. Your signature also states that you understand and assume the many risks involved with participating in athletic and extra-curricular activities.**

## **BASKETBALL**

Basketball is available for students to participate at each grade level at WMS. 6th graders participate in an intramural setting (do not compete against other schools) focusing on skill development/enhancement. 7th and 8th graders compete against other teams from other communities during a 6 week season.

Basketball is a sport that involves contact. Because it is a contact sport and as a result of your

participation basketball involves the risk of serious injury to every part of the body.

Risk of injuries include minor injuries such as contusions, muscle strains, cramps, fractures, joint dislocations, and joint sprains which are all common types of injuries sustained by basketball players. However, this sport also includes catastrophic injuries involving the head, neck, and spinal cord that can cause some type of paralysis and includes death. Basketball injuries can result from contact with other participants, and the basketball, the playing surface and other solid objects in and around the court during practices, scrimmages, warm-ups, or games.

## **FOOTBALL**

Football is available for students to participate who are in the 7th and 8th grade. These students compete against other teams from other communities during a 6 week season.

Tackle football is a violent contact sport. The risks of injury involved while participating in football include virtually every part of the body. Injuries may result to the body's nerves, blood vessels, internal organs, reproductive organs, bones, joints, ligaments, muscles and tendons. Injuries may also be catastrophic involving the head, neck and spinal cord, resulting in paralysis, brain damage, eye damage, dental loss, hearing loss, and other head injuries, including death.

Other injuries may include heat stroke, heart failure, asthmatic attack and/or the additional strain the body may place on an already existing physical condition. Common injuries include knee injuries, strains to the muscular system, shin splints, ankle, shoulder, back, and torso injuries. Dislocations and fractures are also common. Injury may result from contact with other players, bystanders, the playing surface, training equipment, goal posts or other objects in and around the playing and/or practice field. Injury may result from misfitted or worn equipment. Injuries can result from correct or incorrect performance and occur in tryouts, practice, warm-ups, scrimmages or games. Perform only those skills and techniques as instructed and/or supervised by the coaching staff. Such as tackling, blocking techniques, basic hitting position, and etc.

By rule, the helmet is not used as a "RAM". Initial contact **is not** to be made with the helmet. Tackling and blocking techniques are basically the same, **in that contact is not initiated 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 tackling and blocking an opponent, contact with your helmet will naturally result. Therefore, technique is most important to prevent injuries.

## **TRACK AND FIELD / CROSS COUNTRY**

Track and Field / Cross Country are available for students to participate in who are in the 7th and 8th grade. These students compete against other teams from other communities during a 6 week season.

Track and Field is a sport involving sprinting, running, jumping, and activities such as pole vault, high jump, and discus throw and long distance running. Common injuries sustained as a result of participation in track and field are to the thigh and hamstring muscle. Shin splints, muscle and tendon injuries of the leg and inflammation of the knee are also common in Track and Field as well as Cross Country. Head and neck injuries can occur as a result of being struck by a discus, shot put, or javelin, including death. The most common times for injury to occur are during warm-up, practice or meets. Injuries can result from correct or incorrect performances of techniques and skills.

## **VOLLEYBALL**

Volleyball is available for students to participate at each grade level at WMS. 6th graders participate in an intramural setting (do not compete against other schools) focusing on skill development/enhancement. 7th and 8th graders compete against other teams from other communities during a 6 week season.

Volleyball is a competitive net and power ball sport. Common injuries sustained as a result of participation in volleyball are, but not limited to, the arms, hands, legs, feet, ankle, knee, low back, shoulder, and elbow. Contusions, abrasions, strains, sprains, fractures, ligament, cartilage damage, and concussions, as well as paralysis and/or death.

Volleyball injuries can result from correct or incorrect performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises, or matches. Injury to the head and mouth, nose, teeth, eyes, ears, and other parts of the body can result from contact with the ball, players, the playing surface, and other solid objects in and around the playing area.

## **WRESTLING**

Wrestling is available for students to participate at each grade level at WMS. Students from each grade level will compete against other teams from other communities during a 6 week season.

Wrestling is a strenuous, physical, CONTACT sport. Because it is a contact sport, a result of your participation in wrestling it could involve a risk of serious injury to virtually every part of the human anatomy. Injuries such as, but not limited to, include dislocations, fractures, knee and ankle sprains,

torn cartilage, hand and wrist, back sprains, elbow injuries, rib injuries, contusions, abrasions, and skin infections can occur. Injuries may also be catastrophic involving the head, neck, and spinal cord, resulting in paralysis, brain damage, eye damage, dental loss, hearing loss, and other head injuries, including death.

Wrestling injuries can result from correct or incorrect performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises, or matches. Injury to the head or other parts of the body can result from contact with other competitors, bystanders, the wrestling surface, training equipment, and other solid objects in and around the playing and/or practice area.

### **ACADEMIC WEEKLY ELIGIBILITY**

In order to maintain their eligibility, students must be passing every class in which they are currently enrolled on a weekly basis, as evidenced by the weekly failing list. Students whose names appear on the weekly failing-the-course list will be ineligible to participate in any school activity following their WARNING week from 10 am on the Monday (or first school day of the week) on which their name appears until the following Monday at 10 am. They may attend practice sessions but will not participate in the games or events for that week.

The eligibility list will consist of two (2) listings—Warning (Eligible) and Failing (Ineligible). To allow students the opportunity to improve grades, a student's name must appear on the warning list the week prior to being placed on the failing list, whether it be a D or an F. A teacher will assign adequate grading opportunities for the student(s) to raise their grade each week. If not, the student maintains the grade but will be placed on the Warning List for that week. If a student appears on the failing (ineligible) list three (3) times during a season he/she will be dropped from the team for that season.

**\*\*Note\*\*** Each class is distinct for the Warning/Failing List to determine eligibility.

Eligibility lists will be issued from the office on Monday of each week. Weekly teacher grades will be finalized as of 10:00 a.m. on Monday and the eligibility list will be completed by Monday at the end of school.

There is a one-week grace period after each grading period (quarter) to begin the grading process for each quarter. This grace period will take place one week after the quarter begins.

**\*\*Students involved in activities (athletics, clubs and jazz band) are expected to follow all rules and regulations of WMS. Failure to follow set guidelines may result in suspension or expulsion from an activity or for the entire extra-curricular school year.**



## **ACTIVITY TICKETS**

All students participating in any extracurricular activities are required to purchase an activity ticket for the school year. Activity tickets, which cost \$35.00 will entitle a student to attend all home regular season sports events. MS students will also have the option of purchasing a \$50 activity ticket that will grant them access to all high school games as well.. All students, including participants, attending any of the activities are required to pay admission or present an activity ticket for admission. Activity tickets do not entitle the holder to attend musical events, dances or school plays, if special charges are applicable. Failure to purchase the activity ticket will result in exclusion from the activity. If any student has a financial hardship in which they are not able to purchase an activity ticket can make an appeal to the building principal, however they will still need to pay for any after school activities they choose to attend as a spectator. Activity tickets can be purchased in the main office.

## **ACTIVITY POLICY DURATION**

Students currently serving on a training rule violation will not be included in road trips (team bus).

Although this policy is not officially in effect from the last day of school/activity until the first day of fall practice, parents and students should be aware that WMS discourages all chemical/tobacco/controlled substance use during summer vacation, but has limited supervision rights during that time.

Students complete an entire activity/season in order to receive credit for suspension time served. Focus on “where you are going” instead of “where you have been.” With a proper attitude, a student can make a mistake and learn from the experience.

## **ATTENDANCE AND ACTIVITY PARTICIPATION**

Students who participated in school-sponsored activities MUST attend school the immediate half-day prior to that contest or practice. Students are not to compete in an after-school activity if they did not attend their afternoon classes (periods 5, 6, 7); the morning absences must not be unexcused. The only exception to the above would be a pre-arrangement made with the WMS administration; this includes dances.

## **BEHAVIOR AND ACTIVITY PARTICIPATION**

All student participants are expected to exhibit acceptable behavior at all times, in and out of season. Students with behavior concerns that arise from school situations or misbehavior on an extracurricular activity must be resolved in an acceptable fashion prior to participating in activity practices, contests or events. This includes suspension and detention responsibilities. A student

may be suspended from an activity if his/her behavior reflects discredit upon Washington Middle School.

## **TEAM RULES**

Coaches/Advisors are responsible for determining reasonable expectations for the smooth and efficient operation of their team or program. Students will be expected to meet or exceed set standards to be able to participate in activities.

## **TRAINING RULES**

All activity participants at Washington Middle School are expected to make personal sacrifices for the good of the group. Self-discipline, accountability and responsibility on the part of each participant are an expectation that is held for all. Additionally, it is important for student participants to become positive leaders both in and out of school and school activities. Successful people succeed in their task by hard work, perseverance, honesty and dedication. WMS sends a clear message that any use and/or possession of alcohol, tobacco, other drugs, or any other mind-altering or performance-enhancing substances that are ILLEGAL and HARMFUL, will NOT be tolerated. Training rules are in force from the first day of fall practice or first day of school (whichever is applicable) to completion of the last activity date in the spring or last day of school (whichever is applicable.)

These rules are in effect for any extra-curricular activity at WMS such as: athletics, music festivals, academic competitions, TIP, Student Council, National Junior Honor Society, WEB, etc.

### **First Offense:**

- Immediate suspension from all extra-curricular activities and contests for a period of 20 calendar days from the date of the disciplinary notice/action or from the beginning of the next activity.
- Suspension from practice for the first seven calendar days. Students may then practice but not participate in a contest for the remainder of the suspension.
- The administration may refer the student to the counselor for possible assessment and to make the student aware of the district drug/alcohol/tobacco awareness programs.
- If a student self-reports a first offense infraction to the administration or activities director before they are notified by the normal reporting channels the penalty may be reduced to 15 calendar days.

### Second Offense:

- Immediate suspension from all extra-curricular activities and contests for a period of 45 days.
- Referral to the counselor for evaluation and possible outside mental health referral.

### Third Offense:

- The student will be referred to the board of trustees for exclusion from further activity participation.

\*\* Self reporting is in place so that students who have:

1. Made a poor decision and
2. Have seen the error of their ways and
3. Wish to have some assistance can get help from those of us who care about their well-being.

It is not to avoid the penalties of GETTING CAUGHT. We agree to do everything possible to help students who wish to help themselves. Students in multiple activities at the same time will suffer the outlined consequences in EACH activity for the duration of the violation.

### **DUE PROCESS**

Usually student or parent complaints or concerns can be addressed simply — by a phone call or a conference with the coach or activity sponsor. For those complaints and concerns that cannot be handled so easily, the District has adopted a uniform complaint procedure policy at 1700 in the District's policy manual.

In general, a parent or student should first discuss the complaint with the individual involved. If unresolved, a written complaint and a request for a conference should be sent to the Principal. If still unresolved, the matter may be referred to the Athletic Director. If still unresolved, the matter may be referred to the Superintendent. Under some circumstances, the District provides for the complaint to be presented to the Board of Trustees in the event the matter cannot be resolved at the administrative level.

Any building office or the Superintendent's office can provide information regarding specific processes for filing complaints. Additional information can also be found in Board Policy 1700 available on the website or in the Principal/Superintendent's offices.

## **DRESS CODE**

School dress code applies when participating in an activity or sport. Team dress code so applies. Players are responsible for wearing school issued uniforms while participating for Washington Middle School. All uniforms shall be returned in a timely manner. If not, the student will be charged the replacement cost of the uniform/equipment.

## **INSURANCE**

Participating athletes have NO coverage by school insurance, should an athlete be injured during competition or practice. When an injury occurs, the coach will fill out an accident report and turn it into the office within 2 days of the occurrence.

## **PRACTICE**

Participants are expected to participate in team practices and other related team functions; however, individuals will not practice until they have turned in their physicals, permission form, and the WMS Activity Sign Off page on the last page of this handbook.

Practices will usually follow the schedule below; however, due to certain circumstances may be subject to change.

Practice times for basketball, volleyball, and wrestling are:

Monday, Tuesday, Thursday and Friday: 6:30-8:00 AM, 3:30-5:00 PM, 5:30-7:00 PM, 7:00-8:30 PM  
Wednesday: 6:30-8:00 AM

Practice times for Football and Track:

Monday, Tuesday, Thursday, and Friday: 3:30-5:30 p.m.

Coaches cannot require participants to practice during the off-season.

### **Be on time:**

- This means you are dressed and ready to play at your assigned start time. If an athlete is late to practice, the appropriate team coach will give the consequence.
- Other sports will not infringe on WMS sports practices. If you miss a practice to go and practice another sport, this will count as an unexcused absence.
- Missing practice for a family function, emergency or vacation will be addressed with each individual family.

## **ABSENCE FROM PRACTICES**

Students are expected to be at practice unless absent from school. An absence due to illness or an appointment will be excused provided proper notice is provided. If a student misses practice for a reason that is unexcused the results will be as follows: Playing time may be reduced in the next regularly scheduled activity. The second unexcused practice will result in the student not being allowed to participate in the next regularly scheduled activity. If a student accumulates 3 unexcused absences from practices a meeting will be held with their parent/guardians and they will not be allowed to participate in the remainder of the activities for that sport/season. The activities director, coach and administration upon appeal may evaluate extenuating circumstances.

## **PARTICIPATION BY OUTLYING DISTRICTS**

Students who are currently enrolled in public schools within Dawson County, yet not currently enrolled within the Glendive Public School system, will be considered for participation in appropriate age/grade extra-curricular activities. The student would have to be enrolled as a full-time student in a public school and could eventually attend Dawson County High School OR the school board has a signed agreement with the other school district allowing students to participate as a member of the Glendive Public Schools athletic team. Parents would be responsible for transporting the students to/from practices and to/from the contests when in town. The participant would be required to ride the activity bus to and from away games unless prior arrangements have been made with the administration. Each participant would be required to adhere to the rules and eligibility requirements of Washington Middle School and the school district.

## **PLAYING TIME**

We understand that all players want to participate and parent/guardians want to see their students participate. With that said, the amount of playing time each player gets is at the coaches discretion.

- All players will get playing time.
- Equal playing time is not guaranteed.

## **PHYSICAL EXAMS**

A complete and approved physical examination is required for each student in grades 6, 7 & 8 in order to be considered eligible for participation in all athletic activities. WMS requires all physical examinations to be completed prior to the first practice. A doctor or physician's assistant for the current school year must certify the physical examination. The physicals and concussion forms are valid for the entire current school year.

## **SPORTSMANSHIP EXPECTATIONS**

WMS views extracurricular activities as an educational experience almost as important as a student's academic endeavors. For that reason, sportsmanship in our school is considered very important. Sportsmanship is not a set of rules, but a spirit that should guide our behavior each day of our lives. According to the simple idea that we will treat others, as we would like to be treated - our personal **Golden Rule**.

- Accept and understand the seriousness of your responsibility and the privilege of representing the school and community.
- Treat opponents the way you would like to be treated, as a guest or friend. Wish opponents good luck before the contest and congratulate them in a sincere manner following either victory or defeat.
- Respect the integrity and judgment of officials. Never argue or make non-verbal gestures that indicate disagreement.
- Be the best cheerleader for your teammates who are participating as possible. One of the most important lessons in extracurricular activities is learning to cheer on / support your teammates!

### **TRAVELING ON THE BUS**

All team members will ride to games on the bus. Students may be allowed to not ride the bus from a game if a parent has informed the coach in person after the game and signed off on the GPS parent/guardian release form. The coach is not allowed to release the student to anyone other than the student's parent/guardian.

- Misuse of this procedure results in a liability to the school and to the coaches. Disciplinary action will be taken.

### ***DISCIPLINE STEPS FOR BUS MISBEHAVIOR***

Our bus drivers and administrators have worked together to develop a comprehensive list of expected behaviors, as well as a discipline progression for instances of misbehavior. Below you will find the standards of behavior delineated into two categories: a minor and a major. Additionally, you will find a discipline progression that corresponds to those categories. No two situations are alike, and these documents will provide us with a framework through which we can address issues that arise and create a safe, nurturing environment for all our students. Students will be held to a higher standard when participating in extracurricular activities in regards to their behavior on buses.

# Bus

## Minors and Majors

<u>Minors</u>		<u>Majors</u>	
<ul style="list-style-type: none"><li>● Eating</li><li>● Trash</li><li>● Being Loud</li><li>● Name calling (conflict)</li><li>● Bus Stop Safety Violation</li><li>● Getting off at the wrong stop</li></ul>	<ul style="list-style-type: none"><li>● Profanity (Non-directed)</li><li>● PDA - Minor</li><li>● Turning around in your seat</li><li>● Insubordination/ Disrespectful</li><li>● Lying</li></ul>	<ul style="list-style-type: none"><li>● Standing, Walking, Changing seats once seated</li><li>● Throwing</li><li>● Body part out of the window</li><li>● Inappropriate electronic use</li><li>● PDA - Major</li><li>● Theft</li></ul>	<ul style="list-style-type: none"><li>● Fighting</li><li>● Profanity (Directed)</li><li>● Profanity (F word)</li><li>● Bullying, Harassment, Intimidation</li><li>● Vandalism</li><li>● Weapons</li><li>● Alcohol, illegal substance</li><li>● Inappropriate paraphernalia</li></ul>

\* Inappropriate bus stop behavior is covered under the minors and majors listed above.

\* The severity of some discipline infractions may dictate more serious consequences.

\* All consequences are administered at the discretion of the designated administrator.

# Bus

## Progression

<u>Minors</u>	<u>Majors</u>
<ol style="list-style-type: none"><li>1. Verbal Warning</li><li>2. Conference with Student</li><li>3. Call home</li><li>4. Habitual Referral - 1st Major offense</li></ol>	<ol style="list-style-type: none"><li>1. Off the bus for 5 - 10 days</li><li>2. Off the bus for 10 days to the rest of the semester</li><li>3. Off the bus for the rest of the year</li></ol>

### ***Emergency Bus Evacuation***

In case of an accident where the bus must be evacuated quickly, make every effort to observe the following directions:

1. Proceed in an orderly manner to the unobstructed exit nearest your seat (the bus driver will point them out to you).
2. Move to a point 100 feet or more from the bus and gather in a group to make it possible for a check to see if all passengers have been evacuated.
3. Passengers should follow the directions given by the Driver or one of the Coaches/Sponsors.

### **OTHER INFORMATION**

1. The activity sponsor/coach and administration will consider incidents individually.
2. Other team rules, as explained by the coach/advisor of each activity, must be adhered to.
3. Rumors about participants are not grounds for disciplinary action. However, rumors will be checked out, as thoroughly as possible and disciplinary action will be considered upon report of a violation to the coach/advisor or principal/activities director.
4. Students have a right to due process and can request a hearing with a committee consisting of: the coach/advisor of the involved activity, the principal/activities director, and a coach/teacher of the student's choice.
5. Be advised traveling teams/squads may be limited in size.



6. A student may not be denied participation in school district education programs or any sponsored activity except for such reasons as are provided in the adopted policies of this district, student behaviors, federal-state-county associations or governmental entities.

Page intentionally left blank

## WMS STUDENT AND GUARDIAN ACTIVITY AGREEMENT



### **Parent/Guardian Statement:**

I/we hereby certify and affirm that I/we are the parent(s)/legal guardian(s) of the following student\_\_\_\_\_. I/We understand and have read the warnings listed in this handbook for the activities in which the above student will participate. I/We are cognizant of its terms and understand that all sports/activities can involve many risks of injury including, but not limited to, those risks indicated within this handbook. I/We hereby assume all risks of playing or practicing to play/participate for the above named student. Furthermore, I/we release and waive, and agree to indemnify, hold harmless or reimburse the school district and the individual members, agents, employees and representatives thereof, as well as sport/activity supervisors and coaches, from and against any claim which the above named student, I/we, and /or other parent(s) or guardian(s), and sibling, or any other person, firm or corporation may have to claim to have know or unknown, directly or indirectly, for any losses, damages or in connection with the participation by the above named student. I/We understand that by signing this warning, agreement to obey instructions, and assumptions of risk, I/we are waiving all the rights that the above named student, I/we, or any other person may have to any compensation for any physical injury that may result from participation by the above named student.

### **Student Participant Statement:**

I understand that Washington Middle School has both a Training Rules Policy and an Academic Eligibility Policy as outlined and discussed in this handbook. Coaches and supervisors may have additional policies and guidelines of which I am expected to abide. I have read the policies and I understand my expectations as a participant.

### **Signatures:**

***I/We have read and understand the information contained in this form and will abide by the contents of this document.***

\_\_\_\_\_

\_\_\_\_\_

Participant

Date

\_\_\_\_\_

\_\_\_\_\_

Parent/Guardian

Date

*“Success comes from knowing that you did your best to become the best that you are capable of becoming.” - John Wooden*