

Extracurricular and Interscholastic Activities Procedures

Lynden School District is proud of its activity programs and encourages all students to get involved. We, coaches, advisors, and administrators, who are responsible for the conduct of students during activities, feel that the privilege of participating in an activity or athletic program is one of the most valuable educational experiences in a student's life. It is a privilege to participate. The highest possible standard of conduct and training are required by those who participate in the Lynden School district programs. Therefore, the following rules will be followed by all participants of school sponsored extracurricular activities, clubs, and athletic teams.

The following items are required to be on file for all students participating in any extracurricular activities:

- Activity Code signed by student athlete and parent/guardian in Final Forms account.
- ASB card

In addition, the following items are required to be on file in the athletic office before participating in athletic activities:

- Proof of Physical
- Insurance Waiver or School Insurance Plan
- Athletic Eligibility/Medical Emergency Authorization form

Lynden High School

Academic Policy

Eligibility Grade Check:

- Eligibility Grade Checks will be run for ALL student-athletes twice during their season, 3 weeks apart.
- Any student-athlete failing two classes on each grade check will be placed on 'probation.'
 - They will be notified of the failing grade(s) by the athletic director and given a grade check sheet
 - They have 1 week from the time they receive their grade check sheet to become 'passing' in ALL classes
 - They are expected to practice and compete fully during this week.
 - They can submit their signed grade check sheet to the athletic director anytime during this week.
 - If they do not turn in their grade check sheet to the athletic director showing they are passing all classes by the end of this week, they will become ineligible to compete in any contests until they do so.

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- Even if they are academically ineligible for competition, they are expected to practice.
- Any student-athlete failing all three or more classes on this check will become immediately 'ineligible' for competition.
 - They are expected to practice but may not compete until they are passing all classes.
 - If they become 'passing' in all but one class BEFORE the eligibility grade check ends, they may resume as if they are 'probation' status (eligible for practice and competition).
- Advisory will not be counted for grade check purposes.
- A student may not get out of school early to travel with any team if they are academically ineligible.

Final Term Grade Check:

- Final grades for each term will be checked on the second Tuesday following the end of the term.
- Students must earn at least 1.5 credits for the term to remain eligible.
- Students who earn fewer than 1.5 credits will be ineligible to compete for 5 weeks.
- If a student is failing more than 1 class during the final term grade I the spring, they will become ineligible until the last Saturday in September for all fall sports.
- 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 successfully completed.

Running Start, Home School, Alternative Education & Lynden Academy Students:

- You must fill out proper paperwork with a Lynden High School counselor to participate in LHS athletics. Failure to do so may result in ineligibility.

Attendance Policy

- A student must be in school their entire school day to participate in practice, contests, or activity. The only exceptions to this requirement are pre-approved medical/dental appointments, legal appointments (including drivers test), school sponsored events, and family emergencies approved by an administrator. A student absent for any class period during the day may not participate in practice or contests on that day.
- The legal guardian must call or send a note with their child, stating one of the reasons above prior to each absence. A student must check out through the attendance office.
- Any uncleared absence of any period on the day of practice, contest or activity will cause a student to miss that day's practice, contest or activity.

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- If a coach or advisor is not aware of an uncleared absence, and the student participates in a practice, contest or activity on the day they were not cleared, the student will miss the next corresponding practice, contest or activity.
- If a student is suspended from 1 class, they may practice, but not participate in any contest on that day. They can join their team at a contest, but not suit up. They may not leave school early for an away contest.
- If a student is suspended from 2 or more classes, they may not practice or participate or be at any event as a spectator while they are suspended.
- A student may appeal to a high school administrator to clear an absence for a reason other than those stated above.

Training and Conduct Rules

Students must abide by school regulations in conjunction with the Lynden High School Rights and Responsibilities. Students cannot:

- Be in possession of or use smoking/chewing tobacco.
- Be in possession of or use alcohol/marijuana.
- Be in possession of or use Legend Drugs, Controlled Substances, and Controlled Substance Analog.
- Be present or in the proximity where there are drugs and alcohol. Students must leave the area immediately (there will be a 10-minute grace period).
- In addition to violation involving alcohol, tobacco, or other drugs, students cannot commit any unlawful act or engage in any delinquent behavior.

Disciplinary Action for Rule Infractions

- 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.).
- 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.
- All drug, alcohol and tobacco violations have a statute of limitations dating back to the beginning of fall sports each year.
- 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 student will be counseled on the hazards of tobacco to his/her health and will be ineligible for participation in the activity for one game, performance, competition, etc.

Second Offense:

- Ineligibility for twice (2x) the duration outlined for a first offense.
- Participation in a smoking cessation program at the student's expense. Should the student fail to follow through with this requirement, they will be restricted from further participation until they have done so.

Third Offense:

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

Alcohol & Marijuana

First Offense:

- The student will be ineligible from participation in contests, performances, competitions, or events for a duration equal to 20% of the total regular season contests. Ineligibility can and will continue into post-season and/or following season until the duration is complete.
- In the case of ASB officers or members, a 30-school day suspension from 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 participant's next season of participation.
- The participant will be expected to participate in all practice sessions and meetings during their suspension, unless they are suspended from school.
- The participant will meet with a Certified Chemical Dependency Counselor at their own cost. The results of the meeting and any alcohol or drug assessment will be shared with the intervention specialist at the school. Failure to attend or follow through with the recommendations of the meeting or any assessment will result in exclusions from all further participation until completed.

Second Offense:

- Ineligibility for twice (2x) the duration outlined for a first offense.
- Meetings and assessment with a Certified Chemical Dependency Counselor are required, as outlined for a first offense.

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Third Offense:

- Suspension from all activities for 365 days.
- The student may submit for re-admission on the recommendation and/or completion of an alcohol or substance abuse treatment program after 180 calendar days.
- The decision to resume participation will be made by an eligibility board comprised of at least 3 school staff members, including at least one administrator.

Legend Drugs and Controlled Substances

Definitions:

- Legend Drugs: Drugs obtained through prescription.
- Controlled Substances: Includes all illegal drugs and substances, as defined by state and federal laws.
- Controlled Substance Analog: includes all substances in which the chemical structure is substantially like 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 requests approval to participate.
- The eligibility board will determine the appropriate action to be taken and is the final authority as to the student's participation in the activity/athletic program.
- A participant shall seek and receive help for legend drugs and controlled substances at their own cost. In no instance shall participation in a school or community approved assistance program excuse a student from subsequent compliance with this regulation. However, successful utilization of such an opportunity by the student 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 for participation for 365 days from the date of the second violation.

Third Offense:

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

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Rule Infractions for Unlawful/Delinquent Acts

First Offense:

- A student may be immediately suspended from participation for up to 100% of the total season contests. The actual length of the suspension will be determined by the eligibility board. Restoration may also include community service hours. The community service and the number of hours will be determined by the eligibility board.

Second Offense:

- A student will be suspended for the remainder of the current year, or in the case of ASB and Class Officers, or Club Officers and members, removal from membership of 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.

Lynden Middle School

Attendance & Discipline Policy

- An athlete must be in school his/her entire school day in order to participate in a practice, contest, or activity.
 - Exceptions to this requirement are medical/dental appointments, pre-approved legal appointments, school-sponsored events and family emergencies approved by the assistant principal.
 - The legal guardian must call or send a note with their child regarding their medical or dental appointment for it to be considered excused. Notes from the doctor or dentist offices are preferred.
 - Any unexcused 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 unexcused 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.
- If a student is suspended from 1 class, they may practice, but they may or may not be able to participate in any contest on that day, depending on the offense.
- If a student is suspended from 2 or more classes, they may not practice or participate, or be at any event as a spectator.

Academic Policy

- Grade checks will be run for all student-athletes twice during their season, 3 weeks apart.
- Any student-athlete failing 2 classes on each grade check will be placed on “probation.”
 - They will be notified of the failing grades by the assistant principal & given a grade check sheet.
 - They have 1 week from the time they receive their grade check sheet to become ‘passing’ in all classes.
 - They are expected to practice and compete fully during this week.
 - They can submit their signed grade check form to the assistant principal anytime during this week.
 - If they don’t turn in their grade sheet to the assistant principal showing they are passing all classes by the end of this week, they will become ineligible to compete in any contests until they do so.
 - Even if they are academically ineligible for competition, they are expected to practice.
- Any student-athlete failing 3 or more classes on this check will become immediately ‘ineligible’ for competition.
 - They are expected to practice but may not complete until they are passing all classes.

Training and Conduct Rules

Students must abide by school regulations in conjunction with the Lynden Middle School Rights and Responsibilities.

Students cannot:

- Be in possession of or use smoking/chewing tobacco/E-cigarettes
- Be in possession of or use alcohol/marijuana.
- Be in possession of or use Legend Drugs, Controlled Substances, and Controlled Substance Analog.
- Be present or in the proximity where there are drugs and alcohol. Student must leave the area immediately.
- Commit any unlawful act or engage in any delinquent behavior.

Disciplinary Action for Rule Infractions

- 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.)

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- 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.
- All drug, alcohol and tobacco violations have a statute of limitations dating back to the beginning of fall sports each year.
- 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.

First Offense:

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

Second Offense:

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

Third Offense:

- The student will be excluded from the remainder of the co-curricular season.

Alcohol/Marijuana

First Offense:

- The student will be ineligible 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 students next season of participation.
- 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 student will be expected to participate in all practice sessions and meetings during their suspension unless they're suspended from school.
- The student will meet with a Certified Chemical Dependency Counselor at their own cost. Should the student fail to attend, they will be restricted from further participation until they have done so.

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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 student or parent/guardian, before any investigation has been started by the school or law enforcement.
- The student 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 student 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 Substance 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 participant's participation in the activity/athletic program.
- A participant shall seek and receive help for the legend drugs and controlled substances. In no instances 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.

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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. The fee must be paid prior to the first contest, as well as any outstanding fines.