

Kelso School District

Student Athletic/Activities Handbook



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SECTION I: INTRODUCTION

“Athletics” means more than competition between individuals or teams representing different schools. It is, rather, a means of building a way of life respected in our society. It teaches understanding and appreciation of teamwork-that to participate means success, and to follow training rules means healthy living habits and establishes high team morale. This results in a mutual trust by coaches and other team members. Athletics exemplifies the philosophy that dedication, drive, and determination bring eventual success.

If you decide to participate, be prepared to dedicate yourself to the athletic program. Remember, you will be a representative of your family, school, and community, so your actions should be above reproach, both at and away from the athletic site. Some sports require the selection of team members. This selection is not always based entirely on athletic ability. Attitude, conduct, cooperation, loyalty, and desire are also some characteristics that are considered in selecting team members.

INTERSCHOLASTIC ACTIVITIES

(Policy 2151)

The board recognizes the value of a program of interscholastic activities as an integral part of the total school experience for all student athletes of the district and for the community. The program of interscholastic activities shall include all activities relating to competitive contests, games or events, or exhibitions involving individual student-athletes or teams of student-athletes of this district when such events occur between separate schools within this district or with any schools outside this district. The board expects that:

1. All interscholastic activities and events shall be in compliance with the rules and regulations of the Washington Interscholastic Activities Association ([WIAA](#)). The schools of the district shall not participate in any out-of-season activities that are not sanctioned by the WIAA. The district shall not be responsible or liable for non-school-sponsored programs or for programs that are organized, promoted, or participated in by staff members without school approval. The district shall not be responsible for or control and incur liability for summer and/or out-of-season activities unless specifically sponsored by the school district. The Superintendent shall establish rules defining the circumstances under which school facilities may be used and under which announcements of summer sports leagues and/or clinics may be channeled to student-athletes.
2. An athletic coach must be properly trained and qualified for an assignment as described in the coach's job description.
3. A handbook which outlines the rules, skills, techniques, and safety measures associated with a coaching assignment will be distributed to each coach. A coach must secure permission in advance if they wish to deviate from the handbook.
4. In-service training opportunities will be afforded each coach so that they are trained to attend to the healthcare needs of participants. Prior to a sports season, the coach will prepare a plan for handling medical emergencies at practice sessions and games (home and away).
5. Participants will be issued equipment that has been properly maintained and fitted.
6. All facilities and equipment utilized in the interscholastic athletic program, whether or not the property of the district, shall be inspected on a regular basis.
7. Non-prescribed medications, including such items as analgesic balms, vitamins, and salt tablets must be approved by the Superintendent or designee before they may be available for use by coaches and/or athletic trainers. After athletic training medications have been approved, the coach and/or trainer must secure authorization from the parent/caregiver and the student athlete's doctor before the medications may be used during the athletic season.

If such release is not on file, the non-prescribed medications may not be used. This provision does not preclude the coach and/or trainer from using approved first-aid items.

8. The board recognizes that certain risks are associated with participation in interscholastic sports. While the district will strive to prevent injuries and accidents to student athletes, each student-athlete and their parent/caregiver will be required to sign a Safety Guideline form which indicates that the parent/caregiver assumes all risk for injuries resulting from such participation.
9. Each participant in interscholastic sports shall furnish a completed physical card and such other evidence of physical fitness as may be required prior to becoming a member of an interscholastic team. A written report shall be completed when a student-athlete is injured while participating in a school-supervised activity. A participant shall be free of injury and shall have fully recovered from illness before participating in any activity. If the participant consulted a physician, they must submit a release statement from the physician prior to future participation.

The Superintendent or designee shall annually prepare, approve and present to the board for its consideration a program of interscholastic activities for the school year. The Superintendent or designee shall prepare rules for the conduct of student-athletes including, but not limited to, use of alcoholic beverages; use of tobacco; use or possession of illegal chemical substances or opiates not prescribed by a physician; physical appearance; curfew; unsportsmanlike conduct; absence from practice; gambling; or any infraction of civil law. Rules and disciplinary actions related to rule violations shall be distributed to each student-athlete and their parents/caregivers prior to the beginning of an athletic season.

SECTION II: ATHLETIC CLEARANCE

FINAL FORMS - KELSO SCHOOL DISTRICTS SPORTS REGISTRATION

Registration is completed online using FinalForms. To register, update, or set up a new account, go to: <https://kelso-wa.finalforms.com>. This link can be found at: <https://gohilanders.com>, click on Athletic Registration.

Check the sports your student-athlete may be participating in during the school year. You will be required to sign your forms once per year and after any update. ALL forms are to be signed by a parent/caregiver, and the student-athlete. Registration is NOT complete until all forms have been submitted with the required signatures. If you need assistance, use the [Parent Playbook](#) or scroll to the page bottom and click "Use Support".

REQUIREMENTS

1. [Sports Physical \(every 2 years\)](#)
2. [Student-Athletes Forms - Final Forms](#)
3. [Parent/caregiver Forms \(this includes insurance information\) - Final Forms](#)
4. [ASB Fee - paid prior to first competition](#)
5. [Athletic Participation Fee -paid prior to the first competition](#)

Items 1-3 are necessary to begin the clearance process. Once all required forms are submitted, the athletic department will verify athletic eligibility. Athletic eligibility is determined by the items on the subsequent pages.

If you have any questions after reviewing the Final Forms Parent Playbook, feel free to reach out to:

Kelso High School - Cathy Usher; cathy.usher@kelsosd.org 360-501-1898

Coweeman Middle School - Kandi Harmon; kandi.harmon@kelsosd.org 360-501-1756

Huntington Middle School - Shana Jabusch; shana.jabusch@kelsosd.org 360-501-1722

ELIGIBILITY REQUIREMENTS

(Eligibility requirements are established in accordance with [Article 18.0.0](#) of the Washington Interscholastic Activities Handbook and Kelso School District)

Standards of Eligibility: In keeping with the belief that participation in activities is a privilege and not a right, certain standards of eligibility have been established. Standards on age, residence, and season limitations promote the Association's goals of fairness and equality of opportunity for all participants. Standards on scholarship, attendance, and amateur standing support the Association's goals of educating youth and promote activities as an integral part of the total educational process. **Student-athlete eligibility is determined by the athletic director at the member school in which the student-athlete participates. There are six (6) separate components that are reviewed to determine eligibility.**

1. **Student Athlete Eligibility Criteria** - All participants must be eligible under the rules of the Washington Interscholastic Activities Association to participate in an interscholastic contest.
2. **Cleared for Participation**- No student-athlete shall participate in a practice unless they have been cleared through FinalForms.
3. **Eligible to Compete** - Only student-athletes who are currently eligible to compete in an activity may appear in the team uniform on the team bench, sideline, court, field, or deck during the contest.
4. **Physical Examination** - Prior to the first practice for participation in interscholastic athletics a student-athlete shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination.
5. **Age Limits:**
 - a. **High School** - A student-athlete shall be under 20 years of age within the first two (2) weeks of each sports season.
 - b. **Middle School** - A student-athlete shall not have reached their 15th birthday prior to June 1 of the previous school year. Middle school is defined as a school with at least seventh and eighth-grade levels. (Middle school is defined as a school with at least seventh and eighth-grade levels.)
6. **Student-Athlete Member of a School** - Student-athletes must be regular members of the school they represent in order to participate in an interscholastic activity. Student-athletes are "regular members" if they meet one of the following:
 - a. Enrolled half-time or more, exclusive of interscholastic activities.
 - b. Participating at the resident public school in which their home is located and receiving academic instruction in a private school without the sport, alternative school without sports, and/or registered as home school in the school.
 - c. Participating at a school involved in an approved sport combined with the school.

SCHOLARSHIP

While the WIAA is aware of the important role interscholastic athletics play in the development of student-athletes, the WIAA member schools are also committed to the philosophy that the primary purpose of our secondary schools should be to academically prepare student-athletes to become productive citizens upon graduation. Scholastic incentives should be established and enforced for the educational and personal welfare of the student athletes who participate.

KELSO SCHOOL DISTRICT ACADEMIC STANDARD

In order to maintain athletic eligibility during the current season, the student-athlete must be passing 4 of 5 classes (or 7% weekly benchmark in Odysseyware), passing all running start classes, homeschool or alternative education classes, passing all school monitored online courses, and have a minimum 1.7 GPA or appropriate progress indicators. All athletes will be required to maintain the academic minimums throughout the entire season. All athletes will participate

in a grade check that will occur approximately every three weeks of the season. Any student not meeting the academic minimum standards will be placed on a 3-week academic probationary period. If a student does not meet standards at the end of the probationary period, they will then be progressed to a 1-week academic suspension and grades will be monitored on a weekly basis.

Academic Probation: Probationary student-athletes will be required to submit weekly grade checks on the first day of the week to determine if they have met the KSD Academic Standard. Student-athletes on Academic Probation may still practice and compete against other schools with the team. It is the responsibility of the athlete to obtain the grade check form from the athletic director and obtain the necessary signatures from their teachers. It is the responsibility of the athlete to return the completed form to either the athletic director or athletic secretary. Players cannot practice/play until their weekly grade check form has been completed and submitted.

Academic Suspension: Student athletes on Academic Suspension may still practice with the team, but cannot compete in interscholastic competitions with other schools. Suspended student-athletes may not travel with the team to away events if the school will be missed. Athletes will be suspended from competition for a minimum of one week

Incompletes may be made up for credit during the first five weeks of the trimester. Until made up, the student-athlete will be considered [WIAA Academic Ineligible](#).

School Day: Any day where school would normally be in session. A minimum of three school days constitutes a week. Winter and Spring breaks do not count as days or allocated weeks unless the student-athlete would be missing a scheduled competition during this time period. EX: If a basketball player is on academic suspension, and the team travels to a tournament over the winter break, that week would count towards their allocated suspension period. However, if no competition is scheduled, the week would not count.

DETERMINING ACADEMIC ELIGIBILITY STATUS - HIGH SCHOOL

Fall Sports - Trimester 3 of previous year

2023-2024 Academic Grade Check Dates for all fall athletes:

09/25/23, 10/21/23, 11/06/23

Student-athletes will be placed on academic probation at the start of the fall sport season if they failed to meet the KSD grade requirements in the third trimester of the previous school year. Probationary period will last until the 4th Saturday in September. At this point, if the student-athlete is:

- **Meeting KSD academic standards** - they will not be on/removed from probationary status.
- **Not meeting KSD academic standards** - they will be placed on probationary status. If a student does not meet academic standards after three weeks, they will move to a 1-week academic suspension. Suspension time will be week to week until the student meets academic standards.

Winter Sports- Trimester 1 of the current year

2023-2024 Academic Grade Check Dates for all winter athletes:

11/30/23, 12/15/23, 01/08/24, 01/29/24, 02/19/24

Meeting KSD academic standards - they will not be on/removed from probationary status.

Not meeting KSD academic standards - they will be placed on probationary status. If a student does not meet academic standards after three weeks, they will move to a 1-week academic suspension. Suspension time will be week to week until the student meets academic standards.

Spring Sports - Trimester 2 of the current year

2023-2024 Academic Grade Check Dates for all spring athletes:

03/18/2024, 04/08/2024, 04/29/2024, 05/20/2024

Meeting KSD academic standards - they will not be on/removed from probationary status.

Not meeting KSD academic standards - they will be placed on probationary status. If a student does not meet academic standards after three weeks, they will move to a 1-week academic suspension. Suspension time will be week to week until the student meets academic standards.

Incoming 9th-grade student-athletes who wish to participate in fall sports, will not be impacted by the result of their second-semester grades during their 8th-grade year. However, eligibility for incoming 9th-grade student-athletes participating in a winter or spring sport will be determined by the eligibility timeline above.

Transfer student-athletes will be required to provide a WIAA eligibility packet and academic eligibility will be determined based on the academic standing of the school they are transferring from.

DETERMINING ACADEMIC ELIGIBILITY STATUS - MIDDLE SCHOOL

Fall First Season (Football/Volleyball/Cross Country)

Fall Second Season (Girl's BB/Wrestling)- Current year 1st term

Winter Season (Boy's BB/Bowling)- Current year 2nd term

Spring Season (Track)- Current year 4th term

Preseason grade checks will occur 5 days prior to the first practice date. To identify student-athletes on probation (less than 1.7 or failing more than one class).

- Student athletes starting the year on probation:
 - Will have week-to-week grade checks.
 - Will have 3 weeks to meet the grade standard.
 - Who do not meet the grade standard, will be placed on academic suspension (can practice, but can't play in games) on a week-to-week basis.
- Student-athletes who do not start the year on academic probation:
 - Will have grade checks on week 3.
 - Student-athletes who meet the minimum standard will be good for the remainder of the season.
 - Student-athletes who do not meet the minimum standard on the week three grade check, will be placed on academic suspension (can practice, but can't play in games). These student-athletes will then have weekly grade checks for the remainder of the season.

7th and 8th-grade student-athletes who wish to participate in fall sports, will not be impacted by the result of their second-semester grades of the previous year. However, eligibility for incoming 7th and 8th-grade student-athletes participating in a winter or spring sport will be determined by the eligibility timeline above.

ACADEMIC ELIGIBILITY SUMMARY

All participating student-athletes in extra-curricular activities will have their grades checked at the beginning of the season to determine eligibility, based on the criteria outlined above. Then all-athlete grade checks will be conducted at

the mid-term mark during the season. Grade check timelines will be provided for both high school and middle school coaches prior to the start of the fall season.

Semester/Trimester Grade Checks

If a student-athlete is not passing all their classes at the semester/trimester end, they are placed on academic suspension and become ineligible to participate in competitions or events. The student-athlete can participate in practice/work sessions but no competitions. The student-athlete is ineligible for the first 5 weeks of the succeeding trimester for high school, and 3 weeks of the succeeding semester for middle school (3 or more teaching days constitute a week.)

If a student-athlete is not passing all their classes at the start of the fall season based on final term grades from the previous school year, the probation period shall be through the 4th Saturday in September [\(18.6.5.A\)](#). If, at the end of the probation period, the student-athlete is meeting the KSD academic standard, as proved by turning in a grade check to the athletic office, the athlete may then be reinstated for interscholastic competition.

Midterm (HS) Grade Checks

If a student-athlete is not passing all their classes when progress report grades are checked at mid-term, they are placed on academic probation and grades will be monitored for 3 weeks. If the student-athlete is not meeting the standard after the 3rd week, they will be placed on academic suspension. The student-athlete can participate in practice/work sessions but no competitions. The suspension will remain in effect until such time as the student-athlete provides the athletic office with a grade check showing that they have improved their grades and are currently meeting the KSD academic standard. The academic suspension is for a minimum of one week. Once the student-athlete is meeting the KSD academic standard, they may then be reinstated for interscholastic competition. This grade check can only be submitted once per week during the suspension period.

All student-athletes on academic probation or suspension will conference with the Athletic Director, or designated individual, once per week. The student-athlete will be responsible for obtaining and completing a weekly progress report. Progress reports will be due on Monday of the subsequent week. Failure to provide a completed progress report will result in possible suspension for the week.

Running Start / Home-School / Online / Alternative Education

Alternative education programs are academic learning opportunities that fall outside of the traditional school-house format. These schools must be registered with OSPI. A school district receives FTE funding for student-athletes involved in these programs. A full-time high school student-athlete in a public alternative school without athletics may participate at the resident public school that the student-athlete would normally attend or that student-athlete public school of record [\(18.6.2\)](#).

All student-athletes taking part in an alternative education program must adhere to the same standards as traditional school-house format student-athletes. Grade reports will be required before an athlete will be cleared for participation and at the midterm grade check. Student-athletes who fail to submit a grade report to the athletic office will be suspended from all participation; this includes practice. The athletic director or principal designee will be responsible for the determination and monitoring of all alternative education student-athletes and their athletic eligibility.

Kelso Virtual Academy grades will be determined on an individual basis. The athletic director or principal designee will determine academic eligibility in conjunction with Kelso Virtual

Academy, based on the depth of progress being made in each class.

RESIDENCY RULE

The WIAA residence rule is intended to create an equitable environment in which its member schools can compete, and at the same time prevent those abuses that taint the goals of interscholastic activities. Primarily, the residence rule is

intended to prevent athletic recruiting, prevent student-athletes from choosing schools for athletic reasons, and to promote the varied family units as the best environment for student-athletes to live in while attending school. Deterring student-athletes from running away from or avoiding imposed discipline, protecting school programs by discouraging athletic transfers, and protecting the opportunities for bona fide resident student-athletes to participate are also viable reasons for the residence rule.

Definition of Residence and Family Unit

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.

Family Unit - The adult(s) who has/have resided with, had legal custody, legal guardianship, or has/have acted in a parental/caregiving capacity of the student-athlete and any siblings high school age or younger with whom the student-athlete resides for a period of at least one (1) year.

TRANSFER RULE

The Transfer Rule is intended to create and maintain a consistent and level playing field for student-athletes in member schools. In keeping with the belief that participation in activities is a privilege and not a right, certain standards of eligibility have been established. The transfer rule protects student-athletes who have previously participated in athletic competition at a member school from being replaced by student-athletes who transfer. It encourages fair play, communication, and determination while discouraging “school shopping” and abuses of promotion and recruiting by member schools and their agents. While recognizing the educational experiences that each member school provides, the WIAA member schools support the right of parents/caregivers and student-athletes to attend a school of their choice during the window of transfer. Our membership also recognizes the unpredictable nature of the high school experience. Therefore, the WIAA supports the right of parent/caregiver and student athletes to attend a school of their choice, however, this does not guarantee varsity athletic eligibility. Once a student-athlete establishes themselves at a school, there must be an acceptable set of circumstances or “hardship” to warrant varsity athletic eligibility if a student-athlete transfers schools

Transferring Student-Athlete

After residing in, registering with, attending, or participating with a middle-level or high school, student-athletes 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 transferring student-athletes. In order to be eligible for varsity competition, transferring student-athletes must meet the transferring student-athlete requirements of [18.12.1](#), [18.12.2](#), [18.12.3](#), or be granted a waiver under [18.14.0](#) and [18.28.3](#). This section shall also apply to those student-athletes receiving home-based instruction.

SPORTS PHYSICALS

The Washington Interscholastic Activities Association requires ([Regulation 18.13](#)) that prior to the first practice for participation in interscholastic athletics a student athlete shall undergo a thorough medical examination and be approved for middle-level and/or high school interscholastic athletic competition by a medical authority licensed to perform a physical examination. Those licensed to perform physical examinations ([Regulation 18.13.1](#)) include Medical Doctors, Doctors of Osteopathy, Advanced Registered Nurse Practitioners, Physicians Assistants, and Naturopathic Physicians.

Physicals are valid for 24 months from the date of the examination. Student-athletes with physicals expiring during a participating season will not be cleared prior to the participating season until a current physical is completed and submitted to the athletic department.

To resume participation following an illness and/or injury serious enough to require medical care, the participating student-athlete must present to the school officials a written release from a physician licensed to perform physical examinations as listed in [18.13.1](#) and/or a dentist as applicable.

INSURANCE

It must be indicated on the parent/caregiver Permission -Emergency Medical Authorization form, which is part of Final Forms, that participants are covered by accident insurance during the current season. Insurance is available through the athletic office for student-athletes who wish to purchase it. This information will be collected every year even though the physical form may be valid for two years.

FINES AND FEES

All student athletes participating in extracurricular athletics and activities must purchase an associated student body (ASB) card. This must be paid prior to the first competition on the schedule or within the first 2 weeks of the season.

All student athletes participating in extracurricular athletics and activities must pay a user fee for each sport or activity, if applicable, per [KSD policy](#). Refunds for a user fee will only be granted if the student-athlete is cut from the team or the student-athlete chooses not to participate within the first 2 weeks or prior to the first competition, whichever comes first.

Any student-athletes with outstanding fines (overdue library books, textbooks, sports equipment, etc.) from the previous school year will not be cleared for participation until the fines have been cleared. This policy will go into effect beginning the 2023-2024 school year.

CONCUSSIONS

The Kelso Board of Directors recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges that the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed.

Therefore, all competitive sports activities in the district will be identified by the administration and all appropriate district staff, coaches and team volunteers will complete training as required in [Procedure 3422](#) to recognize warning signs and symptoms of concussion and head injury. Additionally, all coaches will comply with Washington Interscholastic Activities Association (WIAA) guidelines for the management of concussions and head injuries.

Consistent with Washington law, the district will utilize guidelines developed with WIAA and other pertinent information to inform and educate coaches, youth athletes, and their parents/caregivers of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury. Annually, the district will distribute a head injury and concussion information sheet to all parents/caregivers and student-athlete participants in competitive sports activities.

Prior to their first use of school facilities, all private nonprofit youth programs must provide a written statement of compliance with this policy in regard to concussion and head injury with proof of insurance as required by [RCW 4.24.660](#).

SUDDEN CARDIAC ARREST

The Board of Directors further recognizes that sudden cardiac arrest is reported to be the leading cause of death in young athletes. The board will work with the WIAA and the University of Washington medicine center for sports cardiology to make available an online pamphlet that provides student athletes, their parents/caregivers, and coaches with information about sudden cardiac arrest. To this end, the district will maintain a link on its website to the OSPI website where the online pamphlet will be posted.

Annually, prior to participating in an interscholastic athletic activity, student-athletes, and their parent/caregiver must review the online pamphlet and return a signed statement to the school documenting their review. This form may be combined with the annually distributed head injury and concussion information sheet referenced above.

The board will also work with the WIAA and the University of Washington medicine center for sports and cardiology to make available an existing online sudden cardiac arrest prevention program for coaches. Every three years, prior to coaching an interscholastic athletic activity, all coaches will complete the online program and provide a certificate of completion to the district.

All coaches, including volunteers, will complete training as required in the district procedure ([3422P](#)). Additionally, all coaches will comply with WIAA guidelines for the management of sudden cardiac arrest. Prior to their first use of school facilities, all private nonprofit youth programs must provide a written statement of compliance with this policy in regard to sudden cardiac arrest with proof of insurance as required by [RCW 4.24.660](#).

SECTION III: STUDENT-ATHLETE RESPONSIBILITIES / CODE OF CONDUCT

The board recognizes the value of a program of interscholastic activities as an integral part of the total school experience for all student-athletes of the district and to the community. The program of interscholastic activities will include all activities relating to competitive sports contests, games or events, or exhibitions involving individual student-athletes or teams of student-athletes of this district when such events occur between separate schools within this district or with any schools outside this district ([Policy 2151](#)).

In order to have a successful team, certain regulations must be identified and understood by everyone. The Kelso School District Student Athletic Code exists in order to provide specific guidelines to be followed by student-athletes who represent their various schools in the field of athletics. These regulations are the product of the parents/caregivers, student-athletes, coaches, school directors, and administrators from the Kelso School District. All members of a team bear the responsibility of working together to help make athletics a successful experience for everyone involved. Therefore, this code shall be in effect 365 days a year, 24 hours a day. It will include those written rules and regulations established for student-athletes competing as representatives of the Kelso School District. All student-athletes choosing to participate in athletic programs shall be given a copy of this code, and by virtue of their continued voluntary participation, shall agree to conduct themselves in accordance with the code, as well as the standards set forth by the Washington Interscholastic Athletics Association (WIAA).

The conduct of a student-athlete is closely observed by many elements of our society and it is important that this behavior always be exemplary. Athletes must think of themselves as leaders; therefore, an athlete has certain obligations and responsibilities to the team, the school, the home, and to the community.

- Shall not provide, use, and/or be in possession of illegal drugs, legend drugs, alcohol, or tobacco products.
- Shall not knowingly remain on premises where illegal or legend drugs, steroids, alcohol, or tobacco products are being used.
- Obey all school rules and regulations.
- Maintains an exemplary attendance record; attends all regularly scheduled classes unless appropriately excused.
- Meets KSD Academic Eligibility Regulations.
- On athletic trips, obey bus riding, training, and school rules and regulations. Remain with the squad group or team, at all times, and complies with the reasonable request and directions of the coaching/teaching staff.
- Turns out for all regular and special practices and meetings, unless excused by the coach and/or school.
- Follows the written regulations as established by the head coach.
- Refrains from misconduct while traveling to and from athletic events. Disruptive behavior or other forms of misbehavior will not be tolerated.
- Remains with the team at all times when attending away events.

- Any student-athlete directly involved in causing damage at a certain school may be required to pay or to assist in paying for the damage.
- Be a strong ambassador for the core values of Kelso High School.

RESPONSIBLE, RESPECTFUL, KIND, and RESILIENT

TOBACCO/VAPING

The use of tobacco products is prohibited. Any athlete found in possession, selling, and/or using tobacco/vaping products, during the year shall be subject to the following disciplinary action.

First Violation:

In-Season: The athlete will be suspended from competition for no less than 20% of the allowable athletic contests in the participating sport. During the suspension period, the athlete will remain on the team and participate in practice, unless otherwise notified by the head coach. The suspension will carry over to the subsequent athletic season if the suspension period cannot be completed in the current season.

Out-of-Season: The athlete will be suspended from competition for no less than 20% of the allowable athletic contests in the next participating sport. Minimum practice days will count, but the 20% suspension will begin with the first athletic contest in the season; this includes jamborees.

Second Violation:

In-Season: The athlete will be suspended from competition for no less than 50% of the allowable athletic contests in the participating sport. During the suspension period, the athlete will remain on the team and participate in practice, unless otherwise notified by the head coach. The suspension will carry over to the subsequent athletic season if the suspension period cannot be completed in the current season.

Out-of-Season: The athlete will be suspended from competition for no less than 50% of the allowable athletic contests in the next participating sport. Minimum practice days will count, but the 50% suspension will begin with the first athletic contest in the season; this includes jamborees.

Third Violation:

In-Season: The athlete will be suspended and removed from participation for no less than 100% of the allowable athletic contests in the participating sport. During the suspension period, the athlete will not be permitted to participate in any way. The penalty will carry over to the subsequent season if the suspension period cannot be completed in the current season. If the athlete carries over 50% or less of their suspension to a subsequent season, the athlete will remain on the team and participate in practice, unless otherwise notified by the head coach.

Out-of-Season: The athlete will be suspended and removed from participation in the next participating sport.

ILLEGAL DRUGS

Alcohol, Marijuana, Non-Prescribed Mood or Performance-enhancing Drugs, Narcotics, Hallucinatory Agents, and Legend Drugs:

The use of alcohol, legend drugs (including anabolic steroids), and controlled substances are prohibited. Any athlete possessing, selling, and/or using, alcoholic beverages, legend drugs, (including anabolic steroids) controlled substances, or drug paraphernalia during the athletic school year shall be subject to the following disciplinary action.

First Violation:

In-Season: The athlete will be suspended from competition for no less than 50% of the allowable athletic contests in the participating sport. During the suspension period, the athlete will remain on the team and participate in practice, unless otherwise notified by the head coach. The suspension will carry over to the subsequent athletic season if the suspension period cannot be completed in the current season.

Out-of-Season: The athlete will be suspended from competition for no less than 50% of the allowable athletic contests in the next participating sport. Minimum practice days will count, but the 50% suspension will begin with the first athletic contest in the season; this includes jamborees.

Second Violation:

In-Season: The athlete will be suspended and removed from participation for no less than 100% of the allowable athletic contests in the participating sport. During the suspension period, the athlete will not be permitted to participate in any way. The penalty will carry over to the subsequent season if the suspension period cannot be completed in the current season. If the athlete carries over 50% or less of their suspension to a subsequent season, the athlete will remain on the team and participate in practice, unless otherwise notified by the head coach.

Out-of-Season: The athlete will be suspended and removed from participation in the next participating sport.

Third Violation:

Whether in-season or out-of-season, the athlete will be suspended and removed from participation for one calendar year from the time of the violation.

Self-Referral by student-athlete:

Student-athletes may utilize a self-referral procedure to seek information, guidance, counseling, and assessment regarding a student-athletes use of tobacco, vaping, alcohol, and other controlled substances. Voluntary referrals do not carry punitive consequences as long as they are not in connection to an on or off-campus event/party/dance/etc. or social media posts. Self-Referral cannot be used by the student-athlete as a method to avoid consequences. Student self-referral will include a parent/caregiver reaching out to KSD drug and alcohol counselor with concerns regarding their student.

CRIMINAL ACTS

To include but not limited to: theft or possession of stolen property, assault, hazing/harassment.

An extra-curricular participant that is found guilty or to have participated in any illegal activity may have disciplinary actions given to them. Consequences could range from a discussion with the Athletic Director to removal from the team/activity, depending on the severity of the illegal action and the interpretation of the school.

First Violation:

In-Season: The athlete will be suspended and removed from participation for no less than 100% of the allowable athletic contests in the participating sport. During the suspension period, the athlete will not be permitted to participate in any way. The penalty will carry over to the subsequent season if the suspension period cannot be completed in the current season. If the athlete carries over 50% or less of their suspension to a subsequent season, the athlete will remain on the team and participate in practice, unless otherwise notified by the head coach.

Out-of-Season: The athlete will be suspended and removed from participation in the next participating sport.

Second Violation:

Whether in-season or out-of-season, the athlete will be suspended and removed from participation for one calendar year from the time of the violation.

Third Violation:

Whether in-season or out-of-season, the athlete will be suspended and removed from participation for the remainder of the athlete's academic career.

Assault for the qualification of criminal acts is defined as: "Assault – II" refers to behavioral violations that meet the definition of an offense under [RCW 9A.36.011](#) or [RCW 9A.36.021](#)—which may include behavioral violations under [WAC 392-172A-05149\(1\)\(c\)](#) involving "serious bodily injury" as defined under Section 1365 (h)(3) of Title 18, U.S.C.

SCHOOL DISCIPLINE / SUSPENSION

Any student-athlete involved in conduct which results in the imposition of disciplinary action other than school suspension may be declared ineligible for the next interscholastic contest for which they are eligible. If an athlete is suspended from school for disciplinary reasons for any length of time, the athlete will be placed on probation for up to a maximum of sixty (60) school days and miss at least the first contest following the suspension. Subsequent suspensions may result in suspension from all sports in the Kelso School District for up to one calendar year (365 consecutive days).

SOCIAL MEDIA

Student athletes should be aware that third parties, including media, school district staff, future employers, and WIAA officials can easily access social media sites and view personal information. This includes pictures, videos, comments, and posters. Posted items that are inappropriate in nature are easily discovered and can impact the perception of the student-athlete, the team, the school, and the school district. Inappropriate posts can also be detrimental to a student athlete's future education and employment opportunities.

Examples of inappropriate/offensive social media participation may include, but are not limited to, the following:

- Photos, videos, comments, and/or posters showing the personal use of alcohol, drugs, and/or tobacco. This includes holding cups, bottles, cans, shot glasses, etc.
- Photos, videos, and/or comments that are of a sexual nature. This includes links to websites of a pornographic nature or depicting other inappropriate material.
- Photos, videos, comments, and/or posters that condone drug-related activity. This includes images that portray the personal use of marijuana and/or drug paraphernalia.
- Content that is unsportsmanlike, derogatory, demeaning, or threatening toward another individual or entity. This includes derogatory comments regarding another school, taunting comments directed at another student-athlete, coach or team, and derogatory race/gender comments.
- Content that depicts or encourages unacceptable, violent, or illegal activities. This includes hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use.
- Content that is in violation of team, school, school district, WIAA, or GSHL rules. This includes commenting about a coach, teammate, opponent, official, and/or school district employee.
- Information that is sensitive or personal in nature or is proprietary to the team or school, which is not public information. This includes tentative or future team schedules, student-athlete injuries, student-athlete eligibility status, and/or team travel information (plans/itineraries).

PROCEDURES FOR DISCIPLINARY ACTIONS

1. An athlete will abide by specific written rules formulated by the coach who has the responsibility for an athlete who violated those rules. In consultation with the athletic director, the coach has the authority to apply consequences greater than that of the Kelso School District.
2. Athletic suspensions or probations which have been imposed by other school districts student-athletes transferring into the Kelso School District will be honored.
3. If an athlete is on suspension at the conclusion of a sports season, the head coach may forfeit the athlete's privilege of earning a school letter, certificate, or any other school athletic award.
4. Disciplinary offenses are cumulative during middle school participation as well as senior high participation, but will not be cumulative from middle school participation to senior high participation.
5. The athletic director/athletic coordinator shall determine disciplinary action resulting from a violation of Kelso School District athletic rules within three (3) school days of learning of the violation. The District Athletic Director shall be notified.

6. For first violations of the tobacco or illegal drugs rules, athletes have the option available to participate in and complete a school-approved drug/alcohol/tobacco assessment program. Participation in this assessment option can reduce the minimum athletic suspension period by half the servable sentence that must be completed before participation resumes.
7. Student-athletes and parents/caregivers will be notified of reasons for and types of disciplinary actions. A grievance procedure, as described in section XI, will be followed for any athlete excluded from a sport, if so requested, in writing to the building principal or designee within five (5) school business days.
8. Student-athletes whose suspension cannot be completed in the sports season will carry over to the subsequent season. EX: If a spring athlete is serving a suspension, but the suspension cannot be completed in the spring it will carry over to the next season the student-athlete participates in. The only exception to this rule is the transition period between 8th and 9th grade. Discipline does not roll over from middle school to high school.

Competition: Any event /activities in which members of a team take part in activities directly or indirectly associated with competition. This includes, but not limited to:

- the actual competition itself
- celebratory activities before or after competition
- awards nights
- senior night celebrations

| Discipline Matrix (High School) | | | | | | | | | | |
|--|----|----------------|--------|---------|---------------|---------|----------|---------------|----------|---------|
| # of contests in regular season | | Tobacco/Vaping | | | Drugs/Alcohol | | | Criminal Acts | | |
| | | 1st-20 | 2nd-50 | 3rd-100 | 1st-50 | 2nd-100 | 3rd-Year | 1st-100 | 2nd-Year | 3rd-Car |
| Football | 10 | 2 | 5 | 10 | 5 | 10 | Year | 10 | Year | Career |
| Soccer | 16 | 3 | 8 | 16 | 8 | 16 | Year | 16 | Year | Career |
| Volleyball | 18 | 4 | 9 | 18 | 9 | 18 | Year | 18 | Year | Career |
| XC | 10 | 2 | 5 | 10 | 5 | 10 | Year | 10 | Year | Career |
| Track | 10 | 2 | 5 | 10 | 5 | 10 | Year | 10 | Year | Career |
| Swimming | 12 | 2 | 6 | 12 | 6 | 12 | Year | 12 | Year | Career |
| Basketball | 20 | 4 | 10 | 20 | 10 | 20 | Year | 20 | Year | Career |
| Baseball | 20 | 4 | 10 | 20 | 10 | 20 | Year | 20 | Year | Career |
| Fastpitch | 20 | 4 | 10 | 20 | 10 | 20 | Year | 20 | Year | Career |
| Slowpitch | 20 | 4 | 10 | 20 | 10 | 20 | Year | 20 | Year | Career |
| Tennis | 16 | 3 | 8 | 16 | 8 | 16 | Year | 16 | Year | Career |
| Golf | 12 | 2 | 6 | 12 | 6 | 12 | Year | 12 | Year | Career |
| Wrestling | 16 | 3 | 8 | 16 | 8 | 16 | Year | 16 | Year | Career |
| Bowling | 18 | 4 | 9 | 18 | 9 | 18 | Year | 18 | Year | Career |
| Cheer-Fall | 10 | 2 | 5 | 10 | 5 | 10 | Year | 10 | Year | Career |

| | | | | | | | | | | |
|--------------|----|---|---|----|---|----|------|----|------|--------|
| Cheer-Winter | 10 | 2 | 5 | 10 | 5 | 10 | Year | 10 | Year | Career |
|--------------|----|---|---|----|---|----|------|----|------|--------|

| Discipline Matrix (Middle School) | | | | | | | | | | |
|-----------------------------------|----|----------------|--------|---------|---------------|---------|----------|---------------|----------|---------|
| | | Tobacco/Vaping | | | Drugs/Alcohol | | | Criminal Acts | | |
| | | 1st-20 | 2nd-50 | 3rd-100 | 1st-50 | 2nd-100 | 3rd-Year | 1st-100 | 2nd-Year | 3rd-Car |
| Football | 6 | 1 | 3 | 6 | 3 | 6 | Year | 6 | Year | Career |
| Volleyball | 10 | 2 | 5 | 10 | 5 | 10 | Year | 10 | Year | Career |
| XC | 5 | 1 | 2 | 5 | 2 | 5 | Year | 5 | Year | Career |
| Track | 6 | 1 | 3 | 6 | 3 | 6 | Year | 6 | Year | Career |
| Basketball | 10 | 2 | 5 | 10 | 5 | 10 | Year | 10 | Year | Career |
| Wrestling | 10 | 2 | 5 | 10 | 5 | 10 | Year | 10 | Year | Career |

SECTION IV: RULES AND REGULATIONS

QUITTING OR BEING REMOVED FROM A TEAM

You should understand that if you are a member of an athletic team and quit for some reason other than injury, health or consent of participating coaches, you forfeit your right to participate in another athletic event for the remainder of that sport season. You will lose your eligibility for the duration of that sports season if you quit a sports team to participate in an "overlapping" sport. You may also lose the right to use ASB equipment of any type for extra-curricular activities. In the event you are "cut" from a team, you may turn out for another sport, subject to the approval of the coach of the new sport. Upon request of the student-athlete, parent/caregiver, the question of participation will be reviewed by the principal or designee.

COACH/ ATHLETE TRAINING AND CONDUCT GUIDELINES

School Year - The school year is defined as August 1 until the final spring state tournament has been completed (high school) or until after the completion of the final sports season (middle school level).

IN-Season - In-season will be the first day of turnouts for that sport and will conclude with the final day of the state event for that sport in that classification at the high school level or a maximum of twelve consecutive weeks as determined by the league at the middle level.

OUT-of-Season - Out-of-season is that time during which paid or volunteer coaches cannot coach present or future squad members.

High School: Out-of-season for all high school sports shall be from August 1 until the first day of the specific sport turnouts and from the final day of the state tournament in that classification for that sport until the conclusion of the final spring sports state tournament. The August 1 cutoff date is waived for school coaches who coach during the summer in non-school programs provided that the team has qualified for the next level of competition which ultimately leads to the state/regional/national championship/World Series in baseball and softball.

Middle School: Out-of-season for middle-level sports shall be from August 1 until the first day of the specific sport turnouts and from the conclusion of the final league contest of that specific sport season until the conclusion of the middle-level spring league schedule, or the final spring school contest in the event the school is not a member of a league in that sport, or the final day of the high school spring state championships, whichever is later.

SUMMER CAMPS

Some programs offer sports camps during the summer. Fees for these camps are determined by the director of each camp. Camp directors are responsible for determining camp staff. Every effort will be made to coordinate camp schedules so that offerings do not conflict with one another.

Camp directors reserve the right to establish special arrangements for student-athletes who are unable to cover the cost of camp.

Summer is defined for high schools as the first day following the WIAA spring tournaments through July 31. Summer for middle-level schools is the first day following the final day of the spring sports schedules through July 31.

Participants in a school-sponsored sport may attend camps or clinics at any time during the school year or during the summer. However, a fall participant in a school-sponsored sport cannot attend any camps or clinics in that sport three (3) weeks prior to the first day of turnouts for that sport if the participant's coach is a clinician/organizer of that camp or clinic.

EJECTIONS

Conduct resulting in an ejection from an interscholastic contest administered by game officials, coaches, or school administrators shall result in the following [WIAA 45.1.0](#)

- Two (2) technicals assessed during a basketball game are considered to be an ejection.
- Any player who is issued a second yellow card caution in the same soccer match will be disqualified from participating for the remainder of the match. This will not be counted as an ejection and schools will not be required to report it as an ejection. [WIAA 45.1.1](#)
- When a student-athlete is ejected, the coach continues to be responsible for the student-athlete. The student-athlete shall remain with the team.
- The school principal/designee is required to submit an ejection report online to the WIAA office within one (1) school business day following the completion of the contest in which the ejection occurred.
- The first ejection of the season shall result, at a minimum, in the ejected person, (student-athlete, coach, or other school representative) being suspended until after the next school contest in that sport at the same level of competition from which the person was ejected has been completed.
- An ejection due to violent conduct by a player or a coach shall result in a suspension equal to twenty percent (20%) of the number of allowable contests for that sport.
- The WIAA staff and/or WIAA Executive Board may increase a suspension based upon the aggressive conduct, inappropriate language, and/or circumstances following an ejection.
- Even though a jamboree does not count as a contest for the purposes of meeting the suspension period, the suspended person is not allowed to participate in a jamboree.
- A student-athlete who is on suspension may be on the team bench, but not in the school uniform, during the suspension period.
- Should a participant be unable to complete a suspension during the sports season in which the ejection occurs, the suspension shall be carried over into the participant's succeeding season of participation. In order for the suspension in the succeeding season of participation to meet this requirement, the participant must be a member of the team for the entire season for that sport.

- The second ejection in the same sport and season for that individual shall result in being suspended for the remainder of the season of that sport.
- For aggressive physical contact with an official the individual will be suspended from further competition for a period not to exceed one (1) calendar year.

Ejection Appeal:

An ejection and/or suspension as a result of an ejection based on a judgment call made by a contest official(s) may be appealed. Only a school-approved video, submitted by the principal or designee, will be used to determine whether an ejection was due to incorrect or poor judgment on the part of the ejecting contest official(s).

Ejections resulting from a misinterpretation or misapplication of a playing rule on the part of the ejecting contest official(s) may be appealed. Video cannot be used as evidence when appealing a misinterpretation or misapplication of a playing rule.

COMMUNICATION

Player and Parent(Caregiver) Communication

Effective communication with players and parents/caregivers is essential to the success of any athletic program. Coaches must model effective communication skills and create an environment in which athletes and parents/caregivers feel comfortable asking questions and voicing concerns.

The Player/Coach Relationship

One of the most valuable aspects of high school athletics is the opportunity it provides young people to learn to communicate effectively with adults. Thus, players must understand that when they have questions, concerns, or a need to share information, they are expected to approach the coach directly.

The Parent/Caregiver /Coach Relationship

Parents/caregivers should always be encouraged to share information about issues that may impact their student athletes' performance. They should also feel comfortable asking coaches about their student athletes' development and role on the team. However, parents/caregivers also need to realize that it is not appropriate to contact the coach without making prior arrangements – especially immediately after a contest or practice – nor is it acceptable to discuss the abilities of other student-athletes. There are many topics appropriate to discuss, playing time is not one of them. Conversations around playing time should be communicated between the coach and the athlete.

Communication Hierarchy:

1. Player to coach
2. Parent(Caregiver)/Player to coach
3. Parent(Caregiver)/Player to coach/ Athletic Director
4. Player/ Parent(Caregiver) to coach/Athletic Director/Principal

Section VI: ATTENDANCE

Any student-athlete turning out for a sport must be in attendance the full day in order to be eligible to participate in a competition or practice. Any exception to this requirement must be approved by the athletic director or principal designee. The following will serve as guidelines in making a determination as to participation when an absence has occurred:

1. A student-athlete may be excused for a doctor, dentist, and or a legal appointment if documentation is provided to the athletic office, attendance office, or directly to the coach when the athlete returns to school. Failure to provide this documentation will be treated as an unexcused absence.
 - a. High school student-athletes must attend 3 of 5 class periods for that day in order to compete in a competition.
 - b. Middle school student-athletes must attend 3 of 6 class periods for that day in order to compete in a competition.
2. A student-athlete may be excused for family matters such as death, severe illness, or some other emergencies, assuming communication with the athletic office or coach has taken place.
3. In the event of an emergency, where attendance cannot be pre-arranged, contact the coach and the athletic department as soon as possible. If appropriate communication has been established, the student-athlete will be eligible for practice or competition.
4. Final determination will be made by the athletic director or principal designee.
5. Tardies do not count as absences. However, if it becomes a recurring issue, suspension from practice or competition will be determined by the athletic director or principal designee.
6. School-related absences are excused and do not require any additional communication.

Regular attendance and promptness are imperative if you are to succeed as an athlete. Occasionally, it may be necessary to be absent; however, responsibility dictates that you notify your coach or the athletic office in advance and submit the proper documentation.

Student-athletes are discouraged from being absent the day after an event simply to rest. A student-athlete who falls into this pattern will be reprimanded by the coach and/or a physician's assessment will be encouraged to ensure the health of the student-athlete.

Section VII: EQUIPMENT

Team Issued:

1. School equipment checked out by the student-athlete is their responsibility. They are expected to keep it clean and in good condition.
2. Loss or damage to issued equipment will be the student athlete's financial obligation.
3. Issued equipment is to be used only while participating with the team in practice or during a contest. (If coaches desire, players may wear their jerseys to school on game days. However, they are not to be worn at other times without the coach's prior permission.)
4. Any exceptions to this rule must be authorized by the building athletic director and conform to WIAA regulations regarding the use of school equipment.

School Issued:

1. The school district provides student-athletes with excellent physical facilities at great expense to parents/caregivers and community members in the form of taxes. Therefore, it is important that student-athletes exercise care and personal regard for these areas.
2. Misuse of dressing areas, lockers, equipment, supplies, gymnasium, field, and pool facilities will not be tolerated. Failure to comply with this regulation may result in the denial of use of the facilities.
3. ASB athletic equipment can only be used for ASB activities. Uniforms cannot be used for any non-WIAA-sponsored contest in any sport.
4. Student-athletes will be assessed fines for lost or damaged ASB-issued articles at replacement value.

Section VIII: TRAVEL

Athletes on school-related trips and overnight stays are subject to all school district rules and regulations. Any violation of travel rules/expectations may result in suspension from the activity and additional consequences for violation of general school rules.

- A. Transportation to and from athletic contests will be provided by the Kelso School District.
 - a. In cases where KSD **does not** provide transportation, student-athletes may:
 - i. Transport themselves or in-house siblings. It is not permissible for student-athletes to transport other student-athletes.
 - ii. Ride with parents/caregivers
 - b. In the event that a student-athlete must be transported by another parent/caregiver, other than their own, written notification consent (note, text, email) is required to the school.
- B. A student-athlete must travel to and from athletic contests with the team. A participant may be released only upon the written request of their parent/caregiver personally delivered by the parent/caregiver. The written release shall designate the date on which the participant is to be released and shall be signed by the parent/caregiver of both parties. No other exceptions will be made. Student-athletes may not transport other student-athletes, regardless of parental/caregiver permission.
- C. Team members are under the direct supervision of the coaching staff or designee while attending away games.
- D. A student-athlete must refrain from misconduct while traveling to and from contests and during their stay at that particular school.
- E. The coaching staff and bus driver will govern student athletes' actions on the bus in accordance with Kelso School District Policy [6630](#).
- F. While traveling, student-athletes should dress appropriately and in good taste.
- G. Student athletes should try to inform parents/caregivers as to an approximate return time.

Section IX: AMATEUR STANDING

Philosophy of the Amateur Standing Rule:

WIAA rules do not prohibit student-athletes from engaging in certain commercial activities in their individual capacities. These activities, generally referred to as Name, Image, and Likeness (NIL), will not jeopardize a student athlete's amateur status if they comply with the WIAA Amateur Standing Rules.

Amateur Standing- A student-athlete who represents a school in an interscholastic sport must be an amateur in that sport. An amateur student-athlete is one who engages in athletics for the physical, mental, social, and educational benefits ([18.25.0](#)).

Under [WIAA rule 18.25.2](#), in order to maintain amateur standing in that sport under WIAA jurisdiction, the student-athlete may not:

- accept merchandise or in-kind gifts of more than \$500 in fair market value per sport based upon performance in that sport during any one calendar year August 1 through July 31.
- accept cash awards in that sport. A gift card that cannot be exchanged for cash or a voucher with no cash value is allowed.
- enter competition under a false name.

- play on an intercollegiate team. A student-athlete may try out and/or participate against an intercollegiate team but may not represent an intercollegiate team in that sport.
- sign or have ever signed a contract to play professional athletics in that sport.
- by sport, receive or have ever received from a professional sports organization, directly or indirectly, a salary or any other form of financial assistance including scholarships, educational grants-in-aid, or any of their expenses for reporting to or visiting a professional team.

Section X: AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and observance of athletic policies. Since the award is a symbol of accomplishment, its value lies in its implication rather than in its monetary worth.

- A. In order to qualify for an athletic letter, a student-athlete must meet the requirements set forth by the head coach of the sport and be recommended by the head coach.
- B. Athletic letters and awards shall only be presented to participants who complete the entire season for a given sport unless forced to quit early due to injury or illness.
- C. Athletes can earn a varsity letter; subsequent varsity competition will allow an athlete a pin or bar.
- D. Letters and certificates will be presented at an awards ceremony at the end of each sport season. Student-athletes should dress appropriately for the presentation.
- E. Student-athletes will be recognized for their scholastic achievements at the awards ceremonies.

Section XI: APPEAL PROCEDURES

If you are declared ineligible by your school because of a WIAA eligibility regulation, you may appeal your case to the District IV Eligibility Board. See your coach or athletic director for full details. This does not pertain to training violations. If a request for an appeal is made after the deadline dates set by the District IV Eligibility Committee, and the school district is not responsible for the delay of the appeal, the student-athlete and/or parent/caregiver shall be liable for any expenses incurred by the committee.

Section XII: EQUAL OPPORTUNITY

The Kelso School District #458 complies with all federal rules and regulations and does not discriminate on the basis of race, color, national origin, sex, or disability. This holds true for all student athletes who are interested in participating in educational programs and/or extracurricular school activities. Inquiries regarding compliance procedures may be directed to the school district.

[Title IX/RCW 28A.640](#) Officer

Gunnar Guttormsen
601 Crawford Street
Kelso, Washington 98626
1-360-501-1905

Section 504 Coordinator

Gunnar Guttormsen
601 Crawford Street
Kelso, Washington 98626
1-360-501-1905

Section XIII: A WORD ON SPORTSMANSHIP

Sportsmanship is an understanding of and commitment to fair play, ethical behavior and integrity, and general goodwill toward an opponent. It is an affirmation that an athlete is disciplined enough to have perspective, maintain poise, and do what is best for his or her teammates. Being able to make appropriate behavioral choices at the “moment of truth” and in a pressure situation will often reveal a player’s character and his or her ability to be a good sport. Simply put, sportsmanship is a choice.

It is easy for parents and kids to get caught up in a game and become too focused on winning. Although winning is important, it is not always the most important aspect of the game. There is so much to be gained and learned from an athletic experience that will stay with you for the rest of your life. Good sportsmanship is one of those life lessons that should be intentionally learned, taught, practiced, and reinforced.

No matter how much we would like to, we cannot win at everything every time. So, we need to learn to deal with defeat. After a hard-fought game in which everything was left on the playing field in a losing effort, it can be very difficult to look your opponents in the eye and tell them “good game” or “good job.” But this is what is asked of athletes. The key question is: How do we handle losing with dignity?

Keep losing in perspective. Youth sports are a learning experience. Very few wins and losses are remembered, even a short time later. Always accept responsibility for the loss. Acknowledge the winners and congratulate them. Sometimes your opponent was just better. Even if they are not better, they were better during that particular contest. The effort should be acknowledged. Sulking shows a lack of discipline.

Winning is fun! It is the reward for your hard work. When we participate in a sport that keeps score, it is our obligation to the team to do our best to win within the rules of the game and within the spirit of the game. Winning becomes a negative when it is a team’s only goal.

Keep winning in perspective. Winning doesn’t mean you were perfect or that you will win again. Celebrate your win, but celebrate your win with grace. Have empathy for the team you defeated; win with humility and class. Acknowledge your opponents’ efforts and that they were worthy competitors. North Carolina basketball Coach Dean Smith once said, “A lion never roars after a kill.” I love that quote and the parallel to what “good winning” looks like.

It has always intrigued me why people in the stands often feel they have more invested than the actual participants. Is it the time and money invested into private lessons and travel teams? Is it living vicariously through our kids? Is it the college scholarship we need our children to earn? Is it the fear of seeing our kids fail? In any event, we, as parents and fans, should all take a step back and determine if we are helping our kids, or undermining the experience.

As a father of four kids who enjoys participating in athletics, I have to remind myself that it is okay when my kid misses a shot, strikes out, or doesn’t play good enough defense. That fact is, it is their game and their experience, and my playing days are over. A good reminder for me when I feel like my kid needs my advice from the stands comes from the great John Wooden, basketball player and head Coach at the University of California at Los Angeles. Coach Wooden once said, “Young people need models, not critics.”

Instead of being upset with what my kid is not doing well, or how an official has “cheated” our team, I should focus on helping my kid learn to respect the other team. I should watch my language and the negative comments that could come from my mouth. I should respect the officials and not argue every call that is made. Perhaps most importantly, I should support my kids’ team, win or lose.

Life is tough, and life is not fair. Like life, sports are tough and not always fair. Yet sports can be a wonderful training ground for life’s challenges. Just like we win some and lose some in sports, we also deal with plenty of successes, challenges, and failures in our lives. Let’s try to be good sports in both the winning and losing situations and during our successes, challenges, and failures.

I think it is a good reminder for all of us that there are only four roles during a game: spectator, competitor, official, and coach. Everyone involved in athletics would be wise to choose only one of those roles at a time.

I leave you with one more quote; however, I truly could go on and on. In my opinion, Knute Rockne, football player, and Coach at the University of Notre Dame, said it best: "One man practicing sportsmanship is far better than a hundred teaching it."

Do not just simply say, "be a good sport." Model it, teach it, expect it.

-Brian G. Phelps

Section XIV: PARENT/CAREGIVER CODE OF CONDUCT

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and the Hilander Core Values:

(1) RESPONSIBLE

(2) RESPECTFUL

(3) KIND

(4) RESILIENT

AS A PARENT/CAREGIVER OF A STUDENT-ATHLETE, I AGREE TO

1. Be a positive role model through my own actions to make sure my athlete has the best athletic experience possible;
2. Teach my athlete to play by the rules and to resolve conflicts without resorting to any form of negative behavior;
3. Be a "Team" fan, not a "My kid" fan;
4. Be a positive role model for my athlete and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every practice, game or other sporting event;
5. Be respectful of all officials' decisions;
6. Not instruct my athlete before or after a game, because it may conflict with the coach's plans and strategies;
7. Praise the student-athletes in their attempt to improve themselves as student-athletes, as athletes, and as people;
8. Gain an understanding and appreciation for the rules of the contest of which you are a spectator;
9. Recognize and show appreciation for an outstanding play by either team;
10. Help your athlete learn that success is oriented in the development of a skill and should make a person feel good about themselves, win or lose;
11. If you as a parent/caregiver have a concern, take time to talk with coaches at an appropriate time and in an appropriate manner;
12. Reinforce our drug and alcohol-free policies by refraining from the use of any controlled substances before and during athletic contests;
13. Refrain from using inappropriate language while attending any school function;
14. Remember that a ticket to a school athletic event is a privilege to observe the contest.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by an Official, Head Coach, and/or Athletic Director
- Written warning and/or removal from event
- Game suspension with written documentation of incident kept on file by organizations involved
- Season suspension. This can be suspension from Kelso events, all league events, or all District IV events.

Section XV: SUPPLEMENTAL RESOURCES

Athletic Clearance Instructions - [Athletic Clearance Instructions.pdf](#)

Final Forms - [Parent Playbook.pdf](#)

Physical Form - [WIAA Physical Form.pdf](#)

Grade Check - [Progress Report.pdf](#)

Home School Contract - [2023-2024 Home School Contract](#)

Running Start Contract - [2023-2024 Running Start Contract](#)

Alternative Education Contract - [2023-2024 Alternative Education Contract](#)

Transportation Release - [Transportation Release.pdf](#)

WIAA Handbook - [2023 -2024 WIAA Handbook](#)

WIAA Eligibility Center - [WIAA Eligibility Center](#)

Athletic Website - [GoHilanders.com](#)

District Websites:

- [Kelso School District](#)
- [Kelso High School](#)
- [Coweeman Middle School](#)
- [Huntington Middle School](#)