

Athletic Information Evergreen Junior High 2011 - 2012 School Year

Purpose of this Information Sheet

The purpose of this information sheet is to communicate guidelines, policies, goals and expectations for the upcoming school year. Please feel free to contact the Athletic Director at (425) 936-2320 if you have any questions about athletics at Evergreen.

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.

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.

Preseason Information Meeting

Our school will have an informational meeting for students during NIB (reading time) to sign up for sports being offered in the upcoming season. Information on fall sports is given to students in the spring.

Clearance Procedures

In order to be cleared to participate in a sport at Evergreen, all requirements listed in Sections 3 and 4 of the Junior High Athletic Policy need to be met (see Page 4). A student cannot begin to practice until all of these items are received. Important note: there are also academic eligibility requirements for participating listed in Section 14.

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.

Sports

Season 1 Football practice will begin August 29th. All other sports start September 8th. All forms/fees can be turned in after **August 22nd** to the cashier's window and must be turned in to attend practices.

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 (7th by Administrative Approval only): Students must provide cleats, a protective cup and a mouth guard. The school will provide game and practice uniforms, girdle, shoulder pads and helmet.

7th Grade Boys' Basketball: Students must provide basketball shoes and practice clothes. The school will provide game uniforms.

Season 2 November-January

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

Season 3 January-March

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.

8th & 9th Grade Girls' Volleyball: Students must provide practice clothes. The school will provide a match uniform.

Season 4 April-June

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.

7th Grade Girls' Volleyball: Students must provide practice clothes. The school will provide a match t-shirt.

2011 - 2012
Lake Washington School District
Junior High Athletic Policy

Interscholastic athletics in the Lake Washington School district are intended to provide opportunities for students to participate in structured and supervised programs that promote good sportsmanship and fair play in a competitive environment.

1. The athletic program of the Lake Washington School District Junior High Schools, though not regulated by, subscribes to the guidelines of the Washington Interscholastic Activities Association. Each school maintains a copy of the WIAA constitution, rules and regulations.
2. Principals of conference schools are the recognized authorities regarding matters pertaining to athletic programs.
3. **Eligibility requirements that each student athlete must meet prior to receiving equipment and participating in a practice, are as follows:**
 - a. **A physical examination with doctor's signature and current date on a school provided physical form. Students must provide an update of physical condition by having the physician update permission for participation with his/her signature and current date every two years.**
 - b. **Proof of medical insurance coverage or purchase of school insurance.**
 - c. **A medical emergency authorization form signed by a parent or guardian, together with an emergency contact number in the event a parent/guardian cannot be reached.**
 - d. **Membership in the Associated Student Body (ASB) of Evergreen Junior High. The ASB card may be purchased (\$20) at the cashier window and is valid for the current school year.**
 - e. **No outstanding fines or fees.**
 - f. **Participation fee of \$105 paid.**
 - g. **The athletic policy signature page and concussion form signed by both the student and parent or guardian.**
4. **Eligibility requirements each student athlete must meet prior to participation in the first contest: signed statement from parent and student agreeing to LWSD policies.**
5. Attendance at practice sessions, meetings, and games is required unless absent from school, excused by a coach, or detained by another teacher. In the event of a medical or dental appointment, one-half day of attendance is mandatory. Coaches will establish individual sport policies regarding tardiness and unexcused absences from practice. If a student is suspended from school (in-house suspension or out-of-school suspension) that student is not eligible to participate in extracurricular activities that day.

- 5a. If a student has an unexcused absence from practice, he/she will sit the practice out, but attend the next scheduled contest. For a second unexcused absence, the athlete will be dropped from the team.
6. Student athletes are expected to participate fully in all regular school activities and classes each day, including physical education activities, in order to participate in their sport.
7. Practice requirements must be met prior to participation in the first contest. The number of practices varies with each sport:
- | | | | |
|------------|----------------------|------------|----------------------|
| Softball | 8 | Badminton | 8 |
| Football | 12 (may be adjusted) | Wrestling | 10 (may be adjusted) |
| Tennis | 8 | Basketball | * 8 |
| Volleyball | * 8 | Track | * 8 |
| Baseball | 8 | | |
- *Pending principal approval - Summer 2011
8. Use of tobacco, alcohol, and/or other illegal drugs during a sports season will constitute grounds for suspension from the sport or activity for the remainder of the season. A second violation in the same school year will constitute grounds for suspension from participation in the athletic program for the remainder of the academic year.
9. Student athletes are expected to demonstrate citizenship and conduct that is beyond criticism at all times. Student athletes violating school behavior expectations can expect school discipline and athletic discipline up to and including temporary and permanent suspension from the team.
10. In the event a student athlete is injured during a practice or contest, the supervising coach is to be notified immediately in order to obtain proper care and prevent further injury.
11. Student athletes receiving school issued equipment are responsible for that equipment and, in the event of loss or damage, will be required to pay the replacement charge.
12. Transportation is provided by the school district in most cases to athletic events. Athletes are required to travel to and from contests with the entire team, unless excused by a coach. Written parent request is required in order for the coach to release a student from riding the team bus. Students returned to the school by parent transportation cannot expect access to the locker room until the coach returns from the game site.
13. Student athletes represent their schools and are expected to be good ambassadors and display good sportsmanship at all times including on buses. Students failing to conduct themselves accordingly are subject to discipline up to and including suspension from the team.
14. Academic eligibility. **Student athletes must have a GPA of 2.0 and no "F"s.** Students not meeting academic eligibility or whose academic performance falls below the stated standard during a season may be placed on academic probation. A grade check will occur during the season and will be followed by a 5-day probation period for athletes not meeting academic eligibility requirements.

(Revised Jun 11)

LAKE WASHINGTON SCHOOL DISTRICT
ATHLETIC / ACTIVITIES
DRUG - ALCOHOL - TOBACCO & CONDUCT CODE
2011-2012

As members of a high school team or WIAA sponsored activity that represents the Lake Washington School District, students are expected to make a strong personal commitment to rules of training and conduct in order to maintain a strong, healthy body and represent their school in an exemplary fashion. To that end, the following rules apply to all students participating in interscholastic athletics/activities or attending a team related activity such as out-of-season camps or tournaments. These rules will apply at all times throughout the school year which is defined as beginning with fall tryouts to the last day of school and includes any summer team related activities and will remain in effect for one calendar year from date of signature.

Training Rules
ILLEGAL CONTROLLED SUBSTANCES & ALCOHOL

Legend drugs and controlled substances- Penalties for the possession, use or sale of legend drugs (drugs obtained through prescription, RCW 69.41.020-050) and controlled substances (RCW 69.50) shall be as follows:

1st Violation: A participant in possession and/or use of a controlled substance, and/or "legend drugs" including anabolic steroids, alcoholic beverages shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. This also includes attending and/or remaining at an event where consumption any of the above mentioned substances by a minor(s) occurs. Ineligibility shall continue into the next sports season in which the participant wishes to participate. In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school authorities. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.

A participant who seeks and/or receives help for a problem with use of legend drugs (RCW 69.41.010 identified substances) or controlled substances and controlled substance analogs (RCW 69.50.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility re-instated in the athletic program, after a minimum two week suspension from competition and pending a recommendation by the school eligibility authority. Athletes may attend practices with Principal/Athletic Director approval but may not attend contests during the suspension period.

2nd Violation: A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

3rd Violation: A participant who violates for a third time RCW 69.41.0202 - 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

SALE AND/OR DISTRIBUTION

Per Lake Washington School District Policy the sale and/or distribution of alcohol or prescription or non-prescription drugs will result in the student automatically being placed on Step #2 of the Athletic/Activity Code.

TOBACCO (Cigarettes, chew, etc.)

First Career Violation:

The possession and/or use of tobacco products will result in 1) a minimum of one week suspension from competition 2) Attending a cessation class is mandatory.

Second Career Violation:

The student shall be suspended for ten weeks of competition. If there is not ten weeks left in the current season the suspension will carry over to the next competitive season in which they are a returning athlete. Before an athlete can again represent LWSD in athletics they must provide evidence of successfully completing a nicotine treatment program and proof that they have discontinued the use of tobacco products.

Third Career Violation:

A student athlete who violates for a third time shall be permanently prohibited from participating in any WIAA member school athletic program or activity.

"Legend drugs" means any drugs which are required by state law or regulation of the state board of pharmacy to be dispensed on prescription only or are restricted to use by practitioners only.

Hazing Rituals

Penalties for athletes participating in or failing to report known activity that demeans, abuses, or violates members or potential members of a team or individuals shall be as follows:

1st Violation: Participation in, or failure to report, any incident of hazing or other activity that demeans, abuses, or violates members or potential members of a team shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. This also includes attending and/or remaining at an event where any of the above mentioned activity occurs. Ineligibility shall continue into the next sports season in which the participant wishes to participate. In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school authorities. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.

2nd Violation: A participant who again violates any provision of the above referenced school and district hazing policy shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

3rd Violation: A participant who violates school and district hazing policy for a third time shall be permanently ineligible for interscholastic competition.

Conduct Rules

Students who commit unlawful acts or engage in delinquent behavior may be subject to disciplinary action up to and including suspension from the team. All LWSD athletes are expected to adhere to all LWSD policies as explained in each school's Student/Parent Handbook. In addition to these general rules, coaches may establish other team expectations specific to their program.