

# Lake Stevens High School Athletic Code

Revised: 6/11/09

## I. PHILOSOPHY

The purpose of the Lake Stevens High School's Athletic Program is to help develop young men and women, both physically and mentally. A student who makes the choice to become an athlete does so knowing that extra effort, time and sacrifice is required for success. With this choice comes the privilege of participating in a well-organized program, which is of special interest to the student, and for which the school provides coaches, equipment, facilities, and transportation.

### A. Expectations

I understand that participation in the athletic program of Lake Stevens High School is a privilege. Because students involved in athletics perform and represent their schools in public, they are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their sport, team, school, and community. I will be held accountable academically and behaviorally throughout the entire year. I understand that this athletic code covers standards of behavior for both in and out-of-season and shall remain in effect 365 days per year after my signature.

## II. ELIGIBILITY

### A. Washington Interscholastic Athletic Association Student Standards for Athletic Eligibility

1. Age: A high school player shall be under twenty (20) years of age on September 1 for the fall sports season, December 1 for the winter sports season, and March 1 for the spring sports season. Middle school students shall not have reached their 16<sup>th</sup> birthday prior to June 1 of previous school year. (W.I.A.A. Rule 18.4.0)
2. In order to be eligible to participate and/or represent a member school in an interscholastic contest, I must be residing within the boundaries of that school district and designated attendance area of the school and shall have attended a school of that school district continuously for a period of one year while residing with the family unit.  
(W.I.A.A. Rule 18.9.1)
3. I must be enrolled and regularly attending school within the first fifteen (15) school days in a semester in order to participate. (W.I.A.A. Rule 18.8.0)
4. A student must have a current physical (within the last 24 months) and it must be on file with the school. Physicals will be good for 2 years; however the eligibility packet must be completed each year to update information. 9<sup>th</sup> graders must have a physical dated after the last day of school the previous spring, because they are entering high school sports. At that time their physical will be good for 24 months. **If the current physical expires during a sports season, the student will not be permitted to attend practices or contests for that sport, until an updated physical is completed and on file in the Athletic Office.** A youth athlete who has been removed from play, do to a concussion, 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 receives written clearance to return to play from that health care provider. The written clearance must be on file in the Athletics Office.
5. Students must be in attendance at least 3 periods of a school day in order to participate in an event.

Note: Option for appeal on items 1 – 4 is available through the District 1 Board of the W.I.A.A.

## B. **Lake Stevens Eligibility Standards**

In addition to the W.I.A.A. eligibility standards.

1. **Athletic Code** - My parent/guardian and I must sign a consent form that indicates we have read the LSHS Athletic Code and rules established by the school district and individual coaches as approved by the Principal and Athletic Director. This Athletic Code is available online on the school website and in the Athletic Office.
2. **Insurance Coverage** - I must provide the name of the insurance company providing sufficient medical coverage, either obtained through the school or by my family.
3. **ASB Card** - In order to participate in ASB sponsored athletics, I must purchase an ASB card. The price of the card will be determined by the ASB. Accommodations may be made if I am a student who qualifies for free or reduced lunch and cannot afford an ASB card. This shall apply to home school, running start students, and Prove students as well. A portion of the ASB card sales supports athletics.
4. **Athletics Fee** – Starting in the fall of 2009, an athletics fee will be required to participate in an athletic program at Lake Stevens High School. A non refundable fee of \$80.00 per sport season, unless the family has qualified for a free/reduced lunch discount which would reduce the nonrefundable fee to \$40.00 per sport season. This fee must be paid prior to the first contest of the season.

## III. GOALS

### A. To Develop Physical Excellence and Understanding of the Value of Competition in our Society

1. Through recognition of outstanding performance
2. By emphasizing the educational value of trying to win and learning to compete

### B. To Promote the Development of Good Citizenship

1. Through an athletic program that is committed to principles of justice, fair play, and good Sportsmanship
2. By providing the opportunity to develop individual goals in a manner that support and Complement team, school and program goals

### C. To Support and Contribute to the Goals of the Total Educational Program

1. Through the development of physical fitness and realization that a healthy body increases the probability of effective learning
2. By providing a strong program that attracts student interest and motivates a positive learning atmosphere
3. By assuring student involvement in program planning and development

### D. To Promote Community Interest and Involvement in School Athletics

1. By providing enjoyable experiences for participants and spectators
2. By establishing rules and standards for athletics that reflect ethical and moral conduct
3. Provide positive role models through our athletic participants for a future generation of Viking Student Athletes.

## IV. General Expectations

### A. Basic Conduct

I will conduct myself in a way that promotes a positive image of the school, the community, and myself. If I act in a way that reflects negatively upon the school, the community, or myself, I will be subject to extracurricular athletic discipline, which could include suspension or permanent removal from the sport. Acts that could reflect negatively include, but are not limited to, academic fraud or cheating, plagiarism, criminal activity, harassment, intimidation, or bullying. Such acts may include school or non-school activities performed either on or off-campus.

1. I must ride district transportation to and from contests when provided. Special circumstances: if arrangements, by a written note approved by the athletic director and on file in the Athletic Office, have been made in advance. A parent/guardian may transport his/her child after a contest provided a written note is given to the coach and personal contact is made with the coach prior to leaving the event.
2. I am responsible for equipment issued to me. Loss or damage to this equipment will result in a fine to fix or replace such equipment. Equipment issued to one athlete is not to be used by any other athlete unless approved by the coach.
3. I am to attend all scheduled practices, team meetings, and games, whether school is in session or not. If an athlete finds it necessary to miss practice(s), meetings(s), or event(s), arrangements must be made with the coach in advance, if possible.
4. Regular attendance at school is a **must**. Athletes who are denied credit from a class for nonattendance (as per Lake Stevens School District Policy) may face immediate suspension from the athletic program.
5. To resume participation following an illness or injury requiring a physician's care, I must have the physician's written release to return to the activity. Following a concussion, I must be cleared by a medical professional to resume practice or contests.
6. Except during the specific sports season, schools cannot offer nor can students participate in any school activity that resembles a practice in a given sport, except from the last WIAA spring activity until August 1<sup>st</sup> for fall sports, and the first fall turnout for winter and spring sports. Any such school-sponsored activity must be open to all students in the school and include a variety of different activities.

### B. Game Conduct

1. **Use appropriate language. Eliminate swearing and obscene language.** Use of questionable language does not make you a better athlete. Be positive toward your teammates and opponents, treat them with respect and dignity.
2. Respect administrators, teachers, students and supporters. If they cannot support you as an individual, they will not support you as a team.
3. Be part of a team. Everyone associated with the team is of equal importance, i.e., players, managers, statisticians, trainers, etc. I understand it is important to treat everyone with respect.
4. Play, have fun, and enjoy the game. The game is for you!
5. Demonstrate sportsmanship toward your opponents and treat them with respect.
6. Exercise self-control at all times, accepting and abiding by decisions of coaches and those in charge of the activity.

7. Respect the judgment of the officials and their interpretations of the rules. Should you need a ruling clarified, communicate with the officials through your captain.
8. Accept victory with humility and defeat with grace. Be neither boastful nor bitter.

## V. ACADEMICS

We strive to maintain very high academics standards at Lake Stevens High School for the student athletes. Grades are monitored every 6 weeks, or more frequently when needed.

- A. Athletes who carried a grade point average of at least 2.0 and who had no “F” grades during the most recent grading period will be academically eligible for practices and contests. These athletes will have their grades checked only at the normal six (6) week grading periods. (Normal grading periods fall at the six, twelve, and eighteen week marks.)
- B. Athletes who carried a grade point average of less than 2.0 and higher than 1.74 or had one (1) “F” in the preceding grading period will remain eligible for practice and contests provided they complete a weekly grade check (for 6 weeks) and their grades are higher than 1.74 and have no more than 1 F.
- C. Athletes who carried a grade point average of 1.74 and below in the preceding grading period are eligible to practice but may not participate in competition until the Athletic Steering Committee does a review of the athlete’s academic status, by reviewing a weekly grade check. Grade checks must be done for 6 weeks. At a point where an athlete becomes eligible (only 1 “F” and grade point average of at least 1.75) he/she may compete. *Students may be allowed to participate if academic progress is being made and all other requirements are met. All decisions will be made jointly by the Athletic Director and Principal.*
- D. Athletes with two (2) “F”s” are not eligible by (W.I.A.A. scholastic rule 18.6.0 ***These athletes may practice but not compete in contests. They must complete at least five weeks of school and then have a grade check completed, which demonstrates academic success and be reinstated by the Athletic Director***
- E. ***Incoming fall season freshmen student-athletes’ eligibility is determined by the final grades from the previous 8<sup>th</sup> grade spring grades. All freshmen student-athletes must submit a grade check to the Athletic Department within three (3) school days of the date of the third full week of the school year to remain eligible.***
- F. An athlete who continues to have grade problems; i.g., a grade point average of 1.74 and below or two (2) “F”s”, will be suspended from the athletic program unless an assessment with teacher(s), parents, coach and Athletic Director establishes that there exists extraordinary circumstances that justify the athlete’s future eligibility and participation in the athletic program.

## VI. DISCIPLINARY ACTIONS

The Athletic Program at Lake Stevens High School is an extra curricular program that is a privilege for student-athletes to be a part of and therefore has disciplinary codes that exceed those of the general student body. These Codes of Conduct are an important part of our philosophy and require that those involved in the Athletic Program to be held to a higher standard of conduct. Violations of this Code of Conduct will result in disciplinary actions separate from those imposed by the school, courts or other disciplinary boards. As of this fall, 2008 all students participating in W.I.A.A. activities are able to be part of our voluntary random drug testing. The policy can be found on the Lake Stevens School District web site. The following guidelines are examples of disciplinary actions.

### Drugs/Alcohol

**I shall refrain from the sale, delivery, and use of substances that act as a stimulant, depressant,**

**Hallucinogenic, or body enhancement unless prescribed to me by medical professionals. These substances include, but are not limited to, legend drugs (drugs prescribed by a physician), controlled substances (prescribed and non-prescribed drugs), inhalants, steroids, alcohol, and tobacco. If the athlete violates district rules and uses drugs (including legend drugs, controlled substances and steroids), inhalants, alcohol, or tobacco, the following athletic sanctions may take place:**

### **Illicit Drugs & Alcohol Use**

**Step 1** The first time a student/ athlete is found to be using or in possession of drugs/alcohol during his/her high school career, he/she will be given the following choices and associated consequences:

- a. Agree to enter an alcohol/drug assessment program and complete recommendation(s) of assessment.

Consequence: Student may return to practice after 13 days, but does not compete in inter-scholastic contests for twenty-three (23) activity days. (Days left over at the end of the current sports season will carry into the next sports season in which the student participates.)

- b. Choose not to enter an alcohol/drug assessment **and/or not** complete the recommendation(s) of assessment.

Consequence: Student will be suspended from all athletic participation for forty-five (45) activity days. (This carries into the next sports season in which the student participates.)

**Step 2** The second time a student is found to be using or in possession of drugs/alcohol during his/her high school career, he/she will be excluded from all athletic participation for a period of one calendar year of his/her high school career. The student then may appeal for reinstatement to the athletic program through the appeal process **at the end of the one-year period of time.**

### **Attendance, but no use, at functions where minors are using drugs or alcohol**

If I am at a function where illegal or code-violating activities are taking place, I will immediately remove myself from the situation. **If I do not remove myself, I may be found in violation of the Athletic Code whether or not I directly took part in the violating activities.**

*First Violation* - If I attend a function where minors are using drugs or alcohol, but I do not use and I do not leave as soon as possible, I shall be immediately ineligible for a minimum of one contest if I self-report. Failure to self-report may result in additional sanctions up to the same as use of drugs or alcohol in step #1.

*Second and Subsequent Violations* - If I violate this policy a second time in my high school career, I shall be suspended for the remainder of the season or 23 calendar days, whichever is longer.

*\*Violations for the use of drugs, alcohol, and/or tobacco shall be cumulative in grades 7-8 then again in grades 9-12.*

**If at any time, a student realizes that he/she has a drug or alcohol problem, and of his/her own volition and prior to a drug/alcohol incident, seeks counseling or drug/alcohol assessment and treatment for this problem, he/she will not be subject to disciplinary action.**

### **Tobacco Products**

- a. The first time a student is found to be using or in possession of tobacco during his/her high school career, he/she will be given the following choices and associated consequences:
  - i. Agree to attend a class on non-use of tobacco.

Consequences: Student is suspended from athletic activities for a period of five (5) school days.

ii. Choose not to attend a class on non-use of tobacco.

Consequences: Student is suspended from all athletic activities for a period of ten (10) school days.

The second time a student is found to be using or in possession of tobacco during his/her high school career, he/she will be excluded from all athletic participation for a period of one calendar year of his/her high school career. The student then may appeal for reinstatement to the athletic program through the appeal process.

## **Criminal Law**

**Any misdemeanor or felony committed by a student shall result in disciplinary action unless, following a conference with the head coach, the athlete, and the athlete's parent/legal guardian, and the school administration, the head coach and school administration believe that extraordinary circumstances exist and that the student's action, would not be construed as damaging to the athletic program, violating specific training rules, and/or violating any section of this code. Disciplinary action could vary from a short term (1 – 5 days) to a long term (6 – 45 days) suspension or expulsion from the athletic program.**

## **VII. APPEAL PROCESS FOR SPORTS SEASON SUSPENSION**

Any time a student and/or parent/guardian believe that there are extenuating circumstances which would allow a modification of the prescribed, disciplinary action, may access the following appeal procedure.

A. Upon the imposition of a penalty for infraction(s) of said rules or regulations, any aggrieved student or parent/guardian of said student shall have the right to an informal conference with the building athletic director, and coaches (Building Hearing Committee) to stay the decision of the coach or ask the coach to reconsider. Request for such conference must be in writing and received within three (3) school days of the action grieved, or the student or parent/guardian will have waived their right to the conference and appeal procedure.

The informal conference is to be held within three (3) school days of receipt of request.

- B. If the parties are unable to agree at the informal conference, by written request within three (3) days of decision of the informal conference, the aggrieved party may appeal to the building principal. The building principal shall hear the case in detail and shall render a decision to stay, modify, or uphold the decision within three (3) school days of hearing the request.
- C. The aggrieved party may appeal the decision of the building eligibility committee in writing to the Superintendent of Schools or his/her designee, within three (3) school days of receipt of the hearing decision. The Superintendent of Schools shall schedule a hearing for a time during the next five school days of receipt of written request and shall render a decision on the case within ten (10) school days of the hearing. The finding of the appeal of the Superintendent hearing shall be final.
- D. During the appeal process or suspension from competition, the aggrieved student shall remain a team member, but shall not compete in any interscholastic competition, travel with the team, sit on the bench, or be on the sidelines during competitions.**