

OLYMPIA SCHOOL DISTRICT ATHLETICS



1113 Legion Way SE
Olympia, WA 98501

HANDBOOK FOR STUDENT ATHLETES

Extracurricular Athletics - “It’s Your Privilege”

High school athletics require a great deal of commitment from students, parents, coaches and administrators. Programs at this level are competitive, focused and well organized. The time commitment for practices, matches and games can be time-consuming and intensive during the season. Participation requires personal dedication, determination, and commitment to the group, teammates, coaches, parents, the student body and our community.

Although participation in extracurricular athletics is voluntary, those participating represent their school, community and family. Therefore, the Olympia School District has set high standards as a requirement for participation. These standards include academic requirements, citizenship, good sportsmanship, exemplary personal conduct and loyalty. Each participant must accept the responsibility to represent their school in a manner reflecting dignity and respect for self and others.

Olympia School District programs stress much more than winning. When a team is selected, the membership is not simply based on

athletic ability. It is also based on positive attitudes, appropriate conduct, cooperation, loyalty and a sincere desire to represent themselves, and their school, in a manner that compliments the school and community.

The Personal Value of Olympia School District Athletics

Students who participate in athletic programs of the Olympia School District can expect to gain the following:

- # Experience a competitive and challenging situation that promotes poise, emotional and mental stability when faced with difficult situations.
- # Develop a level of skill-related physical fitness through a well-organized and focused conditioning program.
- # Learns the meaning and value of group interaction. Team members practice together, suffer and prosper whether winning or losing.
- # Gain self-confidence, recognition, prestige, group approval and group acceptance.
- # Learn to work cooperatively as a member of a group striving for a common goal, while realizing that the goal cannot be successfully accomplished unless one learns to abide by the rules and play the game fairly.
- # Experience the satisfaction of winning and the lessons of defeat.
- # Share a common experience with other students, parents, family members and the community who have experienced or enjoyed high school athletics.

Requirements For Participation

All documentation of meeting requirements must be cleared with the building athletic department office prior to any participation.

In order to maintain OSD & WIAA eligibility standards, (available on-line or at school sites with athletic code or links to WIAA) students must do the following:

- # Complete and sign “High School Athletic Code” (available on-line or at school sites);
- # Complete and sign Parent Permission and Proof of Insurance forms. (Insurance is required for athletic participation. Insurance may be purchased at school from a private insurer that makes coverage available at group rates. Forms are available on-line or at school sites, with athletic code);
- # Complete physical examination requirement (forms are available on-line or at school sites);
- # Complete and sign all “Sports Specific Safety Guidelines” (available on-line or at school sites);
- # Purchase an ASB card;
- # Pay the participation fee prior to the first practice. (If cuts are made all participation fees are refunded);
- # Pay all school fines prior to first practice;
- # Complete and sign emergency medical card; and,
- # Maintain good citizenship and sportsmanship at all times. Unlawful activity and poor citizenship at or away from school undermines the privilege of participation in athletics.

Disciplinary Action

The High School Athletic Code and Olympia School Board policies provide specific details regarding personal conduct. As a participant in our athletic programs all athletes are expected to maintain high standards of citizenship and personal conduct.

- # Tobacco/Alcohol and Other Drugs

- # An athlete must be free from the presence of, use or possession of tobacco, alcohol and other drugs both on and off- campus to be eligible for participation.
- # An athlete is expected to leave the premises of a function involving the illegal use of tobacco, alcohol and/or other drugs in a safe and reasonable timeframe. Failure to do so will result in disciplinary action as detailed in the Athletic Code.
- # If use of tobacco, alcohol or other drugs is confirmed out-of-season, the regular disciplinary actions of the school will be imposed along with a required meeting with the building athletic director and coach.

●# Citizenship Standards

- # All athletes are expected to be an example of good citizenship in school and the community.
- # An athlete who is involved in actions that demonstrate poor citizenship will be subject to disciplinary action. The seriousness of the discipline will depend on the seriousness of the offense and number of previous violations. This may include suspension up to and including the remainder of the season.
- # If a student has been excluded from school for any length of time during a season they are not participating in, they may be placed on probation for the next activity season.

●# Sportsmanship

- # Sportsmanship includes respecting your self, your teammates, officials, coaches, and opponents.

Sportsmanship is a sign of maturity and positive growth.

- # Remember, a year after the game few will remember the score but all will remember good or poor sportsmanship.

- # Due Process

- # Appeals of disciplinary actions must be promptly directed to the building athletic director.

- # Appeal procedures will follow policy and procedure as written in the Athletic Code and District policy (available on-line or at school sites).

Other Information

- # Attendance

- # An athlete must be in full attendance—all classes—in order to participate in a contest.

- # If the athlete is not in class, but has a school-approved excuse, the building athletic director or assistant principal may clear the student for participation.

- # Practices

- # An athlete is expected to be at all practices.

- # If an individual is to be excused from practice they must see the coach in advance to be excused or have a signed and valid excuse upon return.

- # An athlete must be in attendance on a school day to practice. If you are too ill to attend school, you will not be allowed to practice.

- # Practices will not occur on Sundays unless the Superintendent gives specific permission.

- # Required practices may be scheduled on Saturdays and some school holidays. When possible, coaches

will provide a schedule of Saturday and holiday practices well in advance.

- # Injuries

- # All injuries must be immediately reported to the coach.

- # The coach/trainer may recommend treatment by a physician or other licensed medical personnel.

- # The coach/trainer may require that a licensed medical authority check an injury and clear the athlete before returning to the activity.

- # Athletic Travel

- # School transportation will be provided for “away” athletic contests. The participant must travel to and from athletic events with the team in transportation provided for this purpose. Only on personal request of a parent/guardian, for a special circumstance, will this practice be altered.

- # The athlete is a representative of the school and community. The expectation is that all athletes will conduct themselves in a positive manner while traveling with a school team.

- # All athletes will dress appropriately and in good taste. Coaches may set standards of dress for travel.

- # All Olympia School District teams will leave other school’s facilities and our transportation vehicles in a clean and orderly fashion.

Conclusion

The goal of the Olympia School District athletic program is to help our students have a positive, healthy and meaningful experience. All district staff have dedicated themselves to achieving this goal. However, in order to be successful, the student must help themselves

by following rules and guidelines set forth in this handbook, the Athletic Code and district policy.

For more information, contact any of the people listed below.

Capital High School Cougars
2707 Conger Ave NNW
Olympia Washington 98502
Capital High School, Athletic Director: 360-596-8070

Olympia High School Bears
1302 North Street SE
Olympia, Washington 98501
Olympia High School, Athletic Director: 360-596-7028

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**Jeff Carpenter, Coordinator, Health, Fitness
and Athletic Programs 360-596-8544**