

INTRODUCTION

There are several key ingredients that go into the making of an effective and successful athletic program. Quality "kids", sound coaching, and nice facilities are very important but nothing is more critical than involved and supportive parents. The parents of W.H.S. athletes are second to none! The school is most fortunate to have the caliber of parents that it does.

Thank you for helping and encouraging your athlete to get involved in sports. Thanks for postponing dinner and driving to two or three away games a week - paying admissions - supporting the program and coach when things don't go the way you think they should, donating your time and money to the boosters - and for sitting for hours over the course of the season waiting to pick up your athlete. You keep things in perspective and remember they are only "kids" playing a game that is supposed to be fun. You offer all that support and never demand to call the shots in return. You parents really are special and very much appreciated.

The athletic program would like to express its appreciation to you in a small but nonetheless sincere way. It first of all offers you this "Parents Athletic Handbook". It contains information that hopefully you will find helpful.

The high school and athletic department hope you realize how much we appreciate your involvement and support. This handbook and parents pass are dedicated to the finest group of parents anywhere.

GO BIG BLUE!!!

CHAIN OF COMMAND

Coach →Athletic Director→Principal→Superintendent→School Board

EXPECTATIONS FOR PARENTS/GUARDIANS

1. Parents/Guardians are not to engage the Coach or Athletic Director on topics of strategy or playing time.
2. Parents/Guardians will not approach the Coach for a conference before, during or within 24 hours of a contest or during practice.
3. Parents/Guardians should remember that student-athletes are playing these sports for their enjoyment, not to entertain you.
4. Parents/Guardians will treat officials and opponents as guest of Washington City Schools thereby showing them respect even when they disagree with a decision.
5. Parents/Guardians will refrain from using inappropriate (obscene) language while attending athletic events.

EXPECTATIONS FOR COACHES

1. Coaches shall treat all athletes with respect.
2. Coaches shall refrain from using inappropriate (obscene) language with an athlete.
3. Coaches shall keep an open line of communication with their athletes and may be approached **by the athlete** on topics of playing time and skill improvement plans.
4. Coaches shall provide athletes with practice times and changes as necessary and establish communication procedures with their athletes.

SCHOLASTIC ELIGIBILITY FOR ATHLETES

There is one scholastic eligibility policy that student athletes at Washington Senior High School must meet and one policy at the Middle School.

Middle School Eligibility Policy: Washington Middle School student/athletes must meet eligibility requirements as established by the O.H.S.A.A. (state athletic association). This requires the student to pass 75% of all subjects taken in each grading period (each 9 weeks). As an example, if a student took six classes in a grading period, he or she would have to pass five to be eligible. (Passing five classes would be 83% while passing four would only be 67%.) Each student/athlete must maintain a 1.0 G.P.A. each 9 weeks.

The constitution and rules of the O.H.S.S.A. must be followed by all athletes at Washington High School. The principal of the school, working through the athletic director, is responsible to see that these rules are strictly enforced. Copies of the constitution and rules are available in the office of the athletic director.

****BEFORE any student will be allowed to participate in tryouts, practices, scrimmages, or contests, proof of a physical, parent signature on the Concussion Information Sheet and proof of insurance (8to18) must be on file with the athletic director. If either of these is not provided, a student will be denied participation.

High School Eligibility Criteria: To be eligible the Washington C.H. Board of Education has established the following criteria:

-For the purpose of Eligibility, a grading period is 9 weeks established by the school board.

-Student must maintain a 1.0 G.P.A. in the immediately preceding 9 weeks.

-Meet the criteria established by the O.H.S.S.A. as stated below:

O.H.S.A.A. Criteria: A student must be currently enrolled in school and have received passing grades in a minimum of five (5) one credit courses, or the equivalent, in the immediately preceding grading period. This means Washington High School students need to be enrolled and received passing grades with a minimum of 5 credits or the equivalent thereof. Please keep in mind that physical education courses are only $\frac{1}{4}$ credit.

*For eligibility purposes, summer school grades may not be used to substitute for failing grades received and final grading period of the regular school year or for lack of enough subjects taken the preceding grading period.

COSTS

Every sport involves different costs. In general, an athlete may have to pay for a physical, insurance, and the appropriate shoes, and/or personal garments (i.e. swimsuit, tights, personalized jersey, etc. There may also be costs for camps (if the athlete chooses to attend) and other equipment. The athletic department tries to keep the costs to a minimum. If an athlete cannot meet these financial responsibilities, the coach and/or the athletic director should be notified and help can be obtained through the Blue Lion Athletic Boosters. A student will never be kept from participating because of lack of finances.

ATHLETIC CODE OF CONDUCT

Any student who accepts the privilege of participation in athletics MUST accept the responsibility of good citizenship. A denial of participation in any athletic activity may be imposed for a student who does not accept such responsibility. The following rules and regulations govern all students who participate under the sponsorship of the Washington High School Athletic Department, beyond those rules established for the general student body.

- A. Possession of, use of, or being under the influence of tobacco/alcohol/chemical (as defined in the chemical abuse policy of the student handbook) is prohibited.

The following procedure will be followed in dealing with the above (A.) situation:

FIRST OFFENSE:

+Ninety (90) day denial of participation in athletic contests*

**If an athlete enrolls in a tobacco cessation/chemical use program and successfully completes the program the penalty will be reduced to thirty (30) days. Failure to successfully complete the program will result in the balance of the sixty (60) day denial of participation being served.*

+Periodic drug testing as directed by the Athletic Director for one (1) calendar year.

SECOND OFFENSE:

+Ninety (90) day denial of participation of athletic contests and practices.

+ Periodic drug testing as directed by the Athletic Director for one (1) calendar year.

ANY ADDITIONAL OFFENSES:

+Loss of eligibility for one (1) calendar year.

B. The sale or supply of illegal chemicals by an athlete is prohibited.

The following procedure will be followed in dealing with the above (B.) situation:

FIRST OFFENSE:

+Immediate denial of participation in athletic contests and practices for one (1) calendar year.

C. Any conduct (other than traffic related) that results in the involvement of the law enforcement or courts may be grounds for denial of participation in athletics contests and/or practices.

The following procedure will be followed in dealing with the above (C.) situation:

FIRST OFFENSE:

+Athletic Director may deny athletic eligibility for a period not to exceed one (1) years' time.

SECOND OFFENSE:

+Athlete may lose eligibility for entire high school career.

D. Additional Provisions

1. Any athlete breaking rules mentioned in the athletic code of conduct with less school days remaining than the penalty requires will be denied participation for the remainder of the school year. The remainder of the penalty will be served starting the beginning of the first day of practice the next year or the first day of school if the person is not a fall athlete.
2. Any athlete breaking the rules as mentioned in the athletic code of conduct in the summer (after the last official day of school and before the first official day of school) will have his/her penalty start on the first official day of practice of the next school year (if a fall athlete) or the first full day of school (if not a fall athlete).
3. Any athlete's reporting a chemical/alcohol/tobacco use problem **to the athletic director** will not be denied participation provided he/she follow the school policy for treatment of chemical use and agrees to periodic drug testing as determined by the Athletic Director for a period of one (1) calendar year. The athlete's reporting must be voluntary and not just an attempt to save athletic eligibility. If athlete

does not wish to follow the policy or fails to complete it, he/she will be denied participation in contests and practices for ninety (90) days beginning with their non-compliance with the prescribed program.

ABSENCE FROM SCHOOL

Students absent from school due to illness would not be expected to attend or participate in extra-curricular activities. Students must be in attendance the ENTIRE day in order to practice, rehearse or participate in an event. Students who are tardy after 8:45 will be denied participation that day (practice or game). In some non-illness cases, this rule may be waived by the administration.

ATHLETIC INSURANCE POLICY

The Washington C.H. Board of Education requires all Middle School and High School athletes to either purchase the school insurance or provide proof of their athlete's coverage by giving us the required insurance information during the registration process.

The school insurance is purchased through Willis Insurance. The school insurance does have limits and the policy should be carefully studied if it is purchased.

SPORTSMANSHIP

Good sportsmanship is an expectation at Washington City Schools and is expected of all who attend our contests including but not limited to our coaches, fans, parents/guardians and student-athletes. In light of that Washington City Schools reserves the right to address unsporting like behavior in a variety of manners including but not limited to the following:

- A. Conference over unsporting like behavior.
- B. Removal from the contest immediately.
- C. Suspension for a period of time from future contests.
- D. Expulsion from all athletic contests.

QUITTING AND/OR REMOVAL FROM A TEAM

Student Athletes who quit or have been removed from a team are ineligible to participate in any preseason activities of another interscholastic sport until the season that they quit from or were removed from is done with their respective season. This policy is subject to the Athletic Director's discrimination in extraordinary circumstances and may be waived.

PHYSICALS / CONCUSSION INFORMATION SHEET

The state athletic association and the school board requires all athletes to get a physical examination and parents' consent they have read the Concussion Information Sheet. This has to be done prior to the start of any physical activity such as conditioning,

tryouts, etc. The high school, with the help of the medical association, has offered free physicals for many years. Any high school athlete or person not attending the free physicals is responsible for his/her own physical exam. The school accepts no responsibility if an athlete is cut or removed from the team for disciplinary or academic reasons.

TRAINER AND THE TRAINING ROOM

The Athletic Trainer is a great tool provided by Fayette County Memorial Hospital and their services are offered to all of our school athletes grades 7-12. The Trainer has posted hours and schedule of where they will be. That Schedule can be found on his door out at the field house during the fall and spring sports seasons and on his door inside the High School during the winter sports season. The trainer will be at a variety of sporting events to help cover and take care of our athletes however they cannot be at every event and they are not the substitute for the doctor. Our trainer will treat, train and help rehab athletes and will help make recommendations when they feel further medical assistance is needed.

DRUG TESTING OF STUDENTS IN INTERSCHOLASTIC ATHLETICS

Interscholastic athletes must participate in a drug testing program. Prior to the random drug testing of an athlete, the athlete and his/her parent/guardian/custodian must sign a form consenting to the drug testing. Random testing of the athletes may be conducted on a weekly basis throughout the season.

- A. Collection of specimens will meet the requirements of 49CFR, Part 382-391.
- B. Should the collection procedure change because of procedure requirements by the testing laboratory, the School Board reserves the right to change the procedure to coincide with the guidelines established by the collection agency.

TWO TYPES OF TESTING

- A. Consent to testing shall be to provide a urine sample for testing as chosen on a random selection basis;
- B. The student athlete's parent/guardian/custodian will be notified that the tests has been completed and results will be mailed out.

POSITIVE RESULTS AND VIOLATIONS

Whenever a student athlete's test indicates a positive result, the Fayette County Memorial Hospital (FCMH) laboratory will confirm the result with a retest by sending it to another lab of their choice. If the second test is positive the result will be forwarded to the athletic director, principal or designate. The FCMH lab will also notify the parent/guardian/custodian and will determine, based on the input of the parents, whether the positive results are a result of a prescription positive or the presence of illegal substances.

The parent will have the discretion to request a vial be sent to any independent lab selected by the parent/guardian/custodian but must select a lab and notify the FCMH lab within twenty-four (24) hours from notification of a positive test.

The results of the independent lab will be sent to the FCMH lab who will take the result into consideration before presenting a positive result to the school and the parent/guardian/custodian. The FCMH lab will report the substance for which the student athlete tested positive to the athletic director, principal or designate.

All negative test results shall be returned to the athletic director, principal or designate so that the parent/guardian/custodian can be notified and a record can be kept of those tested.

All positive tests will be dealt with and subject to any of the violations and consequences as listed in the Student Athlete Code of Conduct.

REFUSAL TO SUBMIT TO DRUG/ALCOHOL TESTING

If a participating student athlete refuses to submit to a drug/alcohol use test authorized under this policy, such student shall not be eligible to participate in the athletic program for that sport for the rest of the season.

- A. Test results will be maintained by the School District until the athlete is no longer enrolled in the District. Results will be destroyed within one (1) year from that time unless destruction of such records is prohibited by law or the maintenance of a record or records is necessary for the District.
- B. Disclosure of positive test results will be limited to the athlete, the athlete's parent/guardian/custodian, the athletic director, principal or designate, the superintendent, and (as necessary to protect the school district's legal interests) the school district's legal counsel.

WHOM TO CALL
740-636-4221

GENERAL QUESTIONS: Athletic Department

ELIGIBILITY: Athletic Director or Student Counselor

TICKETS: Athletic Department

TEAM RULES: Individual Head Coach

SCHOOL RULES: Principal or Assistant Principal

BLUE LION ATHLETIC BOOSTERS: President, Officers, other members

INSURANCE QUESTIONS: Willis Insurance, 335-0510

BLUE LION ATHLETIC BOOSTERS (B.L.A.B.)

The Blue Lion Athletic Boosters (B.L.A.B.) was formed to promote and assist the athletes of Washington City Schools. Each sport at each level (middle school through varsity) is represented on the executive board. All parents and fans are encouraged to attend the meetings.

The boosters club is especially interested in major projects that affect many athletes. The new field house financed by BLAB is a good example. Also, BLAB provides all letters, certificates, and awards to all athletes (only varsity athletes are eligible for trophies). The boosters also provide scholarships to two seniors and as many other benefits to Blue Lion athletes.

All of this is done through projects that raise over \$30,000 for our athletes. This can only be done with your help. Please say "yes" when you are asked to help with a project. Your son or daughter will greatly benefit.



Washington Athletic Department

Athletic Letter (Varsity) Policy

School Requirements:

- The Athlete must be a member of the squad and in good standing when the season ends.
- The Athlete must attend their sports banquet to receive their letter if not previously excused by the coach before the banquet date.
- The Athlete must conduct themselves during their sport season which promotes the school to his or her opponent, spectators, teammates, and officials.
- The Athlete must conform to practice and game rules/regulations as established by the school and coach of that sport.
- Under a special circumstance the coach may petition the Athletic Director for a student who does meet the criteria to receive a letter for an exception. (i.e. injury, etc.)
- Only one letter will be issued to the Athlete that meets the criteria. If the letter is lost or destroyed another one can be purchased from the Athletic Department for \$10.00

Sport Specific Requirements:

- Boys/Girls Golf Competed in at least 50% of varsity contests.
- Boys/Girls CC Ran in at least 50% of varsity contests or place in league meet.
- Girls Tennis Played in 50% or more of varsity contests.
- Boys/Girls Soccer Played in 50% or more of varsity contests.
- Football Played in at least 50% of varsity quarters.
- Volleyball Played in at least 50% of varsity contests.
- Boys/Girls Basketball Played in at least 50% of varsity quarters.
- Gymnastics Competed in at least 50% of varsity contests.
- Wrestling Competed in at least 50% of varsity contests or place in league meet.
- Boys/Girls Swimming Competed in at least 50% of varsity contests.
- Boys/Girls Bowling Competed in at least 50% of varsity contests.

- Cheerleading Member of the varsity squad.
- Boys/Girls Track Competed in 50% of meets or place in the league meet.
- Baseball Played in at least 45 varsity innings.
- Softball Played in at least 45 varsity innings.
- Boys Tennis Played in at least 50% of varsity contests.

ATHLETIC WEBSITE

The Athletic Department and Coaches of Washington City Schools maintain an Athletic Website which serves as a great communication tool between the School and the Community. There you can find schedules, scores, announcements, important paperwork and maps to sporting events by clicking on the individual sports and events. Scores and announcements will also be posted there by individual sport.

To get to the website go to the schools Home Page www.wchcs.org and click on the Athletics link.

All Athletes in the Washington City School District must register online to participate in sports. The registration link can be accessed on the Athletic Website. For Instructions on how to register click on the link provided on the Athletic Website homepage.

Frontier Athletic Conference

CHILLICOTHE
HILLSBORO
JACKSON
MCCLAIN
MIAMI TRACE
WASHINGTON C.H.

NICKNAMES AND SCHOOL COLORS

Chillicothe	Cavaliers	Blue and White
Hillsboro	Indians	Red and White
Jackson	Ironmen	Red and White
McClain	Tigers	Purple and Gold
Miami Trace	Panthers	Black and White
Washington C.H.	Blue Lions	Royal Blue and White

LEAGUE SPORTS

The following sports are official league sports:

Basketball - Boys & Girls	Golf - Boys & Girls	Cross Country - Boys & Girls
Track - Boys & Girls	Softball - Girls	Tennis - Boys & Girls
Football - Boys	Volleyball - Girls	Wrestling - Boys
Soccer – Boys & Girls	Baseball - Boys	Swimming – Boys & Girls
Bowling – Boys & Girls		