

Student Activities Handbook

WASHINGTON MIDDLE SCHOOL



2023-2024

GO DEMONS!!!

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Table of Contents

(Click the item in the Table of Contents to take you directly to the page in the document.)

[WASHINGTON MIDDLE SCHOOL ACTIVITIES PROGRAM](#)

[BASKETBALL](#)

[FOOTBALL](#)

[TRACK AND FIELD / CROSS COUNTRY](#)

[VOLLEYBALL](#)

[WRESTLING](#)

[PARTICIPATION](#)

[ACTIVITIES PASS](#)

[ACTIVITIES POLICY DURATION](#)

[TEAM RULES](#)

[TRAINING RULES](#)

[DUE PROCESS](#)

[DRESS CODE](#)

[INSURANCE](#)

[PRACTICE](#)

[PARTICIPATION BY OUTLYING SCHOOL DISTRICTS](#)

[PLAYING TIME](#)

[SPORTS PHYSICAL EXAMS](#)

[SPORTSMANSHIP EXPECTATIONS](#)

[TRAVELING ON THE BUS](#)

[OTHER INFORMATION](#)

[WMS STUDENT AND GUARDIAN ACTIVITIES AGREEMENT](#)

WASHINGTON MIDDLE SCHOOL ACTIVITIES PROGRAM

The WMS Activities Handbook outlines the expectations for all students participating in any sports/activities at Washington Middle School. All participants and parents/guardians must sign the agreement form stating they have read the handbook in its entirety and agree to uphold the expectations.

The philosophy of Washington Middle School's extracurricular program is based upon learning and concept of participation in a diverse and flexible set of activities aimed not only toward building intellectual and physical skills but also nurturing self-esteem, promoting emotional well-being, building character, requiring responsibility, and growing self-discipline. Sportsmanship and appropriate behavior, both as part of an activity and as representatives of Washington Middle School, are expected. All of the extracurricular goals and objectives aim to develop a lifelong interest in achieving personal wellness, appreciating the arts, and cultivating responsible young citizens for our community.

Washington Middle School has established these goals:

1. Extracurricular activities will be presented in a positive learning environment.
2. Extracurricular activities will be under the direction of a trained staff attuned to the philosophy of middle school concepts.
3. Extracurricular activities will be operated under a "no cut" policy, allowing every student to realize his/her maximum potential.
4. Students will realize substantial participation in games and practices.
5. Students and coaches will develop and practice the elements of good sportsmanship.
6. Students will learn and demonstrate knowledge of the fundamental skills specific to each sport.
7. Students will be responsible to themselves, their teammates, the team, the overall athletic program, and Washington Middle School.

The school district will provide properly trained coaches, safe equipment, facilities, and instruction of proper techniques, and make reasonable efforts to ensure the extracurricular is safe for your student. However, because athletic activities can involve injury to the participants, we must warn you of such dangers.

These activities require the student make a commitment to the activity, submit to the discipline of the coach/advisor, and develop the self-discipline to be able to participate successfully. Participation in these activities often requires considerable physical exertion, physical conditioning, and adherence to training rules and regimens.

The purpose of this warning is to aid you in making an informed decision as to whether the student should participate in the athletic activity. In addition, its purpose is to make you aware that as a student-athlete and parent or guardian, it is your responsibility to learn about the sport involved and to inquire of coaches, physicians, and other knowledgeable persons about any concerns you might have regarding athletic safety and the District's athletic program.

Athletic injuries can impair the student's general physical and mental health and the student's ability to earn a living, engage in social or recreational activities, and general enjoyment of life. Such injuries can include death or serious physical injury and a possibility of emotional injury as well. Injury can arise from training room procedures, the administration of first aid, or failing to follow game, training, safety, or other team rules. transportation provided or arranged by the District to and from games/contests also involves the risk of injury or death.

WMS strives to protect each student from injury while engaging in school activities. The guidelines and sport-specific injury warning information are listed on the following pages. **The parents and student-athlete should read this information provided for each sport in which the student plans to participate. The parents and student/athlete should also read all other information carefully and sign in all the appropriate places.**

It is the responsibility of the parent and/or guardian and student/athlete to read and understand the contents of this packet. Please have your family physician complete all appropriate forms. **Your signatures indicate that you have read, understand, and agree to allow your child to participate in our programs. Your signature also states that you understand and assume the many risks of participating in athletic and extra-curricular activities.**

SPORTS

BASKETBALL

Basketball allows students to participate at each grade level at WMS. 6th graders participate in an intramural setting (do not compete against other schools) focusing on skill development/enhancement. 7th and 8th graders compete against other teams from other communities during a six-week season.

Basketball is a sport that involves contact. As a result of participation, basketball involves the risk of serious injury to every part of the body.

Risk of injuries includes minor injuries such as contusions, muscle strains, cramps, fractures, joint dislocations, and joint sprains, all common types of injuries sustained by basketball players. However, this sport also includes catastrophic injuries involving the head, neck, and spinal cord that can cause some type of paralysis and includes death. Basketball injuries can result from contact with other participants the basketball, the playing surface, and other solid objects in and around the court during practices, scrimmages, warm-ups, or games

FOOTBALL

Football is available for students to participate who are in the 7th and 8th grades. These students compete against other teams from other communities during a six-week season.

Tackle football is a violent contact sport. The risks of injury involved while participating in football include virtually every part of the body. Injuries may result to the body's nerves, blood vessels, internal organs, reproductive organs, bones, joints, ligaments, muscles, and tendons. Injuries may also be catastrophic, involving the head, neck, and spinal cord, resulting in paralysis, brain damage, eye damage, dental loss, hearing loss, and other head injuries, including death.

Other injuries may include heat stroke, heart failure, asthmatic attack, and/or the additional strain the body may place on an existing physical condition. Common injuries include knee injuries, strains to the muscular system, shin splints, and ankle, shoulder, back, and torso injuries. Dislocations and fractures are also common. Injury may result from contact with other players, bystanders, the playing surface, training equipment, goal posts, or other objects in and around the playing and/or practice field. Injury may result from equipment that doesn't fit well or worn. Injuries can result from correct or incorrect performance and occur in tryouts, practice, warm-ups, scrimmages, or games. Perform only those skills and techniques as instructed and/or supervised by the coaching staff, such as tackling, blocking techniques, basic hitting position, etc.

By rule, the helmet is not used as a "RAM." Initial contact **is not** to be made with the helmet. Tackling and blocking techniques are basically the same **in that contact is not initiated with the helmet.** The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, **HEAD UP**, and the **TARGET AREA AS NEAR TO THE BODY AS POSSIBLE, WITH THE MAIN CONTACT BEING MADE WITH THE SHOULDER.** When properly tackling and blocking an opponent, contact with your helmet will naturally result. Therefore, the technique is most important to prevent injuries.

TRACK AND FIELD/CROSS COUNTRY

Track and Field/Cross Country are available for students to participate at each grade level. Students from each grade level will compete against other teams from other communities during a 6 week season.

Track and Field involves sprinting, running, jumping, and activities such as pole vault, high jump, discus throw, and long-distance running. Common injuries sustained due to participation in track and field are to the thigh and hamstring muscles. Shin splints, muscle and tendon injuries of the leg, and inflammation of the knee are also common in Track and Field as well as Cross Country. Head and neck injuries can occur as a result of being struck by a discus, shot put, or javelin, including death. The most common times for injury are during warm-up, practice, or meets. Injuries can result from correct or incorrect performances of techniques and skills.

VOLLEYBALL

Volleyball allows students to participate at each grade level at WMS. 6th graders participate in an intramural setting (do not compete against other schools), focusing on skill development/enhancement. 7th and 8th graders compete against other teams from other communities during a six-week season.

Volleyball is a competitive net and power ball sport. Common injuries sustained due to participation in volleyball are, but not limited to, the arms, hands, legs, feet, ankle, knee, low back, shoulder, and elbow. Contusions, abrasions, strains, sprains, fractures, ligament, cartilage damage, and concussions, as well as paralysis and/or death.

Volleyball injuries can result from the correct or incorrect performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises, or matches. Injury to the head and mouth, nose, teeth, eyes, ears, and other body parts can result from contact with the ball, players, the playing surface, and other solid objects in and around the playing area.

WRESTLING

Wrestling is available for students to participate at each grade level at WMS. Students from each grade level will compete against other teams from other communities during a six-week season.

Wrestling is a strenuous, physical, CONTACT sport. As a result of your participation in wrestling, it could involve a risk of serious injury to virtually every part of the human anatomy. Injuries such as, but not limited to, include dislocations, fractures, knee and ankle sprains, torn cartilage, hand and wrist, back sprains, elbow injuries, rib injuries, contusions, abrasions, and skin infections can occur. Injuries

may also be catastrophic, involving the head, neck, and spinal cord, resulting in paralysis, brain damage, eye damage, dental loss, hearing loss, and other head injuries, including death.

Wrestling injuries can result from correct or incorrect performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises, or matches. Injury to the head or other body parts can result from contact with other competitors, bystanders, the wrestling surface, training equipment, and other solid objects in and around the playing and/or practice area.

PARTICIPATION

ATTENDANCE AND ACTIVITIES PARTICIPATION

Students who participate in school-sponsored activities MUST attend school the immediate half-day prior to that contest or practice. Students are not to compete in an after-school activity if they did not attend their afternoon classes (periods 5, 6, 7); the morning absences must not be unexcused. The only exception to the above would be a pre-arrangement made with the WMS administration; this includes dances.

BEHAVIOR AND ACTIVITIES PARTICIPATION

All student participants are expected to exhibit acceptable behavior at all times, in and out of season. Students with behavior concerns that arise from school situations or misbehavior in an extracurricular activity must be resolved acceptably before participating in activity practices, contests, or events. This includes suspension and detention responsibilities. A student may be suspended from an activity if his/her behavior reflects discredit upon Washington Middle School.

HOMESCHOOL PARTICIPATION REQUIREMENTS

- Nonpublic or home school students who meet the requirement of [MCA 20-5-109](#) can participate in Glendive Public Schools extracurricular activities.
 - Washington Middle School extracurricular activities included are:
 - Football
 - Cross Country
 - Basketball
 - Volleyball
 - Wrestling
 - Track
- The same standards for participation must be met as those required of full-time students enrolled in the school – except they are not required to be enrolled or attend.

- ***The student and his/her entire family must live in your school attendance area – there is no transfer or out-of-attendance area participation for nonpublic or home school students.***
- All Glendive Public Schools rules must be met – academic, age, semester, non-graduate, etc., except enrollment and attendance.

GPS Homeschool Policies: 3121-Enrollment and Attendance Records; 3150-Part-Time Attendance; 3510-School-Sponsored Student Activities

8th-GRADE PARTICIPANTS IN MHSA SPORTS

8th-grade students wishing to participate in MHSA activities at Dawson County High School will have to try out for the team.

- Students must contact the Athletic Director or Dawson County High School Coach and arrive on the first day of tryouts.
- 8th-grade students must follow the MHSA and DCHS participation rules.
- This includes only MHSA-sanctioned events. Sports this does NOT include are cheer, speech and drama, and football.

PROCESS FOR FILLING VOLLEYBALL AND BASKETBALL TEAMS

1. All 6th, 7th, and 8th-grade teams will practice together to begin the season.
2. Number of participants in each grade will be determined.
3. If there are not enough participants to fill an “A” and “B” team in the 8th grade, coaches will select players in the 7th grade based on skill level to participate on the 8th grade. Once selected, parents will be notified. If a parent does not approve of having their child moved to the 8th-grade program, that the student-athlete will stay in the 7th-grade program, and the next appropriate player will be given the option to move to the 8th-grade team. This will be done until the 8th-grade program has enough participants to field both “A” and “B” teams.
4. Once the 8th-grade team has been filled, participant numbers will be evaluated for the 7th-grade teams, and the same process will be used to fill the 7th-grade program using 6th-grade participants.
5. Participants in the 6th-grade who have not been moved to the 7th-grade teams will continue with the current sixth-grade intramural program.

NOTE: Student-athletes will not be moved down a grade level. For example, an 8th-grade participant will not be moved to a 7th-grade team to participate.

ELIGIBILITY

To be eligible to participate in a Washington Middle School sport or activity**, a student must

satisfy the following eligibility requirements:

1. Be enrolled as a full-time student or fit the criteria of a non-public or homeschool student.
2. Be in regular attendance from the enrollment date.
3. Students are in regular attendance enrolled, and receive a passing grade in ALL classes. All class grades are computed for eligibility requirements.
 - a. Participants will be deemed “ineligible” if they are not passing one of their classes by the season’s Eligibility Check Date.
 - b. Each season will have an Eligibility Check Date assigned and posted on the [WMS Calendar](#) on the District website. This will typically be towards the middle of the season.
 - c. All participants will be allowed to start the season regardless of their grades..
 - d. At the beginning of each season, an Eligibility Grade Check will be done on all participants, and all students that are not passing all of their classes will be notified so they can work towards improving their grades.
 - e. A second Eligibility Grade Check will be done on all participants a week before the Eligibility Check Date. All students that are not passing all of their classes will be notified so they can work towards improving their grades.
 - f. Once the Eligibility Grade Check is completed, all students not passing all of their classes will no longer be eligible to practice or participate in their sport or activity** for the remainder of that season. Students will still be able to start the next season if they lose eligibility in the current season.
 - g. If a student is absent before the eligibility check, the student will notify the building administrator of absence no later than one day after the Eligibility Check Date. The student’s eligibility will be based on the Makeup Work guidelines in the WMS Student Handbook (2 days for the first day and 1 day for each additional days). If the student does not meet eligibility requirements after the Make Up Work days, the student will be considered ineligible.
4. Having passed a physical examination is required for students to participate in athletics.
5. Must submit the WMS Student and Guardian Activities Agreement and the Parents' or Guardians' Permission and Release Form to the WMS Main Office.
6. For athletics only-must purchase a WMS Activities Pass.
7. Must follow the WMS Student Activities Handbook’s Behavior and Participation Expectations and Training Rules.

**For activities, a “season” is considered a school quarter.

PARTICIPATION BY OUTLYING DISTRICTS

Students who are currently enrolled in public schools within Dawson County, yet not currently enrolled within the Glendive Public School system, will be considered for participation in appropriate age/grade extra-curricular activities. The student would have to be enrolled as a full-time student in a public school and could eventually attend Dawson County High School, OR the school board has a signed agreement with the other school district allowing students to participate as a member of the

Glendive Public Schools athletic team. Parents would be responsible for transporting the students to/from practices and to/from the contests when in town. The participant would be required to ride the activities bus to and from away games unless prior arrangements have been made with the administration. Each participant would be required to adhere to the rules and eligibility requirements of Washington Middle School and the school district.

ACTIVITIES PASS

All students participating in athletic activities must purchase an Activities Pass for the school year. Activities Passes, which cost \$50.00, will entitle students to attend all home regular-season sports events. MS students can also purchase a \$75.00 activities pass that will grant them access to all high school games. All students, including participants, attending any activities are required to pay admission or present an activities pass for admission. An Activities Pass does not entitle the holder to attend musical events, dances, or school plays if special charges are applicable. Failure to purchase the Activities Pass will result in exclusion from the activity. If any student has a financial hardship in which they are not able to purchase an activities pass can make an appeal to the building principal; however, they will still need to pay for any after-school activities they choose to attend as a spectator. Activities passes can be purchased in the WMS Main Office.

ACTIVITIES POLICY DURATION

Students currently serving on a training rule violation will not be included in road trips (team bus).

Although this policy is not officially in effect from the last day of school/activity until the first day of fall practice, parents and students should be aware that WMS discourages all chemical/tobacco/controlled substance use during summer vacation but has limited supervision rights.

Students complete an entire activity/season to receive credit for suspension time served. Focus on “where you are going” instead of “where you have been.” A student can make a mistake and learn from the experience with a proper attitude.

TEAM RULES

Coaches/Advisors are responsible for determining reasonable expectations for the smooth and efficient operation of their team or program. Students will be expected to meet or exceed set standards to be able to participate in activities.

TRAINING RULES

All activity participants at Washington Middle School are expected to make personal sacrifices for the

good of the group. Self-discipline, accountability, and responsibility on the part of each participant are an expectation that is held for all. Additionally, it is important for student participants to become positive leaders both in and out of school and school activities. Successful people succeed in their tasks through hard work, perseverance, honesty, and dedication. WMS sends a clear message that any use and/or possession of alcohol, tobacco, other drugs, or any other mind-altering or performance-enhancing substances that are ILLEGAL and HARMFUL will NOT be tolerated. Training rules are in force from the first day of fall practice or the first day of school (whichever is applicable) to completion of the last activity date in the spring or last day of school (whichever is applicable.)

These rules are in effect for any extra-curricular activity at WMS, such as: athletics, music festivals, academic competitions, TIP, Student Council, National Junior Honor Society, WEB, etc.

First Offense:

- Immediate suspension from all extra-curricular activities and contests for 20 calendar days from the date of the disciplinary notice/action or from the beginning of the next activity.
- Suspension from practice for the first seven calendar days. Students may then practice but not participate in a contest for the remainder of the suspension.
- The administration may refer the student to the counselor for possible assessment and to make the student aware of the district drug/alcohol/tobacco awareness programs.
- If a student self-reports a first offense infraction to the administration or activities director before they are notified by the normal reporting channels, the penalty may be reduced to 15 calendar days.

Second Offense:

- Immediate suspension from all extra-curricular activities and contests for 45 days.
- Referral to the counselor for evaluation and possible outside mental health referral.

Third Offense:

- The student will be referred to the board of trustees for exclusion from further activity participation.

** Self-reporting is in place so that students who have:

1. Made a poor decision and

2. Have seen the error of their ways and
3. Wish to have some assistance can get help from those of us who care about their well-being.

It is not to avoid the penalties of GETTING CAUGHT. We agree to do everything possible to help students who wish to help themselves. Students in multiple activities simultaneously will suffer the outlined consequences in EACH activity for the duration of the violation.

DUE PROCESS

Usually, student or parent complaints or concerns can be addressed simply — by a phone call or a conference with the coach or activity sponsor. For those complaints and concerns that cannot be handled so quickly, the District has adopted a uniform complaint procedure policy at 1700 in the District's policy manual.

Generally, a parent or student should first discuss the complaint with the individual involved. If unresolved, a written complaint and a request for a conference should be sent to the Principal. If still unresolved, the matter may be referred to the Athletic Director. If still unresolved, the matter may be referred to the Superintendent. Under some circumstances, the District provides for the complaint to be presented to the Board of Trustees if the matter cannot be resolved at the administrative level.

Any building office or the Superintendent's office can provide information regarding specific processes for filing complaints. Additional information can also be found in Board Policy 1700 available on the website or in the Principal/Superintendent's offices.

DRESS CODE

The school dress code applies when participating in an activity or sport. The team dress code so applies. Players are responsible for wearing school-issued uniforms while participating for Washington Middle School. All uniforms shall be returned promptly. If not, the student will be charged the replacement cost of the uniform/equipment.

INSURANCE

Participating athletes have NO coverage by school insurance should an athlete be injured during competition or practice. When an injury occurs, the coach will fill out an accident report and turn it in to the office within 2 days of the occurrence.

PRACTICE

Participants are expected to participate in team practices and other related team functions; however, individuals will not practice until they have completed all required paperwork, physicals, permission form, and the WMS Activities Agreement and paid for their Activities Pass

Practices will usually follow the schedule below; however, due to certain circumstances may be subject to change.

Practice times for basketball, volleyball, and wrestling are:

Monday, Tuesday, Thursday, and Friday: 6:30-8:00 AM, 3:30-5:00 PM, 5:30-7:00 PM, 7:00-8:30 PM

Practice times for cross country, football, and track:

Monday, Tuesday, Thursday, and Friday: 3:30-5:30 p.m.

Coaches cannot require participants to practice during the off-season.

BE ON TIME:

- This means you are dressed and ready to play at your assigned start time. If an athlete is late to practice, the appropriate team coach will give the consequence.
- Other sports will not infringe on WMS sports practices. If you miss practice to go and practice another sport, this will count as an unexcused absence.
- Missing practice for a family function, emergency, or vacation will be addressed with each individual family.

ABSENCE FROM PRACTICES

Students are expected to be at practice unless absent from school. An absence due to illness or an appointment will be excused provided proper notice is provided. If a student misses practice for a reason that is unexcused the results will be as follows: Playing time may be reduced in the next regularly scheduled activity. The second unexcused practice will result in the student not being allowed to participate in the next regularly scheduled activity. If a student accumulates 3 unexcused absences from practices, a meeting will be held with their parent/guardians, and they will not be allowed to participate in the remainder of the activities for that sport/season. Upon appeal, the activities director, coach, and administration may evaluate extenuating circumstances.

PLAYING TIME

We understand that all players want to participate, and parents/guardians want to see their students participate. With that said, the amount of playing time each player gets is at the coach's discretion.

- All players will get playing time.
- Equal playing time is not guaranteed.

SPORT PHYSICAL EXAMS

A complete and approved physical examination is required for each student in grades 6, 7 & 8 to be considered eligible for participation in all athletic activities. WMS requires all physical examinations to be completed prior to the first practice. A doctor or physician's assistant for the current school year must certify the physical examination. The physicals and concussion forms are valid for the entire current school year.

SPORTSMANSHIP EXPECTATIONS

WMS views extracurricular activities as an educational experience almost as important as a student's academic endeavors. For that reason, sportsmanship in our school is considered very important. Sportsmanship is not a set of rules but a spirit that should guide our behavior each day of our lives. According to the simple idea that we will treat others as we would like to be treated - our personal ***Golden Rule***.

- Accept and understand the seriousness of your responsibility and the privilege of representing the school and community.
- Treat opponents the way you would like to be treated, as a guest or friend. Wish opponents good luck before the contest and congratulate them in a sincere manner following either victory or defeat.
- Respect the integrity and judgment of officials. Never argue or make non-verbal gestures that indicate disagreement.

Be the best cheerleader for your teammates who are participating as possible. One of the most important lessons in extracurricular activities is learning to cheer on / support your teammates!

TRAVELING ON THE BUS

All team members will ride to games on the bus. Students may be allowed to not ride the bus from a game if a parent has informed the coach in person after the game and signed off on the GPS parent/guardian release form. The coach cannot release the student to anyone other than the

student's parent/guardian. Misuse of this procedure results in a liability to the school and the coaches. Disciplinary action will be taken.

DISCIPLINE STEPS FOR BUS MISBEHAVIOR

Our bus drivers and administrators have worked together to develop a comprehensive list of expected behaviors, as well as a discipline progression for instances of misbehavior. Below you will find the standards of behavior delineated into two categories: a minor and a major. Additionally, you will find a discipline progression that corresponds to those categories. No two situations are alike, and these documents will provide us with a framework through which we can address issues that arise and create a safe, nurturing environment for all our students. Students are held to a higher standard when participating in extracurricular activities in regard to their behavior on buses.

Bus Minors and Majors

<u>Minors</u>		<u>Majors</u>	
<ul style="list-style-type: none"> ● Eating ● Trash ● Being Loud ● Name-calling (conflict) ● Bus Stop Safety Violation ● Getting off at the wrong stop 	<ul style="list-style-type: none"> ● Profanity (Non-directed) ● PDA - Minor ● Turning around in your seat ● Insubordination/Disrespectful ● Lying 	<ul style="list-style-type: none"> ● Standing, Walking, Changing seats once seated ● Throwing ● Body part out of the window ● Inappropriate electronic use ● PDA - Major ● Theft 	<ul style="list-style-type: none"> ● Fighting ● Profanity (Directed) ● Profanity (F word) ● Bullying, Harassment, Intimidation ● Vandalism ● Weapons ● Alcohol, illegal substance ● Inappropriate paraphernalia

* Inappropriate bus stop behavior is covered under the minors and majors listed above.

* The severity of some discipline infractions may dictate more serious consequences.

* All consequences are administered at the discretion of the designated administrator.

Bus Progression

<u>Minors</u>	<u>Majors</u>
<ol style="list-style-type: none">1. Verbal Warning2. Conference with Student3. Call home4. Habitual Referral - 1st Major offense	<ol style="list-style-type: none">1. Off the bus for 5 - 10 days2. Off the bus for 10 days to the rest of the semester3. Off the bus for the rest of the year

Emergency Bus Evacuation

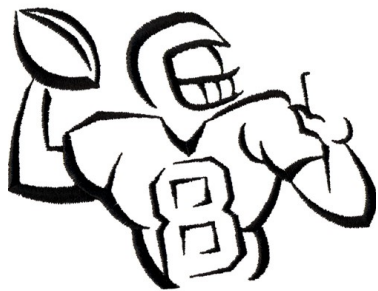
In case of an accident where the bus must be evacuated quickly, make every effort to observe the following directions:

1. Proceed in an orderly manner to the unobstructed exit nearest your seat (the bus driver will point them out to you).
2. Move to a point 100 feet or more from the bus and gather in a group to make it possible for a check to see if all passengers have been evacuated.
3. Passengers should follow the directions given by the Driver or one of the Coaches/Sponsors.

OTHER INFORMATION

1. The activity sponsor/coach and administration will consider incidents individually.
2. Other team rules, as explained by the coach/advisor of each activity, must be followed.
3. Rumors about participants are not grounds for disciplinary action. However, rumors will be checked out as thoroughly as possible and disciplinary action will be considered upon report of a violation to the coach/advisor or principal/activities director.
4. Students have a right to due process and can request a hearing with a committee consisting of: the coach/advisor of the involved activity, the principal/activities director, and a coach/teacher of the student's choice.
5. Be advised traveling teams/squads may be limited in size.

6. A student may not be denied participation in school district education programs or any sponsored activity except for such reasons as are provided in the adopted policies of this district, WMS Student/Parent Handbook, student behaviors, federal-state-county associations, or governmental entities.



WMS STUDENT AND GUARDIAN ACTIVITIES AGREEMENT

Parent/Guardian Statement:

I/we hereby certify and affirm that I/we are the parent(s)/legal guardian(s) of the following student_____. I/We understand and have read the warnings listed in this handbook for the activities in which the above student will participate. I/We are cognizant of its terms and understand that all sports/activities can involve many risks of injury, including, but not limited to, those risks indicated within this handbook. I/We hereby assume all risks of playing or practicing to play/participate for the above-named student. Furthermore, I/we release and waive, and agree to indemnify, hold harmless or reimburse the school district and the individual members, agents, employees, and representatives thereof, as well as sport/activity supervisors and coaches, from and against any claim which the above-named student, I/we, and /or other parent(s) or guardian(s), and sibling, or any other person, firm or corporation may have to claim to have known or unknown, directly or indirectly, for any losses, damages or in connection with the participation by the above-named student. I/We understand that by signing this warning, agreement to obey instructions, and assumptions of risk, I/we are waiving all the rights that the above-named student, I/we, or any other person may have to any compensation for any physical injury that may result from participation by the above-named student.

Student Participant Statement:

I understand that Washington Middle School has both Training Rules and Academic Eligibility as outlined and discussed in this handbook. Coaches and supervisors may have additional policies and guidelines to which I am expected to abide. I have read the handbook and understand my expectations as a participant.

Signatures:

I/We have read and understand the information contained in this handbook and will abide by the contents of this document.

Student

Date

Parent/Guardian

Date

“Success comes from knowing that you did your best to become the best that you are capable of becoming.” - John Wooden