

Redmond Junior High School Athletic Information & Policy 2011 – 2012

This packet is designed to inform student-athletes and parent/guardians with necessary information regarding the RJHS Athletic Program. The last page in this packet needs to be removed, signed and returned to the Attendance Office at RJHS with an updated physical form. As questions arise, please feel free to contact Julie Lynd, Athletic Director, or ASB/Athletic Secretary at (425) 936-2440.

Registration Information

The following list of procedures must be done prior to the start date of the season to participate in a sport:

→ Pick up physical forms at RJHS, the LWSD Resource Center in Redmond Town Center or print from www.lwsd.org or www.lwsd.org/school/rjh PRIOR to the medical examination.

✓ Check when completed.

1. **SPORTS PHYSICAL** – (Interscholastic Athletics Registration Form) Many signatures are needed; please make sure to complete every part of the form!

- a. Physicals are good for two years from the date the physician signs. All 7th graders and first time participants will need to have their form signed by their physician. If returning athletes have a physical form on file at RJHS dated within two years of the first practice, you will only need to fill out a new Athletics Emergency Information form.

INSURANCE VERIFICATION, MEDIA CONSENT & EMERGENCY INFORMATION – These are included in the sports physical paperwork. This form is used to show evidence of medical insurance coverage (if a family needs to purchase insurance from the school it may be obtained for a minimal cost); grants permission for any media releases or photographs of your student to be released; and provides essential information in case of a medical emergency. **This is important to keep updated throughout the year** (as numbers may change) to allow coaches to immediately contact parents/guardians about their child. This form must be signed by parent/guardian and student. Emergency contact information is important in the event a parent cannot be reached.

2. **ASB CARD** – An Associated Student Body (ASB) Card can be purchased in the Attendance office for \$20. These cards are used throughout the year for related ASB activities (Sports, Dances, Discounts, etc.). A small fee (\$3.00) will be charged for replacement cards through the Attendance office. Ninth grade students participating in high school sports will only need an ASB card from your home school.

3. **SCHOOL SPORTS PARTICIPATION FEE**— (changed by LWSD Board decision, 2009)

Fees will be collected on a per sport basis with both individual and family caps. The family caps will apply for brothers/sisters who attend the same school (not junior high and senior high). Fees must be paid separately for each sport and it will be noted on the clearance form completed by the school ASB secretary. Payment needs to be in by the first day of practice to be eligible to participate. A fee of \$10.00 will be assessed for checks returned for non-sufficient funds. The following participation fees apply for the 2009-10 school year (team managers are not required to pay fees):

JUNIOR HIGH LEVEL (Fees are paid for current season only)

- \$105.00 per sport with an individual cap of \$210.00.
- Additional siblings at the same Jr. high school are capped at \$105.00.
- Family at the same Jr. High School are capped at \$315.00.

HIGH SCHOOL LEVEL (For 9th graders participating at Redmond HS)

- Purchase an RJH ASB card and fill out an RJH Athletic Policy (you can get a copy of your physical to take up to the high school from the RJH athletic secretary).
- \$275 per sport with an individual cap of \$550. (Pay at the high school)
- Additional siblings at the same high school pay \$275 with a cap of \$450.

**These fees are non-refundable with exceptions for quitting due to illness, injury or a move prior to the first competition. A refund must be requested prior to the end of the related season. Quitting due to placement on team levels (varsity, junior varsity, etc) does not warrant a refund.*

4. **ATHLETICS EMERGENCY INFORMATION FORM** – This form goes to coaches.
5. **Lake Washington School District Athletics/Activities Drug, Alcohol, and Tobacco Code Agreement (Athletic Policy...this form)** – Please read and have student and parent sign and date. (Attached to this packet.) Ninth grade students participating in high school athletics will need to return this form to RJH.
6. **SPORT SPECIFIC FORMS** (as required by coaches): these may be, but are not limited to: athlete/parent expectations, participation and behavior contracts, transportation permission letter, and/or goals statements.

Policy and Procedures

PHILOSOPHY

The Redmond Junior High athletic program plays an integral role in the total educational process of developing capabilities and providing a variety of opportunities for young people. An effective athletic program should enhance each participant mentally, emotionally and socially; as well as physically. The mission of developing each individual's potential should be emphasized above and beyond achieving team results.

Interscholastic athletics in the LWSD 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.

The Redmond Junior High School athletic program does not cut students from teams, but places athletes into teams at appropriate performance levels. To maximize participation for all students, the junior high athletic program will be organized into three levels of competition:

District Competition: Competition for students on Varsity and Junior Varsity teams.

Regional Competition: Competition within the designated geographic regions of Juanita, Lake Washington, and Redmond or regions as determined by the Activities Board.

Intramural Competition: Competition within each building. Schools will determine the sports/activities that are offered. Each program will be open to all interested students.

The athletic program of the Lake Washington School District Junior High School Conference, 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.

Principals of Conference schools are the recognized authorities regarding matters pertaining to athletic programs.

ATHLETIC ELIGIBILITY

- Student athletes are required to pass all classes (no failing grades) and maintain a 2.0 GPA.
- Grades will be checked twice: once at the beginning of the season and once at mid-season. If a student is earning a lesser grade, they will immediately be placed on academic alert for five school days. During this time, the student may practice and play in competition, but coaches and administration urge these students to focus on using this time to turn around their academics. If the student is not meeting these academic requirements on the sixth school day, the student will be suspended from further participation in the related season. While on athletic probation, they may not participate in athletic events **until** their grade meets the eligibility requirements. At this point they may return to full participation.
- Student athletes must have attended at least 1/2 day of school in order to attend or participate in sporting events. Only excused 1/2 day absences will qualify for participation. 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 an extra-curricular activity.
- All fees and fines must be paid or equipment/books returned prior to participation.
- All forms (as defined on the previous page) must be completed and returned to the athletic office and coach.

ATTENDANCE at PRACTICES/GAMES – Student-Athletes practice at RJH after school daily with the exception of Wednesdays. Due to early release schedules, optional practices may be held before school. Individual coaches will provide detailed schedules at the beginning of each season. Students are expected to attend each practice every day. The participation in upcoming events may be affected by poor attendance. Junior High schools do not practice on weekends or holidays (exceptions: Football starts 8/29 and Wrestling's District Finals are on a Saturday). **Practices will be cancelled due to school closures and administrative decision related to weather.**

Attendance at practice sessions and games are required unless the student athlete is absent from school, excused by a coach or detained by a teacher. If a student needs to work with a teacher, they may do so, but are expected to bring a note from the teacher to the coach. Coaches will establish additional individual sport policies regarding tardiness and unexcused absences from practice. If a student has an unexcused absence from practice, he/she will sit the next practice out, but attend the next scheduled contest. For a second unexcused absence, the athlete will be dropped from the team. If a student is suspended from school (in-house suspension or out-of-school suspension) that student is not eligible to participate in extra curricular activities that day.

Practice Requirements-

Practice requirements must be met prior to participation in the first contest. The number of practices will vary with each sport:

Softball	8	Volleyball	8
Football	12	Wrestling	10
Badminton	8	Track	10
Tennis	8	Baseball	8
Basketball	8		

GAMES/MATCHES/MEETS – All contests are scheduled during weekdays and usually start at 3:30. Some sports have two to three contests per week, while others only have one. All student-athletes are guaranteed playing time in each contest, but playing time on the varsity level will be determined by the coach, league rules and based on performance.

SELECTION PROCESS – A “tryout” period of two to four days will take place the beginning of each season (only for varsity and junior varsity sports). During this time period, coaches evaluate each student’s ability related to the sport and assign students to teams related to this assessment. Throughout the season, coaches may choose to move students up or down levels as student performance, attendance and behavior dictate to find the best fit for the benefit of the student-athlete and team. Players not placed on the varsity or junior varsity teams will participate at the regional level which is more focused on fundamental skills, full and equal participation, and less competitions.

EQUIPMENT AND UNIFORM CARE – Equipment and uniforms issued to players are the responsibility of that student. Replacement costs will be billed for lost or damaged items. Inventory is tracked by both uniform numbers and uniform code and collected on the final day of competition. Sports lockers are available on a limited basis for athletes during their season of participation. Lost or damaged locks will result in a fine assessed for the replacement value.

COMMUNICATION – This is critical to running a smooth program. Coaches will make every effort to keep students and families informed about practice and contest schedules. This will usually be done via a calendar, but calendars may be adjusted throughout the year as games are rescheduled or cancelled due to other circumstances. Therefore, verbal and/or non-verbal efforts will be made to relay this information. In cases of poor weather, we try to make a decision by 1:00 p.m. At times, a contest may be cancelled, and replaced by coaches, with a practice. If student-athletes have concerns about their role, position, or status on the team, it is important that they initiate a conversation with the coaching staff. This is a great time in the developmental process for the student, rather than the parent, to initiate this type of discussion. Coaches will welcome the conversation and work with the student to explain the situation. If necessary, parents are still welcome to contact coaches or the Athletic Director at school to discuss any situation.

TRANSPORTATION –The district provides buses to and from all away contests, with the starting and ending point being Redmond Jr. High. Parents will be responsible for providing transportation, for their children, from home to RJH and back after practices and contests. From time to time, we understand that carpools and parents may be late in picking up athletes, but please understand that this places an undue stress on coaches who supervise the athletes. If transportation continues to be a problem, the coaches, parents and participants need to meet and discuss alternative solutions that may have to include non-participation in that activity.

Athletes are required to travel to and from a contest with the entire team unless excused by the coach. Written parent request (transportation form or a note) 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.

INJURY-In the event a student athlete is injured during practices or contests, the supervising coach is to be notified immediately in order to obtain proper care and prevent further injury. It is also requested that student athletes inform coaches of injuries sustained outside of their sport, so that coaches may be aware of the athletes limitations and prevent further injury.

Expectations of Student-Athletes—They will:

- Accept seriously the responsibility and privilege of representing school and community; displaying positive public action at all times.
- Demonstrate respect for opponents and officials before, during and after contests.
- Live up to high standards of sportsmanship.
- Treat opponents with respect; for example, applauding for both teams during introductions, shaking hands prior to and after contests.
- Respect the judgment of contest official, abide by rules of the contest and display no behavior that could incite fans.
- Cooperate with officials, coaches and fellow participants to conduct a fair contest.
- Accept favorable and unfavorable decisions, as well as victory and defeat, with grace.
- 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.

Expectations of all fans— They will:

- Realize that observing a contest is a privilege and demonstrate support for school activities. Attendance does not give the license to verbally assault others or to be generally obnoxious. Fans need to show respect to other fans, coaches, participants, referees and to the decisions made by contest officials.
 - Be an exemplary role mode by positively supporting teams in every manner possible, including content of cheers and signs. “BE A FAN – NOT A FANATIC.”
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2011-2012 SEASON SCHEDULES:

Season One starts September 8th, 2011* (Football, Boys Tennis, 7th Gr. Boys Basketball, Girls Badminton, Girls Softball)

Exception – Football form turn in August 23rd and 25th due by August 25th

Football
Only

8/29 = First Practice 2:30-5:30

Season Two starts November 7th (Girls Basketball, Boys Basketball)

Season Three starts January 30th (Girls Volleyball, Wrestling)

Season Four starts April 9th (Boys & Girls Track, Girls Tennis, Boys Baseball, 7th Gr. Girls Volleyball)

***9th Graders contact RHS (425)936-1800 for high school seasons, dates, and fees as they are different.** High school sports that are not offered in the junior high program are available to 9th grade student athletes. For eligibility in a junior high sport, the high school sport must be completed prior to the start of the junior high turnout. Except if athletes qualify for the high school post season, they may turn out when district or state tournaments conclude.

DISTRICT POLICY

The use of tobacco, alcohol, and/or other illegal drugs during a sports season will constitute grounds for suspension from the sport 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 year.

Please read the following policy and conduct code and complete, detach and return the last page to the athletic office.

LAKE WASHINGTON SCHOOL DISTRICT

ATHLETIC / ACTIVITIES DRUG - ALCOHOL - TOBACCO & CONDUCT CODE

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 reinstated 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.
2) 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.

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

Lake Washington School District Concussion Information Sheet

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

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

Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • 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 • Loses consciousness 	

What can happen if my child keeps on playing with a concussion or returns to soon?

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

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

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

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 6/15/2009

Procedures - Implementation

- Parents are encouraged to assume an active role in monitoring and enforcing the provisions of this policy.
- Alleged violations of this policy will be investigated by the coach, advisor, building administrator and/or athletic director. Sanctions will be imposed if the of evidence suggests the alleged violations did indeed occur.
- If a violation of one or more of these rules occurs at school or during a school event, school sanctions (including suspension from school) may also apply and in addition to the provisions of this policy.

PLEASE CHECK THE SPORT YOU ANTICIPATE PARTICIPATING IN THIS YEAR:

1ST SEASON

- ___ FOOTBALL – BOYS 8TH/9TH
- ___ SOFTBALL – GIRLS
- ___ TENNIS – BOYS
- ___ BASKETBALL – BOYS 7TH
- ___ BADMINTON – GIRLS

2ND SEASON

- ___ BASKETBALL – BOYS 8TH/9TH
- ___ BASKETBALL - GIRLS

3RD SEASON

- ___ VOLLEYBALL – GIRLS 8TH/9TH
- ___ WRESTLING – BOYS

4TH SEASON

- ___ TRACK – COED
- ___ BASEBALL – BOYS
- ___ TENNIS – GIRLS
- ___ VOLLEYBALL – GIRLS 7TH

*HIGH SCHOOL SPORTS AVAILABLE TO 9TH GRADERS ONLY: (You need to also complete the Redmond High Athletic Policy and KINGCO Eligibility information card and turn in to RHS. RJH will need a copy of your physical front and back, RJH Athletic Policy and purchase an ASB card.

FALL

- ___ SOCCER – GIRLS
- ___ SWIMMING – GIRLS
- ___ GOLF – BOYS
- ___ CROSS COUNTRY – COED

WINTER

- ___ SWIMMING – BOYS
- ___ GYMNASTICS – GIRLS

SPRING

- ___ SOCCER – BOYS
- ___ GOLF – GIRLS

***PLEASE NOTE:** 9TH grade athletes turning out for sports at Redmond High School will not be allowed to join a sport in progress at the Junior High. An athlete may not participate in two school sports during the same season.

Any student who is disciplined for violating the rules established by this policy is entitled, if he/she desires, to appeal the decision to the school's administration.

This is to certify that we, the undersigned, have read and understand the Lake Washington School District Junior High School Athletic Code and Redmond Jr. High Athletic and Activities Policy which includes the Washington State mandated information about concussions in sports.

(10) "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.

STUDENT'S SIGNATURE

DATE

PARENT'S SIGNATURE

DATE

PLEASE DETACH AND RETURN THIS PAGE TO THE ATTENDANCE OFFICE WITH AN UPDATED PHYSICAL FORM AND ATHLETIC EMERGENCY FORM

Last Name

First Name

Grade