



# COUPEVILLE MIDDLE AND HIGH SCHOOL

High levels of learning for all students

501 South Main Street, Coupeville, WA 98239 [coupevillewolves.org](http://coupevillewolves.org)

(360) 678-2410 (360) 675-0540 Fax



## 2020 - 2021 Extra-Curricular/Athletic Participant Eligibility

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#### Please Note:

This information packet is for your Extra-Curricular/Athletic reference. Please read all contents in this packet in its entirety. Your signature and your parent/guardian's signature on the Extra-Curricular/Athletic Participant Eligibility Form indicates that you have read and reviewed this information with your parent/guardian *Thank you!*

### **CSD Non-Discrimination Disclosure**

The district provides equal educational opportunity and treatment in all programs and employment and does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably-discharged veteran or military status, sexual orientation (gender expression or identity), marital status, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal by a person with a disability. The district provides the Boy Scouts of America, and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society, equal access to school facilities.

The district provides continuous notice of nondiscrimination, and will provide annual notice of the district's discrimination complaint procedures to students, parents, employees, volunteers, and applicants for employment.

The board designates the superintendent to serve as the district's

- Title IX Coordinator
- Section 504/ADA Coordinator
- Compliance Coordinator for  
RCW 28A.640 and RCW 28A.642

to handle questions and complaints of alleged discrimination.

2019-2020 Superintendent  
501 South Main Street, Coupeville, WA 98239  
[360-678-2404](tel:3606782404)



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## 2020 - 2021 Extra-Curricular/Athletic Participant Eligibility

### EXTRA-CURRICULAR/ATHLETIC CODE

#### PERSONAL CONDUCT/CITIZENSHIP

Personal conduct of the student is expected to be exemplary. While the student is in and out of school, these expectations extend beyond the school day. Vandalism, stealing, harassment/hazing, extortion, assault, charged with misdemeanor or felony are all potential violations for disciplinary action and /or suspension from the activity. Furthermore, a student is expected to be a good citizen and follow classroom and school rules. A violation of this section could result in action taken by the extra-curricular director, principal, or coach/advisor.

#### MEDIA/SOCIAL MEDIA

Students are expected to model appropriate behavior in their use of Media/Social Media. Misuse of media, social media, cyberbullying, in appropriate texts/pictures, pictures that give the appearance of code violations are all potential violations for disciplinary action and/or suspension from the activity. A violation of this section could result in action taken by the extra-curricular director, or coach/advisor.

#### CONSEQUENCES

First Violation for Athletics/Activities- After confirmation by the principal or extra-curricular director that a student has engaged in any of the behaviors above, the student will not be allowed to participate in 20% of the total competitions/activities (including post-season). Loss of participation could carry over into the next sport/or activity for that participant. If a violation is in the category of alcohol, marijuana, or other illegal drug use then the student must participate in an assessment (at the cost of the student) and stay in compliance with the assessment recommendations.

#### EXTRA-CURRICULAR/ATHLETIC CODE First Violation Specific Sports Consequences

<b>Sport:</b>	<b># of regular seasons contests:</b>	<b>20% of total games including post season:</b>
Basketball	20	4 games
Volleyball	16	3 games
Football	10	2 games
Soccer	16	3 games
Tennis	16	3 matches
Track and Field	10	2 meets
Baseball	20	4 games
Softball	20	4 games
MS Athletics	TBD	20%
Activities	TBD	20%

**\*Students will not be allowed to participate in jamborees and jamborees do not count towards the total number of games/events.**

**Second Violation– Athletics and Activities-** After confirmation by the principal or extra-curricular director that a student has engaged in any or any combination of the behaviors identified above for a second time, the student will lose eligibility to participate in all activities and athletics for one calendar year from the time of the infraction. If a violation is in the category of alcohol, marijuana, or other illegal drug use then the student must participate in an assessment (at the cost of the student) and stay in compliance with the assessment recommendations.

**Third Violation– Athletics and Activities-** After confirmation by the principal or extra-curricular director that a student has engaged in any or any combination of the behaviors identified above for a third time, the student will become permanently ineligible to participate in activities and athletics in the Coupeville School District.



## 2020 - 2021 Extra-Curricular/Athletic Participant Eligibility

### Coupeville School District Concussion Information

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

**Symptoms may include one or more of the following:**

Headaches	Amnesia
“Pressure in head”	“Don’t feel right”
Nausea or vomiting	Fatigue or low energy
Neck pain	Sadness
Balance problems or dizziness	Nervousness or anxiety
Blurred, double, or fuzzy vision	Irritability
Sensitivity to light or noise	More emotional
Feeling sluggish or slowed down	Confusion
Feeling foggy or groggy	Concentration or memory problems (forgetting game plays)
Drowsiness	Repeating the same question/comment
Change in sleep patterns	

**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness



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## 2020 - 2021 Extra-Curricular/Athletic Participant Eligibility Coupeville School District Concussion Information

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

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

### If you think your child has suffered a concussion

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

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

*and*

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

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

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

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

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport

Document created 6/15/2009



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## 2020 - 2021 Extra-Curricular/Athletic Participant Eligibility

### EXTRA-CURRICULAR/ATHLETIC CODE

Coupeville Middle School and Coupeville High School offer athletics/activities, which can contribute to student growth in the areas of health, leadership, teamwork, and citizenship. This Code provides guidelines for student attendance, academic performance, and citizenship for all students regardless of age.

By affirming their intentions to live by this Code, our students will learn self-discipline, accept responsibility, and develop character traits that lead to a productive future. Coupeville Middle and High School students are expected to demonstrate exemplary behavior at school, in their community, and while visiting other schools and communities.

Once a student affirms his or her intention to follow the Code, the student is committed for a period of one calendar year. Offenses are cumulative throughout the high school career. For seniors, the athletic code will be in effect until graduation.

**\*Students participating in Cooperative Agreements with other schools will abide by both Athletic Codes of both schools. If parts of the code are in conflict then it falls under the discretion of the coach, extra-curricular director and/or administrative designee of that cooperative sport to determine eligibility or violation.**

#### ATTENDANCE

Students must be present in school their entire scheduled day in order to participate in an activity or practice on that day. Exceptions will be made for medical appointments (i.e. doctor, dentist, mental health counselor) and extreme family emergencies (i.e., death, accident, funerals, surgeries). A note or other verification from the doctor's office, dentist, etc. will need to be brought to school upon return excusing the absence. Exceptions for other family crisis will be decided on an individual basis by the school principal or extra-curricular director. Additionally, coach's rules and expectations apply when students miss practice and coach will determine if student participates in a Saturday event if the student has an excused absence on Friday.

Students may use one "once in a lifetime" excuse per semester as noted in the Coupeville Middle School and Coupeville High School Student Handbooks, and still participate in that day's activity. The extra-curricular director or principal will determine if the absence qualifies as a "once in a lifetime" excuse.

#### ELIGIBILITY

Each student must meet the WIAA regulations for participation, as identified in the sports packet distributed to prospective students. Coaches may have a handbook of rules and expectations for their designated sport or activity that will meet or exceed the WIAA regulations for participation.

In addition, academic ineligibility will occur if a student's grading percentage in any class drops below 70%. (Teachers will submit this grading information to the extra-curricular director every three weeks.) In order for a student to continue to participate in athletics or activities, the student must create and follow an eligibility contract (attached). This contract will include a plan of action to achieve academic success and a date for re-evaluation of the plan. The student will receive assistance from the student's teacher and/or a tutor. If the student does not meet the requirement(s) of the contract, he/she will be ineligible for the next event/competition.

A student who has completed eligibility contract(s) may participate in school-sponsored competitions as long as the contract(s) is/are in good standing. The participating teacher and student must sign off on the contract at the end of each week for the student to be eligible to participate the following week. If after four weeks of following a plan the student's grading percentage in any class remains below 70%, a new eligibility contract must be created and followed.

#### ALCOHOL, TOBACCO, OR OTHER ILLEGAL DRUG USE / CRIMINAL BEHAVIOR

It is a violation of this Code for a student to:

- Possess (including drug/alcohol/inhalant/tobacco paraphernalia) use, vape, sell, or distribute tobacco, inhalants, alcohol, marijuana, illicit drugs, or misuse prescription drugs or mood-altering substances; or;
- Knowingly be in the presence of illegal possession (including drug/alcohol/inhalant/tobacco paraphernalia), use, sale, or distribution of tobacco, inhalants, alcohol, marijuana, illicit drugs, or misuse of prescription drugs or mood-altering substances as defined by Washington State law; or
- Engage in criminal behavior. All students will be under guidelines of Washington State law and Federal law whether incident occurs in or out of state of country.

### EXTRA-CURRICULAR/ATHLETIC CODE



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**Note:** A student who seeks help voluntarily before a violation of the substance abuse policy becomes known to the principal or extra-curricular director may receive a reduction of or amnesty from the foregoing consequences, provided that:

- The student seeks professional help through the school or private agencies for a substance abuse assessment,
- The student successfully complies with the intervention plan established following the assessment, and
- The student does not subsequently violate this section of the Code.

The extra-curricular director and/or principal will monitor student compliance with the circumstances for readmission, and for students who voluntarily seek help.

In addition, any violation of the Athletic Code could result in the loss of participation, varsity letters, or any other honors the student may have received.

### APPEAL PROCESS

A student or parent/guardian has 3 school days to appeal a decision. Appeals must be directed to the Athletic Director or School Principal. Then, once the Athletic Director or Principal has been notified of the appeal, the appeal will be heard by a Review Board within 3 school days of notification. During the appeal process, the consequences for the violation will stay in place until the appeal process has been completed. The student and parent/guardian will appear in front of a Review Board which will be composed of a coach not involved in that sport, teacher, community member, Principal (Middle School Principal for High School students and High School Principal for Middle School students) and present evidence or extenuating circumstances as to why they are not in violation of the Activities/Athletic Code. The Review Board will then communicate a final decision on the next school day.

### TRANSPORTATION

Students are expected to ride school district transportation to all out-of-district activities. In extraordinary circumstances, a student may request in advance to make other arrangements with the school principal or extra-curricular director.

A student who wishes to return to the district in a private vehicle must have written permission on file from his or her parent/guardian.

A student's parent/guardian may authorize the student to be dropped off on the return to school at the Greenbank Store, if returning via the Clinton/Mukilteo ferry, or at the Bible Baptist Church, if returning via Deception Pass. Other drop off locations are at the discretion of the bus driver.

### SPORTS TRANSFERS

A student who wishes to transfer from one sport to another during a season must do so prior to the first scheduled game.

### EQUIPMENT

Students are responsible for maintaining and returning all equipment and uniforms checked out to them. Equipment turn-in and/or payment for lost or damaged equipment must be completed prior to a student turning out for a new activity.

**\*\*By my signature and my parent(s)/guardian(s) signature on the 2020 - 2021 Coupeville Middle and High School Extra-curricular/Athletic Participant Eligibility form, I/we have reviewed, agreed, and will comply to this Extra-curricular/Athletic Code. \*\***

## Washington Interscholastic Activities Association

435 Main Avenue South, Renton Washington 98057-2711  
425.687.8585 866.545.863 Fax 425.687.9476



**PROTECT Your High School ELIGIBILITY  
To Participate in High School Athletics You Must:**



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## 2020 - 2021 Extra-Curricular/Athletic Participant Eligibility

1. Be less than 20 years old at the beginning of any sport season.
2. Be enrolled and in regular attendance within the first 15 school days of the current semester or 10 school days of the current trimester in order to participate in the current semester/trimester.
3. Maintain passing grades in a minimum of one less than the maximum number of classes in the school's class schedule for full time students (e.g., 5 classes in a 6-period schedule)
4. Have athletic injury insurance approved by your school (if required).
5. Have passed a physical examination from a medical authority licensed to perform a physical examination. Physical exams are good for 13 months from the date of the exam. The medical authorities licensed and approved by law to give physicals include M.D.; Doctor of Osteopathy, D.O.; Certified Registered Nurse (A.R.N.) and Physician's Assistant (P.A.); Naturopathic Physicians (N.D.).

### To Participate in Interscholastic Athletics, You:

6. Cannot be eligible for more than four consecutive years after beginning the 9<sup>th</sup> grade.
7. Cannot accept, from any source, awards of intrinsic value except letters awarded by your school or medals or trophies given in high school contests
8. Cannot accept any merchandise totaling more than \$300.00 in retail value in one calendar year. Cannot accept a cash award. Cannot play on any professional team in any sport, nor sign a professional athletic contract nor enter a competition under an assumed name.

### Your Eligibility May Be Subject to Special Rules:

9. If you want to participate in non-school athletics activities.
10. If your family does not live in the school district in which you attend.
11. If you have transferred from one school to another within the last school year.

## PROTECT Your Middle School ELIGIBILITY

### To Participate in Junior High/Middle School Athletics You Must:

1. Not have reached your 16<sup>th</sup> birthday prior to June 1 of the previous school year to participate in junior high school athletics
2. Not have reached your 15<sup>th</sup> birthday prior to June 1 of the previous school year to participate in middle school athletics.
3. Be enrolled and in regular attendance within the first 15 school days of the current semester or 10 school days of the current trimester in order to participate in the current semester/trimester
4. Maintain passing grades in a minimum of one less than the maximum number of classes in the school's class schedule for full time students (e.g., 5 classes in a 6-period schedule)
5. Have athletic injury insurance approved by your school (if required).
6. Have passed a physical examination from a medical authority licensed to perform a physical examination. Physical exams are good for 24 months from the date of the exam. The medical authorities licensed and approved by law to give physicals include M.D.; Doctor of Osteopathy, D.O.; Certified Registered Nurse (A.R.N.) and Physician's Assistant (P.A.); Naturopathic Physicians (N.D.)

### To Participate in Interscholastic Athletics, You:

7. Cannot be eligible for more than six consecutive years after beginning the 7<sup>th</sup> grade
8. Cannot accept, from any source, awards of intrinsic value except letters awarded by your school or medals or trophies given in high school contests
9. Cannot accept any merchandise totaling more than \$300.00 in retail value in one calendar year. Cannot accept a cash award. Cannot play on any professional team in any sport, nor sign a professional athletic contract nor enter a competition under an assumed name.

### Your Eligibility May Be Subject to Special Rules:

10. If you want to participate in non-school athletics activities
11. If your family does not live in the school district in which you attend.

NOTE: There may be more restrictive school and/or league requirements in addition to the above rules. Consult your principal or athletic administrator and the school, league and WIAA Handbook for precise wording or regulations.



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## 2020 - 2021 Extra-Curricular/Athletic Participant Eligibility ELIGIBILITY ACKNOWLEDGEMENT & AGREEMENT CONTRACT

**Academic** – I have passed a minimum of five classes the previous semester and am currently enrolled in five classes and/or Running Start /Online/Alternate/Home School and completed the appropriate WIAA contract with my school administrator.

**Age/Enrollment** – I am under the age of 19 and have not been enrolled in high school for more than 8 semesters

**Residence** – I reside in the Coupeville School District and in the service area of the school, or have an approved transfer filed at the District Office. I am with natural parent(s), parent of legal custody, or court-appointed guardian (any exception to this rule for example: foreign exchange student must have prior approval through the school)

**Fines** – You may **NOT compete until ALL FINES are paid in full** or I have NO FINES.

**Participation Fees** – I must purchase a 2019-2020 ASB Card, and I will pay my extra-curricular activity/sports participation fee(s) in full.

**Emergency Info/Medical Insurance Verification**– My parent(s)/guardian(s) have completed the Emergency Information in its entirety, and have also **completed the medical insurance proving adequate coverage**.

**Transportation Release** – I understand and agree that as a student athlete I am to travel with the team on the provided school transportation. My parent(s)/guardian(s) have reviewed and listed the authorized location and signed the permission to release ONLY listed drivers (driver's must be at least 21 years of age).

**Sudden Cardiac Arrest** - My parent(s)/guardian(s) and I have received, read, and understand the information presented in the Sudden Cardiac Arrest information included in this booklet. CSD believes that student and parental education in this area is crucial which is the reason for SCA Awareness. Please refer to it regularly, as you play a vital role in protecting yourselves in your daily activities.

**Concussion Information Acknowledgement** - My parent(s)/guardian(s) and I have received, read, and understand the information presented in the concussion recognition information included in this booklet. We understand concussions are serious and if we see or experience signs or symptoms of a concussion, we will immediately seek medical attention, and Coaches/Advisors will also be notified.

**Physicals** – In order to maintain compliance, all physicals need to cover the entire sports season your child is participating in. Participation will be granted upon submission of an updated physical.

**FERPA Release** – Family Educational Rights and Privacy Act (FERPA 20 U.S.C § 1232g; 34 CFR Part 99) <http://www.coupeville.k12.wa.us/images/pdfs/Forms/resferpa.pdf>. My parent(s)/guardians and I agree that as a student-athlete I may appear in publication(s) for the purpose of telling of activities happening in the CSD. I understand that these publications might include school informational or promotional brochures, pictures, newspaper articles and/or newsletters relating to school activities.

**Extra-Curricular/Athletic Code/WIAA Eligibility Document**– I understand that this extra-curricular/athletic contract is in effect throughout the calendar year. I hereby agree to obey the following rules and regulations as set up by the Coupeville School District, the Washington Interscholastic Activities Association, and my middle/high school's athletic department. My parent(s)/guardian(s) and I understand the have read and signed the Extra-Curricular/Athletic Code and reviewed the WIAA Eligibility Document.

**Parent/Student/Coach and/or Advisor Communication** – My parents and I agree to follow all protocol recommended by each of the Coaches/Advisors. Parents/Guardians will encourage their athlete to discuss athletic concerns with his/her coach before intervening. They also will schedule appointments with coaches to discuss concerns rather than raise them at practices or games.

**Student/Athlete Sportsmanship Acknowledgement** – I realize that being a student athlete in CSD means being a role model to other athletes and younger students. I agree to become a representative of goodwill for my family, my class, my school, and myself. In the sense of true sportsmanship, I further agree that every athlete is an ambassador of goodwill toward other athletes, students, schools and communities. I am expected to treat my teammates, opponents, coaches, and officials with the same respect I expect from them. I will act and participate with the true sportsmanship by playing by the rules, accept the calls of officials, win with class and lose with dignity. I will represent my school, my team with excellence. I understand that participation in athletics is a privilege, not a right. Failure to accept my role in sportsmanship will result in immediate ineligibility.



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**Parent/Guardian Sportsmanship Acknowledgement** – I understand that the players, coaches and officials involved in athletic work hard to prepare for contests and my support and understanding are expected. It is a privilege, not a right, that I am admitted into contests in order to support the spirit of athletics and the endeavors of the players. I am expected to demonstrate respect and class for the players, coaches, fellow fans and officials by cheering great plays, accepting the calls by the officials and supporting everyone involved in the contest no matter what team they are on. If I fail to act in a respectful way, I may be asked to leave contests. I am expected to win with class and lose with dignity just like the athletes.

# Support Wolf Nation...

## The Member Schools of the **North Sound League** Welcome You to This Contest

And ask that you uphold the following expectations (Code of Conduct)

### **Spectator Expectations and Acceptable Behaviors**

- Act RESPONSIBLY, display RESPECT, and show your WOLF PRIDE!!!
- Applaud both teams during player introductions
- Take part in cheers and applaud good performances
- Support your team with positive cheers
- Applaud at the end of the contest regardless of the outcome
- Accept decisions of contest officials
- Refrain from negative comments about officials, coaches, or players
- Show respect for public property and equipment
- Treat opposing fans with respect and sportsmanship
- Encourage surrounding fans to display only sportsmanlike conduct
- Enjoy the contest, win or lose
- Please report problems to Athletic Director

### **Spectator Unacceptable Behaviors**

- Using profanity or making derogatory comments of any kind, directed at any individual or group
- Using artificial noise makers
- Booing/heckling at official's decision
- Blaming the loss on an official, coach, or participant
- Yelling or making gestures/comments that antagonize opponents
- Yelling, waving arms or attempting to distract players during game plays or free throw attempt
- Detracting from and drawing attention to yourself or a group rather than supporting the athletic contest
- Refusing to follow directions of game management.

(Actions that are contrary to good sportsmanship and conduct will result in management intervention. You will be expected to correct your behavior or leave the premises. Repeat offenses may result in the loss of the right to attend future events.)



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## 2020 - 2021 Extra-Curricular/Athletic Participant Eligibility

Cheer on your **WOLVES**

Wear your **RED & WHITE**

### M I D D L E S C H O O L

\*Dates listed are the 1st day of practice

#### Fall Sports

Boys Boys Soccer 9/9/19  
Volleyball 9/9/19  
Cross Country 9/9/19

#### Winter Sports

Boys Basketball 10/28/19  
Girls Basketball 1/21/20

#### Spring Sports

Track & Field 4/13/19

ccA

#### **Athletic Fees**

ASB \$20 (Pay one-time annually)  
Each Sport \$50 (\$35 F/R)

#### Fall Activity

RRR DRAMA  
HISTORY DAY  
ROBOTICS

#### Winter Activity

DRAMA  
HISTORY DAY  
ROBOTICS

#### Spring Activity

HISTORY DAY  
ROBOTICS

#### **Activity Fee**

ASB \$20 (Pay one-time annually)  
Each Activity \$40 (\$25 F/R)

## CSD Non Discrimination Disclosure

The district provides equal educational opportunity and treatment in all programs and employment and does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably-discharged veteran or military status, sexual orientation (gender expression or identity), marital status, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal by a person with a disability. The district provides the Boy Scouts of America, and all other



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to handle questions and complaints of alleged discrimination.

Superintendent

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