

NTHS Cross Country Expectation Contract

Head Coach: Stephen Coker | Assistant Coaches: Mike Conner & Rob Smith

General Expectations

1. Minimum academic and behavioral expectations are clearly outlined in the NTPS Athletic Code. All athletes and parents are expected to be familiar and to adhere to these expectations.
2. Be prepared, present and on time for all team activities.
3. XC is a TEAM sport. Represent your school with pride and support NTHS XC through support and respect for all of your teammates, coaches, fans and meet officials.
4. Be prepared for practices and races mentally and physically. Hydrate, eat and sleep well.
5. Communicate consistently, clearly and often with your coaches, captains and teammates.
6. Hold yourself to a high standard by establishing clear goals for yourself and your team.
7. Train consistently and sustainably.
8. Be accountable for your actions and attitude.
9. Commit to work hard.
10. Commit to enjoy your experience with your teammates.

Practices

Once school starts, practices will begin promptly at 2:20 PM and end at 4:30 PM. **Practices are mandatory.** Roll will be taken, and any unexcused absences will affect the athlete's ability to compete, earn a letter and/or continue to participate with the team. If, for any reason, you must miss a practice, please communicate in advance with Coach Coker via email at scoker@nthurston.k12.wa.us or via phone at 360.412.4818. Additional notes regarding practices and individual commitment:

- **Calendar:** Official team practices begin on **August 20th, 2018**. Please plan accordingly. The team calendar will be posted on the NTHS XC website, and the competition calendar will be updated on Athletic.net.
- **Location:** Unless informed otherwise, we will meet each day behind the north (visitors) bleachers on the grass at South Sound Stadium.
- **Absences:** Any anticipated absence from practice or competition must be communicated in advance with Coach Coker. Parents: please do not plan vacations during Cross Country season.
 - 1st unexcused absence: noted in record, no penalty
 - 2nd unexcused absence: verbal warning, discuss with Coach
 - 3rd unexcused absence: discussion with Coach regarding whether or not participation in Cross Country is a good fit for athlete (or vice versa)
 - 4th unexcused absence: dismissal from team, turn in uniform/equipment
- **Equipment:** Please arrive at practices prepared with a water bottle, appropriate running shoes, clothing (weather appropriate) and sun protection.
- **Safety and Etiquette:** Be aware that much of our practice time will be taking place off-campus (e.g., St. Martin's campus, Chehalis Western Trail, other roads around the neighborhood); therefore, when training, athletes must always:
 - Make sure that a coach ALWAYS knows your location

- Train with a MINIMUM of one other partner. Groups with a minimum of three are preferred
- Represent North Thurston High School and your community respectfully and honorably.
- ALWAYS respect all traffic laws and never assume that all drivers will. Traffic safety concerns are the #1 danger to Cross Country athletes. Be “hyperaware” of your surroundings.
- No earbuds on the road or trails, ever. Tune into your surroundings and your body.
- **Workouts:** Coaches plan workouts. No outside running coaching. NTHS varsity workouts are designed to take into account the maximum an athlete can do for training and conditioning purposes. This is a safety, liability, and teambuilding issue. If you are participating in ANY other athletic endeavor outside of Cross Country (e.g., club sports), please let your coaches know. Generic practice schedule/routine will follow this progression:
 1. Captain-led team dynamic stretch and attendance
 2. Brief meeting/information
 3. Individual/group workouts
 4. Captain-led static stretching/core strengthening, brief meeting.
 5. Team cheer and dismissal

Competitions

- We wear only North Thurston High School gear at every meet, and we arrive in full uniform ready to compete. We represent NTHS by warming up and cooling down in uniform gear. Our colors are purple and white!
- XC is a TEAM sport. We support each other. We will meet as an entire team after each competition to acknowledge and celebrate our efforts (athletes are dismissed only after this meeting by the coaches).
- As a team we ride NTPS provided transportation to and from each meet. Exceptions to this are discouraged and an option only with coaches approval in advance.
- Coaches decide who competes in which events

Guidelines for Parent Support

- XC is a TEAM sport.
- Team tent/camp area at meets is for coaches and athletes only (it is the XC version of a sideline or locker room)
- Parents are encouraged to be involved in helping out at home meets, organizing team food/treats for invite trips and by cheering for all athletes at every meet.
- Parents can also help by sharing their digital pictures of meets via our Google Photo link on the NTHS XC website and Athletic.net

Team Selection

- Any student complying with the North Thurston Public Schools district policies regarding academic standards and athletic eligibility requirements necessary for participation in NTPS athletic programs will be allowed to participate as a member of the North Thurston High School Cross Country team.

- The varsity squad for Cross Country at North Thurston High School will be selected on a per meet basis using the three following criteria:
 - Performance level as indicated by finish times and finish places in previous competitions or, if needed, practice time trials
 - Consistent and dedicated participation in all team practices
 - Athlete availability for the designated meet (health reasons or otherwise)
- The junior varsity squad for Cross Country at North Thurston High School will be comprised of all those athletes in the program who do not qualify for the varsity squad.
- Subject to change at coaches' discretion.

Lettering Requirements

Junior Varsity Letter Requirements:

- The athlete must participate in the program for the entire season and finish in good standing, having met all the requirements of the NTHS Athletic Contract and the NTHS Cross Country Program Expectations. This includes competing in at least three (3) regular season meets.
- The athlete must attend all practices and contests unless excused by a coach.

Varsity Letter Requirements:

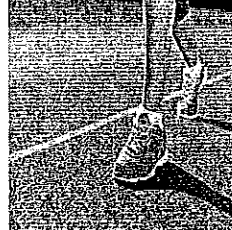
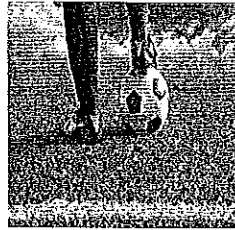
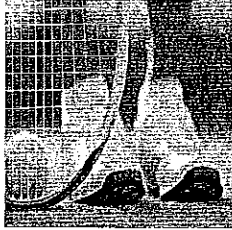
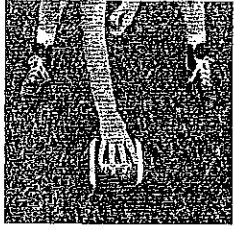
- The athlete must meet finish the season in good standing, having participated in the program for the entire season demonstrating the work ethic and commitment required of a varsity athlete. This includes the athlete being academically eligible throughout the entire season.
- The athlete must attend all practices and contests unless excused by a coach.
- **Maintain a regularly updated training log**
- Meet AT LEAST one of the following additional criterion:
 - a. Compete in 25%+ of the season's meets as a Varsity athlete (top 7)
 - b. Compete in and finish the district championship race
 - c. Compete in and finish the state championship race
- Individuals may be awarded a Varsity Letter if an athlete demonstrates unusual contributions the North Thurston High School Cross Country Team. This contribution may be expressed in any manner that enables other individuals and/or the team to achieve success over a four-year period with the NTHS Cross Country Program.
- The coaches reserve the right to make all final lettering decisions.
- **MANAGERS** may earn a Varsity letter after the second consecutive year in the program as long as they attend all practices and assigned meets and have performed their required duties to the satisfaction of the coaching staff.

Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB-5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

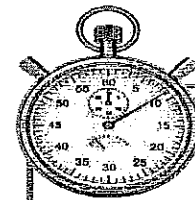
What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE

Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

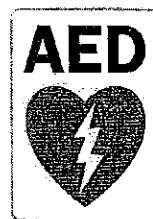
- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second Counts!**

UW Medicine
Center For Sports Cardiology
www.uwsportscardiology.org

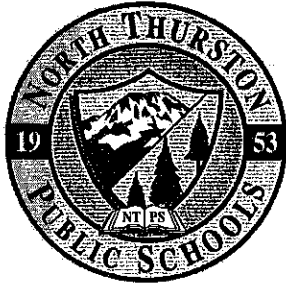


**WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION**



SCA Awareness
Youth Heart Screening
CPR/AED in Schools

www.nickoftimefoundation.org



North Thurston Public Schools Concussion Information Sheet

Definition

A concussion is a brain injury that may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head, and typically result in the rapid onset of a variety of symptoms that can impair neurological function. **In some cases, signs and symptoms may appear within minutes or up to hours after injury.** Below are lists of common signs and symptoms that may be observed:

Physical Signs:

- Loss of consciousness
- Nausea or vomiting
- Blurred, double, or fuzzy vision
- Sensitivity to light or noises
- Balance problems
- Difficulty sleeping or insomnia
- Slowed reaction times
- Behavior or personality changes
- Sluggish

Symptoms:

- Headache
- Feeling in a fog
- Confusion
- Irritability
- Nervousness or anxiety
- Difficulty concentrating
- Memory loss
- Fatigue
- Drowsiness

Certain signs may be observable to coaches, parents, and teammates:

- Athlete appears dazed
- Vacant facial expression
- Confused about an assignment
- Forgets plays
- Is unsure of games, score, or opponent
- Moves clumsily or appears uncoordinated
- Answers questions slowly
- Slurred speech
- Inability to recall events before or after the injury
- Seizures or convulsions
- Loss of consciousness

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

While signs and symptoms may vary from mild to severe in intensity, all concussions are serious injuries and should be treated as such. In other words, even a “ding” or bump on the head can be serious. **Loss of consciousness does not need to occur in order to be diagnosed with a concussion.** Any athlete suspected of having a concussion should be removed from physical activity immediately and treated by one of the licensed medical

professionals listed below (See WIAA Concussion Management). It is well known that adolescent athletes will often under report symptoms of injuries, and concussions are no different. **Continuing to play with the signs and symptoms of a concussion can put the athlete at a significant risk to a much worse injury, known as second impact syndrome. This can result in prolonged recovery, serious brain injury, or even death.** Regarding this, it is crucial that athletes understand the severity of concussions and report any symptoms that they may be experiencing. Most concussions (80-90%) will resolve within 7-10 days **if treated properly**. Administrators, coaches, parents, and teammates can all take part to make sure every student-athlete's safety is a priority.

WIAA Concussion Management

In accordance to the WIAA, athletes may only be cleared by any of the five approved health care providers regarding concussion management:

- Medical Doctors (MD)
- Doctor of Osteopathy (DO)
- Advanced Registered Nurse Practitioner (ARNP)
- Physicians Assistant (PA)
- Licensed Certified Athletic Trainers (AT/L)

Please visit the WIAA website to learn more:

<http://www.wiaa.com/subcontent.aspx?SecID=628>

However, athletes **MUST STILL** complete the return to play protocol after receiving clearance from any of these licensed health care providers. The athlete may not immediately return to their sport after given clearance from their health care provider.

Zachery Lystedt Law - House Bill 1824

The Lystedt law dictates that any athlete suspected of having a concussion must be removed from physical activity immediately and may not return until he/she has been evaluated and received written clearance from one of the five WIAA approved licensed health care providers listed above. Athletes that suffer from a concussion must go through a graded return to play protocol to ensure they have completely recovered and can tolerate returning to their sport.

Return to Play (RTP) Protocol

An athlete (High School or Middle School) may only begin RTP protocol when he/she has been symptom free for a minimum of 48 hours (High School) or seven days (Middle School). Symptom free is defined a NO exhibition of any signs of concussion.

The RTP protocol consists of a 5 day progression of physical activity:

Day 1: 10-15 minutes light aerobic activity (less than 60% max HR)

Day 2: 20-25 minutes moderate aerobic activity (less than 80% max HR)

Day 3: 20-30 minutes moderate to heavy aerobic activity including exertional activity

Day 4: Participation in limited, non-contact practice

Day 5: Full participation in athletic practice

Each step is pending the athlete is completely symptom free from initiation of one step until the initiation of the following step.

If the athlete does begin to experience symptoms at all during this time frame, he/she will be dropped back to the previous successful level of completion.

If the athlete begins to experience symptoms two consecutive days in a row, he/she will begin another 48 hour minimum symptom free period. This will apply to both High School and Middle School athletes.

Athletes must be seen by the athletic trainer consecutively unless otherwise discussed by the athletic trainer and the athlete or parents. Middle school athletes will have access to the high school trainers. High school trainers will be involved in the return to play protocol for middle school athletes in conjunction with the middle school coach.

Should the athlete successfully complete step 5 without experiencing any concussion symptoms, he/she will be considered completely released back to full participation.

ImPact Testing (HIGH SCHOOL ONLY)

Each athlete is required to have a Baseline ImPact Test on file before participating in any athletic event.

Should an athlete sustain a concussion, he/she will be required to take a Post-Injury ImPact Test.

The first Post-Injury test will be administered when the athlete's symptoms are not actively worsening.

Post-Injury tests may be repeated depending on the athlete's score.

The Baseline and Post-Injury results will be compared by the athletic trainer and/or other licensed practitioners as defined by the Lysted Law.

Post-Injury scores must be within an acceptable range of the Baseline score as decided by the athletic trainer and/or the licensed practitioner.

ImPact scores will be sent electronically from the athletic trainer to the licensed practitioner.

ImPACT Testing

ImPACT Testing is a computerized neurocognitive tool used to help monitor an athlete's signs and symptoms after a concussion and make sure they safely return to play. Prior to the beginning of the season, each athlete is required to have a baseline ImPACT Test on file. In the event that an athlete sustains a concussion, the athlete will take the ImPACT Test again and the results will be compared to the baseline score. This test will be administered approximately 3 to 4 days post concussion and can then be administered weekly thereafter to ensure the athlete is returning to their normal baseline score. The objective data from the ImPACT Test is used in conjunction with an evaluation by a WIAA approved licensed medical professional and return to play protocol in order to help assure the safest possible return to activity for the athlete.

Multiple Concussions

In the event an athlete should sustain more than one concussion within a season or school year, intervention with the athletic trainer, parents, and other licensed medical professionals may be warranted regarding the athlete's participation with sports. No two concussions are alike, and each athlete experiences different symptoms from a concussion, especially when the athlete receives more than one concussion. Therefore, each concussion will be treated at the athletic trainer's discretion. Further intervention may require a longer rest or healing period, a longer duration for the return to play protocol, an evaluation by a WIAA approved licensed medical professional or neurological specialist, removal of the athlete from contact sports, or termination from sports entirely.

References

International Consensus Conference on Concussion in Sport

McCroy, P., Meeuwisse, W.H., & Aubry, M. et al. Consensus statement on concussion in sport: the 4th international conference on concussion in sport held in Zurich, November 2012. (2013). *Br J Sports Med*, 47: 250-258.

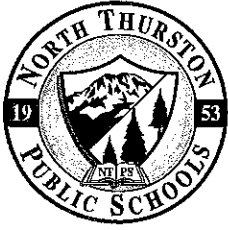
WIAA

<http://wiaa.com/ardisplay.aspx?ID=453>

Center for Disease Control and Prevention

http://www.cdc.gov/concussion/headsup/return_to_play.html

If you feel your child may have suffered a concussion, it is your responsibility to inform the coach and/or athletic trainer so proper treatment may be administered. Remember, it is better to miss one game than to miss the entire season or possibly suffer long term health issues.



NORTH THURSTON PUBLIC SCHOOLS

ATHLETIC CODE

2018–2019

**REVISED
MAY 2015**

Revisions include changes to the following sections:

- Confirmation Sheet
- 2.3.0 Enrollment
- 2.4.0 Fees/Fines
- 2.5.1 Physical Examination
- 3.3.0 Academic Probation
- 4.0.0 Behavior
- Illegal Substances
- 5.0.0 Tobacco/Vapor Equipment/Materials
- 10.0.0 Glossary

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THE ATHLETIC CODE

1.0.0 PHILOSOPHY STATEMENT

Welcome to North Thurston Public Schools (NTPS) and congratulations on your choice to participate as a member of an outstanding athletic program. It is the intent of all members of each school's athletic department and administration for athletics to be an enriching and healthy experience for student athletes in which physical, mental, and social growth take place through interscholastic competition.

North Thurston Public Schools believes interscholastic athletics are an integral part of a student-athlete's total educational experience. The success of our athletic programs is based on our student-athletes' abilities to balance their participation with their academic requirements. Academic achievement comes first. In athletics, our goals include:

- providing a safe and structured environment
- develop leadership skills among our student-athletes
- always demonstrate respect for self, team, officials and opponents
- build responsibility, good work ethic, trust, loyalty, self-esteem and discipline
- believing that success is not always recorded on the scoreboard but how we deal with setbacks and adversity is equally important.

Participation in NTPS athletic programs is a privilege; we therefore have the right to expect higher standards of behavior from our student-athletes. Since athletics provide a unifying influence upon our student body and between our school and community, athletes must positively represent the NTPS throughout their school and in the community. This document serves to inform students and parents about the guidelines, policies, and regulations of the Washington Interscholastic Activities Association (WIAA) and the NTPS. It explains expectations for student-athletes at each high school. One of the primary roles of the high school athletic department is to oversee the conduct of our student-athletes. We urge parents to take an active part in the guidance and supervision of their son or daughter while supporting the schools in our endeavor to develop positive and productive citizens.

2.0.0 GENERAL ELIGIBILITY

Student-athletes are expected to adhere to the rules set forth by the WIAA, the NTPS Student Rights and Responsibilities Handbook and their respective high school handbook. In addition, student athletes must meet the following criteria to be eligible for interscholastic sports consideration:

- 2.1.0 Age Limits** – A high school student shall be under twenty (20) years of age on September 1 for the Fall sports season, on December 1 for the Winter sports season, and March 1 for the Spring sports season. (WIAA 18.4.0).
- 2.2.0 ASB Member** - Every student who participates in interscholastic athletics must have a current ASB card.
- 2.3.0 Enrollment** - A student-athlete must be enrolled in five or more classes (or the equivalent) at the start of the season of the school the athlete represents. (WIAA 18.5.0)

- 2.3.1** A Running Start student is a member of the high school from which he/she accesses the Running Start program. (WIAA 18.6.0)
- 2.3.2** A private/alternative school student may participate in athletics at his/her public school of residence when a sport is not offered at his/her private/alternative school. (WIAA 18.5.2)
- 2.3.3** A home school student may participate at his/her resident high school in athletics by registering with the school district as a home school student. (WIAA 18.5.4)
- 2.3.4** Athletic opportunities offered by NTPS school athletic programs are intended for students currently enrolled in that specific school **only**. Student-athletes participating in any sports program offered/sponsored by a NTPS school must be enrolled in and be in good standing with that school. This expectation is in effect during the in-season, out-of-season and summer periods as defined by the WIAA.

2.4.0 Fees/Fines

- 2.4.1** Each high school student-athlete will pay a fee for each sport in which he/she participates. The fee or arrangements to pay the fee must be made prior to the student-athlete's first practice.
- 2.4.2** Student-athletes who, according to NTPS records, have any outstanding school-related fines will be considered ineligible for full athletic participation until one of the following actions have been completed:
- the fine is paid in full
 - items in question have been returned or situations have been resolved
 - a payment agreement between the student/family and the school issuing the fine has been initiated
 - the fine has been dropped by the issuing school

2.5.0 Physical Examination – Prior to the first practice of an interscholastic sport, participants must undergo a thorough physical examination and be approved for full participation by a medical authority as defined by the WIAA. Physical examinations must be renewed after 24 consecutive months to the date. The NTPS Athletic Department strongly recommends that a new athletic physical examination is obtained each year. (WIAA 17.11.0)

2.5.1 All student-athletes who have been ill or injured or whose health has changed to the extent of needing a physician's care must have the written release of a health care provider prior to re-entering competition in a given interscholastic sport. (WIAA 17.11.4)

2.5.2 All student-athletes and their parents will be required annually to sign and return an information sheet relating to the nature and risk of concussion or head injury. This information sheet will include the signs and symptoms of concussion/brain injury.

2.6.0 Medical Insurance – student-athletes are required to have or obtain medical insurance

2.7.0 Residency - A student-athlete's parents or legal guardians shall be bona fide residents of the North Thurston Public Schools district within the designated high school attendance area (WIAA 18.10.0)

2.8.0 Transfers

2.8.1 Out of district – for the first year of the school transfer, a student-athlete who attended a school outside the NTPS district is restricted to junior varsity competition in those sports in which they participated in the prior year. (WIAA 18.11.0)

2.8.2 In district - for the first year of the school transfer, a student-athlete who attended another school within the NTPS district is restricted to junior varsity competition in those sports in which they participated in the prior year. (WIAA 18.11.0)

2.8.3 Student-athletes who wish to appeal their varsity eligibility must contact their building Athletic Director for the appropriate WIAA appeal packet. (WIAA 19.0.0)

2.8.4 Sport transfer in-season – a student-athlete who wishes to change from one sport to another during the same sports season must secure the approval of both coaches involved and report that change to the building Athletic Director.

2.9.0 Concurrent Participation – a student shall not compete in more than one (1) interscholastic sport per season. (WIAA 18.21.0)

3.0.0 ACADEMIC ELIGIBILITY

3.1.0 Previous semester/trimester – In order for a student-athlete to be considered academically eligible for a new season, he/she:

- must have passed five of six classes (or the equivalent) in the semester immediately preceding the one in which the interscholastic competition is held.
- The student-athlete must have a minimum 2.0 GPA **OR** have passed all classes with no grades of "D" or "F" in the previous semester/trimester.

If a student has not passed the equivalent of **five of six classes** in the previous semester/trimester, he/she will be allowed to turn out but not be allowed to compete in any interscholastic competitions until the last Saturday in September for first semester or after the fifth week for second semester. Eligibility will begin on the Monday following the suspension period.

If a student passed five of six classes (or the equivalent), but did not achieve a minimum 2.0 GPA, **OR** did not pass all classes with grades above a "D" the previous semester/trimester, he/she will be ineligible for interscholastic competition until a grade check on the second Friday of the semester or later indicates a minimum 2.0 GPA, **OR** passing all classes with grades above a "D".

3.2.0 Current semester/trimester – An in-season student-athlete must maintain a 2.0 GPA **OR** be passing all classes with grades above a "D", and be enrolled in five or more classes (or the equivalent) and passing five of six classes (or the equivalent). (WIAA 18.7.0)

3.3.0 Academic Intervention/Honors: Grade checks will be conducted on **all** student-athletes in-season every two weeks by the athletic director (AD). The AD will compile a roster of student-athletes and their current grades which will be submitted to the respective coach. The coach and/or AD will determine which academic interventions are necessary for identified student-athletes and assign these accordingly. The coach/AD will monitor and promote the pursuit of academic honors for their in-season teams.

3.4.0 Academic Probation – All in-season student-athletes are expected to meet or exceed the following academic standard:

- **a minimum 2.0 GPA,**
- **OR passing all classes with grades above a “D”.**

A student-athlete not meeting the academic standard during the current semester/trimester will be placed on academic probation by the school's AD. The student-athlete and his/her parents will be notified in writing within three (3) days of the probation by the AD or designee. Probation shall be managed using the following protocol:

- The student-athlete is eligible to practice, but is ineligible to participate in any interscholastic competition until the academic standard is met or exceeded.
- The student-athlete will be placed in appropriate academic interventions following an academic review.
- Practice time may be reduced to allow for additional study time.
- The student-athlete will be grade-checked weekly while on probation by the AD or designee.
- Any student-athlete who fails to meet the academic standard after five (5) weeks on probation will be subject to academic suspension (Section 3.5).

3.5.0 Academic Suspension – A student-athlete who fails to meet the academic standard after five (5) weeks, or who is placed on probation more than twice within a season, will be removed from the team. The athlete and his/her parents will be notified in writing within three (3) days by the AD or designee. The student-athlete and his/her parents have the right to appeal the suspension. **See Section 7.0 for appeal process.**

4.0 BEHAVIOR

4.1.0 Attendance – a student-athlete must be present in school for every scheduled class period the day of a game/practice in order to participate. Exceptions, such as dental and medical appointments, school-sponsored activities and college visits for high school seniors must be approved in advance by the school principal or designee and the head coach.

Attendance issues which violate the rules set forth in the NTPS Student Rights and Responsibilities Handbook (Part IX, District Attendance Procedure) may have an effect on a student-athlete's athletic participation and/or membership on a team.

4.2.0 Conduct —a student-athlete shall follow all rules established by the NTPS in the Student Rights and Responsibilities Handbook and by his/her school at all times while they are eligible or potentially eligible to participate in high school athletics, including, but not limited to time, such as summer breaks, vacations, and non-school days, and regardless of whether the student athlete is not currently

participating in a sport. Failure to follow these rules may result in athletic discipline consequences including, but not limited to loss of playing time, suspension or dismissal following a review by the school's administration.

Conviction or adjudication of any criminal acts, or being charged with criminal acts if school officials determine the conduct involved in the charge occurred, is also a violation of the Athletic Code.

4.3.0 Social Media—all members of athletic programs in the NTPS have a responsibility to use social media in a positive, appropriate manner. Items including comments, photos, images and videos that are derogatory, demeaning, taunting or unsportsmanlike toward an opponent/team/school/community/teammate/team and/or coaching staff are considered detrimental to the purpose of the athletic programs of the NTPS. Individuals making such improper use of social media will be subject to appropriate team and/or school discipline.

Comments, videos, images and photos on social media can be used as evidence of athletic code violations and lead to athletic disciplinary consequences.

4.4.0 Hazing: any humiliating or dangerous activity expected of a student to belong to a group regardless of their willingness to participate will be considered an act of hazing and will not be tolerated in the athletic programs of the NTPS. Violators will be subject to the consequences found under the Harassment, Intimidation and Bullying (HIB) (SRRH Appendix II) and Harassment (SRRH Appendix III) rules of the NTPS and may also be subject to further athletic disciplinary consequences following a review by the school's administration.

4.5.0 Self-Reporting—any athlete who self-reports a violation of the athletic code for a first violation may receive a reduced consequence for the offense following a review by the school's administration.

Illegal Substances – Use, possession, sale, or delivery of tobacco/vapor equipment/material alcohol/marijuana, drugs and/or possession of drug paraphernalia and/or substance purported to be drugs is prohibited. Athletes who are at a location where drugs and/or alcohol/marijuana are being used illegally must upon learning of the presence and/or use of such substances, make immediate, and exhaustive attempts to leave the premises; failure to do so will result in disciplinary action outlined in sections 5.0.0 and 6.0.0 below.

5.0.0 LEGEND DRUGS, ANABOLIC STEROIDS & 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 (WIAA 18.26.2):

1st Violation - A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate unless the student-athlete accesses the assistance program outlined in B (below.)

- A.** In order to be eligible to participate in the next interscholastic sports season, the student-athlete shall meet with the Building Athletic Appeal Committee. This Committee is composed of: one building administrator; the building Athletic Director; one coach from

a different sport/activity than the one involved; and (when possible) one counselor or other staff member. The building Athletic Director will chair the committee.

- B. A student-athlete who seeks and 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 that athletic season, pending recommendation by the school eligibility authority (Building Athletic Appeal Committee).

2nd Violation - A student-athlete 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 student-athlete who violates for a third time RCW 69.41.020 - 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition

6.0.0 TOBACCO/VAPOR EQUIPMENT/MATERIAL, ALCOHOL/ MARIJUANA

A violation involving tobacco/vapor equipment/material or alcohol/marijuana shall subject the student-athlete to disciplinary action as follows (WIAA 8.24.1):

6.1.0 Tobacco/Vapor equipment/material – (In or Out of Season once signed)

1 st Violation	2 nd Violation	3 rd Violation
Suspension of 5 participation days and a minimum of 10% of competition	Suspension of 15 participation days; enroll and complete a smoking diversion/cessation program and a minimum of 20% of competition	30 day suspension or the remainder of the season (whichever is greater)

6.2.0 Alcohol/Marijuana – (In or Out of Season once signed)

1 st Violation	2 nd Violation	3 rd Violation
Suspension of 40 participation days and a minimum of 20% of competition	Suspension of 90 participation days	Expulsion from all athletics for one calendar year

- 6.3.0** A student-athlete who seeks and receives help for a problem with use of alcohol /marijuana 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 that athletic season, pending recommendation by the school eligibility authority (Building Athletic Appeal Committee).

7.0.0 APPEAL PROCESS

Student-athletes and parents/guardians have the right to appeal a decision which results in suspension from participation in a sport or activity due to a violation of the NTPS Athletic Code. The request for an appeal must be made in writing to the building principal, and received within three (3) school days of written notification of the sanction. Student-athletes are suspended from all participation pending the result of the appeal hearing.

7.1.0 Building Level Appeal

7.1.1 All appeals will be reviewed by the Building Athletic Appeal Committee. This Committee is composed of: one building administrator; the building Athletic Director; one coach from a different sport/activity than the one involved; and (when possible) one counselor or other staff member. The building Athletic Director will chair the committee.

7.1.2 Upon receipt of the written request for an appeal, the Building Athletic Appeal Committee will convene within five (5) school days.

7.1.3 The student-athlete involved must attend the appeal hearing or the appeal will not be heard. Parents/guardians are strongly encouraged to attend. The student-athlete may request up to three (3) persons to speak on his/her behalf, and should be prepared to present all relevant additional information to the Committee.

7.1.4 The Building Athletic Appeal Committee will hear and decide the eligibility of the student-athlete based on the NTPS Athletic Code and information presented at the hearing. The student-athlete will be notified of the decision of the Building Athletic Appeal Committee in writing within 24 hours of the hearing. Copies of the decision will be provided to the parent/guardian; building principal and District Athletic Director.

7.2.0 District Level Appeal

7.2.1 If the student-athlete disputes the result of the building level appeal, a request for a District level appeal may be made. It must be in writing and received by the District Athletic Director within three (3) school days after written notification of the building level appeal result. The District Athletic Director will chair this committee, with one administrator from each of the comprehensive high schools as members.

7.2.2 The student-athlete involved must attend the appeal hearing or the appeal will not be heard. Parents/guardians are strongly encouraged to attend. The student-athlete may request up to three (3) persons to speak on his/her behalf, and should be prepared to present all relevant additional information to the Committee.

7.2.3 The final step in the appeal process is a formal, written request to the office of the Superintendent of North Thurston Public Schools. This request must present new information in writing as a basis for a review and reconsideration hearing. It must be presented within three (3) school days of the decision of the District Committee. The decision of the Superintendent or designee may be appealed to the NTPS board of directors by presenting a written grievance to the Superintendent's office no later

than two school business days' before the board's next regular meeting. The board of directors will review during the board's next regular meeting, which is the final step at the District Level Appeal. The Board will issue its decision within ten school business days after the meeting.

8.0.0 TEAM SELECTION/PLAYING TIME

- 8.1.0** Because of the nature of some sports and because of some facility limitations, it sometimes becomes necessary to limit the number of participants on a given team.
- 8.2.0** Coaches are hired by North Thurston Public Schools to manage and direct a specific athletic activity. Their responsibilities include evaluating and selecting students for teams as well as determining the degree to which each student-athlete will participate.
- 8.3.0** Head coaches may have additional rules and regulations which they deem are necessary and are not in violation of any rules and regulations of this code. Coaches must inform all of their players of additional rules and regulations and the rules must be in writing and distributed to all participants and signed by parent/guardian and returned to the coach prior to the first interscholastic competition. Violation of these rules may result in team sanctions including loss of playing time. **Additional rules and/or regulations must first be approved by a high school's Athletic Director.**
- 8.4.0** Coaches' decisions regarding team personnel are based on a variety of factors. Some of these include the student-athletes' skill levels, teamwork, behavior, consistent performance, and grades. Any one, or any combination of these, plus other possible factors are all weighed very carefully in this process.
- 8.5.0** Regardless of the subjective nature of the process and the potential for disagreement, only the coach is in a position to make selections for membership and playing time. If one were to assume any other position on this issue, a precedent would be established that NTPS would find untenable.
- 8.6.0** Each participant will be given an equal opportunity for evaluation. Substantiated emergency circumstances may require alternative opportunities for evaluation. Circumstances will be reviewed by the coach and athletic director. **All freshman student athletes are to be evaluated for at least five (5) days before the specific athletic activity begins the process of involuntarily reducing numbers.**

9.0.0 PARENT COMMUNICATION PROCESS

- 9.1.0** Parents/guardians having a concern(s) with a co-curricular activity are expected to follow these steps:
 - 9.1.1** Communicate concern(s) to coach/advisor.
 - 9.1.2** If resolution is not found during communication with coach, express concern(s) to school Athletic Director.

9.1.3 The school Athletic Director will then arrange and facilitate a meeting between student-athlete, the student-athlete's parent(s), and coach to resolve concern(s).

9.1.4 If resolution is not found in 9.1.3, the parent, coach, and Athletic Director will meet with the building administrator in charge of co-curricular programs to resolve the concern(s). The building administrator in charge of co-curricular programs is the final step in resolution process.

10.0.0 GLOSSARY OF TERMS

- 1. Academic Ineligibility:** a grade point average (GPA) below 2.0; not enrolled in the equivalent of five classes during a season; not passing the equivalent of five of six classes during a season.
- 2. Academic Ineligibility Hearing:** a student-athlete who has been suspended from a team due to continued academic ineligibility may make a written request for a hearing to the building Athletic Director with the Building Athletic Appeal Committee.
- 3. Academic Probation:** a student-athlete who is not meeting the minimum GPA or passing the minimum number of classes in the previous or current semester will be placed on Academic Probation.
- 4. Appeal (building level):** an opportunity for a student-athlete and parent/guardian to meet with the Building Athletic Appeal Committee to appeal a suspension from a team.
- 5. Appeal (district level):** a disputed building level appeal may be heard at the district level by a committee chaired by the district's Director of Athletics.
- 6. Building Athletic Appeal Committee:** Hears athletic appeals at the building level. Committee consists of: one building administrator, the building Athletic Director, one coach for a sport or activity other than the one in question, and (when possible) one counselor or another staff member.
- 7. Controlled Substances:** a drug, substance or immediate precursor included in (RCW 69.50.101) (d).
- 8. Expulsion:** The exclusion from athletic participation for the remainder of the current school year (minimum) and up to exclusion from all athletic participation for the remainder of the student's high school career.
- 9. Family Unit:** the adult(s) who has/have had legal custody or legal guardianship of the student-athlete for a period of at least one (1) year and with whom the student resides.
- 10. Grade Checks:** regular monitoring of a student-athlete's grades by the building Athletic Director and/or head coach of the sport during a season. May also be done to monitor a student-athlete's grades in the semester prior to participation to help determine eligibility.
- 11. Hardship:** extenuating circumstances beyond the student-athlete's, or where applicable, the parent's or legal guardian's control, that are deemed to have significantly influenced or contributed to the cause of the student-athlete's non-compliance to the eligibility regulation(s) involved.
- 12. Hazing:** Any humiliating or dangerous activity expected of a student-athlete to belong to a group regardless of their willingness to participate.
- 13. Interscholastic competition:** practice, scrimmage and/or competition with another team or school during the regular or post season.
- 14. Legend Drugs:** 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.

- 15. Participation:** As defined by the WIAA participation schedule. If the conclusion of a season occurs during a suspension period, the remainder of the suspension will carry over into the next sports season in which the student-athlete participates.
- 16. Participation Day:** any day of a regularly scheduled practice or game. Non-practice days (Sundays, certain holidays) are not counted as participation days.
- 17. Participation Fee:** a fee charged to each student-athlete who participates in a school sports program. High school student-athletes are assessed a participation fee in each of the three sports seasons in which they participate.
- 18. Regular member (student):** a student is a regular member of a school if they are enrolled half time or more, exclusive of interscholastic activities.
- 19. Residence:** The place where the family unit has established its home and/or the place where the student-athlete is habitually present and to which, when departing, the student-athlete intends to return.
- 20. Residence rule:** In order to be eligible to participate and/or represent a WIAA member school in an interscholastic contest, the student-athlete must be residing within the boundaries of that school district and designated attendance area of the school.
- 21. Season:** from the first day of practice to the completion of the sport's culminating activity/awards event.
- 22. Season limitations:** after entering or being eligible to enter the ninth grade, a student-athlete shall have four (4) consecutive years of interscholastic eligibility.
- 23. Social Media:** the collective of online communications channels dedicated to community-based input, interaction, content-sharing and collaboration.
- 24. Suspension:** Includes exclusion from all athletic participation (practices, games, events).
- 25. Transferring students:** after registering with and/or attending a middle level or high school, students changing enrollment to/from one school district to another school district or from one high school to another high school within a multiple high school district shall be considered a transferring student.
- 26. Tobacco/vapor equipment/material:** any kind of pipe, cigar, cigarette, e-cigarette, or any other smoking or vapor equipment or material including chew and sniff tobacco products.
- 27. WIAA:** Washington Interscholastic Activities Association; the governing body for all interscholastic activities in the state for member schools. All high schools in the North Thurston Public Schools are members of the WIAA and are governed by its rules and regulations.

Non Discrimination Statement:

North Thurston School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator and Title IX Officer: Joe Bremgartner, 360-412-4453, jbremgartner@nthurston.k12.wa.us; Section 504 Coordinator: Leslie Van Leishout, 306-412-4484, LVanLeishout@nthurston.k12.wa.us. Address for both: 305 College St. NE. Lacey, WA 98516.