

Tahoma Lacrosse Club

CODE OF CONDUCT – High School

Statement of Philosophy. The purpose of the lacrosse program is to promote the physical, mental, social, emotional and moral well-being of the players through participation and competition. 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 program.

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 with 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 Code of Conduct. Those students who violate the Code of Conduct shall be subject to discipline, which may include permanent removal from participation in the club.

Scope of Code of Conduct - 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 code shall apply to any violation occurring from the first day of practice to the last day of the season. The Code of Conduct 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.

CODE OF CONDUCT

I. **GENERAL REGULATIONS**

- A. Washington High School Boys Lacrosse Association (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 club. 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/Program Director prior to departure and the Program 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 team policies.

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

- C. The lacrosse season shall be that portion of a school and/or calendar year during which regularly scheduled practices, turnouts, 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 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 Program Director 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 is his responsibility. The loss or misuse of this equipment will be the financial obligation of the participant. Individuals will not be allowed to participate in Tahoma lacrosse activity until this obligation is fulfilled.
- H. 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.]

- I. A participant shall not engage in conduct detrimental to the group or to the school.
- 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 Washington Interscholastic Athletic Association (WIAA) and WHSBLA.

II. STUDENT ATTENDANCE REQUIREMENTS

- A. **Students on suspension (in-school or out- of-school) may not participate, for the duration of the suspension, in a practice or contest 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 immediately following 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 considered 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 schedule
- 6 classes in a 7 period class schedule
- 7 classes in an 8 period class schedule

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 Lacrosse Club 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 2.5 grade point average and have received passing grades in all classes in which the student was enrolled during the immediately preceding term.

Special Education students will be required to meet the same requirements as other students, except when their disability condition prevents them from achieving a 2.5 GPA. Determination of exception will be made by the building principal and the secondary special education coordinator after consultation with the IEP team. If an exception is requested after the IEP team has already met, a new IEP team meeting will be held to discuss the exceptions as part of the student's IEP. The exception addresses the legal requirements mandated by state and federal laws. (PL94.142).

- C. The Tahoma Lacrosse Club will develop procedures for probation or suspension of student-athletes who do not meet the minimum academic standards.

D. Tahoma School District Academic Improvement Program Students who fall below the academic standards have two options:

1. Remain ineligible to compete in contests until the mid-semester grade indicates the student has met academic standards.
2. Meet building academic probation requirements.
 - a. At the high school, Student/Athletes are placed on Academic Probation when they are below a 2.5 GPA or not passing all of their classes on the previous grade report. *They will remain on probation until the next grading period.* Students on Academic Probation are required to attend at least three (3) academic support sessions (minimum 45 minutes) per week.

Student Athletes on Academic Probation will be required to turn in a grade check every two weeks. If they are below 2.5 or failing any classes they will become ineligible to compete in contests at that point.

E. Forging a signature or grade will result in athletic consequences.

F. All athletes will be required to turn in academic progress reports every 2 weeks.

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.

Self-Admittance Discovery — Process in which student athletes admit their involvement in an athletic code infraction and are cooperative and honest in the investigation process.

- A. A participant shall not use, consume, possess, transmit, or sell alcoholic beverages, drugs, drug paraphernalia, narcotics, or tobacco (including smokeless tobacco and nicotine delivery devices).
- B. The Tahoma Lacrosse Club recognizes that chemical dependency is a serious illness and the use of illegal substances is a violation of the law.
- C. Any student voluntarily admitting to tobacco, alcohol, or illegal substance use, prior to a reported athletic code violation, is encouraged to seek help from a school staff member, coach, or administrator. The student athlete will be recommended for assessment by an accredited assessment agency. For the student athlete to continue to participate in team turnouts and game activities, he must demonstrate active participation in a certified Drug or Alcohol Program or 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 Program Director. The written verification is a requirement of the student athlete's participation. If the verification is not provided, the sanctions listed below will be applied.

Once a student has used this approach to deal with problems of substance use, any subsequent involvement in substance use will be dealt with at the next step called for based on past violations by the student.

D. 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.

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

E. 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 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. WIAA REQUIRED POLICY RELATED TO LEGEND DRUGS (ANABOLIC STERIODS)

WIAA RULE 18.26.2 Penalties for Violation of RCW 69.41.020 - 69.41.050 (Legend drugs including anabolic steroids possession, sale, and/or use) or Violation of RCW 69.50 (uniform Controlled Substance Act) – A violation of RCW 69.41.020– 69-41-050 shall be considered a violation of the eligibility code and standards, and shall subject the student to disciplinary actions. **Legend drugs are defined as those drugs that are legal ONLY through prescription. Controlled substances and controlled substance analogs are defined in RCW 69.50.101.** The following penalties will be administered:

1st Violation – A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate. In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school eligibility board consisting of coaches and administrators selected by the principal, to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.

A participant who seeks and receives help for a problem with use of legend drugs (RCW 69-41-010 identified substances) or controlled substances and controlled substance analogs (RCW 69.50.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility reinstated in the athletic program, pending recommendation by the school eligibility authority.

2nd Violation – A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

3rd Violation – A participant who violates for a third time RCW 69.41.020 – 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.]

WIAA RULE 18.22.4 Schools may not give students 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.

VII. 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 Tahoma Student Conduct Policy 3240, theft or malicious destruction of any school, club 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.

VIII. DISCIPLINE/GRIEVANCE PROCEDURE

A. Before any corrective action resulting in an exclusion from a lacrosse activity shall take effect, as provided for under these rules, the student shall be verbally advised by the head coach and program director of the alleged violation of the rules and the student will have the opportunity to explain or justify his or her actions. If, after such informal conference with the student, the head coach or program director is satisfied that an exclusion is justified, the student shall be so notified and the exclusion shall then become effective.

B. The grievance procedure for any exclusion from a lacrosse program is as follows:

1. Upon the imposition of corrective action for infraction(s) of these rules or regulations, any aggrieved student and parents of said student shall have the right to an appeal before the Tahoma Lacrosse Board of Directors. If students and/or parents do not make a written request for appeal to the Board within three (3) school days of the action being grieved, they will have waived their right to the appeal. The appeal hearing with Board will be held within five (5) school days of the request.

The student will have the right to be accompanied at the hearing by a parent(s) or guardian(s). The Board shall render a decision within ten (10) school days of the appeal. This decision shall be final.

2. Any corrective action may be reversed, upheld, or modified by the Board of Directors.

IX. COACHES STANDARDS

Any additional, specific rules or regulations not covered above within the Co-Curricular Athletic Code which are established by the coach of a specific activity must be consistent with this co-curricular athletic code and must be approved by the Program Director. Any additional rules and regulations must be in writing, kept on file by the Program Director, and each participant must be informed of such rules and regulations and be provided a copy of them.

X. 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 of the Tahoma Lacrosse Club.

PARENT / COACH COMMUNICATION

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

PARENT/COACH RELATIONSHIP

We are pleased that your son has chosen to participate in the Tahoma Lacrosse Club program. We will do all we can to provide a positive experience for him. 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. This document 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.
3. Locations and times of practices and contests.
4. Team requirements: equipment, off-season training, etc.
5. Procedures you should follow should your son become injured during participation.
6. Participant conduct code and consequences for not following these guidelines.
7. Disposition of lost/outstanding equipment at the end of the season.
8. Communication concerning your athlete's role on the team and how he fits into the future of the program.
9. Create opportunity for feedback for athletes and parents (e.g. "Parent/Athlete Feedback Form")

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 becomes involved in the athletic programs in our district, he will experience some of the most rewarding moments of his life. It is also important to understand that there will be times when things do not go the way your son 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, psychologically and physically.
2. Ways to help your son improve.
3. Concerns about your son's behavior.

At times it may be difficult to accept the fact that your student is not playing as much as you or he 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' DECISIONS

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 should first talk with the coach about the concerns.
3. Call to set up an appointment with the coach.
4. If the coach cannot be reached after a reasonable time, call Program Director. He will arrange an appointment for you.

THE NEXT STEP

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Program Director to discuss the situation.
2. At this meeting the appropriate next step can be determined as necessary.

Whether or not this step is ever reached, please keep in mind the following protocol when you elect to pursue a concern you have regarding your son's experience in our lacrosse program. Please make contact as follows:

1. Head Coach
2. High School Program Director
3. Tahoma Lacrosse Board Vice President
4. Tahoma Lacrosse President

Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood; these programs are encouraged and well supported. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided in this pamphlet helps make involvement in Tahoma Lacrosse Club programs as enjoyable and as positive as possible for both you and your student. Thank you for your support.

TAHOMA LACROSS CLUB

COACHES CODE OF CONDUCT

The Tahoma Lacrosse Club believes that participation in athletics is an important and integral part of the total school program. It is our belief that those who coach student-athletes are first and foremost, teachers who have a duty to assure that their sports programs promote important life skills and the development of good character. It is our belief that the core ingredients of character building are embodied in sportsmanship and these core ethical values: trust, respect, responsibility, fairness, caring, teamwork, and hard work. We believe further that the highest potential of sports is achieved when teacher-coaches consciously teach, enforce, promote, and model these values and are committed to pursuing success with honor. Finally we believe that sincere and good faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well-being of our student-athletes. This Code applies to all paid and volunteer coaches involved in our athletic programs.

Coaches have an obligation to treat others with respect. The obligation to treat others with dignity and respect is not limited to interactions with student-athletes, but also includes treatment of other coaches, faculty, staff, and administrators; the athletes and personnel of other teams, officials referees, and members of the news media and the public.

Athletic programs by definition require coaches to interact enthusiastically and sometimes physically with student-athletes. As a result, latitude is given to defining appropriate behavior in the context of athletic training and competition. However, conduct that is verbally or physically threatening or abusive, belligerent, or harassing is not appropriate.

Coaches shall not take advantage of their relationship with and influence over student-athletes for personal advantage.

Coaches will actively promote the good health and well-being of student-athletes. Coaches will defer to and enforce the recommendations of trainers and other medical professionals.

Coaches shall provide instruction on the fundamentals of their sport, the promotion of the safety, good health, and the well-being of student-athletes.

Coaches are to be fair and will not show preferential treatment on competitive situations, selecting a team, disciplinary issues, the enforcement of team policies and rules, and all other matters.

Coaches will be faithful to the educational and character-development goals of the school and assure that these objectives are not compromised to achieve sports performance goals. Coaches agree to place the academic, emotional, and physical well-being of athletes above the desire and pressure to win.

Coaches shall not in the performance of their duties by words or conduct demonstrate prejudice or bias based on race, sex, religion, age, disability, national origin, or sexual orientation, and will not allow members of their staff or those under their control to do so.

**I have read, understand and accept the contents of the Tahoma Lacrosse Club
Code of Conduct:**

Player - sign and date

Parent - sign and date

Code of Conduct must be signed prior to 1st practice February 26, 2018.