

## Athletic Code

The co-curricular programs of Arlington Public Schools are considered one phase of the total educational program of the schools.

The opportunity to participate in interscholastic athletic programs is a privilege granted to 7th - 12th grade students of the district. Students in these voluntary programs are expected to conform to School Board Policy and specific conduct standards established by the principals, coaches, and advisors. As participants, you are faced with choices. If the choices you make interfere, impede, or hinder your performance or affect the performance of the team, you may forfeit the privilege to participate. A student who is found to be in violation of any rule is subject to corrective action as is specified in this code. This policy applies on or off campus, twenty-four (24) hours a day from the first day of turnout to the conclusion of the end-of-season banquet.

### Eligibility for Participation

1. A student's parents/guardians must be residents of the Arlington Public Schools or meet the requirements of the District transfer guidelines.
2. Insurance coverage must be obtained through the school or a waiver must be submitted indicating the family has sufficient coverage.
3. The student must purchase an ASB card.
4. A current physical examination form and parent/guardian permission form must be on file with the school Athletics Office.
5. A student must conform to all Washington Interscholastic Activities Association (WIAA) rules and regulations.
6. A student must be enrolled within the first fifteen (15) school days in a semester and meet minimum academic standards.
7. The student must pay any fees/fines owed to the District prior to the first contest.

### Academic Standards - High School

In order to be eligible to participate, a student must have passed all of his/her classes in the immediately-preceding semester; have earned at least 2.5 credits (WIAA standards); and must be currently passing all classes.

1. Students must be passing every class.  
*Fall Sports* - A student with one or more F's will be ineligible through the fourth (4th) Saturday in September.
2. Grade checks will be done every week.
3. Grade checks will be completed on Mondays\*. Ineligibility runs from Tuesday - Monday.  
*\*Fall Sports* - Grade checks will begin on the first Monday in October. From then on, grade checks will be on Mondays throughout the regular and post season.  
*\*Winter and Spring Sports* - Grade checks will begin immediately once the team roster has been affirmed, and continue in accordance with the weekly schedule. A student with a failing grade at the end of 1st semester will be ineligible for the remainder of winter season.
4. Any student who does not meet minimum academic standards (has one or more F's) will be placed on "academic probation", during which time he/she may practice but cannot participate in games, meets, or matches.
5. If a student brings a note from the teacher indicating that he/she is passing, he/she is eligible for competition.
6. A student deemed as "Not on Track" for his/her "High School and Beyond Plan" will be declared ineligible.

### Academic Standards - Middle School

In order to be eligible to participate in middle school athletics, a student must have passed all of his/her classes in the immediately-preceding quarter, and must be currently passing all classes.

1. Students with one or more F's from the preceding quarter will be ineligible for the first week of competition. Following the first week of competition, regular grade check criteria will be followed.
2. Grade checks will be done every Monday. A student receiving one or more F's on the grade check will be on academic probation for that current week. He/She will continue to be ineligible until he/she brings a signed note from the teacher(s) indicating that he/she is passing and that he/she is eligible for competition.

**Remember, each student is responsible for his/her own eligibility!** If you are in doubt, or have a question, ASK!

## General Regulations

1. No student may quit one sport and turn out for another after the season has begun without the mutual consent of the coaches and the Athletic Director.
2. Students must travel to and from contests away from their home school in transportation provided by the school district. The only exceptions permitted are:
  - A. Injury to a participant which would require alternate transportation.
  - B. Prior signed arrangements between the student's parent/guardian and the Principal/Athletic Director or designee for the student to ride with their parent/guardian.
3. Completion of the activity season is required in order for the student to be eligible for letter or other team or individual awards. (Exception: injury which limits participation.)
4. A student who has been injured and has had medical treatment cannot participate until a signed release from the doctor is presented to the Athletics Secretary (MS) or Athletics Trainer (HS). The release form will be kept on file in the Athletic Office.
5. Any display of unsportsmanlike conduct toward an opponent or official, or use of profanity, obscene or vulgar language or gesture, during practice or contests will result in counseling and/or disciplinary action by the Head Coach or Advisor. Violations may invite suspension/expulsion from the team.
6. School-owned equipment checked out to a participant in any co-curricular activity is his/her responsibility. The loss or misuse or equipment will be the financial obligation of the participant. Student will not be allowed to continue competition or receive awards until this obligation is fulfilled.
7. All students are required to be neat, clean, and well-groomed and will adhere to any grooming or dress code policy established by the school and/or Coach/Advisor.
8. A student is expected to attend all scheduled practices, meetings, contests, and performances, whether or not school is in session. If it is found necessary to miss such, prior arrangements must be made with the Coach/Advisor. Violations may invite suspension/expulsion from the team.
9. As a student, you are expected to be present in all scheduled classes in order to be eligible for practice or contests on that day. Prior arrangements must be made with the Head Coach for any variation. Any unexcused absence (or skip) warrants automatic suspension from that day's co-curricular participation.
10. A student will not use, consume, possess, transmit, or sell alcoholic beverages, drugs, narcotics, steroids, or any form of tobacco. (Exceptions to the above: a doctor's prescribed medication.)
11. Students will not associate with others possessing or consuming alcoholic beverages, illegal drugs, or taking part in illegal activities.

### Violations of #10 and #11 above

Penalties are cumulative over grades 7 and 8, and then grades 9-12. In accordance with the WIAA Handbook 18.22.2 "Penalties for Violation of RCW 69.41.020-69.41.050 (Legend Drugs) and RCW 69.50 (Uniform Controlled Substances Act)", the following consequences will be administered:

### Drugs and/or Alcohol

#### Level I - In presence of drugs or alcohol

If a student removes themselves as soon as is possible (10-minute guideline) from a situation in which drugs/alcohol are present, and self-reports this to the coach/advisor at the next available opportunity, the student will not be subject to disciplinary action.

If a student athlete realizes that he/she has a drug/alcohol problem and seeks counseling/drug alcohol treatment, *and self-reports that to the coach* prior to a drug/alcohol incident, he/she will not be subject to disciplinary action. *However, if the student-athlete is subsequently, after self-reporting, involved in an incident, disciplinary action will be followed.*

#### Level II - In presence of or possession of drugs/alcohol

Student-athlete takes responsibility for actions at the time of, or before, the initial administrative contact.

#### Level III - In presence of or possession of drugs/alcohol

Student-athlete does not take responsibility for actions at the time of initial administrative contact.

**1st Violation:**

Upon the first violation, a student will be immediately ineligible for interscholastic competition for one (1) calendar year, including extra-curricular activities and clubs. If the student agrees to enter a drug/alcohol assessment and complies with the recommendations of the assessment, the consequence will be as follows:

\*If the student meets Level II above, they will be suspended from competition for fourteen (14) calendar days and two contests from the date of the suspension.

\*If the student meets Level III above, they will be suspended from competition for twenty-one (21) calendar days and three contests from the date of the suspension.

\*Days left over at the end of the current sports season will carry into the next sports season in which the student participates to completion of that season. Practices before contests begin will not count as calendar days due to suspensions.

\*Students suspended from competitions may participate in practice.

**2nd Violation:**

A student who again violates the drug/alcohol policy will be ineligible for interscholastic competition, including extra-curricular activities and clubs, for a period of one (1) calendar year from the date of the second violation.

**3rd Violation:**

A participant who violates the drug/alcohol policy for a third time will be permanently ineligible for interscholastic competition, including extra-curricular activities and clubs.

**Tobacco****1st Violation:**

The first time a student is found to be using or in possession of tobacco, the student is suspended from athletic activities, including extra-curricular activities and clubs, for a period of seven (7) calendar days and one contest. In addition, the student is required to meet with a school counselor to discuss the impact of tobacco and its use, prior to returning to the activity.

**2nd Violation:**

The second time a student is found to be using or in possession of tobacco, the student is suspended from athletic activities, including extra-curricular activities and clubs, for a period of twenty-one (21) calendar days and three contests. In addition, the student is required to meet again with a school counselor to discuss the impact of tobacco and its use, prior to returning to the activity. This suspension will run into the next athletic season in which the student participates to completion of that season.

**3rd Violation:**

If a student is found to be using or in possession of tobacco for a third time, the student is suspended from athletic activities, including extra-curricular activities and clubs, for a period of one (1) calendar year from the date of the third violation.

**Procedures For Instituting Penalties**

Whenever the corrective action might necessitate suspension, the Coach will adhere to the following procedures:

1. Report the incident immediately to the Athletic Director.
2. The Athletic Director will then notify the parent/guardian personally and make reasonable effort to hold a conference, which will include the Athletic Director, Coach, parent/guardian, and student.

Due process provides all students with the opportunity to appeal any imposed sanction. If the student chooses to appeal, the written request must be received, by the Athletic Office within three (3) business days of the imposed sanction. The appeal committee will consist of the Athletic Director, Assistant Principal, and at least one (1) Head Coach, unrelated to the current sports season.

**Parents/Guardians:**

Our athletic programs are a part of our overall school program. State law and School District policy prohibit the interference with, and the abuse, insult or intimidation of any teacher, coach, administrator, official, or student while involved in the educational process. Such behavior cannot be tolerated! You are expected to model, promote, and support the code of good sportsmanship at all contests or events. Violations may invoke a ban from all contests.

## Parent/Guardian Sportsmanship Expectations

### The objectives of Arlington Public Schools as related to students are:

- To assist our students to reach their full potential as students, athletes, and citizens.
- To teach core values of hard work, discipline, and integrity through competition.
- Develop fundamental skills for lifelong learning.

### Parent/Guardian Objective

To be a positive role model for my child to become a successful adult. In victory I will be gracious, humble, and thankful. In defeat, I will be strong, honest, and accepting.

### This means, as a parent/guardian I will:

- Make sure my child knows I love them in the thrill of victory or the agony of defeat.
- Let the coaches coach - my role is to support, encourage, and motivate progress on a daily basis.
- Teach my child to enjoy the game, the thrill of competition, and the fulfillment and satisfaction of having done their very best.
- Realize this is my child's athletic experience, not my own.
- Not compare and contrast the skills, courage or attitude of my child with that of their teammates or opponents in a negative manner.

### Parents/Guardians and Sportsmanship

- You are a fan and spectator - that is your role - play it well.
- You are not the coach - so don't coach.
- You are not an official - so don't referee.
- Cheer for our team - not against the opponent.
- Be loud, be proud, and be positive with comments made to our coaches, players, and/or opponents.
- Support our Civility Policy at all events by using appropriate language and mannerisms at all times (APS Policy 4299/4299P).

### Parent/Coach Communication

Both parenting and coaching are extremely difficult and rewarding vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communications from the coach of your child's program.

### Communication expected from your child's coach:

- Philosophy of the coach and program.
- Expectations the coach has for your child as well as all the players on the squad.
- Locations and times of all practices and contests.
- Team requirements (e.g.: special equipment, off-season conditioning).
- Procedures should your child be injured during participation.
- Discipline that results in the denial of your child's participation.

### Issues not appropriate for parents/guardians to discuss with coaches:

- Playing time
- Team strategy
- Play calling
- Other athletes
- Coach's skill and knowledge of the game

### If you have a concern to discuss with a coach, please follow this procedure:

- Your son or daughter should first talk with the coach about his/her concerns.
- Call or email the coach at school to set up an appointment. Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meeting at these times is usually not productive for either party.

**If a coach can not be reached after a reasonable time, contact the Athletic Office to arrange an appointment.**

### What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

If, in meeting with the coach, the issue is not resolved, we can schedule a meeting with the parent/guardian, student, Coach and the Athletic Director.

### Consequences

The Arlington Public School Board of Directors supports efforts to bring about a positive learning climate in the schools. It is the policy of Arlington Public Schools to promote mutual respect, civility and orderly conduct among district employees, parents/guardians, students and the public or they will be directed to leave the school or school district property promptly by the Superintendent or designee pursuant to the Arlington Public Schools Policy 4229/4229P.