

Athletic Handbook Rose Hill Middle School

Purpose of this Handbook

The purpose of this handbook is to communicate guidelines, policies, goals, expectations and important dates for the upcoming school year. The goal is to make the transition into middle school athletics as smooth as possible. Please feel free to contact the Athletic Director at 425-936-2460 if you have any questions.

Philosophy

We believe our mission is to teach students about the importance of proper preparation, hard work, commitment and good sportsmanship. This is accomplished through structured practices with attention to details. We believe involvement in middle school athletics should be fun and rewarding for the student athlete.

Dates of Sports Seasons

The middle school sports seasons run concurrent with academic quarters. We have four seasons beginning the first week of each quarter. Season 1 sports begin the first week of school. Students must be cleared to participate and have their sports participation fee **paid prior to the first day of practice of their sport** to be eligible to turn out for the sport of their choice.

Full Participation Philosophy

Our school district has a no-cut philosophy for our middle school athletic programs. This means that all students who have their paperwork completed and sports fee paid by the deadline will be placed on a team at their level of play; varsity, junior varsity (JV) or regional. Each student will play in each game, provided the opposing school has a corresponding number of teams to play. In the case of tennis, for example, some schools may have 20+ double pairs, whereas the opposing school may only have five or six pairs that day. In these cases, all the pairs from the larger team may not play. We also have regional teams in some sports to accommodate the large number of participants. This is a great way to get involved in a positive way with middle school athletics without the risk of being “cut” or excluded!

Clearance Procedures

The following list of procedures must be done by the deadline date of the specific sports season:

- **Sports Physical**
Each participant must have a physical completed by an authorized healthcare professional on file with the school. The physical is good for 2 calendar years from the date of the original examination and must be valid through the entire season of the sport the student is participating in. Sports clearance cards provided for this purpose are available on the website or in the school office.
- **Insurance Verification**
Also included on the sports clearance card, this shows evidence of medical coverage. If a family needs to purchase insurance from the school, it may be purchased for a minimal cost.
- **ASB Card**
A Rose Hill Middle School ASB card is required for sports participation. This can be purchased in the school office or online through Parent Access for \$25.00

- **Emergency Card**

Again, on the sports clearance card, this provides the school with information in case of a medical emergency. In addition, emergency phone numbers will be listed on the card so that coaches will have immediate access. In the event of a medical emergency, every effort will be made to contact the parent(s)/guardian(s) listed as soon as possible.

Practices

Practices are held after school on Monday, Tuesday, Thursday and Friday, with some morning practices on Wednesdays if necessary. Students will not practice on weekends, during school vacations or holidays. Practice will also be cancelled anytime school is cancelled for any reason, such as snow or power outage. It is expected that students will be in attendance at practice each and every day. If a student needs to work with another teacher, they may do so, but are expected to bring a note from the teacher and let the coach know in advance if possible. Transportation home after each practice is the responsibility of the student. No district transportation is available.

Games/Matches/Meets

All contests are scheduled during weekdays and usually start at 3:30 pm. Some sports have two contests per week, while others may have only one per week. There are no practices or contests on weekends at the middle school level, with the exception of the district championship wrestling meet that is usually held on one of the last Saturdays in March. While all students will play in the contests, playing time may be determined by district policy, the coach or student performance.

Selection Process

A “try out” period of two to four days takes place at the beginning of each season. The purpose of the try out period is to place the athlete on a team that coincides with their ability in sports that have a large number of participants. Players who do not get placed on the varsity or junior varsity team will play at the regional level. Regional competition is less competitive and may not include a full schedule of games. In some cases, teams will not be created based on skill level, but rather with a combination of all ability levels to allow for more balanced game play.

Equipment and Uniform Care

Equipment and uniforms issued to the student are the responsibility of that student. If a student loses the equipment or uniform or does not turn it in at the end of season, the replacement cost will be billed to the student. He/she will not be able to participate in a subsequent sports season until the outstanding fine has been paid. It is our goal to collect all **cleaned** uniforms and equipment within one week of the final day of competition so that they can be inventoried and replacements can be ordered as necessary.

Dropping off Gear and Equipment

It is our policy to store all equipment and clothing that is dropped off during the school day in the office so that students can come by at the end of the day and pick up such items. We will not disrupt class time to make deliveries.

Sports Lockers

Lockers are available for athletes during their season of participation. Students are **strongly** encouraged to lock up all personal items during practices and games. RHMS cannot be responsible for items that are stolen from the locker room when they are not locked up. Students should see their coach or PE teacher to obtain a locker.

Transportation

The district provides buses to and from all away contests, but does not provide transportation home from Rose Hill Middle School. On contest days, students need to arrange for a ride home from RHMS. Typically, this is between 5:30 and 6:00 pm for home contests and between 6:00 and 6:30 for away contests. Athletes are required to travel to and from each contest with the entire team unless excused by the coach. Written parent request is required in order for the coach to release a student from riding the team bus. Students returned to the school by parent transportation cannot expect access to the locker room until the coach returns from the game site.

Communication

The area of communication is critical to running a smooth program. Coaches will make every effort to keep students and parents informed about practices, game times and dates, usually in the form of a calendar. In the case of poor weather, we try to make the decision by 1:00 pm, however this is not always possible due to changing weather conditions. In the case of rain, a contest may be cancelled, but practice may still occur.

If students have concerns about their role, position or status on the team, it is important that they initiate conversation with the coaching staff. **This is a great time in the developmental process for the student, rather than the parent, to initiate this type of discussion.** If a parent has further concerns, they may contact the Athletic Director for clarification.

Role of Parents

- Model good sportsmanship at all times
- Support and encourage ALL team members
- Focus on the goals of the team
- Refrain from instructing or distracting the players during practices or games

Sports Participation Fees

Fees are collected on a per sport basis with both individual and family caps. The family caps will apply for brothers/sisters who attend the same school. Fees must be paid by the stated deadline for each sport and will be noted on the clearance card approved by the school bookkeeper or secretary.

Parents of student who are unable to afford the fee are encouraged to complete a **Fee Waiver Request** and contact the Athletic Director at the school. Funds are limited and approval must be granted prior to becoming eligible to compete in a sport.

The following participation fees apply for the 2015-16 school year:

\$75.00 per sport with an individual cap of \$150

Siblings attending the same school are capped at \$225 per family

Examples:

Student A has no siblings at the school and plays 2 sports

Fee: \$150

Student B has no siblings at the school and plays 3 sports

Fee: \$150

Students C and D are siblings at the same school. Student C plays 3 sports and Student D plays 2 sports

Fee: \$225

Refunds

Refunds will be provided under the following conditions:

- Student is cut from the team by the coach 100% Refund
- Student quits due to illness or injury **prior** to the first contest 100% Refund
- Student quits due to family move **prior** to the first contest 100% Refund

Refunds must be requested prior to the end of the sports season

Equipment Students are Expected to Supply for Each Sport

Season 1

- **Girls Badminton (grades 6-8):** Students must provide tennis shoes that are appropriate for the gym floor and practice clothes. The school will provide a game jersey, racket and birdies.
- **Boys and Girls Cross Country (grades 6-8):** Students must provide tennis shoes suitable for running, shorts, practice clothes and water bottle. The school will provide sweats and tank top for meets.
- **Boys Tennis (grades 6-8):** Students must provide practice clothes, appropriate court shoes and shorts. They may use their own racket if desired, but it is not required. The school will provide tennis shirts for matches, a tennis racket and balls.

Season 2

- **Boys Basketball (grades 7-8):** Students must provide basketball shoes and practice clothes. The school will provide game uniforms.
- **Girls Basketball (grades 6-8):** Students must provide basketball shoes and practice clothes. The school will provide game uniforms.

Season 3

- **Girls Volleyball (grades 7-8):** Students must provide tennis shoes appropriate for the gym floor or volleyball shoes and practice clothes. The school will provide game uniforms.
- **Boys and Girls Wrestling (grades 6-8):** Students must provide wrestling shoes and practice clothes. Specific wrestling knee pads and a mouth guard are optional. The school will provide a singlet wrestling uniform and headgear.

Season 4

- **Boys Basketball (grade 6 only):** Students must provide basketball shoes and practice clothes. The school will provide game uniforms.
- **Girls Tennis (grades 6-8):** Students must provide practice clothes, appropriate court shoes and shorts. They may use their own racket if desired, but it is not required. The school will provide tennis shirts for matches, a tennis racket and balls.
- **Boys and Girls Track and Field (grades 6-8):** Students must provide practice clothes, shorts and running shoes and/or track spikes if they are applicable to their event. The school will provide sweats and tank top for meets.
- **Girls Volleyball (grade 6 only):** Students must provide tennis shoes appropriate for the gym floor or volleyball shoes and practice clothes. The school will provide game uniforms.

Lake Washington School District
Middle School Athletic Policy

Interscholastic athletics in the Lake Washington School district are intended to provide opportunities for students to participate in structured and supervised programs that promote good sportsmanship and fair play in a competitive environment.

1. The athletic program of the Lake Washington School District Middle School Conference, though not regulated by, subscribes to the guidelines of the Washington Interscholastic Activities Association. A copy of the WIAA constitution, rules and regulations is maintained by each school.
2. Eligibility requirements, that each student must meet prior to receiving equipment and participating in a practice are as follows:
 - a. A physical examination with a doctor's signature and current date on a school provided physical form. The physical portion of the form is good for two years from the date of the examination and must cover the entire length of the sports season the student is participating in.
 - b. Proof of medical insurance coverage or purchase of school insurance. Required yearly.
 - c. A medical emergency authorization form signed by a parent or guardian, together with an emergency contact number, in the event a parent/guardian cannot be reached. Required yearly.
 - d. Membership in the Associated Student Body (ASB) of Rose Hill Middle School. The ASB card may be purchased at the school and is valid for the current school year. Required yearly.
 - e. LWSD Athletic/Activities Drug, Alcohol, Tobacco and Hazing Code signed by both the student and parent/guardian. Required yearly.
 - f. LWSD Concussion Information Sheet (Lystedt Law) signed by both the student and parent/guardian. Required yearly.
 - g. No outstanding fees or fines.
 - h. Athletic eligibility policy signed by both the student and parent/guardian. Required yearly.
 - i. Inherent Risk form signed by both the student and parent/guardian. Required yearly **for each sport played.**
3. Attendance at practice sessions, meetings and games is required unless absent from school, excused by a coach, or detained by another instructor. In the event of a medical or dental appointment, one-half day of school attendance is mandatory. Coaches will establish individual sport policies regarding tardiness and unexcused absences from practice. If a student is suspended from school (in-house or out-of-school suspension), that student is not eligible to participate in extra-curricular activities that day.
4. After a second unexcused absence from practice, an athlete may be dropped from the team.

5. Student athletes are expected to participate fully in all regular school activities and classes each day, including physical education activities, in order to participate in an extra-curricular activity.
6. Student athletes are expected to demonstrate citizenship and conduct that is beyond criticism at all times. Student athletes violating school behavior expectations can expect school discipline and athletic discipline up to and including temporary and permanent suspension from the team.
7. In the event a student athlete is injured during a practice on contest, the supervising coach must be notified immediately in order to obtain proper care and prevent further injury.
8. Student athletes receiving school issued equipment are responsible for that equipment and, in the event of loss or damage, will be required to pay the replacement charge. Participation in subsequent sports will not be allowed until the outstanding fine has been paid.
9. In most cases, transportation is provided by the school district to athletic events. Athletes are required to travel to and from each contest with the entire team unless excused by the coach. Written parent request is required in order for the coach to release a student from riding the team bus. Students returned to the school by parent transportation cannot expect access to the locker room until the coach returns from the game site.
10. Student athletes represent their school and are expected to be good ambassadors and display good sportsmanship at all times, including on buses. Students failing to conduct themselves accordingly are subject to discipline up to and including suspension from the team.
11. Academic Eligibility: **Student athletes must maintain a grade of C or better in all classes.** Students not meeting academic eligibility or whose academic performance falls below the stated standard during a season may be placed on academic probation. A grade check will occur following the third week of each season with a 5-day probation period for athletes not meeting academic eligibility requirements.