

# Athletic Information

## Evergreen Junior High

### 2009 - 2010 School Year

#### Purpose of this Information Sheet

The purpose of this information sheet is to communicate guidelines, policies, goals, expectations and important dates for the upcoming school year. The goal is to make the transition into junior high athletics as smooth as possible. Please feel free to contact the Athletic Director at (425) 836-7260 if you have any questions or suggestions for the athletic program.

#### Philosophy

We believe our mission is to teach students about the importance of proper preparation, hard work and commitment. This is accomplished through daily, structured practice with attention to details. We believe involvement in athletics should be fun.

#### Dates of Sports Seasons

We have four sport seasons throughout the school year. All season one sports begin Thursday, September 3rd, with the exception of football, which begins **Monday, August 24<sup>th</sup>**. In order to participate, all paperwork and fees must be turned in **prior** to the first practice. We will, however, accept forms/fees through Sept. 10<sup>th</sup> (note: missing practices because of late forms may result in sitting out the first competitions).

#### Preseason Information Meeting

Our school will have an informational meeting for students during NIB to sign up for sports being offered in the upcoming season.

#### Full-Participation Philosophy

Our school district has a no-cut philosophy for our junior high athletic programs. This means that all students turning out make a team at their level of play; varsity, junior varsity or regional. Each student will play in each game, provided the opposing school has a corresponding number of teams to play. In the case of tennis for example, some schools may have 20+ double pairs, whereas the opposing school may only have five or six pairs that day. In these cases, all the pairs from the larger team may not play. We also have regional teams in some sports. That is how we accommodate the large number of participants. This is a great way to get involved in a positive way with junior high activities without the risk of getting cut or excluded!

#### Clearance Procedures

The following list of procedures **must** be completed prior to the clearance deadline and turned into the cashier window.

- **Sports Physical:** The Physical Examination/Clearance portion ("the box") of the Interscholastic Athletics Registration form must be filled out by your physician and is good for *two calendar years from the date of the original examination*. If we have physical information on file for your student with a date of original physical of 6/30/08 or later, we will not need physical information to be resubmitted this school year. If we do not have a clearance form on file, please complete the form in its entirety.
- **Insurance Information:** This section of the Registration form shows evidence of medical coverage. If a family needs to purchase insurance from the school it may be purchased for minimal cost. Forms are available in the school office.
- **ASB Card/Participation Fee:** In order to participate in sports, a student must purchase an ASB card (\$20) and pay the participation fee (\$105) at the cashier window. See page three for participation fee details.

- **Emergency Information/Health History Form:** This provides the school with information in case of a medical emergency. In addition, emergency phone numbers need to be listed on the card so coaches have immediate access to this information.

## **Practices**

Practices are held after school on Monday, Tuesday, Thursday and Friday with some optional morning practices on Wednesdays. Students will not practice on weekends, vacations or holidays. Practice will be cancelled any time school is cancelled for any reason, such as snow or power outage. It is expected that students will be in attendance at practice each and every day.

**THE DISTRICT DOES NOT PROVIDE TRANSPORTATION HOME FROM EVERGREEN JR HIGH AFTER PRACTICES OR GAMES**

## **Games/Matches/Meets**

All contests are scheduled during weekdays and usually start at 3:30 pm. Some sports have two contests per week, while others have only one per week. There are no practices or contests on weekends at the junior high level, with the exception of the championship-wrestling meet, which is held on one of the last Saturdays in March. While all students will play in the contests, playing time may be determined by district policy, the coach or based upon performance.

## **Selection Process**

For certain sports, the first days of practice may include a skill evaluation to determine at which level the student will play (varsity, junior varsity, or regional). Players who do not make the varsity or the junior varsity will play at the regional level. Regional competition is less competitive and usually does not include a full schedule of games.

## **Equipment and Uniform Care**

Equipment and uniforms issued to the student are the responsibility of that student. If a student loses the equipment or uniform, the replacement cost will be billed to the student. It is our goal to collect all clean uniforms and equipment within one week of the final day of competition so that they can be inventoried and stored.

## **Dropping off Gear and Equipment**

Athletes are expected to safely store their equipment in designated areas in boys'/girls' locker room prior to the start of school each day.

## **Sports Lockers**

Sports lockers are available on a limited basis for athletes during their season of participation.

## **Transportation**

The district provides buses to and from all away contests, but does not provide transportation home from Evergreen Junior High. Typically contests end between 5:30 and 6:00 on home contests and between 6:00 and 6:30 on away contests. If a player does not ride the bus back to school following a contest, he/she may only ride home with his/her parent/guardian. If they are to ride home with another parent **prior written permission** is required.

## Communication

The area of communication is critical to running a smooth program. Please check the Evergreen Website for information about sport schedules and events. Coaches will also make every effort to keep students informed about practices, game times, and dates, usually in the form of a calendar. In the case of poor weather we try to make the cancellation decision as early as possible. In the case of rain, a contest may be cancelled, but a practice may still occur. If students have concerns about their role, position or status on the team, it is important that they initiate conversation with the coaching staff at that time. This is a great time in the developmental process for the student, rather than a parent, to initiate this type of discussion.

## Role of Parents

- Model good sportsmanship at all times
- Support and encourage **all** team members
- Focus on the goals of the **team**

## Athletic Sweatshirts/Pants

Students and parents are encouraged to purchase "school" sweatshirts/pants from the cashier window. The sweats are sold four times a year: August 19 - September 11, November 9 - 13, January 25 - 29, and April 12-16.

**INDIVIDUAL TEAMS MAY NOT PURCHASE THEIR OWN SWEATS.**

## High School Sports

Ninth graders may participate in cross country, swim & dive, golf, soccer, and gymnastics at the high school. Athletes may only participate at their home high school. Participation fees for High School sports are \$275. Please contact your high school for more information.

## Sports Participation Fee

Due to the rising costs associated with the support of the district's athletic programs, the Board of Directors have approved a participation fee of \$105 for the 2009-2010. Fees will be collected on a per sport season basis with both individual and family caps. The family caps will apply for brothers/sisters who are at the same level. Fees must be paid prior to the time of turnout. Parents of students who are unable to afford the fee should contact the athletic director at school. The following participation fees apply for the 2009-10 school year:

### • Junior High School

\$105 per sport with an individual cap of \$210  
Siblings at the same level are capped at \$105  
Same level family cap \$315

Ex:

Student A has no siblings at the same level and plays two sports.	Fee: \$210
Student B has no siblings at the same level and plays three sports.	Fee: \$210
Students C and D are siblings at the same level. Student C plays three sports and Student D plays two sports.	Fee: \$315

Refunds will be provided under the following conditions:

1. Student is cut from the squad by the coach 100% refund
2. Student quits due to illness or injury prior to 1<sup>st</sup> contest 100% refund
3. Student quits due to family moving prior to 1<sup>st</sup> contest 100% refund
4. **Fee refund must be requested prior to the end of the sports season**

## Sport Dates

**Season 1** First practice - football August 24<sup>th</sup> all other sports September 3<sup>rd</sup>. All forms/fees must be turned in to attend practices. However, we will accept late forms/fees through Sept. 10<sup>th</sup> (note: missing practices due to late forms may result in sitting out the first competitions).

- **Girls' Badminton:** Students must provide tennis shoes, appropriate for the gym floor, and practice clothes. The school will provide a game shirt, racket and birds.
- **Girls' Softball:** Students must provide rubber/plastic cleats, a glove and practice clothes. They may have a bat, if desired, but it is not required. The school will provide a uniform for each player.
- **Boys' Tennis:** Students must provide practice clothes; appropriate court shoes, shorts and one can of tennis balls. They may have a racket if desired, but it is not required. The school will provide tennis shirts for matches.
- **Football:** Students must provide cleats, a protective cup and a mouth guard. The school will provide game and practice uniforms, girdle, shoulder pads and helmet.
- **7<sup>th</sup> Grade Boys' Basketball:** Students must provide basketball shoes and practice clothes. The school will provide game uniforms.

**Season 2** First practice November 2<sup>nd</sup>

- **8<sup>th</sup> & 9<sup>th</sup> Grade Boys' and 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> Grade Girls' Basketball:** Students must provide basketball shoes and practice clothes. The school will provide game uniforms.

**Season 3** First practice January 25<sup>th</sup>

- **Wrestling:** Students must provide wrestling shoes and practice clothes. Specific wrestling kneepads and a mouth guard are optional. The school will provide a singlet and headgear.
- **8<sup>th</sup> & 9<sup>th</sup> Grade Girls' Volleyball:** Students must provide practice clothes. The school will provide a match uniform.

**Season 4** First practice March 22<sup>nd</sup> track; all other sports April 5<sup>th</sup>

- **Boys' and Girls' Track & Field:** Students must provide practice clothes and running shoes and/or track spikes if they are applicable in their event. The school will provide a jersey for meets.
- **Baseball:** Students must provide metal or plastic cleats, a protective cup, practice clothes and a glove. They may have a bat, if desired, but it is not required. The school will provide a uniform for each player. Players **MAY** buy an Evergreen baseball hat from the student store.
- **Girls' Tennis:** Students must provide practice clothes; appropriate court shoes, shorts and one can of tennis balls. They may have a racket if desired, but it is not required. The school will provide tennis shirts for matches.
- **7<sup>th</sup> Grade Girls' Volleyball:** Students must provide practice clothes. The school will provide a match t-shirt.