

**Tahoma Lacrosse Club
Maple Valley, Washington**

**CO-CURRICULAR ACTIVITIES
PROGRAM**

Statement of Philosophy. The primary purpose of the code of conduct program is to promote the physical, mental, esthetic, social, emotional and moral well being of the students through participation and competition.

The co-curricular athletic program is an important and integral part of the total school program. The opportunity for participation is open to all students regardless of individual differences. Through voluntary participation, the student gives time, energy, talent and loyalty to the program. Because participation in the program is considered a privilege, the student accepts the training rules, regulations, and responsibilities unique to the individual activity program in which he/she participates.

Because participants are representatives of the Tahoma Lacrosse Club when they perform in public, they are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their team and community. Participation in lacrosse within the Tahoma Lacrosse Club requires that the student maintains successful performance in academics and citizenship and that the student remains in good standing as defined within the Co-Curricular Athletic Code. Those students who violate the Co-Curricular Athletic Code shall be subject to discipline which may include permanent removal from participation in the club.

Definition of Curricular Activity. These are instructional activities that are integral to the classroom as part of the stated curriculum and are a natural part of classroom activities that result in a course grade and credit. Any activity for which a grade is issued will not be considered as a co-curricular activity and will not be affected by this policy. Each advisor shall submit a projected calendar of activities to the activities coordinator prior to the beginning of each semester, indicating which of these activities are graded as part of a course's curriculum.

Definition of Co-Curricular Activity. These are activities that are in addition to classroom instruction and have no bearing on a course grade or course credit. Examples of these non-graded, co-curricular activities include, but are not limited to: all state events, all boys' and girls' athletics.

Scope of Co-Curricular Activity Code. The intent of these policies is to ensure the safety and well-being of those who are involved in our athletic programs. **The rules and regulations contained in this athletic code shall apply to any violation occurring from the first day of practice to the last day of the season. The co-curricular activities code will be enforced in the activity season for all players.**

Important Terminology

- A. **Probation**— Period during which the student athlete remains part of the squad while being given an opportunity to correct deficiencies. During probation the athlete may continue to participate in turnouts and contests.
- B. **Exclusion**— There are two types of exclusion:
 - a. Exclusion from contests - Student athlete may participate in team turnouts and meetings but is not allowed to participate in contests.

- b. Exclusion from participation – Complete denial of the privilege of participation in practice or contest in athletic programs.

CO-CURRICULAR ATHLETIC CODE

I. GENERAL REGULATIONS

- A. WHSBLA rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc.
- B. Travel Rules for Athletes
 1. All athletes are expected to travel to and from athletic contests in which transportation is provided by the school district. The following exceptions may apply:
 - a. Injury to a participant, which would require alternate transportation.
 - b. With their own parent, if the parent arranges with the coach, to transport his/her athlete in their own vehicle.
 - c. In a private vehicle, if the parent sends a written request to the coach/athletic office prior to departure and the athletic director gives approval to the coach in charge.
 2. Athletes are expected to remain with their squad and under the supervision of their coach when attending any contests.
 3. Misconduct of any sort while traveling to and from an away contest will be dealt with according to school and team policies.

Athletes visiting other schools and participation sites are direct representatives of their school, community and homes and should conduct themselves accordingly.

- C. A co-curricular athletic season shall be that portion of a school and/or calendar year during which regularly scheduled practices, turnouts, rehearsals, meetings, games, events or contests for the specific activity are conducted under the direct supervision of an approved Tahoma Lacrosse Club volunteer or employee.
- D. Completion of the athletic season is required in order for the student to be eligible for a letter or other team or individual awards. (Exception: Injury which limits participation.)
- E. An athlete who has been injured and has had medical treatment cannot participate until a signed release from the doctor is presented to the head coach. **‘Being injured’ would include a note from either a doctor or a parent excusing the athlete from physical education class or other school activities.** The release form will be kept on file by the athletic coordinator or coach.
- F. Any display of unsportsmanlike conduct toward an opponent or official; or use of profanity, obscene or vulgar language, or gesture, during a practice or contest will result in counseling by the head coach and possible corrective action.
- G. Club-owned equipment checked out by a participant in any co-curricular activity is his/her responsibility. The loss or misuse of this equipment will be the financial obligation of the participant. Individuals will not be allowed to participate in any co-curricular activity until this obligation is fulfilled.
- H. Any student representing the club in co-curricular activities must meet appropriate dress and grooming standards.
- I. A participant is expected to attend all scheduled practices, meetings, contests and

performances whether or not school is in session. If it is found necessary to miss such, prior arrangements must be made with the coach.

[**WIAA Rule 18.18.2.** Students are not to be given special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.]

- J. A participant shall not engage in conduct detrimental to the group or to the school.
- L. Clean Slate Rule:
Following the 8th grade, a student-athlete may ask for a hearing to begin a new (clean) slate for their high school career. Any previous violations may be cleared if approved by the Athletic/Activity Board.
- M. Exclusions from participation (which are in percentages) are rounded to the nearest whole number. For example a 25% exclusion from a 10 game season is equal to two and one half (2.5) games. Two and one half (2.5) games will be rounded to three games. To complete an exclusion from participation, students need to complete the season.
- N. The Tahoma Lacrosse Club follows all rules and guidelines set forth by the WSHLBA who follow Washington Interscholastic Athletic Association.

II. **STUDENT ATTENDANCE REQUIREMENTS**

- A. A student will be allowed an absence from one class period of their academic day in order to participate in a practice or co-curricular activity that day (assuming the one period absence is excused). An exception will be made if a student had a medically excused absence, such as a doctor's appointment (provided written documentation from the physician, orthodontist, etc. is submitted). **Students on suspension (in-school or out- of-school) may not participate, for the duration of the suspension, in a practice or co-curricular athletic activity.**
- B. Truancy from any class or portion of a class will be dealt with as follows:
First Offense: May result in exclusion from participation in the immediate or a subsequent contest or event. Second Offense: May result in exclusion from participation for the remainder of the co-curricular activity season.
- C. Truancy from practice will result in exclusion from participation in the immediate contest or event.

III. **CITIZENSHIP STANDARDS**

- A. All participants should be an example of good citizenship in the school building, classroom, and co-curricular activity program. Conduct, which materially and substantially interferes with the educational process, is prohibited.
- B. Any participant referred to the administration for disruptive behavior that requires administrative action will be warned and possibly given corrective actions depending on the nature of the behavior.

Upon the second referral, that requires administrative action, the participant will be declared ineligible to participate in contests for the following week.

If there is a third referral requiring administrative action, the participant will be excluded from the co-curricular activity for the remainder of the season.

IV. ACADEMIC STANDARDS

[WIAA Rule 18.6.0 Scholarship – In order to maintain athletic eligibility during the current semester/trimester, the student shall maintain passing grades in a minimum of:

- 3 classes in a 4 period class
- schedule 4 classes in a 5 period class
- schedule 5 classes in a 6 period class

All students must be enrolled in five (5) classes or the equivalent of.

- A. WIAA requires the passing of five (5) classes in the immediately preceding semester.
- B. It is the belief of the Tahoma School District that successful academic performance is important for all students. Therefore, to qualify for the academic standard for athletic competition the student must have:

Earned a 2.0 grade point average and have received passing grades in all classes in which the student was enrolled during the immediately preceding term.

V. USE OF ALCOHOLIC BEVERAGES AND DRUGS

Important Terminology

Actual Possession — The act of having a substance in one's custody or control. Constructive Possession — In the absence of physical possession, if there is knowledge that alcohol, legend drugs, or illegal substances are available and/or being unlawfully used by others - student athletes have a responsibility to remove themselves beyond all reasonable doubt and proximity, as soon as reasonably safe from that situation. At off campus events where drugs, alcohol, or other illegal substances are evident, student athletes who have made a willful choice to remain at the event, are in violation of the rule.

Investigative Discovery — Process in which a violation of the athletic code is established without the honest cooperation of the student athlete.

A. ALCOHOL AND DRUG USE ON OR OFF CAMPUS

Violations involving actual use, possession, and/or sale, and, constructive possession:

1. First Violation*

Investigative Discovery	Exclusion – 50 % of scheduled contests
Self-Admittance Discovery	Exclusion – 25 % of scheduled contests

NOTE: Exclusions from participation carry over to next season if necessary.

2. Second Violation*

Exclusion from athletic participation for one calendar year.

3. Third Violation

Exclusion from athletic participation for remainder of career.

B. USE OF TOBACCO

The Tahoma School District recognizes that the use of tobacco, **including smokeless tobacco and nicotine delivery devices**, is a potential health hazard and is addictive in nature. The use or possession of tobacco will not be tolerated. Participants who violate this regulation in or out of season will be subject to the following action:

1. First Violation*

Investigative Discovery	Exclusion – 50 % of scheduled contests
Self-Admittance Discovery	Exclusion – 25 % of scheduled contests

NOTE: Exclusions from participation carry over to next season if necessary.

2. Second Violation

Exclusion from athletic participation for one calendar year.

3. Third Violation

Exclusion from athletic participation for remainder of career.

***For the student athlete to continue to participate in team turnouts and game activities, he/she must show evidence of completing a school approved Tobacco Cessation Specialist Program (at family's expense). Verification of participation in program will be in writing from the counselor on a regular prearranged basis, to the building Athletic Director. The written verification is a requirement of the student athlete's participation.**

VI. OTHER UNDESIRABLE STUDENT BEHAVIOR

Undesirable student behavior not covered in the above, including, but not limited to, violations requiring administrative action as established in the Student Conduct Policy 3240, theft or malicious destruction of any school or individual's property, and/or violations of the law will be dealt with as follows (or more severely as deemed necessary based on the nature of the offense):

First Offense

Exclusion from at least the next scheduled event. (If such behavior occurs after the last scheduled event, the corrective action will carry over into the individual's next season.)

Second Offense

Student athlete may be excluded for the remainder of the co-curricular activity season.

VII. VERIFICATION OF UNDERSTANDING

To be eligible for participation, a signed verification by the student and parent indicating they have received and read a copy of the Co-Curricular Athletic Code as well as the specific rules and regulations of an individual co-curricular activity must be submitted annually by the parent or student and kept on file with Tahoma Lacrosse club.

PARENT / COACH COMMUNICATION

— *Let the coaches coach* • *The players play* • *The referees ref* —

PARENT/COACH RELATIONSHIP

We are very pleased that your son/daughter has chosen to participate in the Tahoma Lacrosse club. We will do all we can to provide a positive experience for him/her. One of the most important ingredients to achieve this outcome is to ensure lines of communication are developed to allow for resolution of questions before they become issues. As a parent, you have a right to know what expectations are placed on your son/daughter. This brochure is intended to spell out all levels of communication so that parents, coaches, and athletes are aware of the steps available to them to resolve anything they think is or might become an issue.

COMMUNICATION TO EXPECT FROM YOUR ATHLETE'S COACH

1. Philosophy of the coach.
2. Expectations the coach has for your son/daughter.
3. Locations and times of practices and contests.
4. Team requirements: equipment, off-season training, etc.
5. Procedures you should follow should your son/daughter become injured during participation.
6. Participant conduct code and consequences for not following these guidelines.
7. Requirements to earn a letter.
8. Disposition of lost/outstanding equipment at the end of the season
9. Communication concerning your athlete's role on the team and how he/she fits into the future of the program.
10. Create opportunity for feedback for athletes and parents

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach first.
2. Notification of schedule conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.

As your son/daughter becomes involved in the athletic programs in our club, he/she will experience some of the most rewarding moments of his/her life. It is also important to understand that there will be times when things do not go the way your son/daughter wishes. These situations also create opportunities for lifelong learning. At these times, discussion with the coach may be the quickest and most effective way to clear up issues and avoid misunderstandings.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your son/daughter, psychologically and physically.
2. Ways to help your son/daughter improve.
3. Concerns about your son/daughter's behavior.

At times it may be difficult to accept the fact that your student is not playing as much as you or he/she would like. Coaches are professionals who make judgment decisions based on what they believe is best for the team and all involved. As you have seen from the list above, certain things can and should be discussed with the coach. We ask that other things, such as those that follow, be left to the discretion of the coach.

COACHES' DECISION



1. Playing time
2. Team strategy
3. Matters concerning other student-athletes

There are situations that may require a conference between the coach, the athlete, and the parent. These are encouraged. It is important that all parties involved have a clear understanding of the other person's role and position. When these conferences are necessary, the following procedures should be followed to help resolve the concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, PLEASE FOLLOW THE PROCEDURE BELOW

1. Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meeting at these times usually does not work well for any of the parties involved.
2. Your son/daughter should first talk with the coach about the concerns.
3. You should all have the coaches' email and phone number to set up a time for a meeting.

THE NEXT STEP

What can a parent do if he/she feels a coach treated them unfairly?

Please call or email the Tahoma Lacrosse board to set up a meeting to discuss further.

www.tahomalax.com has all the contact info of the board members

Student Name _____ Signature _____ Date _____

Parent Guardian _____ Signature _____ Date _____