

Athletic/Cheerleader Agreement

ASB Card \$20.00

Sports Fee CHS \$25.00 / OJH \$15.00

Before turning out for interscholastic sports/activities under the jurisdiction of the Washington Interscholastic Activities Association, at Connell High School, the following items must be taken care of:

1. You must have a current ASB card.
2. Every student who participates in interscholastic athletics and cheerleading must have passed a physical examination from a medical authority licensed to perform a physical examination. Physical exams are good for 24 months from the date of the exam. The medical authorities licensed and approved by law to give physicals include M.D.; Doctor of Osteopathy, D.O.; Certified Registered Nurse (A.R.N.P.) and Physician's Assistant (P.A.); Naturopathic Physicians (N.D.). Physicals should be done during the summer.
3. You and your parent/guardian must read and sign/fill in:
 - a. Athletic/Activity Agreement section of the Athletic Clearance Form.
 - b. Student-Parent /Guardian Warning section of the Athletic Clearance Form.
 - c. You must be covered by the School Accident Insurance Plan or an equivalent plan (private) of your own. Your parent/guardian must sign the Insurance/Waiver section of the Athletic Clearance Form.
 - d. You must fill out the Emergency Procedure section of the Athletic Clearance Form.
 - e. Must complete the Transportation Permission section of the Athletic Clearance Form
4. All fines must be paid before you may be cleared to practice. All grades and fines can be viewed on *Skywards Family Access*
5. The athletic fee must be paid before you may be cleared for practice.

Please return the necessary forms to the Athletic Director (Physical and Athletic Clearance Form)

Section I: Rules and Regulations

The following rules and regulations apply to a student participant for a given sport season.

- A. Use of Alcoholic Beverages
The consumption, possession, or sale of alcoholic beverages by a student participant is prohibited.
- B. Use of Tobacco
The use or possession of tobacco, in any form, by a student participant is prohibited.
- C. Use of Drugs and Narcotics
The use of illegal, non-prescription, legend drugs, or narcotics by a student athlete/participant is prohibited, as is the possession or sale of such drugs.
- D. Committing Acts of Larceny
It is prohibited for a student participant to take or appropriate the property of another without his/her consent. It is further unacceptable for said participant to keep, use wrongfully, purchase, or sell stolen property.
- E. Weapons
Any student participant in possession of a weapon on school property, as defined by State Law, is expelled from all schools in Washington State.
- F. Criminal Acts
Any student participant charged with a criminal act would be suspended from athletic competition until reinstated by the building administration.
- G. Personal Appearance
Each student participant shall be neat, clean, well groomed, and clean-shaven as determined by the in-season coach.
- H. Attendance
In order to participate in practice or a contest, a student participant must be in attendance in all scheduled classes the same day as the contest or practice. Parents are requested to schedule appointments outside of the school day or weekends whenever possible. Special excuses will be considered for pre arranged absences approved through the attendance office and the Athletic Director.
- I. School Conduct
A student must realize that his/her primary purpose in attending school is to acquire an education. Student participants are expected to be good citizens in school at all times. Disruptive behavior, persistent tardiness, truancy, and other violations of school regulations are inexcusable.

J. Profane and Obscene Language

The use of profane or obscene language and/or acts of vulgarity are prohibited.

K. K Sportsmanship

Student participants representing teams of Connell High School are expected to exemplify the highest standards of good sportsmanship. Sportsmanship consists of courtesy, fairness, and respectfulness to officials, teammates, opponents, coaches, and all others associated with the sport or contest.

L. WIAA Expulsion Rule

First expulsion of the season shall result in the expelled student being ineligible until after the next event/contest of the same level. Second expulsion in the same sport and season shall result in ineligibility for the remainder of the season of that sport. (Note: Second violation may be appealed).

Section II: Enforcement of Training Rules

The building principal, Athletic Director, and head coach shall be responsible for all decisions relating to disciplinary action resulting from violation of training rules. All actions leading to probation, suspensions, or dismissals shall be based on factual knowledge, not hearsay. A student participant who does not abide by the rules and regulations shall be placed on probation, suspended, or dismissed from the team.

Probation-Suspension:

The head coach of each sport has the prerogative to discipline a participant who refuses to observe acceptable patterns of behavior. This discipline may be in the form of a probation or suspension the length of which would be up to the discretion of the head coach and athletic director. If the problem is not corrected to the satisfaction of the head coach, it could lead to dismissal from the team.

Dismissal

This action may be taken in cases where violations of the above training rules occur. This action shall be a decision arrived at by the principal, athletic director and head coach. Failure to abide by the above training rules is cause for immediate dismissal from all participation (practice or competition) for the remainder of that sport/activity season.

Suspension or Exclusion from School:

A student participant who has been suspended or excluded from school shall not participate in any athletic/activity event or practice during the time period of his/her exclusion or suspension from school.

Violations of training rules regarding the use, possession, consumption, sharing, providing or distribution of alcohol, tobacco and controlled substances, or legend drugs will be handled in the following way:

1st Offense:

The participant will be suspended from competition for the equivalent of one regular full sport season. Up to two-thirds of the suspension may be waived upon appeal. Circumstances affecting the appeal may be:

- The participant is truthful and cooperative with building administrators and coaches.
- In addition, the student shall undergo a chemical use assessment by a qualified drug counselor. The student must sign a release of information to the school and cannot resume participation until assessment has been completed. Assessment is to be completed at the student's expense.
- The suspension, at a minimum, will include 33% of the contests held for the sport. In the event that a sufficient number of contests are not available to complete the suspension in the sport/activity season, the suspension will be carried over into the student's next sport/activity season. It is possible that that season may not occur until the following school year.
- In the event that a student is in violation of the rule during a time when he/she is not participating in a sport/activity, he/she shall undergo a chemical use assessment by a qualified drug counselor. The student must sign a release of information to the school and cannot begin participation until assessment has been completed. Assessment is to be completed at the student's expense.

2nd Offense:

The participant will be suspended from any participation for one calendar year from the time of the infraction.

3rd Offense:

The participant will be permanently suspended from all interscholastic participation in the North Franklin School District.

Rules regarding the sale of alcohol, tobacco and controlled substances

Will fall under the WIAA rules regarding legend drugs (WIAA 18.26.2). A sale is determined when a student accepts money, service or barter for personal gain in exchange for alcohol or drugs.

Being in the presence of alcohol, tobacco, or controlled substance

A student participant shall not knowingly be in the presence of alcoholic beverages, tobacco products, or controlled substances in any form that are being introduced or used unlawfully. It is the responsibility of the student participant to remove himself/herself from the presence of these illegal activities as soon as reasonably possible after he/she becomes aware these activities are taking place.

Penalty for violations: The Athletic Director /Review Board shall be authorized to suspend the student participant for up to 33% of the sport season for a violation of this section of the code, based upon the seriousness of the student participant's conduct, amount of involvement, and length of time student participant remained in the presence of the illegal activity. Any time not served during the current season will transfer to the next season the athlete participates in. In order for this time to count the athlete must complete the season in good standing.

Appeals Process

Student participants and parents/guardians are encouraged to resolve disagreements directly with the coach. There is no limit on the amount of time that may be devoted to this informal resolution process. If agreement is not reached, the formal appeal process begins according to time lines and process described below. **The student participant may not participate in sports while in the process of appeal.**

Appeals at the building level will be heard by the Building Athletic/Activity Review Board.

Review Board is composed of the following:

Principal

Assistant Principal

Coaches (2)

Head Coach of the sport from which the student-athlete is appealing.

Head Coach of a different sport (student may suggest 3 from whom to select).

Community Member-non district employee, selected in August of each year.

Present to offer information in a non-voting capacity:

Athletic Director

Student involved

Investigator (if one was used).

Proceedings and voting will be confidential and a majority decision will be the deciding factor.

Step 2—If the parent/guardian is not satisfied, within three business days of when the decision is reached, a written request for a hearing shall be made by the parent/guardian to the Superintendent.

Step 3—If the parent/guardian is not satisfied, within three business days of when the decision is reached, a written request for a hearing shall be made to the school board.

Section III Eligibility

- A. **Scholastic** To be eligible for participation in interscholastic athletics/activities a student must meet the following scholastic requirements:
1. A student shall have passed a minimum of 6 out of 7 classes in the semester immediately preceding in order to be eligible for competition during the succeeding semester.
 2. To be eligible for participation participants must be passing all classes.
 3. Eligibility will be checked at the beginning of each season and at three week intervals (two week intervals at OJH) after the season starts through the final game of state play. If a normal grading period happens to fall within a reasonably close proximity to one of these times, then grades will be checked at that time. The first fall grade check will be on the first day of the fourth week of the first semester. All school monitored online classes taken as part of the seven period class load will be considered as any regular class. The first time a student fails to meet the North Franklin School District grade requirement they will be placed on probationary eligibility for three weeks. If a student's grades have not improved after three weeks, the student will be declared ineligible to participate in interscholastic contest. A student may be placed on probationary eligibility only once per season. The second time a student fails to meet the grade requirement in a season will result in the student being declared ineligible. The student will be ineligible for a minimum of one week (Monday through Saturday) and will retain this status until they meet the grade requirement. Grade checks for ineligible students will only be done on the first day of the week at the student's request. Ineligible students may still practice but cannot travel with the team if school will be missed. Each head coach will determine how long an ineligible athlete may remain on the team.
 4. A student who completed the previous semester, but who failed to make the grade requirements set out in number one above, shall be placed on probation. The student shall be ineligible during the probationary period. If at the end of the probationary period, the student is passing in the minimum number of classes required above, the student may then be

reinstated for interscholastic competition. The suspension period for high school students shall be from the end of the previous semester through the last Saturday of September in the fall and the first five (5) weeks of the succeeding semester/trimester. Such student is eligible on Monday of the week after the suspension. In the event of a school holiday, three or more teaching days shall constitute a week.

5. All contestants must be eligible under the rules of the Washington Interscholastic Activities Association to participate in an interscholastic contest. This regulation does not restrict participation in practice or intra-squad scrimmage.
 6. Grade checks will include tardies and absences.
- B. **Age Limits** The high school student shall be under 20 years of age on September 1 for the fall sport's season, on December 1 for the winter sport's season, and on May 1 for the spring sport's season. The OJH student shall not have turned 15 after June 1st of the previous school year.
- C. **School Member** An individual must be a regular member of the school he/she represents in order to participate in interscholastic athletics/activities. An individual is a regular member of a school if he/she is enrolled halftime or more, exclusive of interscholastic athletics/activities. A student must meet WIAA regulations number 18.5.0 through 18.5.3 which defines a student member of a school.
- D. **Previous Semester Rule-WIAA** The student shall have been in regular attendance in an intermediate, middle level, or high school during the semester immediately preceding the semester in which the contest is held.
- E. **Transferring Students** A representative of the school district shall inform an incoming student of transfer regulations. Transferring students must meet the normal residency requirements and the transferring student requirements of 18.10 or be granted a waiver under 18.12.0 and 18.21.0 of the WIAA Handbook.
- F. **Regular Attendance** The student shall be enrolled and in regular attendance within the first 15 school days of the semester in order to participate in interscholastic contests during the current semester.
- G. **Physical Examination** Every student who participates in interscholastic athletics must have passed a physical examination from a medical authority licensed to perform a physical examination. Physical exams are good for 24 months from the date of the exam. The school in which the participating student is enrolled must have on file a statement or prepared form from the examining physician certifying that his/her physical condition is adequate for the activity or activities in which he/she is participating. To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a physician's written release.
- H. **Student Appeals for WIAA Ineligibility Appeal** procedures will be allowed as listed in the WIAA Handbook.

Section IV Equipment School equipment checked out by the student athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of issued equipment or damage to issued equipment will be the student's financial obligation. Misuse of dressing areas, lockers, towels, soap, benches, gymnasium, or field facilities will not be tolerated. Failure to comply with this regulation could result in denial of their use.

Section V Awards

An athletic/activity award is a symbol of accomplishment, good sportsmanship, and observance of athletic/activity policies. Since the award is a symbol of accomplishment, its value lies in its implication rather than in its monetary worth. In order to qualify for an athletic/activity letter, a student athlete must meet the requirements set forth by the head coach/advisor of the sport/activity and be recommended by the head coach/advisor. Upon voluntarily dropping out of a sport or being dropped from the squad for disciplinary reasons, an athlete/participant automatically forfeits any points, award, or letter he/she might have received in that sport.

Section VI Travel Transportation to and from the athletic/activity contests will be provided by the North Franklin School District.

1. All participants must travel to contests with the team in transportation provided for this purpose. Travel from the contest is permitted per transportation permission form.
2. Team members will remain with the team and under the supervision of the coaching staff when attending away games.
3. Team members will refrain from misconduct while traveling to and from contests.
4. Team members are requested to dress appropriately and in good taste.

Section VII Amateur Standing An amateur student athlete is one who engages in athletics/activities for the physical, mental, social, and educational benefits he/she derives there from and to whom athletics/activities is an avocation. In order to maintain his/her amateur standing he/she may not:

1. Accept merchandise or in-kind gifts of more than \$300.00 in fair market value during any one calendar year, August 1 through July 31. Reduced membership fees or reduced user fees from an athletic club, recreation center, golf courts, etc. do not count toward this \$300.00 limit.
2. Accept cash awards.
3. Enter competition under a false name.
4. Accept payment of expense allowances over the actual and necessary expenses for the athletic/activity trip.
5. Sign a contract to play professional athletics/activities.
6. Receive any financial assistance from a professional sports organization.
7. Play or have played in a competition on any professional team in that sport.

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

<ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns	<ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Loses consciousness	<ul style="list-style-type: none">• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality
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What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:- “a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time” and “...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.