

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

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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

1. 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.
2. 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.
3. 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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4. 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.
5. 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.
6. 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.
7. 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

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 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.

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 \$35 fee must be paid prior to the first contest, as well as any outstanding fines.

Lynden Middle School

Athletic Eligibility

Lynden Middle School offers many opportunities for students to participate on competitive sports teams. In addition to developing athletic skills and being a part of a team, students are expected to demonstrate the highest standards of good sportsmanship. Student athletes are ambassadors for our school and need to be courteous, fair, and respectful at all times. Participation in sports is a privilege, not a right. To be eligible to participate in athletics at Lynden Middle School, students are expected to follow the "standards of eligibility" established by the Washington Interscholastic Activities Association (WIAA) and adopted by Lynden Middle School.

Code of Ethics

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.

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9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
10. To remember that an athletic contest is only a game-not a matter of life or death for player, coach, school, official, fan, community, state, or nation. (*from Appendix 8, WIAA Handbook*)

Attendance

Students must be in attendance half a day (3 periods) to be eligible for games unless a pre-arranged excuse has been cleared through the office. An unexcused absence, for either part or all of a school day, will cause a student to be ineligible for that day's game and may result in additional consequences. Students must also be in attendance the day following a game unless a prearranged excused absence has been cleared through the office.

Student Expectations

Student athletes will follow all school rules and regulations as described in the Student Rights and Responsibilities Handbook. A student who violates regulations in the Handbook is subject to disciplinary action by the Athletic Eligibility Board consisting of coaches and administrators selected by the principal. Such a student shall be warned and may be suspended for one or more contests following the first administrative action. Suspension for the remainder of the season may follow the second administrative action. Coaches may institute additional eligibility rules for their sport.

Certain major violations will affect eligibility as follows:

1. *Possession or use* of tobacco, alcoholic products, legend drugs and/or controlled substances is prohibited, on or off campus, during or outside the school day.
 - a. For tobacco offenses, in season, students involved in sports will be suspended for one half the team's regular contests. If the violation occurs at the end of a sports season or during the off season, the suspension will carry over into the next sports season.
 - b. A second violation will result in suspension from a full season.
 - c. A third violation will make the participant ineligible one year from the date of the third violation.
2. For offenses involving alcoholic products or illegal drugs or legend drugs (defined as those drugs that are legal only through prescription), the following sanctions will be applied:
 - a. A first violation shall make the participant immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season.
 1. Ineligibility shall continue until the next sports season in which the participant wishes to participate.

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2. In order to be eligible to participate in the next interscholastic season, the student shall meet with the Athletic Eligibility Board.
3. The Athletic Eligibility Board will recommend to the principal appropriate action to be taken in the student's case.
4. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.
5. If the violation occurs at the end of a sports season or in the off season, the participant will be suspended from no less than one half the team's regular contests in the next sport in which the student participates, and the same reinstatement of eligibility provisions described above will apply.
 - b. A second violation shall make the participant ineligible for one (1) calendar year from the date of the second violation.
 - c. A third violation will make the participant permanently ineligible at Lynden Middle School.

Criminal offenses may affect a student's eligibility, even if the offense was not committed on school property or at a school event. A student involved in a criminal offense will be subject to a review by the Athletic Eligibility Board and may be found ineligible for one game, a number of games, or placed on behavior probation. Repeated criminal offenses either in school or outside of school will likely result in ineligibility for the remainder of the season depending on the circumstances involved.

Scholastic Achievement

All students participating in athletics are students first, and athletes second. Participants must be passing all subjects. Quarterly grades will be used to determine eligibility. A student who failed one or more classes during the previous quarter will be placed on probation during the first three weeks of the sports season. The student will be eligible for practices if all other eligibility requirements are met, but not eligible for interscholastic competition. 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. An athlete may be eligible on the Monday of the fourth week if he or she is passing in all subjects. Such a student remains on probation for the rest of the season and must continue to pass all subjects. *If any athlete's grades fall below passing in any subject, he or she will be ineligible for competition until he or she raises all grades to passing or above.*

Due Process

A student dismissed from a team/group for violation of rules may petition the middle school principal in writing to arrange an appeal hearing. The hearing is to be held within three (3) days of the petition. The appeal committee shall be composed of the principal, assistant principal, and a teacher. If additional conferences are necessary to resolve a grievance, the due process procedures as established by the Board of Directors of the Lynden School District will be followed.