

OMAK SCHOOL DISTRICT ATHLETIC RULES AND REGULATIONS

As a student in the Omak School District, you have the opportunity to represent your school, your community, your team and yourself by your participation in a sport sponsored by the Omak School District. This form must be completed before your athletic participation in practices begins.

You are required to meet Omak School District requirements in regard to grades, attendance, and positive behaviors in order to represent your school. Participation in athletics is a subordinate activity to your academic pursuits. Please keep in mind that completion of your academic requirements supersedes your athletic activities. This means that attentiveness to your classroom responsibilities comes before participation in athletics.

Our community does not know athletic seasons, but only your attendance at Omak schools. Therefore, there will be no off-season for athletes in the Omak School District after signing this form. Being an athlete is not a sometime thing.

You represent our community's image of student athletes and sportsmanship while attending Omak Schools. Therefore, your "Good Sportsmanship" toward your teammates, coaches, competitors, officials and spectators is important at all times.

In addition to the athletic code, you will be expected to follow a coach's standard of athletic participation for each sport in order to compete. You will need to comply with both standards during a sport season. You will be expected to serve as an example of good discipline, positive leadership, and personal integrity for the younger students in the district.

Be proud of your athletic efforts and commitment while representing Omak.

TO: Parents/Guardians
FROM: Athletic Director, Dennis Conger

RE: This document is being sent home for you and your son/daughter to read and sign. It is our guide for making it clear what rules and philosophies will be followed in our school's extracurricular programs. It has been noted that coaches and schools that use a specified code maintain the most consistent discipline. They also seem to continually have the best teams and overall programs. We want to be firm, and at the same time ensure fairness to each individual. We have their interest as an individual, as well as the total program, to keep in mind. It is our intention to increase communication between home and school, as well as maintain high standards for our athletic program. We hope you will support us in our efforts to maintain strong programs in our school.

See Omak High School Student Honor Code:

Students will sign the Student Honor Code every year as part of the normal registration procedure at Omak High School. This Student Honor Code will be signed yearly in order for participants to review it. The code agreement will be in effect throughout the participant's high school enrollment.

Each year athletes are also required to sign and return to the Athletic Director's office the Athletic Training Agreement page found in the Athletic Rules and Regulations sport's packet.

OMAK SCHOOL DISTRICT ATHLETIC PHILOSOPHY

The athletic program is an integral part of the total educational effort provided by the Omak School District. To be successful, the athletic program requires a partnership between student athlete, parent/ legal guardian, coach, and, administration. This partnership MUST BE based on honesty, mutual respect, and open communication.

The Omak School District athletic program is intended to provide students at all levels an opportunity to achieve excellence through participation in sports, while maintaining a strong emphasis on academic excellence to ensure that students have the skills needed to become productive, positive citizen's. The principles concerning competitive participation shall include development of physical fitness, skills and abilities, mental alertness, self-discipline, leadership, high self-esteem, good sportsmanship, knowledge, and appreciation for success in a particular sport. Coaches and athletes are expected to give their best at all times.

Sportsmanship and fair play are intrinsic to the athletic program and will always be important in our goal of gearing all activities to the highest level of achievement possible.

OBJECTIVES/PROCEDURES FOR THE ATHLETIC PROGRAM

1. The athletic program is voluntary and open to all students who are in compliance with the honor code, to participate in any program they and their parents feel is beneficial to the student, without any pressure from school personnel or students. Encouragement is not considered pressure. Student participation is encouraged, but intimidation or undo recruiting from other activities is unacceptable. Students will not be penalized for participation or non-participation in "out of season" activities which are provided for the enrichment of the participant and should be at his/her option.
2. All students in compliance with the honor code are encouraged to participate in the athletic program. Placement of the athlete at the varsity, junior varsity, or developmental team level shall be determined solely by the coaches for the particular sport. Participation at the various levels will be based on the commitment, attitude, current skills and ability, and past and current performance of the student athlete. Every effort will be made to ensure that there is maximum participation in our programs. The coach is considered a teacher who is there for the athlete.
3. To support the idea of continual improvement as coaches and athletes, we are open to evaluation and feedback.

OMAK SCHOOL DISTRICT EXPECTATIONS FOR COACHES

1. Coaches are accountable to the highest standard of honesty and integrity. All practices should be consistent with the rules of the game and the educational purposes of the Omak School District.
2. Coaches have a primary concern for the health, safety, and personal welfare of each athlete. The athlete's education is also held foremost.
3. Coaches are responsible for assisting athletes in acquiring the necessary knowledge and skills of their sport, as well as promoting desirable personal and social traits.
4. Coaches will treat all persons with dignity and respect, providing a model of fair play and good sportsmanship.
5. Coaches will observe the letter and the intent of the rules of their sport and insist that athletes and teams under their direction do the same.
6. Coaches will refrain from using profanity.
7. Coaches will perform their duties on the basis of careful preparation, insuring that their instruction is current and accurate. They use practices for which they are qualified and continually acquire new knowledge and skills.
8. Coaches will communicate effectively with athletes, parents, community and administration, including preseason parent meetings.
9. Coaches will use positive reinforcement, while emphasizing that a commitment to hard work is critical to athletic achievement.
10. Coaches will recognize contributions of all players, whether starters or back-up players, and emphasize that all team members are important to the achievement of team goals.
11. Coaches will support other coaches and programs.
12. Coaches will teach fair play, team play, tolerance, and an appreciation of parents, officials and the other team's players and coaches.

**OMAK SCHOOL DISTRICT
ATHLETE EXPECTATIONS**

1. Play, have fun, and enjoy the game. The game is for you!
2. Demonstrate good Sportsmanship, ethical conduct, and fair play at all times.
3. Treat everyone, including teammates, coaches, officials and opponents, with dignity and respect.
4. Exercise self-control at all times, accepting decisions and abiding by them.
5. Respect the officials' judgement and interpretations of the rules.
6. Regarding clarification of a ruling, communicate with the officials through your captain only.
7. Accept victory with humility and defeat with grace. Be neither boastful nor bitter.

8. Stress the values derived from playing the game fairly.
9. Be courteous to visiting teams and officials.
10. Abide by the letter and the spirit of the activity code. Commitment to the team and to one's own word is important. Be willing to accept the consequences for your actions.
12. Remember that you represent not only yourself, but also your parents, your school and your community.
13. Have high expectations; always try to do your best, in practice as well as in contests.

OMAK SCHOOL DISTRICT PARENT/FAN EXPECTATIONS

1. Remember that the game is for the players. They are here because they want to play and enjoy the experience. Your good Sportsmanship will enhance this educational experience.
2. Refrain from distracting the players during play.
3. Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponent's good performance is a demonstration of generosity and good will.
4. Treat the officials with respect before, during, and after the contest. We cannot play the game without officials as they are an integral part of the game, and they should be considered impartial arbitrators.
5. Display good conduct. Even though you paid for your admittance, the management has the authority to remove any spectator who does not conduct himself or herself respectfully. Abusive language is to be avoided.
6. Remember that your view of the game could be quite different from that of the official.
7. Recognize the fact that as a spectator, you represent the school, as do the athletes.
8. Respect, cooperate, and respond enthusiastically to cheerleaders.
9. Show cordial courtesy to visiting teams and officials.
10. Respect the integrity and judgement of sports officials.
11. Recognize the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual participants.
12. Remember that an athletic contest is only a game - not a matter of life or death for player, coach, school, official, fan, community, state or nation.
13. Make sure your child knows that, win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them.
14. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
15. Be helpful but don't "coach" on the way to the field, diamond, or court...on the way back...at breakfast...and so on.
16. Teach your athlete to enjoy the thrill of competition, to be "out there trying", to be working to improve skills and attitudes...to take the physical bumps and come back for more. Don't say, "winning doesn't count" because it does. Instead, help develop the feel for competing, for trying hard, for having fun.

17. Try not to re-live your athletic life through your child in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure because of your pride.

18. Support the school's activity code, with rights come responsibilities. Stress the importance of commitment, to the team and to one's own word. Stress the need to accept the consequences for one's actions.

19. Show support for the coach and the program. Be careful about making negative comments about other players or coaches in front of your athlete as it can damage their relationships.

20. If you have questions or concerns, contact the coach first, or the athletic director, for answers to questions or to resolve concerns.

21. On trips that the school provides transportation, the athlete may be allowed to ride home with parents, provided a written note is given to the coach signed by the parent.

Special note: Singling out players, coaches, officials, or fans is rude behavior and will not be tolerated. When and if rude behavior (poor sportsmanship) occurs, the violator will be asked to stop. If he or she chooses to continue the rude behavior, the following will result:

1. The initial offense will result in a warning, ejection, and/or suspension, depending on the severity of the situation.

2. An additional offense(s) will result in the district pursuing court action to suspend the violator from all school activities for up to one calendar year.

Grievance Procedure for Solving Problems Between Coaches, Athletes and Parents

The Omak School District Athletic Code contains two problem solving processes. Students who violate specific rules and regulations of the Athletic Code are subject to the actions in the section titled "Processing Violations" explained on page 12. The "Grievance Procedure" explained below is the process that is used to solve problems or address concerns between coaches, parents and athletes.

GRIEVANCE PROCEDURE

When a parent or student-athlete has a concern, problem or question about their sport, **the following procedures will be followed**, in order, with the coach at the beginning step. If you are not satisfied at any step, then follow step one with step two, step two with step three, and so on.

1. **Talk to the coach.** (If for some reason this is difficult to initiate, the athletic director can be contacted to set up a meeting, or act as an intermediary) **Please, do not try to talk to the coach after a game or during practice,** call the school and make an appointment. (826-5152)

2. Talk to the Athletic Director, Dennis Conger. Appointments can be made by calling - 826 5152 or 826-8529.
3. Talk to the Principal. Appointments can be made by calling: High School (John Belcher) 826-5150, Middle School (Kathy Miller) 826-2320, or Alternative High School 826-3243.
4. Talk to Superintendent. Call the District Office (Robert Risinger) 826-0320. Grievance should be in writing, with written response within five working days.
5. **Request a hearing with the School Board.** Call 826-0320. Grievance should be in writing, with written response within five working days.

OMAK SCHOOL DISTRICT ATHLETIC TRAINING RULES AND REGULATIONS

RULES AND REGULATIONS

I. GENERAL RULES:

The athlete will carry out coach's directions. Individual sports/activities may also have additional rules concerning but not limited to the following:

- | | | |
|---------------|---|------------------------|
| a. Attendance | b. Sportsmanship | c. Physical Appearance |
| d. Curfew | e. Attitude toward practice & contest/performance | |

All athletes are encouraged by the high school staff to maintain a high academic level and will meet minimum requirements as established by the WIAA and Omak School District in order to be able to participate. Penalties from other schools' codes for transferring students will be honored.

PROCEDURES CONCERNING VIOLATIONS OF GENERAL RULES:

A warning, probationary period or dismissal will result from a violation. Contact will be made home to the parent or guardian of the athlete explaining why the individual has been placed on probation or dismissed and any subsequent action that may be taken. The athlete will be required to make all practices during any probationary period, and will conform to any provisions of the coach. If after a warning or probation period, an athlete continues to violate the rules, he/she will be dropped for the remainder of the season.

II Academic

Students must meet the following requirements to participate in extracurricular activities:

A. Athletes earning one or more failing grades at a required progress report time will be placed on a weekly grade check until the next grading period. Athletes having less than a 2.0 GPA or one or more failing grades at a grading period will be placed on a weekly grade check until the end of the next grading period. In order to participate in contests during each following week (Monday through Saturday), athletes on grade check must be passing all of their classes on the prior Thursday. Grade checks are due on Thursday. (WIAA Rule 18.6.2) A student on an I.E.P. will remain eligible as long as the I.E.P. is being met.

B. In order to maintain athletic eligibility during the current semester, the Omak School District has established that a student pass six classes in a seven period day. If the athlete is failing two or more classes at the end of the semester, student participation is forfeited for five weeks for high school and three weeks for middle school. (WIAA Rule 18.6.5.A,B)

C. Athletes are required to attend turnouts while on grade check, whether they are eligible that week or not. Coaches may require students to attend make-up sessions for the class they are failing.

D. Athletes are required to participate in all classes to be eligible to practice or participate in contests that day. This includes dressing down and participating in P.E.

III. Behavior

A. Any student convicted of a violation of state laws or under investigation for a violation of a state law shall receive disciplinary action.

B. Athletes who intimidate, bully, or harass others will receive disciplinary action and may be removed from the team for that sport season.

C. Any student who forges a document of any kind (signature/grade) will be dropped for that sport season.

IV. Attendance

Students must be in regular attendance all day to participate in activities after school. Students must be in school all day on Friday to participate in an activity on Saturday.

A. Excused absences because of sickness or hardship may alter this rule at the discretion of the athletic director/administrator involved. The student must take an admit slip to the activity signed by the athletic director/administrator in order to participate.

B. Unexcused Absences: The student will go to practice that day, but will not be allowed to participate in that practice, plus he/she will miss the next contest.

C. Unexcused Tardies: Coaches will enforce their team rules in regards to unexcused tardies.

D. Absences or Tardies From Practice: The coach has the responsibility of determining consequences for absences and tardies from practice. It is always best to prearrange absences with the coach when possible. The coach should be contacted if there are questions pertaining to absences from practice.

E. Suspension: If an athlete is given in-school or out-of-school suspension by an administrator for disciplinary purposes, the student/athlete will not be able to participate in practice and will lose eligibility for the next contest. (per OHS handbook)

V. Alcohol/Drugs/Tobacco:

It is the belief of the Omak School District, administration, staff, and students, that the use of alcohol, tobacco products and other drugs, not only hinders your performance as a student and a participant in athletics, but more importantly, may cause a serious health and/or safety hazard for you and the other team participants. Therefore, the illegal use, possession, or selling of alcoholic beverages, tobacco products and/or other drugs are not permitted and will result in disciplinary action. Attendance at a function where alcohol and/or drugs are being illegally used shall be a violation of this code if the student does not leave immediately.

Athletes will sign a student honor code and school handbook compliance policy upon registering for high school. The student honor code agreement will be in effect throughout their entire school enrollment. Violations of alcohol, tobacco, and drugs will proceed through cumulative steps. Violations of the honor code shall be in effect from the first day of the WIAA season until the last day of the school year. Repeat offenses for the use of illegal substances are specific to the

middle school and high school level, thereby, middle school offenses will not carry over into high school.

PROCEDURES CONCERNING SEVERE VIOLATIONS:

A. Disciplinary actions regarding allegations of misconduct for severe violations will not be determined prior to an informal conference between the student, athletic director, and/or coach. Violations of alcohol, tobacco, drugs, and criminal acts will proceed through cumulative steps from their freshmen through their senior year. If the season concludes before the suspension is completed, the percentage of the suspension that is left will carry over until the next sport season until it is completed. Students must complete the sport season in which the suspension is being served in good standing as determined by the head coach or the full suspension will carry over to the next sport season. Community service will not be utilized as a substitute for participation forfeiture in the case of alcohol/tobacco/drug violations or illegal activity. Criminal acts including, but not limited to theft or vandalism shall be dealt with according to the seriousness of the crime. In all cases, the percentages of forfeited games will be based on the WIAA season, excluding post season. However, the games missed will include post season. These rules shall be in effect from the first day of the WIAA season until the last day of the school year.

B. A student who violates the drug/alcohol/tobacco policy in any category will be required to meet with the school counselor who will assist in determining if he/she must enter a Student Assistance Program, or other needed counseling. An evaluation and mandatory compliance with the treatment recommended must be followed. If the student fails to comply with the evaluation or treatment, he/she will forfeit participation in contests until compliance with the treatment program is met. This is meant to carry over to the next sport, or next school year, until compliance.

C. A student who is on athletic probation for less than one year must practice and attend all team functions including games but will not be allowed to suit up for contests. The student must demonstrate a cooperative attitude. If the season concludes before the suspension is completed, the suspension will carry over to the next sport or next year, until completed.

D. In all cases, if the violation occurred on school grounds or at a school sponsored event, the building discipline policy will be enforced in addition to the athletic code. The building policy may require a ninety day suspension from school. Official notification to police, notification to parents, notification to the Omak Athletic Director, and notification to the school counselor is required.

<i>Severe Misconduct</i>					
<i>Severe Misconduct: Dishonorable conduct that disgraces the name of the school will be reviewed by school administrators to determine the Severity of the consequences. School policies and procedures will be referred to in determining consequences. Severe misconduct concerning Behavior includes but is not limited to the following violations: theft, vandalism, malicious mischief, graffiti, immoral or indecent behavior, harassment, intimidation, bullying, bomb threats, or weapons. The general guidelines for forfeiture of athletic contests will follow those for violations of severe misconduct concerning alcohol/illegal drugs.</i>					
<i>Severe Misconduct Concerning Alcohol/Tobacco/Illegal Drugs</i>					
<i>Category</i>	<i>Violation</i>	<i>1st Offense</i>	<i>2nd offense</i>	<i>3rd Offense</i>	<i>4th Offense</i>
1	<i>Tobacco Referral to Substance Abuse Counseling</i>	<i>1 contest</i>	<i>2 contests</i>	<i>5 contests</i>	<i>**One calendar year suspension from all activities</i>
2	<i>Possession or Consumption of Alcohol/Illegal Drugs Referral to Substance Abuse Counseling</i>	<i>40% of contests</i>	<i>*The equivalent of one-sport season</i>	<i>**One calendar year suspension from all activities</i>	<i>Permanent removal from any and all activities sponsored by Omak School District</i>

<p>Category 2 Reductions only</p>	<p><i>Self-Admit (student admits when questioned)</i> Referral to Substance Abuse Counseling <i>(admitting while in possession or under the influence of drugs or alcohol will not be reduced)</i></p> <p><i>Self-Referral (self-report)</i> Referral to Substance Abuse Counseling</p>	<p><i>30 % of contests</i></p> <p><i>20 % of contests</i></p>	<p><i>*The equivalent of one-sport season</i></p>	<p><i>**One calendar year suspension from all activities</i></p>	<p><i>Permanent removal from any and all activities sponsored by Omak School District</i></p>
<p>3</p>	<p><i>Attendance at a Function Where Alcohol/Drugs Are Being Illegally Used</i> Referral to Substance Abuse Counseling</p> <p><i>There is not a violation under this category if a participant leaves the illegal function immediately.</i></p>	<p><i>10% of contests</i></p>	<p><i>*The equivalent of one-sport season</i></p>	<p><i>**One calendar year suspension from all activities</i></p>	<p><i>Permanent removal from any and all activities sponsored by Omak School District</i></p>
<p>4</p>	<p><i>Legend Drugs/ Steroids/ Controlled Substances***</i> (WIAA Rule 18.22.2) Referral to Substance Abuse Counseling</p>	<p><i>*The equivalent of one-sport season</i></p>	<p><i>**One calendar year suspension from all activities</i></p>	<p><i>Permanent removal from any and all activities sponsored by Omak School District</i></p>	

*One-sport season--If a suspension is carried over to the next sport season, the percentage of the suspension left to be completed will be based upon the regular season team contest limit of the next sport.

**One calendar year--If a student is suspended for one calendar year on September 21, 2005, the participant will become eligible to participate on September 21, 2006.

***Legend drugs are drugs such as steroids. Controlled substances are drugs such as heroin, cocaine, or methamphetamine and fall under the Uniform Controlled Substance Act. Illegal possession/use of tobacco by a minor is considered an infraction, alcohol and marijuana--less than 40g possession/use by minors is a misdemeanor, while the illegal possession/use of steroids, heroin, cocaine, methamphetamine, or marijuana--more than 40g is a felony. RCW 69.50.401

VI. Fines

In order for athletes to participate in practice or contests, students must have turned in all equipment/uniforms and paid all athletic and school related fines.

VII. Curfew

To increase and help maintain athletic performance, it is recommended that our student athletes adhere to proper sleeping patterns. The following are recommended curfew guidelines:

- A. Weekdays (Sundays through Thursday) students are to be home by 10:00 p.m. or thirty (30) minutes after a school sponsored activity.
- B. Weekends (Friday and Saturday) students should be home by 12:00 a.m. or thirty (30) minutes after a school sponsored activity.

VIII. Good Grooming

Good grooming is an asset to every individual. Students are expected to be clean and well mannered when representing our school, and comply with the school dress code. Coaches need to establish a policy (approved by the athletic director) as it applies to their activity.

IX. Indecent Exposure

Indecent exposure will be cause for suspension for the remainder of that season.

X. The Omak School District will honor other schools' codes for transferring students who are in violation of the previous schools' codes. The appeals board may be utilized to settle disputes in this area.

XI. Athletes who also participate in other activities will be held accountable to the activity code for those activities in addition to the athletic code.

XII. The Omak School District is a member of Washington Interscholastic Activities Association (W.I.A.A.), and as such, will follow rules and regulations as established in the W.I.A.A. Handbook. For more information about W.I.A.A. rules and regulations call: 425-687-8585 or Internet address <http://www.wiaa.com>.

XIII. W.I.A.A. Ejection Policy Any player or coach who is ejected from a contest for unsportsmanlike conduct will be ineligible until after the next contest at the same level of competition from which the person was ejected.

PROCESSING VIOLATIONS

I. Violation Report

A. Violations shall be reported to the Athletic Director.

B. The student will be notified of the violation after its receipt in the Athletic Director's office. Due process will ensue.

II. Due Process

A. Upon receipt of a suspected violation, the coach and the Athletic Director will gather evidence and hold a conference with the student in question. A written notice will be sent home. Every attempt will be made to call the student's parents/caretaker as soon as possible and involve them. (Minimum of 1 phone call and 1 letter) A determination will be made and the allegation either cleared or a penalty invoked.

B. The student may appeal this decision to an appeal board (made up of the Principal/designee, Activity Council Person (student), and an out-of season coach). The appeal should be made in writing within five (5) school days of the coach and Athletic Director's decision. A decision on the appeal will be made within five school days of the receipt of the appeal.

C. If the student is not satisfied that a fair decision has been reached by the appeal board, he/she may appeal to the School Board, by contacting the Superintendent. The appeal should, at this level, also be in writing to the Superintendent within five (5) school days of the appeal board's decision. The School Board will review the investigation and hold a hearing, then render a decision, within five school days of the receipt of the appeal by the Superintendent.

D. While awaiting the results of an appeal, the athlete's suspension will remain in effect.

ATHLETIC RULES AND REGULATIONS AGREEMENT

Please sign, detach and return to the Athletic Director's office. Please keep the athletic rules & regulations and the philosophy statement and expectation lists for reference.

I have read the entire athletic rules and regulations of the Omak School District. I understand these rules and the requirements that must be met in order to participate in athletics, and that any violation of the rules and regulations will result in discipline.

I have also read the District Athletic Philosophy and the lists of expectations for athletes, coaches and parents.

Student Signature

date

Parent Signature

date

This form must be turned in to the Athletic Director's office before your first practice.

The administrators and coaches in the Omak School District have read, and understand the provisions of the Athletic Rules and Regulations, and are committed to the fair and impartial enforcement of the rules and regulations.

If you have additional comments or recommendations regarding the revised athletic rules and regulations, please feel free to comment below. Thank you.
