



**Evergreen Public Schools**

**HIGH SCHOOL  
Athletic/Activity  
Handbook**

Rev. September 2017

## ATHLETIC/ACTIVITIES HANDBOOK INSTRUCTIONS

Please read this handbook. Pay special attention to the safety guidelines for the sports in which your student may participate and to the Eligibility requirements for NCAA Colleges. By signing the Athletic Registration Form from the center of this handbook, you are acknowledging you have read and understand the guidelines.

### FORMS INCLUDED ARE:

1. Athletic/Activity Registration Form\*
2. Student/Parent Athletic Participation Informed Consent Form\*
3. W.I.A.A. (**W**ashington **I**nterscholastic **A**ctivities **A**ssociation) **PHYSICAL FORM\*** (to be completed by a medical practitioner)
4. Preparticipation History\* (Reverse side of Physical Form)
5. Concussion/Sudden Cardiac Arrest Form for Athletes/Parents
6. Athletic Eligibility Requirements\*
7. Driver Acknowledgement
8. Transportation Waiver
9. Consent to Share Information Form

**Prior to turning out for a W.I.A.A. sanctioned sport, participants are required to be adequately covered by insurance. You may choose to purchase insurance through the school or you may sign the insurance waiver, which is located on the athletic form. By signing the insurance waiver, you are stating you have your own private insurance. The parent/guardian must sign these. If during the course of the school year, the family's insurance coverage changes with the result that the child is no longer covered by insurance, the family must immediately inform the Athletic Office at the child's school. Students MUST have medical insurance to participate in sports.**

I understand that my (son)(daughter) cannot participate in boys' or girls' after-school athletics unless s/he is covered by the School Accident Coverage Plan or our plan with the following minimum provisions:

1. Minimum payment for any one injury of 70% to \$25,000.
2. Coverage equivalent to the Washington State Industrial Fee Schedule for doctor's services or hospitalization with a 30-day minimum for the latter.
3. Minimum X-rays of \$25.00 per X-ray.
4. Dental coverage equivalent to the Washington State Industrial Fee Schedule of \$100 per tooth.
5. **Recommended** minimum Death Benefit of \$2500.00.

*\*Separate, stapled packet of forms. Must be signed by parent and/or student and returned to the Athletic Office to establish eligibility.*

## ATHLETIC/ACTIVITY CLEARANCE REQUIREMENTS

In order for your student to clear and participate in a sport the following forms must be completed:

1. W.I.A.A. **PHYSICAL FORM** - **Signed and dated** by a doctor of medicine, osteopathy, or naturopathy, a Physician's Assistant, or an Advanced Registered Nurse Practitioner (ARNP) as per WIAA requirements. Your physical **form is good for 24 months from the date of the exam.** (Parent fills out Pre-Participation History form on reverse side before examination. Pull out form from center of booklet.)
2. **ATHLETIC/ACTIVITY REGISTRATION FORM** - Signed and dated by parent/legal guardian and student (pull out from center of booklet).
3. **STUDENT/PARENT INFORMED CONSENT FORM** (on reverse of Registration Form)

A "CONSENT TO SHARE INFORMATION WITH OTHER PROGRAMS" form is included in this booklet *for parents who have an approved Free and Reduced-Price School Meals Application on file*; if you choose to complete this form your child automatically qualifies for the reduced plan fee rate.

5. **CONCUSSION FACT SHEET FOR ATHLETES** - signed and dated by student
6. **CONCUSSION FACT SHEET FOR PARENTS** - signed and dated by parent
7. **ATHLETIC ELIGIBILITY REQUIREMENTS FORM** - signed and dated by student & parent
8. **DRIVER ACKNOWLEDGEMENT** - signed and dated by parent
9. **TRANSPORTATION WAIVER** - signed and dated by parent

### **AND...**

10. Participants must be a member of the Associated Student Body and purchase an ASB card. (May be purchased in the Activity Office).
11. All fines must be paid. An athlete is responsible for all equipment issued to him/her. The athlete must clear all fines and return equipment before being allowed to participate in the next sports season.
12. Participants must have obtained and maintain a 2.0 GPA.

**Complete** and return all forms to the High School Activities Office to "Clear." All forms must be in before the student can **try out** for a sport. A copy of the Athletic/Activity Form, including the medical emergency authorization form will be given to the coach as proof of clearance.

## NON-CUT SPORTS TURNOUT POLICY

In non-cut sports, athletes who are enrolled as students prior to or on the start date of that sport must clear and turn out within the first three days. Any student wanting to turn out after the first three days will only be allowed to do so at the head coach and athletic director's discretion.

## NON-DISTRICT TRANSPORTATION

There will be times when District or bonded transportation will not be available for sports practices and/ or games. Please sign and turn in with the other forms: **Driver Acknowledgement** form SEC214E and **Transportation Waiver** form SEC214F. These must be on file in order to give permission for a parent to drive their own student, a student to drive him/herself, or a student to be transported by another parent. *Under no conditions are students allowed to transport other students.*

## FALL, WINTER & SPRING SPORTS

### FALL

Cross-Country	Soccer - Girls'	Dance (all year)
Swimming - Girls'	Football	Tennis - Boys'
Golf - Boys'	Volleyball - Girls'	Cheer

### WINTER

Basketball - Boys'	Cheer	Basketball - Girls'
Swimming - Boys'	Gymnastics - Girls'	Wrestling
Bowling - Girls'		

### SPRING

Baseball - Boys'	Softball - Girls'	Golf - Girls'
Tennis - Girls'	Soccer - Boys'	Track
Lacrosse - Girls'		

## DISTRICT REQUIREMENTS FOR PARTICIPANTS IN ATHLETICS/ACTIVITIES

Students will demonstrate they are meeting Evergreen Public Schools' attendance and academic requirements and athletic code as outlined in Board Policy. Evergreen Public Schools' high schools are WIAA member schools, and therefore subject to the WIAA rules and regulations for interscholastic competition. For further information regarding these rules and regulations, please reference <http://www.wiaa.com/pub/handbook>.

### Attendance

1. The student athlete shall be enrolled and in regular attendance within the first fifteen (15) days in a semester, at the start of the current semester, in order to participate in interscholastic contests during the current semester.
2. Athletes **must be present in school the day of a game/event/practice** in order to participate in that game/event/practice. Emergencies will be handled by the Athletic Director/Coordinator or Administrator.

### Academic Eligibility

Evergreen Public Schools has established an academic standard for student athletes. All student athletes must meet this standard in order to be academically eligible for interscholastic competition. An EPS student athlete shall maintain a 2.0 GPA or above and passing grades in a minimum of:

- 5 classes in a 6 period class schedule
- 6 classes in a 7 period class schedule
- 7 classes in an 8 period class schedule

Any class taken one period daily for the duration of the semester shall be considered a full-time subject. Evergreen Public Schools has established a grade monitoring system to ascertain the students' GPA and passing status. (18.6.0, 18.6.1, 18.6.2)

1. **CURRENT SEMESTER:** In order to maintain athletic eligibility during the current semester, all students must be meeting the EPS academic standard.
2. **PREVIOUS SEMESTER/TRIMESTER:** A student shall have met the EPS academic standard in the immediately preceding semester/trimester in order to be eligible for competition during succeeding semester. The grade record at the end of the semester/trimester shall be final, except for those credits earned in a regular, accredited summer school program and accepted by the school district. (18.6.3)
3. **ACADEMIC SUSPENSION/PROBATION/REGAINING ELIGIBILITY:** Students who do not meet EPS academic standard will be placed on academic suspension or probation. Probation is not intended to be a prolonged process for students or staff. Appropriate action needs to be taken by the student, assisted by parents/legal guardian and staff, to help the student meet school district and WIAA guidelines.
  - A. Academic suspension/probationary period and reinstatement process based on previous semester or trimester final grades.

1) If a student is not passing the minimum number of classes at the semester/trimester end, he/she is placed on academic suspension and becomes ineligible to participate in competitions or events. The student can participate in practice/work sessions but no competitions. The student is ineligible for the first 5 weeks of the succeeding semester (3 or more teaching days constitutes a week.) If a student is not passing the minimum number of classes at the start of the fall season based on final term grades from the previous school year, the suspension period shall be through the last Saturday in September. (18.6.5.A)

If, at the end of the suspension period, the student is meeting the EPS academic standard, as proved by turning in a grade check to the athletic office, the athlete may then be reinstated for interscholastic competition.

2) If a student is passing the minimum number of classes at the semester/trimester end, but has a GPA below 2.0 he/she is placed on academic probation for the first 10 days of the new semester. The student can participate in practice/work sessions and competitions. On the 10th day of the new semester, the student must turn in a grade check to the athletic office. If the student is meeting the EPS academic standard, he/she can continue to compete.

However, if the student does not turn in a grade check on the 10th day of the new semester or is still not meeting the EPS academic standard, he/she is placed on academic suspension. During this time, the student is restricted to practices/work sessions only and may not compete in contests or events. The suspension will remain in effect until such time as the student provides the athletic office with a grade check showing that he/she has improved his/her grades and is currently meeting the EPS academic standard.

**B. Academic suspension/probationary period and reinstatement process based on mid-term grades (progress report grades).**

1) If a student is not passing the minimum number of classes when progress report grades are checked at mid-term, he/she is placed on academic suspension and he/she becomes ineligible to participate in competitions or events. The student can participate in practice/work sessions but no competitions.

The suspension will remain in effect until such time as the student provides the athletic office with a grade check showing that he/she has improved his/her grades and is currently meeting the EPS academic standard. Once the student is meeting the EPS academic standard, he/she may then be reinstated for interscholastic competition. This grade check can only be submitted once per week during the suspension period.

2) If a student is passing the minimum number of classes at the term end but has a GPA below 2.0, he/she is placed on academic probation for the first 10 days of the new term. The student can participate in practice/work sessions and competitions. On the 10th day of the new term, the student must turn in a grade check to the athletic office. If the student is meeting the EPS academic standard, he/she can continue to compete.

However, if the student does not turn in a grade check on the 10th day of the new term or is still not meeting the EPS academic standard, he/she is placed on academic suspension. During this time, the student

is restricted to practices/work sessions only and may not compete in contests or events. The suspension will remain in effect until such time as the student provides the athletic office with a grade check showing that he/she has improved his/her grades and is currently meeting the EPS academic standard.

**WIAA PHILOSOPHY OF RESIDENCE RULE:** The WIAA residence rule is intended to create an equitable environment in which its member schools can compete, and at the same time prevent those abuses that taint the goals of interscholastic athletics. Primarily, the residence rule is intended to prevent athletic recruiting, prevent students from choosing schools for athletic reasons, and to promote the varied family units as the best environment for students to live in while attending school. Deterring students from running away from or avoiding imposed discipline, protecting school programs by discouraging athletics transfers, and protecting the opportunity for bona fide resident students to participate are also viable reasons for the resident rule.

WIAA Definition of Residence: The place where the family unit has established its home and/or the place where the student is habitually present and to which, when departing, the student intends to return.

WIAA Definition of Family Unit: The adult(s) who has/have had legal custody or legal guardianship of the student for a period of at least one (1) year and with whom the student resides.

Residence Eligibility: In order to be eligible to participate and/or represent a member school in an interscholastic contest, the student of that school must be residing within the boundaries of that school district and the designated attendance area of the school. (18.9.1)

**WIAA PHILOSOPHY OF TRANSFER:** The Transfer Rule is preventative in nature and is devised to eliminate the incentive to transfer schools when the motivation is for athletic purposes, and after a student has initially chosen the school of his/her choice while he/she has been living with the family unit. The Transfer Rule protects students who have previously participated in athletic competition at a member school from being replaced by students who transfer for athletic purposes, and further protects students at other member schools from the effects of "school shopping" by students and "recruiting" by member schools and their agents. The Transfer Rule encourages fair play, discourages the excesses and abuses of promotion, and protects the integrity of interscholastic athletic programs for the member schools and their students. While recognizing the educational experiences that each member school provides, the WIAA member schools support the right of parents and students to attend a school of their choice. The WIAA member schools believe that once an educational choice has been made, there must be a special set of circumstances, as covered in the "hardship rule," to warrant athletic eligibility when a student transfer occurs without a commensurate move on the part of the family unit.

Transferring Students: After registering with and/or attending a middle level or high school, students changing enrollment to/from one school district to another school district or from one high school to another high school within a multiple high school district shall be considered transferring students. In order to be eligible for varsity competition, transferring students must meet the normal residence requirements or the transferring student requirements or be granted a waiver by their WIAA District Eligibility Committee.

## ATHLETIC CODE

The athletic departments and professional coaching staff of Evergreen Public Schools recognize the importance of the athletic programs within the total school structure. It is our belief that high expectations for our student athletes will produce positive performance and personal growth.

The opportunity to participate in the interscholastic athletic program is a privilege granted to all students in the district. Since the athletic program is an extension of the school program, participants are expected to follow district policies as outlined by the school board and, specifically, those related to student behavior (Policy 3200). In addition, participants in this voluntary program are expected to follow the specific standards of conduct established by the administration and athletic coaches, as well as the standards set forth by the Washington Interscholastic Athletics Association (W.I.A.A.).

## ATHLETIC/ACTIVITY CODE OF CONDUCT

The conduct of a student athlete is closely observed by many elements of our society and it is important that this behavior always be exemplary. Athletes must think of themselves as leaders; therefore, an athlete has certain obligations and responsibilities to the team, the school, the home, and to the community.

1. **On the field**, the athlete:
  - A. is under control at all times and exhibits poise and composure regardless of the situation;
  - B. is respectful to officials;
  - C. is modest in victory and gracious in defeat;
  - D. does not use profanity.
2. **At school and in the community**, the athlete:
  - A. works hard to promote pride with other students in his/her school and community;
  - B. is discreet at all times. Public display of affection is discouraged;
  - C. displays appropriate appearance and behavior before fellow students.

3. **In the classroom**, the athlete:
  - A. meets the academic standards of school;
  - B. is respectful to teachers and fellow students;
  - C. maintains a good attendance record;
  - D. is not truant from classes or practice.
4. **On athletic trips**, the athlete:
  - A. is an ambassador for his/her home, school, and community and will act accordingly;
  - B. dresses appropriately and in good taste;
  - C. refrains from misconduct while traveling to and from athletic events. Disruptive behavior or other forms of misbehavior will not be tolerated.
  - D. remains with the team at all times when attending away events.
5. **To maintain a healthy life style**, the athlete:
  - A. realizes that good physical condition is absolutely necessary and is willing to abide by the conditioning regulations established by the head coach of a particular sport;
  - B. receives a sufficient amount of sleep.
6. We want to remind students and parents of the serious danger of chemicals, both prescription and over-the-counter, used with the intent of enhancing performance or body shape. It is the Evergreen Public Schools position that we believe these to be unacceptable health risks.  
The issue of anabolic steroid use is addressed in our school procedures and the state guidelines from W.I.A.A. Use of these substances will not be encouraged or tolerated in the Evergreen Public Schools.

## Grievance Procedure

In the event that a parent or guardian questions a sanction imposed on their son or daughter, the following procedure should be followed:

- Step 1: Contact the coach at the school during regular hours to arrange a meeting.
- Step 2: If satisfaction is not reached, request a meeting with the coach and principal or his designee. The request must be in writing and received by the principal within three (3) school days following the meeting with the coach (Step 1). In the event that a written request is not received within three (3) days, the student will have waived the right to an appeal.

## Review Board

Each secondary school will have a review board consisting of the District Athletic Director, Athletic Coordinator, Building Principal, Head Coach of the sport involved. Decisions will be reached by majority vote.

The responsibilities of the review board are:

1. To help the principal resolve problems pertaining to the athletic code and the interpretation of its intent.
2. To review the severity of criminal acts, when in question, for the purpose of determining whether the appropriate sanction is removal for the rest of the year, removal for the remainder of the season, or expulsion from all activities.

## EVERGREEN PUBLIC SCHOOLS #114 BASIC SPORTS GUIDELINES

This school district strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for the activities offered here at high school, in order to protect the student and others from injury and/or illness. Participation in any athletic activity carries with it the risk of injury. Participants and their par-

ents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of every athletic program. Each participant is expected to follow the directions/ standards of the coach.

Travel to and from off-campus facilities, including practice and game sites, shall be in accordance with the direction of the coach, and Athletic Coordinator.

### **General Sports Guidelines:**

- Engage in proper warm-up activities prior to any strenuous activity taking place.
- Wear all protective equipment as directed by the coach.
- Notify the coach of any physical conditions that could affect performance.
- Perform only those skills and techniques as instructed and/or supervised by your coach.
- Be sure all equipment is fitted properly, especially shoes.
- Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations.
- Athletes are expected to dress according to temperature and coach's expectations.
- Be aware of possible hazards at both home and away sites and locker rooms. Note field conditions and obstructions and advise the coach of these hazards.
- Players must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
- Players should hydrate themselves frequently during practice and meets and follow the coaches' direction on hydration prior to and following practices and meets.
- Notify the coach immediately if injured.
- Remain with the team until dismissed by the coach.
- Notify the coach in advance if you will have to miss practice due to illness or other excused absence.

### **Specific Sports Guidelines:**

- Each athlete is expected to adhere to the rules and policies established by their coach(es).

### ✓ **BASEBALL**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
3. Recognize your surroundings, i.e., batters warming up, thrown bats, batted or thrown balls, on-deck circle (one person at a time).
4. Use helmets while batting, running bases, and hitting in batting cages.
5. Be aware of the potentially serious injuries to your ankles, knees, and legs if you do not follow the correct procedures in base running. Sliding headfirst into bases should be avoided.
6. Follow instructions regarding communication between players; i.e., talking and calling each other off on "pop flies" and Texas leaguers, etc.

### ✓ **BOWLING**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you have been injured.
3. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
4. Before bowling make certain the area around you is clear of others.
5. Be aware of the danger of standing in front of, or on the side of, a person who is attempting to bowl.

### ✓ **BASKETBALL**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you have been injured.
3. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.

### ✓ **CHEERLEADING**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Practice stunts prior to the event in which you will perform. Stunts can be dangerous if not spotted correctly.
3. Lead cheers at the appropriate time so you will be aware of ball and players' positioning to prevent possible injury.
4. Be aware of supervisory staff of both teams and where they can be located so they may be contacted in case of an emergency or an undesirable crowd control situation.

Most cheerleading practice areas are constructed with extremely hard surfaces. Athletes who fall during participation risk potentially dangerous injury, especially to knees, elbows or head. Injury may include damage to joints, broken bones, or serious head and eye injury.

### ✓ **CROSS COUNTRY**

1. If a physician recommends special equipment, it is the athlete's responsibility to get that equipment; i.e., ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
2. Run only on the course prescribed by the coach.
3. Run in pairs in unfamiliar territory or in areas where there are few people.
4. Watch for objects being thrown from passing cars.
5. Approach dogs with caution.
6. Face the oncoming traffic when running on roads, stay off private property, and be acutely aware of erratic drivers/harassing motorists.

## ✓ **DANCE TEAM**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. If a physician recommends special equipment, it is the athlete's responsibility to get that equipment; i.e., ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Practice stunts prior to the event in which you will perform. Stunts can be dangerous if not spotted correctly.
4. Be aware of supervisory staff of both teams and where they can be located so they may be contacted in case of an emergency or an undesirable crowd control situation.

## ✓ **FOOTBALL**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. If a physician recommends special equipment, it is the athlete's responsibility to get that equipment; i.e., ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.

### **Tackling, Blocking, and Running the Ball**

Tackling and blocking techniques are basically the same. Contact is to be made above the belt, but not initially 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 blocking or tackling an opponent, contact with your helmet will naturally result. Therefore, technique is most important in order to prevent or reduce the likelihood of injury.

Blocking and tackling by not keeping the helmet as close to the body as possible may result in a shoulder injury and separation or a pinched nerve in the neck area. Injuries, as a result of improper techniques, can range from minor, to disabling, or even death. Improper body alignment can put the spinal column in a vulnerable position for injury. The development of strength

in the neck muscles through isometric-type exercises will enable the participant to hold his/her head up, even after getting tired during a workout or contest.

### **Basic Hitting (Contact) Position and Fundamental Technique**

Strained muscle injuries can range from ankle injuries to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal. A runner with the ball, however, may be tackled around the legs.

Cleats are restricted to no more than one-half inch to further help prevent knee injuries.

In tackling, the rules prohibit initial contact with the helmet or grabbing the facemask on the edge of the helmet. Initial helmet contact may result in a bruise, dislocation, broken bone, head injury, or internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge may result in a neck injury, which could result in injuries ranging from a muscle strain to a dislocation, nerve injury, or spinal column damage, which could cause paralysis or death.

### **Equipment**

An athlete is required to wear all issued equipment. If equipment is damaged or does not fit correctly, the athlete must inform his coach immediately before use. Shoulder pads, helmets, hip pads, and pants (including thigh pads and kneepads) must fit correctly and be used as designed.

A shoulder pad that is too small will leave the shoulder point vulnerable to bruises or separations. A shoulder pad that is too tight in the neck area may result in a possible pinched nerve. A shoulder pad which is too large will leave the neck area poorly protected and will slide on the shoulders, making them vulnerable to bruises or separations.

Helmets must fit snugly at the contact points: front, back, and top of the head. The helmet must be safety "NOCSEA" branded. The chinstraps must be fastened and the cheek pads must be of the proper thickness. A fit that is too loose could result in headaches, a concussion, or a facial injury, such as a broken nose or cheekbone, or a neck injury that is serious, such as paralysis, or even death.



Be aware that tackle football is a high-risk sport and that practicing or competing in tackle football is a dangerous activity involving many risks of injury. Understand that the dangers and risks of practicing and competing in tackle football include, but are not limited to, death; serious neck and spinal injuries, which may result in complete or partial paralysis; brain damage; serious injury to virtually all internal organs; serious injury to virtually all bones, joints, ligaments, muscles, and tendons. Other risks of practicing or competing in tackle football may result not only in serious injury, but a serious impairment of any future abilities to earn a living, to engage in other business, social and recreational activities, and generally your quality of life.

Because of the dangers of tackle football, recognize the importance of following coaches' instructions regarding techniques, training, and other team's rules, etc., and agree to obey such instruction.

### ✓ **GOLF**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. If a physician recommends special equipment, it is the athlete's responsibility to get that equipment; i.e., ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Before swinging a club, make certain that the area around you is clear of others. Be careful after hitting not to throw the club, as you could injure someone.
4. Be aware of the danger of standing in front of, or on the side of, a person who is attempting to hit the ball, as one may be injured by the ball or by the rebounding of the ball from trees, signs, markers, etc.
5. Be aware at all times of other players' positions on the course when you are hitting or when they are hitting. You are vulnerable at all times. Do not hit the ball until proper distance is available between golfing groups.

### ✓ **GYMNASTICS**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Make certain that trained spotters are available when performing on bars or rings.
3. Check equipment, matting and apparatus thoroughly before each use.
4. Observe designated areas to avoid collisions with participants/non-participants.

Be aware that gymnastics is a high-risk sport and that practicing or competing in gymnastics is a dangerous activity involving many risks of injury. Understand that the dangers and risks of practicing and competing in gymnastics include, but are not limited to: death; serious neck and spinal injuries, which may result in complete or partial paralysis; brain damage; serious injury to virtually all internal organs; serious injury to virtually all bones, joints, ligaments, muscles, and tendons. Other risks of practicing or competing in gymnastics may result not only in serious injury, but a serious impairment of any future abilities to earn a living, to engage in other business, social and recreational activities, and generally your quality of life.

Because of the dangers of gymnastics, athletes must recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

### ✓ **LACROSSE**

Lacrosse is one of the fastest growing team sports in the United States. Youth membership (ages 15 and under) in US Lacrosse has more than tripled since 1999 from 40,000 to over 125,000. No sport has grown faster at the high school level over the last 10 years and there are now an estimated 169,000 high school players. As in any sport, significant injuries can and do occur.

### ✓ **SOCCER**

1. Advise the coach if you are ill or have any prolonged symptoms of illness.
2. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
3. Use equipment that complies with F.I.F.A. and/or W.I.A.A. rules, e.g. footwear, shin guards.

### ✓ **SOFTBALL**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Recognize your surroundings, i.e., batters warming up, thrown bats, batted or thrown balls, on-deck circle (one person at a time).
3. Use batting helmets while batting/running bases, and hitting in batting cages.
4. Familiarize yourself with surroundings and grounds; i.e., fences and field conditions, such as holes, lips on infield edges, etc., when playing on away fields.

### ✓ **SWIMMING**

1. Advise the coach if you are ill or have any prolonged symptoms of illness.
2. Be safe. The pool is not a playground. Horseplay is extremely dangerous in and out of the water. Pay attention to all pool depths before diving in. Never enter the water without the coach present.

### ✓ **TENNIS**

1. Start out hitting slowly and easily. Do not make quick sprints to the ball until you are fully warmed up.
2. Never come to practice or match on a full stomach.
3. Always clear your immediate area of stray balls before hitting.
4. Do not enter another court to retrieve a stray ball until their ball is out.
5. Be sure to allow plenty of room for back swings and follow-through when several players are drilling on the same court.
6. Make sure ball baskets are set out of the playing area to prevent tripping.
7. Never walk behind or beside a court during a point. Wait until the ball is out of play.
8. Throwing rackets or whacking the ball out of anger is very dangerous and strictly forbidden.
9. Make sure your opponent is watching and ready before serving or starting a ball in play.

### ✓ **TRACK**

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Stay on the designated running courses.
3. Check equipment, apparatus, field and pits thoroughly before each use; i.e., debris in jumping pits, placement of standards, etc.

## ✓ VOLLEYBALL

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Be aware of court surroundings; i.e., obstacles, projections, bleachers, standards, etc.

## ✓ WRESTLING

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Recognize illegal holds, as defined by the rulebook.
3. Wear approved, proper fitting apparel when wrestling with an opponent, whether in practice or in a match.
4. Wrestle a safe distance from all walls and other obstructions. All wrestling will be done on the mats provided for wrestling.

Be aware that wrestling is a high-risk sport and that practicing or competing in wrestling is a dangerous activity involving many risks of injury. Understand that the danger and risks of practicing and competing in wrestling include, but are not limited to, death; serious neck and spinal injuries, which may result in complete or partial paralysis; brain damage; serious injury to virtually all internal organs; serious injury to virtually all bones, joints, ligaments, muscles, and tendons. Other risks of practicing or competing in wrestling may result not only in serious injury, but a serious impairment of any future abilities to earn a living, to engage in other business, social and recreational activities and generally your quality of life.

Because of the dangers of wrestling, recognize the importance of following the coaches' instruction regarding techniques, training, and other team rules, and agree to obey such instructions.

## CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS

### Concussion

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:

- 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
- 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

#### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily/displays incoordination
- 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

#### What can happen if my child keeps playing with a concussion or returns too 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 athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to 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 it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

### **Return To Participation Protocol**

If your child has been diagnosed with a concussion they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.

## **Sudden Cardiac Arrest Awareness**

### **What is Sudden Cardiac Arrest?**

Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year. SCA is also the leading cause of sudden death in young athletes during sports.

### **What causes Sudden Cardiac Arrest?**

SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Unexplained seizures
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

### **How to prevent and treat Sudden Cardiac Arrest**

Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

## **WARNING/AGREEMENT TO OBEY INSTRUCTIONS**

I am aware that practicing or competing in an interscholastic sport at High School will be a dangerous activity involving MANY RISKS OF INJURY. I understand the dangers and risks of practicing and competing in sports include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment of other aspects of my body, general health and well being. I understand that the dangers and risks of practicing or competing in a sport may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the District does not assume the responsibility for the medical services required.

Because of the dangers of participation in a sport at high school, I recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

## **PERSONAL PROPERTY**

Students are discouraged from bringing personal property like i-pods, dvd players, cell phones, digital cameras, etc., to practice and sporting events. Students choosing to bring personal property do so at their own risk of loss, damage and/or theft. Evergreen Public Schools does not reimburse students or parents for the loss, damage and/or theft of student personal property.

## **SOCIAL MEDIA/ELECTRONIC TRANSMISSIONS**

Athletes are responsible for any information contained in their written or electronic transmissions (i.e. texts, tweets, etc.) and any information they have posted to social media. Athletes are representatives of their team and school and inappropriate information or pictures should not be posted online. Harassment of teammates, fans, or opponents through such posting will not be tolerated and could result in athletic discipline. Any athlete who is identified on a social networking site which depicts illegal behavior or a violation of the Code of Conduct or the District Drug Policy will be subject to athletic discipline as determined by the Building Athletic Director and the Director of Athletics and Activities.

## **ATHLETIC ELIGIBILITY, RECRUITMENT, AND SCHOLARSHIPS AT NCAA COLLEGES**

A general rule is that college coaches like to recruit multiple sport athletes. There are more chances to show off their athleticism.

Athletes who are considering NCAA play, please refer to the website at [https://web1.ncaa.org/eligibilitycenter/student/index\\_student.html](https://web1.ncaa.org/eligibilitycenter/student/index_student.html). Information about current course requirements and eligibility is available on the following pages and through the NCAA Eligibility Center website. The NCAA Eligibility Center will certify the academic and amateur credentials of all college-bound student-athletes who wish to compete in NCAA Division I or II athletics. Students must submit the NCAA student release form, usually done during their junior year of high school. They must also request a copy of their SAT or ACT test scores (code 9999) be sent directly to the Clearing House. See your counselor for the required form.

# NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE

## DIVISIONS I AND II INITIAL ELIGIBILITY REQUIREMENTS

### Core Courses:

- **NCAA Division I requires 16 core courses. NCAA Division currently requires 14 core courses.** Division II will require 16 core courses for students enrolling on or after August 1, 2013. See the charts below.
- **NCAA Division I will require 10 core courses** to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become “locked in” at the seventh semester and cannot be retaken for grade improvement.
  - *Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletic aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

### Test Scores:

- **Division I** uses a sliding scale to match test scores and core grade-point averages (GPA). See the sliding scale for those requirements.
- Division II requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT score are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

### Grade Point Average:

- **Be sure** to look at your high school's List of NCAA courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **Division I** students enrolling full time **before August 1, 2016**, should use Sliding Scale A to determine eligibility to receive athletic aid, practice and competition during the first year.
- **Division I** GPA required to receive athletics aid and practice on or after **August 1, 2016**, is 2.000 (corresponding test-score requirements are listed on Sliding Scale B).
- **Division I** GPA required to be eligible for competition on or after **August 1, 2016**, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B.)
- **The Division II** core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I 16 Core Courses
4 years of English
3 years of mathematics (Algebra I or higher).
2 years of natural/physical science (1 year of lab if offered by high school)
1 year of additional English, mathematics or natural/physical science
2 years of social science
4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II 14 Core Courses
3 years of English
2 years of mathematics (Algebra I or higher).
2 years of natural/physical science (1 year of lab if offered by high school).
2 years of additional English, mathematics or natural/physical science.
2 years of social science.
3 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II 16 Core Courses (2013 and after)
3 years of English
2 years of mathematics (Algebra I or higher).
2 years of natural/physical science (1 year of lab if offered by high school)
3 years of additional English, mathematics or natural/physical science.
2 years of social science.
4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

# DISTRICT DRUG POLICY

Dear Parents:

In a continued effort to promote healthy activities/athletics at Evergreen Public Schools, we are asking you to endorse our drug and alcohol policy for the school year. Please review the information below.

**Alcohol and other drugs:** Use, possession, sale, or delivery of tobacco, alcohol, drugs and/or possession of drug paraphernalia, and/or substance purported to be drugs, is prohibited. Inhalation, ingestion, or otherwise use of any substance for its mood altering and/or intoxicating affect is prohibited at all times on any school district property and/or during any school sponsored event. Possession or use of any controlled substance defined may result in suspension and/or expulsion. Law Enforcement will be notified in all cases of policy violation. Anyone seeking confidential information regarding alcohol/drug counseling, intervention, treatment, and/or support is encouraged to contact their high school's Drug and Alcohol Specialist.

### Dealing with Suspected Substance Use:

1. The first time substance abuse is suspected, the head coach will meet with player regarding concerns of the violation. (Parental contact if deemed appropriate).
2. The second time substance abuse is suspected, the coaching staff, including the head coach, will meet with the student athlete regarding the suspected violation. The student's parents will be required to attend the meeting (no exceptions).
3. The third time substance abuse is suspected, it will be considered very serious and disciplinary procedures may be utilized for students believed to have violated the chemical use policy (administrative decision based on substantiation).

### Substance Abuse Consequences:

**1st Violation:** Loss of 20% of regular scheduled season and post-season competitive contests and/or performances, and referral to Student Assistance Program (SAP) with parental supervision. If found to be under the influence or in possession at school or school related events the students will also be placed on a 10 days suspension with 5 days waived for an assessment and referral to our district insight class.

**2nd Violation:** Loss of 50% of regular scheduled season and post-season contests and/or performances and referral to SAP with parent involvement and assessment will be required. If found to be under the influence or in possession at school or school related events the students will be placed on a long term suspension. Student will be mandated to attend our district's "Insights" classes to learn more on how to deal with drug and alcohol issues and abuse.

**3rd Violation:** One school year suspension from all sports and extracurricular activities. Referral to SAP with family.

**4th Violation:** Expulsion from all Evergreen Activities/Athletics.

### General Information:

1. Suspected violations, to be cumulative, must occur within 1 calendar year of each other.
2. Consequences will carry forward from season to next season of involvement.
3. Students who have violated the drug/alcohol policy or who have qualified for intervention through multiple interventions may be denied the privilege of traveling with the activity or sport on over-night trips. (Administrative decision).