

# Lynden Middle School

## Athletics/Activities Handbook

Participation in interscholastic athletics can be a dangerous activity involving multiple risks of injuries. Such injuries can range from abrasions, bruises, and sprains to catastrophic injuries resulting in crippling conditions, paralysis, brain damage, and even fatality. Severe injuries can impair a student's ability to earn a living, to engage in social and recreational activities and to generally enjoy life. Careful consideration should be given to the risks and dangers associated with interscholastic athletics before making a decision to participate. If an athlete is removed from participation by a doctor for any reason, the athlete must have a written release from a doctor to resume participation.

### ACADEMIC POLICY

- Grade checks will take place during tryouts and 4 weeks into the season.
- An athlete who failed 1 or more classes at the tryout grade check (based on grades from the previous grading period) will be placed on academic probation for the first 3 weeks of the season. The athlete will be eligible for practices, if all other eligibility requirements are met, but not for contest during those 3 weeks. An eligibility form must be signed by each teacher of a previously failing class stating that he/she is currently passing to become eligible for contests until the next grade check.
- An athlete who is failing 1 or more current classes at the 4 week grade check will be placed on academic probation indefinitely. An eligibility form must be signed by each teacher of a previously failing class stating that he/she is currently passing to become eligible for contests for the remainder of the season.
- An incomplete is treated as a failure for purposes of eligibility and will result in ineligibility until the incomplete is satisfied or a new eligibility period is reached and courses are successfully completed.

### ATTENDANCE & DISCIPLINE POLICY

- An athlete must be in school his/her entire school day in order to participate in a practice, contest, or an activity. The only exceptions to this requirement are medical/dental appointments, pre-approved legal appointments, school sponsored events and family emergencies approved by the assistant principal.
- A written note from the appointment office must be provided for the absence to be considered excused.
- Any uncleared absence of any period on the day of a practice, contest, or an activity, will cause an athlete to miss that day's practice, contest, or activity.
- If a coach is not aware of an uncleared absence, and the athlete participates in a practice, contest or activity on the day he/she was not cleared, the athlete will miss the next corresponding practice, contest or activity.

### TRAINING & CONDUCT RULES

Participant must abide by school regulations in conjunction with the Lynden Middle School Rights and Responsibilities. **Participant cannot be in:**

- Possession or use of smoking/chewing tobacco/E-Cigarettes
- Possession or use of alcohol
- Possession or use of legend drugs, controlled substances, and controlled substance analog
- Present or in the proximity where there are drugs and alcohol
- Committing any unlawful acts or engaging in any delinquent behavior.

## **DISCIPLINARY ACTION FOR RULE INFRACTIONS**

1. The code will go into effect the first day of fall sports and end the last day of school. During the summer months (last day of school until the first day of fall sports) students participating in school sponsored activities are bound by the athletic/activities code during the school sponsored activity (tournament, games, camps, events, etc.).
2. The duration of penalty for students who are discovered to have lied or cover up code violations during a school investigation will be twice (2x) that of the penalties outlined below.
3. All drug, alcohol and tobacco violations have a statute of limitations dating back to the beginning of fall sports each year.
4. Students have the right to appeal code violation decisions to an eligibility board comprised of at least 3 school staff, including at least one administrator. Written notice of the desire to appeal, including the grounds for appeal, must be received by the principal within 3 school days of the decision.

## **SMOKING/CHEWING TOBACCO/E-CIGARETTES**

### **First Offense**

- The participant will be counseled on the hazards of tobacco to his/her health and will be restricted from participation in the activity for one game, performance, competition or event.

### **Second Offense**

- The participant will be counseled on the hazards of tobacco to his/her health and will be restricted from participation in the activity for two games, performances, competitions or events.

### **Third Offense**

- The participant will be excluded from the remainder of the co-curricular season.
- A report of completion from a smoking cessation class must be presented before they can regain future eligibility.

## **ALCOHOL/MARIJUANA**

### **First Offense**

- The participant will be excluded from participation in 50% of the total regular season games, performances, competitions or events. In case of ASB Officers or members, a 45 school day suspension membership positions and privileges will be imposed. If violations occur at the end of the season or between seasons, suspensions will be calculated out of the participants next season of participant.
- 50% or 45 day membership suspension may be reduced to 20% or 20 school days when the violation is voluntarily reported by the student or the parent/guardian, before any investigation has been started by the school district or law enforcement.
- The participant will be expected to participate in all practice sessions and meetings during their suspension unless they're suspended from school.
- The participant will meet with a Certified Chemical Dependence Counselor at their own cost. Should the participant fail to attend, they will be restricted from further participation until they have done so.

### **Second Offense**

- Suspension of 100% of the total regular season games or contests, and a 70 school day suspension from membership positions in ASB, class/club officers.
- 100% of 70 days suspension may be reduced to 50% and/or 45 school days when violation is voluntarily reported by the participant or parent/guardian, before any investigation has been started by the school or law enforcement.
- The participant will meet with a Certified Chemical Dependency Counselor at their own cost. Should the participant fail to attend, they will be restricted from further participation until they have done so.

### **Third Offense**

- Suspension from all activities covered in the Code through graduation.

- The participant may submit for re-admission on the recommendation and/or completion of an alcohol treatment program after 180 calendar days.
- Decision to resume participation will be made by the Eligibility Board.

## **LEGEND DRUGS AND CONTROLLED SUBSTANCES**

### **Definitions:**

Legend Drugs- Drugs obtained through prescription

Controlled Substance- Includes all illegal drugs and substances, as defined by state and federal law

Controlled Substances Analog- Includes all substances in which the chemical structure is substantially similar to that of a controlled substance.

### **Sanctions for the possession, use, or sale of legend drugs and controlled substances.**

#### **First Offense**

- A participant shall be immediately ineligible for all activities or athletic competition. Ineligibility shall continue until the student meets with the Eligibility Board, and request approval to participate. The Eligibility Board will determine the appropriate action to be taken, and is the final authority as to the participants participation in the activity/athletic program.
- A participant shall seek and receive help for the legend drugs and controlled substances. In no instance shall participation in a school or community approved assistance program excuse a participant from subsequent compliance with this regulation. However, successful utilization of such an opportunity by the participant may allow him/her to have eligibility restored in the program, pending recommendation by the Eligibility Board.

#### **Second Offense**

- A participant who commits a second violation shall be ineligible of participation for a period of one (1) calendar year from the date of the second violation.

#### **Third Offense**

- A participant who commits a third violation shall be permanently ineligible for athletic/activity participation.

## **RULE INFRACTIONS FOR UNLAWFUL/DELINQUENT ACTS**

### **First Offense during Middle School Career**

- A participant may be immediately suspended from participation for up to 100% of the total season's contests. The actual length of the suspension will be up to the Eligibility Board.

### **Second Offense during Middle School Career**

- A participant will be suspended from the remainder of the current year, or in case of ASB and Class Officers or Club members, removal from membership and all participation outside of the normal school day.

## **ATHLETIC FEES**

The ASB card fee is the only payment required to participate. This fee must be paid prior to the first contest, as well as any outstanding fines. An ASB card is \$20.