



# East Valley School District Athletic Handbook



East Valley 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; Title IX Compliance Coordinator: Thomas Gresch, 3830 N Sullivan Rd Bldg 1, Spokane Valley, WA 99216, Phone: (509) 924-1830 [grescht@evsd.org](mailto:grescht@evsd.org). Section 504 Coordinator: Maureen Lyden, 3830 N Sullivan Rd Bldg 1, Spokane Valley, WA 99216, Phone: (509) 924-1830, [lydenm@evsd.org](mailto:lydenm@evsd.org), ADA/Civil Rights Compliance Coordinator: Jane Rausch, 3830 N Sullivan Rd Bldg 1, Spokane Valley, WA 99216, Phone: (509) 924-1830.

# Introduction

The East Valley School District interscholastic athletic program is designed to provide athletic opportunities for as many students as possible so that each student may reach their potential. East Valley School District takes pride in its fine tradition of academic and athletic accomplishments. Students who attend East Valley High School and East Valley Middle School are of high caliber and responsible character. This handbook serves to remind students, their parents, and coaches that excellence, both in sports competition and in classroom performance, necessitates self-responsibility and self-discipline. It is to this end that interscholastic sport participants, their parents, coaches, and the community are asked to pledge their support to the following guidelines.

The interscholastic athletic program is completely voluntary. Participation is not required for graduation, nor are athletic credits needed for college entrance. Involvement in the athletic program, however, does require extra effort and extra time on a voluntary basis beyond the regular school day. Although interscholastic athletics are voluntary, those participating do represent their student bodies and community. Therefore, standards, citizenship, sportsmanship, conduct, and reliability must be maintained at a high level. The total school program is reflected in the interscholastic athletic program.

The selection of team members is necessary. However, the selection of team members is not based solely upon athletic performance, but also upon attitude, conduct, cooperation, reliability and an earnest and sincere desire by the student to participate on the team in a fashion that compliments the school and the community.

We believe there is a positive correlation between an athlete's performance and his/her adherence to specific training practices. Following are rules and regulations concerning the interscholastic athletics for all of our student-athletes in the East Valley School District.

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# East Valley School District Athletics

District Office  
3830 N. Sullivan Road, Building 1  
Spokane Valley, WA 99216  
Phone: 509-924-1830, Fax: 509-927-9500

## East Valley High School

15711 East Wellesley, Spokane Valley, WA 99216

Principal	Matt Stevens	<a href="mailto:stevensma@evsd.org">stevensma@evsd.org</a>	509-241-5273
Assistant Principal/Athletic Director	Alec Vermaire	<a href="mailto:vermariea@evsd.org">vermariea@evsd.org</a>	509-241-5279
Assistant Principal	Katie Himmerich	<a href="mailto:himmerichk@evsd.org">himmerichk@evsd.org</a>	509-241-5276
Assistant Principal	Kevin Weberg	<a href="mailto:webergk@evsd.org">webergk@evsd.org</a>	509-241-5178
Dean of Students	Kyle Legrant	<a href="mailto:legrantk@evsd.org">legrantk@evsd.org</a>	509-241-5275

## East Valley Middle School

4920 N. Progress Road, Spokane Valley, WA 99216

Principal	Mat Orndorff	<a href="mailto:orndorffm@evsd.org">orndorffm@evsd.org</a>	509-241-5353
Assistant Principal	Ryland Huff	<a href="mailto:huffr@evsd.org">huffr@evsd.org</a>	509-241-5352
Activities Coordinator	Mark Chalich	<a href="mailto:chalichm@evsd.org">chalichm@evsd.org</a>	509-241-5357

## Washington Interscholastic Activities Association (WIAA)

### Core Principles

East Valley School District Athletics and Activities supports the WIAA Core Principles by creating and providing opportunities for educational athletics and activities.

With integrity we will:

- Ensure respect for all individuals and communities by valuing others, treating them with dignity, and promoting ethical behavior in all activities.
- Provide a safe environment where participants pursue positive relationships and healthy activities.
- Challenge all students to attain personal academic excellence through participation, competition, and teamwork.
- Provide access to equitable, fair, and diverse activities.
- Strengthen character, build confidence, and maximize potential through sportsmanship, leadership, and service.

## WIAA High School Sports Season Information

<b>FALL SEASON</b>		
Sport	Practices Needed	Contest Limit
Football	12	10 + Jamboree
Cross Country	10	10 + Jamboree
Volleyball	10	16 + Jamboree
Girls Soccer	10	16 + Jamboree
Slow-Pitch Softball	10	20 + Jamboree

<b>WINTER SEASON</b>		
Sport	Practices Needed	Contest Limit
Basketball	10	20 + Jamboree
Wrestling	12	16 + Jamboree

<b>SPRING SEASON</b>		
Sport	Practices Needed	Contest Limit
Tennis	10	16 + Jamboree
Golf	0	12 + Jamboree
Track and Field	10	10 + Jamboree
Softball	10	20 + Jamboree
Baseball	10	20 + Jamboree
Boys Soccer	10	16 + Jamboree

## Middle School Sports Season Information

<b>FALL SEASON</b>	
Sport	Practices Needed
Football	12
Girls Softball	8
Cross Country	8

<b>WINTER SEASON 1</b>	
Sport	Practices Needed
Volleyball	8
Wrestling	8

<b>WINTER SEASON 2</b>	
Sport	Practices Needed
Boys Basketball	8
Girls Basketball	8

<b>SPRING SEASON</b>	
Sport	Practices Needed
Baseball	8
Girls Tennis	8
Track and Field	8

# **Student-Athlete, Parents, and Coaches Code of Ethics**

It is the duty of all concerned with school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a friendly relationship between visitors and hosts.
6. To respect the integrity and judgment of sport officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use initiative, and good judgment by the players.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game, not a matter of life or death for players, fans, coaches, officials of the school.
11. That as a representative of East Valley School District, players, coaches, students, parents, and teachers should make every attempt to demonstrate exemplary behavior and respect, both within East Valley School Campuses and while visiting other campuses.

## **Sportsmanship**

Athletics and activities exist for their educational value. All those in attendance to East Valley School District Sport events are expected to meet the expectations established by the Great Northern League for sportsmanship. Your actions and conduct as spectators and participants at athletic/activity events should be positive, respectful, exhibit responsible behavior, and be supportive. Sportsmanship is modeling honor and respect through positive leadership by all participants and spectators present. All other school rules apply to activities and athletics:

Participants and spectators who fail to meet these expectations can face the following consequences depending on the severity of their actions.

1. Warning
2. Removal from event and school discipline
3. Permanent ban from school events

Please refer to East Valley School District Policy 4261 “Spectator Conduct and Sportsmanship” for more information regarding spectator expectation.

## **Discrimination**

East Valley 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; Title IX Compliance Coordinator: Thomas Gresch, 3830 N Sullivan Rd Bldg 1, Spokane Valley, WA 99216, Phone: (509) 924-1830 grescht@evsd.org. Section 504 Coordinator: Maureen Lyden, 3830 N Sullivan Rd Bldg 1, Spokane Valley, WA 99216, Phone: (509) 924-1830, lydenm@evsd.org, ADA/Civil Rights Compliance Coordinator: Jane Rausch, 3830 N Sullivan Rd Bldg 1, Spokane Valley, WA 99216, Phone: (509) 924-1830.

## **Sexual Harassment**

Please refer to Board Policy 5011 in the Student Rights and Responsibilities Handbook. Copies are available in the main office.

### **Communication between Student Athletes, Coaches and Parents**

When a student-athlete becomes involved in an athletic activity, parents and participants have the right to clear, concise communication of that program's expectations. This should include game and practice schedules, review of team and school rules and regulations, transportation procedures, injury reporting, team program philosophy and reviewing the process for addressing concerns. These issues should be addressed at the pre-season parent/participant meeting that each head coach is responsible for organizing and promoting. It is the parents and participants responsibility to contact the coach if they are not able to attend the meeting (the coach will then provide you with the important information discussed at the meeting).

Typically, athletics are valued for the opportunity they provide to exhibit and develop both character and skill. There will be times when participants and parents will be challenged with difficult times. Examples could include lack of playing time, not making the starting lineup, feelings of being mistreated or neglected, differences of philosophy, etc. In all cases the solution lies in communication. Our primary goal is that of developing student-athletes who are prepared to meet the challenges of the 21<sup>st</sup> century. It is recommended that the following procedures be used in addressing concerns:

1. Student-athlete addresses concern with coach. In some cases, students are reluctant to approach their coach. In that case the building's assistant principal/athletic director can help facilitate a meeting.
2. If a satisfactory solution does not occur the student-athlete should address the issue with the assistant principal/athletic director. At that time, a meeting with the student-athlete, coach, and assistant principal/athletic director may be appropriate. In some cases, other solutions as determined by all concerned parties may be agreed upon.
3. After the student-athlete has exhausted all avenues for resolution outlined above, it is then appropriate for parent or guardian to contact the coach and/or assistant principal/athletic director.

It should be noted that parents are encouraged to contact the coach or assistant principal/athletic director when concerns arise. In the event that parents do contact the coach or assistant principal/athletic director, parties will work together to facilitate the process described above. This process empowers student-athletes to work through problems utilizing the concept of chain of command and communication skills. This serves as a real-world learning experience for students.

# General Rules and Regulations

East Valley School District is a member of the Washington Interscholastic Activities Association (WIAA) and must comply with the rules as stipulated in the Constitution and Rules and Regulations of the Association.

Students, school staff, and school boards of member school districts in all interscholastic relationships are obligated to practice and promote the highest principles of sportsmanship and ethics.

## Section I – Athletic Code of Conduct 2151

The opportunity to participate in the interscholastic athletic program is a privilege granted to all students of the district. Participants in this voluntary program are expected to follow specific conduct standards established by the principals and athletic coaches. Upon hearing of an athletic code violation by a student athlete, the Athletic Director will conduct an investigation. Provision is made for a student who has allegedly violated one or more of the conduct rules to appeal a disciplinary action as specified in this code (see Policy and Procedure 3240, Student Conduct and Policy 2121 Substance Abuse Program).

**The following athletic code will apply from the student’s first signed registration of the school year through the end of the school year:**

**A. Use, Sale and/or Possession of Alcoholic Beverages, Tobacco, Vape Pens, E-Cigarettes, and/or delivery systems. (Rule 18.25.1, WIAA Handbook)**

**First Violation:** A first offense shall result in an athlete being suspended from that athletes next contests as follows:

- | <u>1. Length of Season</u> | <u>Length of Suspension</u> |
|----------------------------|-----------------------------|
| 16 – 20 contests           | 4 contests                  |
| 11 – 15 contests           | 3 contests                  |
| Fewer than 11 contests     | 2 contests                  |
- (Contests are defined as regular season competitions that determine overall team record)*
- Suspensions that are not completed by the end of a sports season shall be applied to the beginning of the next sport season in which the athlete competes. The number of contests to be served in the next sport season can be adjusted by the Athletic Director to reflect different season lengths.
  - Cheerleaders may not cheer in assemblies or other events throughout their suspension.
  - Athletes can still practice with the team throughout the suspension period, however coaches shall have the right to remove the suspended athlete if the suspension runs through the end of the season.
  - Athletes who are found to not be forthright with the investigation of the Athletic Director, while being questioned, are subject to a lengthening of the suspension of up to double the amount of contests.

**Second Violation:** A second offense shall result in the athlete being ineligible for interscholastic competition for the remainder of the current season as well as half of the next sports season in which they choose to participate. In order for that season to count they must finish the season in good standing. Prior to regaining eligibility, the athlete must complete a tobacco or drug and

alcohol education class. Failure to do so will result in a permanent suspension from all athletics or clubs.

**Third Violation:** A student who violates for a third time shall be permanently ineligible for interscholastic competition. Decisions of a return to athletic participation may be allowed upon meeting the following requirements.

1. One year suspension from athletics
2. GPA of 2.5 or higher in previous semester
3. Zero discipline referrals that result in ISS, (In School Suspension), or OSS, (Out of School Suspension), in the previous semester.
4. The athlete must, at the expense of the violator, consent to and complete an appropriate drug/alcohol assessment by a certified drug/alcohol assessor, sign a release of assessment and treatment information to the school

The Athletic Director will send a letter home to the parent/guardian of the penalized athlete with the penalty outlined as well as the process for a grievance to be filed.

**B. Use, Sale and/or Possession of Marijuana, Illegal Chemical Substances or Opiates, Legend Drugs and Controlled Substances (Rule 18.25.2, WIAA Handbook) (RCW 69.41.020-050 and RCW 69.50)**

**First Violation:** A participant shall be immediately ineligible for interscholastic competition in the current 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 accesses the assistance program outlined in below.

1. The athlete will be ineligible for participation in contests for the remainder of that interscholastic sports season and a portion of the next sports season they choose to participate in. This will be determined by percentage of the remaining season in which the violation took place.
2. The athlete may choose to seek and receive help for a problem with use of legend drugs or controlled substances. Successful utilization of the school and community assistance programs may allow him/her to have eligibility re-instated in that athletic season, pending recommendation by the school.

**Second Violation:** An 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.

**Third Violation:** A participant who violates for a third time shall be permanently ineligible for interscholastic competition.

The Athletic Director will send a letter home to the parent/guardian of the penalized athlete with the penalty outlined as well as the process for a grievance to be filed.

*Note: Refer to the Student Handbook or your school for violations that occur on school grounds. Athletic Handbook rules will apply in conjunction with the Student Handbook rules. The athletic code will apply from the student's first signed registration form through the end of the school year. Disciplinary action will carry over from one school year to the next (6th grade -8<sup>th</sup> grade; 9th grade-12<sup>th</sup> grade) and will apply both in and out of season.*

### **C. Unsportsmanlike Conduct**

An athlete shall exhibit appropriate conduct in all practices and/or contests.

**First Offense:** Verbal warning and WIAA Regulations- First ejection of the season shall result in the ejected person being ineligible until after the next school contest in that sport at the same level of competition from which the person was ejected.

- ❖ **An ejection in boys' soccer** due to violent conduct or abusive language shall result in a suspension of three matches.
  1. Violent conduct is defined as the commission of a violent act against an opponent, official, spectator, teammate or other individual(s) when the ball is in or out of play.
  2. Abusive language is defined as harsh or insulting language or profanity directed towards another individual.

**Repeated Offenses:** Removal from activity for five (5) school days and WIAA Regulations- The second ejection in the same sport and season shall result in ineligibility for the remainder of the season for that sport.

### **D. Attendance at School**

Student-athletes will not be allowed to participate in an athletic contest or practice unless they attend all classes that particular day. Exceptions to this rule are only made with express permission granted by the Principal, Assistant Principal, or Athletic Director.

Examples of such exceptions would be 1) Doctor's appointments, 2) Dental appointments, 3) Family emergencies deemed extenuating by the above administrators and 4) school sponsored activities. This rule applies to all absences whether they are excused or not.

When a student makes a decision to participate on a team, the student is expected to attend each practice and contest on time, dressed appropriately and ready to participate.

If a student must conduct other school or personal business and/or participate in another school activity, the team coach must be notified in advance of the event.

### **E. Repeated Offenses**

If a student repeatedly violates one of the above rules, or other school rules which are a serious nature as determined by the school administration, he/she may be removed from the team for all or part of the sports season.

### **F. Grievance Process for Disciplinary Action**

In addition to and in conjunction with East Valley School District policies, and to assure fairness in dealing with violations and alleged violations or infractions of the Activities Code, the following Grievance procedures have been approved:

1. A student or parent/guardian who believes that an athletic/activities suspension has been handed down unjustly shall provide a written request for a hearing before a grievance committee within five (5) school days of the date that the athlete/parent was notified of the penalty.
2. The athletic director shall comprise a grievance committee consisting of no fewer than 5 members. Members must include at least 1 neutral coach, 1 neutral parent, and 1 administrator. The principal or assistant principal shall serve as the committee chair.

3. The grievance committee shall strive to convene within three (3) school days of the day the athletic director receives the request, based on availability of members.
4. The athletic director will facilitate the meeting to outline the details of the suspension but will not be a member of the committee.
5. The athlete and/or parent/guardian shall have an opportunity to outline the basis of their grievance.
6. The grievance committee shall decide to uphold, appeal, or modify the penalty. The committee chair shall notify the athlete and parent/guardian of the committee's decision within three (3) school days of the hearing.
7. The student may still practice with the team but will not be eligible to compete throughout the grievance process.
8. To grieve the grievance committee's decision, the aggrieved party may submit a written grievance with the superintendent of schools within three (3) school days of the decision rendered by the grievance committee. The superintendent of schools, after hearing the case in detail, shall render a decision within ten (10) school days of the hearing.
9. To appeal the superintendent's action, the aggrieved party may submit a written appeal to the East Valley School District Board of Directors within three (3) school days. Said board, after hearing the case in detail, shall render a decision on the case within ten (10) school days of the hearing. This decision shall be final.

## Section II Eligibility

### A. Eligibility Rules (WIAA Handbook)

#### 1. Scholarship Rules

In order to maintain athletic eligibility during the current semester, the student shall maintain passing grades in a minimum of **five (5) full-time subjects**. This includes seniors who may not need 5 classes to graduate and could otherwise take less. Any class taken one (1) period daily for the duration of the semester shall be considered a full-time subject. Schools shall establish a grade monitoring system to ascertain the students passing status in five (5) full-time subjects.

A student shall have passed at least five (5) full-time subjects in the immediately preceding semester. The record at the end of the semester shall be final, except for those credits earned in a regular accredited summer school program and accepted by the school district.

East Valley High School and Middle School have six (6) grade reporting periods and Continuous Curriculum School have seven (7) grade reporting periods. Athletes taking six (6) classes must be passing five (5) at each grading period. Students taking seven (7) classes must be passing six (6) to be eligible. If a student is not passing at least five classes at those grade reporting periods, he/she will not be eligible to play or cheer until they are passing (5) classes at EVHS/EVMS or (6) classes at CCS.

If the athlete/manager is still not passing five (5) classes at EVHS/EVMS, or (6) classes at CCSm he/she will remain ineligible until the next grade reporting period. Ineligible athletes are expected to practice, ***BUT CANNOT*** travel or play with the team. All athletes and cheerleaders are expected to participate in practice during the period between grade checks if they wish to resume as a full member of the squad when they become grade eligible.

Incompletes may be made up for credit during the first five (5) weeks of the subsequent semester. The student shall be ineligible for interscholastic competition until the incomplete(s) are cleared.

#### 2. Age (Rule 18.4, WIAA Handbook)

At the high school level, the student(s) shall be under 20 years of age on September 1, for the fall sports, December 1, for the winter sports season and March 1, for spring sports season. At the middle school level, student(s) 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.

#### 3. Amateur Standing (Rule 18.23.0, WIAA Handbook)

A student 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 and for whom athletics is an avocation not a source of financial reward.

In order to maintain his/her amateur standing in those activities under WIAA jurisdiction, he/she may not:

- a. Accept merchandise or in-kind gifts of more than \$500 in fair market value per sport during any one calendar year August 1 through July 31. Reduced membership fees or reduced user fees from an athletic club, recreation center, golf courses, etc. do not count toward this \$500.
- b. Accept cash awards
- c. Enter competition under a false name

- d. Accept payment of excessive expense allowances over the actual and necessary expenses for the athletic trip (Note: Entry fees are NOT considered a reimbursable expense.)

**4. Previous Semester Rule (Rule 18.8.0, WIAA Handbook)**

The student shall have been in regular attendance as a full time student as defined in 18.5.0, during the semester/trimester immediately preceding the semester/trimester in which the contest is held.

**5. Non-school Participation**

During any sport season after joining a school squad, students may not participate on college and/or professional teams in that sport.

- a. A student is not to be given special treatment or privileges on a regular basis to enable him to participate in non-school athletics activities, such as reduced practice times, special workouts, late arrivals or early dismissals.
- b. Students shall not compete in the uniform of their school at non-school events

**6. Transfer Students (18.10.0, WIAA Handbook)**

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 transferring students. In order to be eligible for varsity competition, transferring students must meet the normal residence requirements of 18.0.0, or the transferring student requirements of 18.11.0, or be granted a waiver under 18.13.0 and 18.25.0. This section shall also apply to those students receiving home based instruction.

**7. Enrollment and Regular Attendance (Rule 18.9.0, WIAA Handbook)**

The student shall be enrolled and in regular attendance within the first fifteen (15) school days in a semester or ten (10) school days in a trimester at the start of the current semester/trimester in order to participate in interscholastic contests during the current semester trimester.

**8. Physical Examination for Players (Rule 17.11.0, WIAA Handbook)**

Prior to the first practice for participation in interscholastic athletics a student shall undergo a through 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.

**Rule 17.11.4** To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a physician's written release. When an athlete is injured during practice or a game all injuries must be reported to the athletic trainer for an accident report.

**Rule 17.11.5** The physical examination shall be valid for twenty-four (24) consecutive months unless otherwise limited by local school district policy.

**B. Participation**

Prior to a student-athlete participating on any athletic team or being issued any athletic equipment, he/she is responsible for having on file with school officials/athletic department a record of the following:

1. Physical examination with a physician's signature
2. Parent permission form
3. Emergency Contact Information form
4. School insurance or a waiver signed by a parent/guardian
5. Signature of a parent/guardian and the athlete signifying they have read and accepted the regulations of this handbook

6. Current ASB card
7. All fines need to be paid or cleared
8. Safety guidelines read and signed by parent/guardian and athlete
9. Concussion and Sudden Cardiac Death information verification
10. Running Start Athletes need a Running Start Eligibility Form (WIAA)

Whenever possible, East Valley High School will endeavor to maintain a “no cut” philosophy for 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grade athletes in all sports. Limits for participation numbers may be required, however, due to a lack of facilities, team size limitations, lack of adequate supervision, and/or lack of schedule considerations. At the 12<sup>th</sup> grade level, athletes may be cut if they do not make the varsity team, because, by league agreement, they are discouraged from participating on below varsity teams.

A student-athlete may not quit one sport to turn out for another sport; however, if he/she is cut from a given sport, he/she may turn out for another sport by agreement of both coaches involved.

Student-athletes may not turn out for more than one interscholastic sport at a time. Student-athletes may not turn out for intramural sports if participating in an in-season sport at the time. Exceptions to this policy may be made on an individual basis but only upon agreement by both the athlete’s coach and the school’s assistant principal/athletic director.

### **C. NCAA Athletic Participation**

If you have any intention of participating in college athletics at an NCAA college, you need to see the assistant principal during your 11<sup>th</sup> grade year to begin the registration process for the NCAA clearinghouse.

### **D. Two or More Conflicting Activities**

East Valley High School and East Valley Middle School provide a wide variety of extra-curricular and curricular activities in which students are encouraged to participate. It is not the intention of the school for participation to be limited to a single activity. In fact, research shows that a student’s satisfaction with the high/middle school experience is enhanced if he/she is involved in two or more activities. It is important, however, that students avoid ongoing activities with schedules that regularly conflict. Students will also be expected to prioritize school activities ahead of non-school activities. Failure to do so can result in appropriate consequence at the discretion of the coach, advisor or director.

As much as possible, students should be provided in advance with schedules for each activity so they can avoid conflicts among activities. In cases where an unforeseen, unforeseeable or exceptional conflict arises between two or more school sponsored activities, the student shall have his/her choice of which to attend without punitive measures being taken by the other activity sponsor.

If participation in a non-class time activity (i.e. concert, etc.) is part of the classroom grade, and the student chooses to participate, as a member, of another school sponsored activity (i.e. FFA, athletics, FBLA, etc.), the instructor must make available a reasonable make-up assignment to satisfy the class requirement.

Special Note Regarding Running Start: For those students who choose Running Start, please be reminded that it is your responsibility to avoid scheduling conflicts with practices and games/matches. Coaches are not required or encouraged to make exceptions for Running Start students whose class schedules conflict with interscholastic athletic events or practices.

The principal or the principal’s designee, following consultation with the student and the activity sponsors, will settle any conflict arising from the meaning or application of this policy.

## E. Recruiting

### 1. Philosophy of Recruiting

Students who demonstrate special skills and talent in any of the activities under the jurisdiction of WIAA should not be subjected to pressures to enroll in a member school outside their normal enrollment area. The rules do not prohibit legitimate school public relations, promotion, or marketing.

### 2. Recruiting (Article 27.3.0, WIAA Handbook)

Efforts to induce students to enroll in a member school because of the student's special talent or skill is considered recruiting. Recruiting of students or attempted recruiting of students for athletic purposes is prohibited, regardless of their residence.

**Rule 27.3.1** No student may receive, or be offered, any remuneration of any kind, or to receive or to be offered any special inducement of any kind which is not made available to all applicants who enroll in the school or apply to the school.

- A.** Special inducement shall include, but not be limited to the offer or acceptance of:
- Money or other valuable consideration such as free or reduced tuition during the regular year or summer school by anyone connected with the school.
  - Room, board, or clothing or financial allotment for clothing
  - Pay for work that is not performed or that is in excess of the amount of regularly paid for such service.
  - Free transportation by any school-connected person.
  - Residence with any school-connected person.
  - Any privilege not afforded to non-athletes.
  - Free or reduced rent for parents.
  - Payment of moving expense of parents or assistance with the moving of parents
  - Employment of family unit in order to entice the family to move to a certain community if someone connected with the school makes the offer.
  - Help in securing a college athletic scholarship.
- B.** Inducing or attempting to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given is a violation. No member school and no one acting on behalf of any member school shall give any speech or give any slide, film, or tape presentation or distribute any written material which states or implies that a member school's athletic program is better than the athletic program of any other member school or that it would be more advantageous for any prospective student-athlete to participate in athletics at that member school as opposed to any other school.
- C.** Member schools shall be responsible for any violation committed by any person associated with the school, including Principals, Assistant Principals, Coaches, Teachers, any other staff members or students, or any organization having any connection to the school. The member schools shall be responsible for any violation committed by any person acting at the direction of the school. This rule is not intended to prevent a member school from conducting academic recruitment programs or recruitment programs designed to attract student-base upon the school's overall educational and extracurricular programs of the school and not be used as a subterfuge for recruiting students for athletic purposes.

- D. A student who has enrolled in a different school and has been determined to be recruited will be deemed ineligible at all levels of play and for all sports for one full calendar year. The one (1) year penalty will begin on the day the determination is made that the student has been recruited.

### **3. College Recruitment**

In the event you should be contacted personally by a college recruiter, you have an obligation to work through your coach and the Athletic Department. Inform your coach of such contact as soon as possible. This is especially important if it occurs during the time when you are actually involved in active participation of the sport. Check with your coach regarding NCAA rules governing recruiting. Rule violations could result in loss of eligibility.

## **Section III - Equipment**

### **A. Issued Equipment**

1. School equipment checked out by the student-athlete is his/her responsibility. He/She is expected to keep it clean and in good condition.
2. Loss of issued equipment or damage to issued equipment will be the student's financial responsibility.
3. Grades will be withheld should equipment not be returned.
4. No athlete will be cleared for subsequent sports until all equipment is returned or paid for from a previous sport
5. Your locker combination is private; we are not responsible for lost or stolen items.

### **B. Wearing Issued Uniforms**

1. Issued equipment is to be worn only while participating with the team in practice, during a scheduled contest, or during a pre-contest team spirit activity. Any use of a school issued uniform outside of these occasions will revoke the student's right to use a school uniform other than for actual contest time.
2. The WIAA prohibits the use of school issued equipment while participating in any event outside the yearly school program or activities not sponsored by the WIAA.

### **C. School Equipment and Facilities**

1. The school district provides students with facilities for athletics, at great expense, in the form of taxes to parents and community members. Therefore, it is important that students exercise care and personal regard for those facilities.
2. Misuse of dressing room facilities, lockers, towels, benches, and gymnasium or field facilities will not be permitted. Failure to comply with this regulation may result in denial of their use.

### **D. Season Completion**

1. Students are responsible for cleaning out athletic locker of personal and athletic belongings within one week of season completion.
2. Uniforms must be returned to the **COACH WITHIN ONE WEEK of completion of the season** or a fine will be applied to the student.

## **Section IV – Travel**

Transportation to and from athletic contests will be provided by the East Valley School District.

1. All student-athletes must travel to and from athletic contests and practices with the team, transportation is provided for this purpose. Student-Athletes will only be released to their parent/guardians after the parent/guardian signs them out with the coach after the contest.
2. Each team member will remain with the team and under the supervision of the coaching staff when attending away games.
3. Each team member, while traveling to and from athletic contests, will obey all school bus regulations.
4. It is requested that student-athletes be aware of what constitutes appropriate dress for home and away contests by asking their coach what is expected of them to wear. Appropriate dress promotes pride in the team and in East Valley High School or East Valley Middle School.

## **Section V – Training Activities**

All student-athletes are reminded that successful participation in any sport requires attention to fitness prior to the start of an athletic season. Fitness means adequate cardiovascular health, endurance, strength, and flexibility. These cannot be achieved in the ten (10) days prior to the first contest. Attention to adequate nutrition and sleep are important before, as well as during athletic seasons. An athlete cannot perform well unless the body is well-rested, well-nourished, and adequately hydrated. Weight loss for its own sake is discouraged unless ordered and supervised by a physician. By keeping in shape in the off-season, athletes begin the season better prepared to improve their athletic skills.

Practice is essential to the achievement of athletic excellence. Athletes are expected to be active, willing, motivated participants in all practices. A positive mental attitude is expected of all sports participants. Student-athletes are expected to find a healthy balance in their lives and maintain physical, psychological, social, and emotional health. This is a difficult but essential task for any adolescent. If student-athletes have questions or want help in healthful conditioning, they are encouraged to see a coach, school nurse, athletic trainer, or the assistant principal/athletic director.

Prolonged practices are discouraged. Monday through Friday are considered normal practice days, with an occasional Saturday. NO required practices or sporting events will be allowed on Sunday.

## **Section VII – High School Athletic 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. Head Coaches will cover sport specific lettering requirements in their preseason meetings.

## **Middle School Philosophy**

The philosophy behind the East Valley Middle School/Continuous Curriculum School, (EVMS), activity program is to encourage the participation of all interested students. All EVMS student have the opportunity to participate in a variety of co-curricular activities. The activities include athletics, academic competition, interest groups, student government, social events and fund raisers.

The extracurricular activity program at EVMS is completely voluntary. Involvement in the activities program requires extra effort and time on a voluntary basis beyond the regular school day. Those who choose to participate represent their student body and community in local, regional, and national competitions and events. The highest standards of citizenship, sportsmanship, personal conduct, and loyalty must be maintained. The total school program is reflected in the extracurricular activities program. **Those students who earn disciplinary sanctions will follow the process listed below:**

- **1<sup>st</sup> detention: Head coach's decision on participation in next scheduled event**
- **2<sup>nd</sup> detention/1<sup>st</sup> suspension: Automatic removal from the next scheduled event. A student may be removed from the activity for the season if the infraction is severe.**
- **3<sup>rd</sup> detention/2<sup>nd</sup> suspension: Student may be removed from the activity for the season**

**A student participant who does not abide by all rules and regulations shall be placed on probation, suspended, or dismissed from a team, club, or group.** Any disciplinary decisions, resulting from any violation, shall be subject to the hearing and appeal procedure outline in the EVMS Agenda, and the East Valley School District Board of Directors' Policy #3200.

In all activities, all who choose to participate will have a place on a team. Whatever a student's interest level or abilities may be for a particular type of activity, there is a club, team, or group to match. We believe there is a positive correlation between a student's performance and the student's adherence to practice and training schedules. It shall be the goal for East Valley Middle School activity programs to provide sportsmanship, cooperation, leadership, recognition and affiliation in all activities offered for each EVMS student.

## **General Expectations for EVMS Athletes and Parents**

- All EVMS student-athletes should be out of the hallways as quickly as possible after school. Students that are waiting for a late practice or a game may wait in the library until it closes, the commons, or the front hallway by the phones. Otherwise, the student should make arrangements to leave and come back at game or practice time.
- Students are not to start practicing in a gym without supervision.
- No students besides athletes and team managers are allowed in the gyms during practices.
- Players should be picked up promptly after their scheduled practice or game return time. Coaches will adhere to the times listed on the practice schedules.
- Players should be picked up and dropped off in the main parking lot on the west side of EVMS before and after all activities. Please do not park in or enter the bus loop for pick-up and drop-off.

## **Spectator Conduct and Sportsmanship**

Per Board Policy 4261 spectators are encouraged to attend school sponsored or approved extracurricular activities as guests of the school district. As guests, they must comply with the school district's rules and policies. Spectators will not be allowed to interfere with the enjoyment or instructional benefit of the participating students, the enjoyment of other spectators, or the duties of officials or event management personnel. Spectators, like the student participants, are expected to display mature behavior and sportsmanship. The failure of spectators to do so is disruptive, sets poor example for students, and interferes with the District's mission.

To protect their rights of students to participate without fear of interference and to permit the sponsors and officials to perform to their duties without interference, the following provisions are in effect:

1. Abusive, verbal or physical conduct of spectators directed at participants, officials, staff members, sponsors, or other spectators will not be tolerated.
2. Verbal or physical conduct of spectators that interferes with the performance of students, officials, staff members, sponsors, or other spectators will not be tolerated.
3. The use of vulgar, obscene, demeaning or "expressive" language directed toward students, officials, staff members, sponsors or other spectators will not be tolerated.
4. If a spectator becomes physically or verbally abusive, uses vulgar, obscene, demeaning, or "expressive" language, or in any way impedes the performance of an activity, the individual in charge of the event may remove the spectator from the event. The principal may recommend to the superintendent the exclusion of the spectator at future sponsored or approved extracurricular activities.

Upon recommendation of the principal, the superintendent shall cause a note of exclusion from sponsored or approved extracurricular activities to be sent to the spectator involved. The notice shall advise the spectator of the school district's right to exclude the individual from school district activities and events and the duration of the exclusion. If the spectator disobeys the school official or district's order, law enforcement authorities will be contacted and asked to remove the spectator. If a spectator has been notified of exclusion and thereafter attends a sponsored or approved extracurricular activity, the spectator shall be advised that his/her attendance will result in prosecution. The school district may obtain a court order for permanent exclusion from future school sponsored or approved activities.

## **Concussion/Sudden Cardiac Arrest Information**

### **ImPACT TESTING**

The East Valley High School has an innovative program for student-athletes that assists our team physicians/athletic trainers in evaluating and treating head injuries (e.g. concussion). In order to better manage concussions sustained by our student-athletes, we use a software tool called ImPACT (**I**mmEDIATE **P**ost-Concussion **A**ssessment and **C**ognitive **T**esting). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sport programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of the head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video game” type format and takes approximately 20 minutes to complete. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed and concentration. It is not an IQ test and has no application outside of concussion management and will not be used for any purposes other than for the care of your child should they suffer a concussion.

If a concussion is suspected, the athlete will be required to retake the test. Both the preseason and post-injury test data is given to a medical professional to evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with information.

## CONCUSSION INFORMATION SHEET



**HEADS UP  
CONCUSSION**

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.



### HOW CAN I SPOT A POSSIBLE CONCUSSION?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

#### SIGNS OBSERVED BY PARENTS OR COACHES

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.

#### SYMPTOMS REPORTED BY CHILDREN AND TEENS

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

## WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

## WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

## HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - » Work with their coach to teach ways to lower the chances of getting a concussion.
  - » Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - » Ensure that they follow their coach's rules for safety and the rules of the sport.
  - » Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



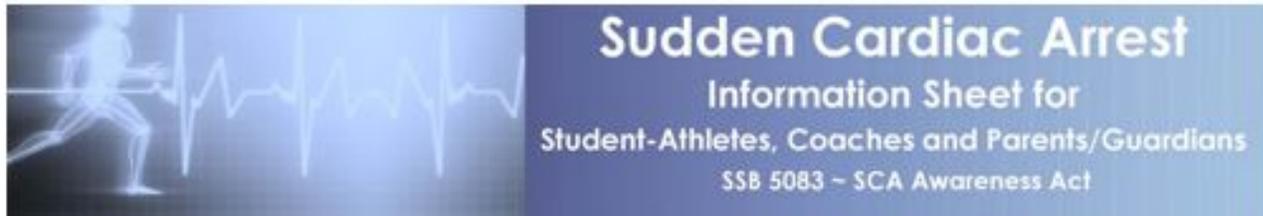
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# Sudden Cardiac Arrest Information



**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 (gasping). 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.uwportscardiology.org](http://www.uwportscardiology.org)

**WIAA**  
Est. 1905  
WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION

**NICK OF TIME FOUNDATION**  
SCA Awareness  
Youth Heart Screening  
CPR/AED in Schools  
[www.nickoftimefoundation.org](http://www.nickoftimefoundation.org)

## **Great Northern League/East Valley High School Gate Information**

As EVHS athletes hit the gridiron, court, field, course, and mat for the 2019-20 school year, we'd like to share some information about ticket pricing at "gate events" (i.e. – football, basketball, volleyball, and wrestling). Gate receipts at athletic events have long provided a source of revenue to support various ASB (Associated Student Body) sponsored activities

Single event tickets may be purchased at the gate with cash or credit. Yearly athletic passes may be purchased at the business office or event ticket gates.

### **SINGLE GAME PRICING**

\$6.00 Adults

\$4.00 Sr. Citizens (60 +) and students w/out ASB

Free for students from GNL schools with ASB card

### **YEARLY ATHLETIC PASSES**

\$40 Adults

\$30 Sr. Citizens (60 +)

Great Northern League gate policy is that Freshman and C team games played in conjunction with Varsity and JV games will be charged admission.

**\*\*Please note that there are admission prices for playoff games in all athletic events.**

ASB monies include donations made for the support of the ASB program and fees collected from students and non-students as a condition to their attendance at any optional, non-credit extracurricular event of the District. ASB revenues help finance and sustain great programs for students. Current students, with the assistance of school staff, annually develop an ASB operating budget with projected income and expenditures. While this activity is a legitimate and practical learning experience for students, it forms the basis for all future budgetary decisions. Students are involved in the collection and approval of budget requests. Coaches/directors and advisors provide realistic requests to student groups through the ASB advisor. The student government group is provided with the necessary information to make informed fiscal decisions.

## **Booster Club Information**

### **What is a Booster Club?**

The EVHS Booster Club is a volunteer based parent/guardian group operating under a non-profit, tax-exempt status. The Booster Club helps facilitate planning and fundraising activities to support extra-curricular clubs and sports at the high school.

### **Who can join?**

Anyone can join the EVHS Booster Club. If you are over 18 years of age and would like to positively impact students while helping fund and facilitate our great clubs and athletics, we need you?

### **Where does the money go?**

The funds raised through the Booster Club provide items such as uniforms, practice gear, equipment, transportation and much more. Booster Club funding is crucial to our clubs, filling gaps left by district and ASB funding.

### **When should I join?**

Join ASAP.... Booster Club funding is based on parent/guardian enrollment. Booster Club requires 40% parent participation, (if a club/sport has 50 students, 20 parents are needed for Booster Club Support). More Booster Club members equal more funding and greater success for our students! Earning opportunities take place ALL year.

### **How does enrollment work?**

Parents/Guardians are asked to pay a yearly enrollment fee, (\$12 per person or \$20 for 2 parents/guardians). Yearly fundraising will be distributed according to member designated clubs/sports and volunteer participation. Parents can designate multiple clubs/sports to support.

### **How do I help?**

There are a number of ways to volunteer for the EVHS Booster Club. Members are asked to attend meetings on the 2<sup>nd</sup> Monday of each month @ 6:00pm. Volunteer opportunities will include:

- Working the food and snack concession stand.
- Helping organize, participate, and attend the annual EVHS Booster Club Auction
- Selling raffle tickets and attending club/sport events.
- Participating and promoting club/sport fundraisers.

### **How is the Booster Club run?**

The Booster Club is managed by an elected group of volunteers. Enrolled members are eligible for executive positions and will take part in yearly elections.

For additional information email [KnightsBoosterClub@gmail.com](mailto:KnightsBoosterClub@gmail.com)