

**AUBURN SCHOOL DISTRICT  
#408**

Auburn, Washington

**SIXTH GRADE STUDENT  
ATHLETIC HANDBOOK**



# **SIXTH GRADE STUDENT ATHLETIC HANDBOOK**

## **FOREWARD**

Athletics is a privileged part of your total educational experience. It creates a special environment that produces experiences promoting loyalty and dedication to yourself, family, home, school and community.

Athletics, as a part of the total education process, is an integral factor in the overall curriculum. It honors social, mental, moral, and spiritual development.

To help the athlete realize the above goals, it is necessary to understand that athletics are more important to the athlete than the athlete is to athletics.

We invite you to accept this challenge.

*Coaches of the Auburn School District*

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## I. **Philosophy**

“Athletics” means more than competition between individuals or teams representing different schools. It is, rather, a means of building a way of life respected in our society. It teaches understanding and appreciation of teamwork—that to participate means success, and to follow training rules means healthy living habits and establishes high team morale. This results in a mutual trust by coaches and other team members. Athletics exemplifies the philosophy that dedication, drive, and determination bring eventual success.

The athlete is a role model for younger students and peers. Therefore, it is important that the athlete’s behavior remain above question. As a student leader, the athlete must accept the responsibilities and obligations placed by those represented.

The Auburn School District shall maintain a “no cut” policy at the sixth grade level. There should be an effort to provide “equal” participation for all eligible participants. The intent of this program is participation and not winning. It also provides the opportunity for the participants to improve their physical skills, strategies and teamwork with emphasis on sportsmanship and fair play.

## II. **Definition of Participants and Period of Coverage**

The Athletic Code applies to all students participating in the inter-school athletics and includes the cheerleaders as well as athletes for a given academic school year. It is determined that provisions of the Athletic Code shall govern from the first “turnout” of a sports season until the culminating awards ceremony for the particular sport. Rules of Conduct A through H of the Athletic Code shall also apply to “non-participating” periods during the academic school year.

## III. **Rules of Conduct (During Periods of Participation)**

The following rules of conduct are intended to clarify, for the athletes, their obligations as leaders and participants during periods of participation. The athlete:

- A. Shall not provide, use, and/or be in possession of illegal drugs, legend drugs, alcohol, or tobacco products.
- B. Shall not knowingly remain on premises where illegal or legend drugs, steroids, alcohol, or tobacco products are being used.
- C. Obey all school rules and regulations.
- D. Maintains a satisfactory attendance record; attends all regularly scheduled classes unless appropriately excused.
- E. Meets Auburn School District Academic Eligibility Regulations.
- F. On athletic trips, obey bus riding, training, and school rules and regulations. Remain with the squad group or team, at all times, and complies with the reasonable request and directions of the coaching/teaching staff.

- G. Turns out for all regular and special practices and meetings, unless excused by the coach and/or school.
- H. Follows the written regulations as established by the head coach.

**EACH HEAD COACH IS RESPONSIBLE FOR ESTABLISHING AND DISTRIBUTING WRITTEN RULES OF CONDUCT TO ATHLETIC PARTICIPANTS AND PARENT/GUARDIAN. THESE WRITTEN RULES AND REGULATIONS SHALL BE REVIEWED AND APPROVED BY THE BUILDING PRINCIPAL. WRITTEN PENALTIES FOR VIOLATION OF THE "RULES OF CONDUCT," AS STATED IN THE ATHLETIC CODE, WILL BE ESTABLISHED.**

#### IV. Disciplinary Rules and Regulations

\*WASHINGTON STATE LAW (RCW 69.41.330) MAKES IT UNLAWFUL FOR STUDENT ATHLETES TO PROVIDE, USE, POSSESS, OR SELL STEROIDS. VIOLATION OF THE LAW WILL AFFECT A STUDENT ATHLETE'S ELIGIBILITY UNDER WAC 392-183A-015.

##### A. Probation

Probation is a period of time which an athlete may be given an opportunity to correct deficiencies that could result in suspension, or expulsion from athletic participation. In the event of probation, the following shall prevail:

1. The length of the probation shall be a minimum of three (3) calendar practice days, but shall not exceed one sport season.
2. **During this period of probation, the athlete must turn out with the team but will not be permitted to compete in scheduled athletic events.**
3. While on probation, any violation of the "Rules of Conduct" of the Code and/or conditions of probation may result in suspension from the squad.
4. In all cases in which an athlete is placed on probation, the athletic director or coach shall inform the athlete and the parent/guardian of the infraction and the condition of probation. Notification shall also be directed to the building principal, building athletic coordinator, and the district administrator of the Athletic Code.
5. Any athlete or parent/guardian feeling aggrieved by the imposition can contact the coach and/or building athletic director to discuss the concern.

##### B. Athletic Suspension

Athletic suspension shall include exclusion from all athletic participation:

1. During the period of suspension, the athlete will not be permitted to “turnout” with team members during regular or special practice sessions or to participate during scheduled athletic events.
2. The coach and building administrator shall be responsible for hearing and investigating all infractions and deficiencies punishable by suspension. A parent/guardian contact shall be conducted to discuss and impose sanctions.
3. In all cases in which an athlete is placed on suspension, the coach/athletic coordinator shall inform the athlete and parent/guardian of the infractions and the sanction.
4. In all cases in which an athlete is placed on suspension for an athletic rule of conduct violation, the building athletic coordinator or coach shall inform, in writing, the athlete and parent/guardian of the infraction and the sanction. Copies of this notification shall be directed to the building principal, building athletic coordinator, and district administrator of the Athletic Code.
5. If, after meeting informally with the coach and building administrator, the athlete or parent/guardian is dissatisfied with the sanction, a conference may be requested with the Building Athletic Review Board.

#### C. Athletic Expulsion

Athletic expulsion is the exclusion from athletic participation for the remainder of the current school year.

1. Athletic expulsion shall be imposed for accumulative violations of the Athletic Code.
2. The coach and building administrator shall be responsible for investigating the events which occurred.
3. The expulsion from athletic participation shall proceed in accordance with the district due process regulations, except that the Building Athletic Review Board shall inform, in writing, the athlete and parent/guardian of the infraction and the decision of the Board. Copies of this notification shall also be directed to the building principal, building athletic coordinator, and the district administrator of the Athletic Code.
4. The athlete or parent/guardian may appeal the decision of the Building Athletic Review Board to the District Athletic Review Board.

#### V. **Building Athletic Review Board (Each Secondary School)**

The Building Athletic Review Board shall be comprised of the building principal, the building athletic coordinator, and two coaches (the head coach of the sport involved and a coach from another sport), and the district administrator. The building coordinator shall act as chairperson except in cases where that person also serves as the coach of the sport involved.

- A. This board shall meet as prescribed by the following situation:
  - 1. Upon request by the athlete or the parent/guardian to appeal an athletic sanction as prescribed by the athletic code. This request shall be made to the building principal or athletic coordinator.
- B. In all situations, the Building Athletic Review Board shall convene within five (5) school days. The athlete shall not participate in practice or scheduled competitive events until the Building Athletic Review Board renders its decision.
- C. All Building Athletic Review Board meetings shall be sound recorded.
- D. The decision of the Building Athletic Review Board shall be conveyed, in writing, to the athlete, parent/guardian, building principal, and district administrator of the Athletic Code.

VI. **District Athletic Review Board**

- A. The District Athletic Review Board shall convene upon request of the athlete and/or parent/guardian to appeal an athletic sanction imposed by the Building Athletic Review Board.
- B. In all situations, the District Athletic Review Board shall convene within five (5) school days.
- C. The District Athletic Review Board shall consist of the district athletic director, three (3) secondary building principals, and the head coach involved. The District Athletic Director shall act as chairperson.
- D. All District Athletic Review Board meetings shall be sound recorded. The decision of the District Athletic Review Board shall be conveyed, in writing, to the athlete, parent/guardian, building athletic coordinators, and the district administrator of the Athletic Code.

VII. **Attendance Regulations**

A. School Attendance

In order to compete or practice, the following attendance regulations shall prevail:

- 1. Students need to be in attendance at least half a day to be eligible to compete or practice that day. **Middle school students must be in class a total of three (3) hours to be eligible to compete or practice on that day.**

2. If you leave school before half a day, you must obtain special permission through the principal, or designee to be eligible to compete or practice on that day.

#### B. Practice Attendance

Regular attendance and promptness is imperative if you are to succeed as an athlete. Occasionally, it may be necessary to be either absent or tardy; however, common courtesy dictates that you notify your coach in advance, or have a valid excuse when you return.

### VIII. **An Athlete's Behavior**

#### A. Equipment

School equipment checked out by you is your responsibility. You are expected to keep it clean and in good condition. Loss of any issued equipment is your financial obligation. Guard carefully against loss by remembering to lock up the equipment when you are not using it.

#### B. Traveling

The following rules will be enforced whenever it is necessary to travel to other schools for athletic contests:

1. You will remain with your squad and under the supervision of your coach when attending away contests.
2. You will refrain from misconduct of any sort while traveling to and from an away contest.
3. You will dress appropriately and in good taste, according to team standards. Remember, as a visiting athlete you are a direct representative of your school, community and home. You are an ambassador and must conduct yourself properly at all times.

## ENFORCEMENT OF THESE REGULATIONS

The athletic code is the guide for clarifying the rules and attitudes which govern the conduct of student athletes. Any problems which occur will be handled according to the procedures stated herein. If questions arise, contact your coach for clarification.

### **Auburn School District ATHLETIC RULES OF CONDUCT**

Auburn School District is a member of the Washington Interscholastic Activities Association and must comply with the rules as stipulated in the constitution and rules and regulations of the Association. All contestants must be eligible under the WIAA academic regulations to participate in an interscholastic contest.

**Any athlete failing to comply with the following rules of conduct shall be subject to disciplinary action in accordance with the school district's Athletic Code.**

#### **RULE 1—Use or possession of legend drugs including anabolic steroids. (WIAA)**

##### FIRST VIOLATION

Immediately ineligible for interscholastic competition in the current sport for the remainder of the season.

##### SECOND VIOLATION

Ineligible and prohibited from participating in any WIAA sports program for a period of one calendar year from date of second violation.

##### THIRD VIOLATION

Permanently prohibited from participation in any WIAA athletic program.

#### **RULE 2—Use and/or being in possession of, or remaining on the premises where illegal drugs, drug paraphernalia, or alcohol are knowingly being used.**

##### FIRST VIOLATION

Suspension of 16 calendar days effective immediately and mandatory participation in the Insight Program, and automatic probation (five days minimum).

##### SECOND VIOLATION

Suspension for the duration of the season in progress and probation into the next season. Assessment completed by outside agency.

##### THIRD VIOLATION

Expulsion from all athletics for the remainder of the current school year.

#### **RULE 3—Use and/or being in possession of tobacco or tobacco products.**

##### FIRST VIOLATION

Suspension of 16 calendar days effective immediately and automatic probation (five days minimum).

##### SECOND VIOLATION

Suspension for the duration of the season in progress and probation into the next season.

##### THIRD VIOLATION

Expulsion from all athletics for the remainder of the current school year.

#### **RULE 4—Not obeying school rules and regulations (including regular school attendance). An athlete may not have ANY skips including single period, portion of school day, all day, etc.**

##### FIRST VIOLATION

Conference with building coordinator or administrator/unable to participate in the next contest for any skip.

##### SECOND VIOLATION

Probation/unable to participate in two contests for second violation of any skips.

##### THIRD VIOLATION

Suspension for current season.

**RULE 5—Suspension from school (including In-house Suspension and Friday/Saturday School).**

FIRST & SECOND VIOLATION

Suspended for the period of school suspension and unable to participate in the next contest.

THIRD VIOLATION

Suspension of 16 calendar days effective immediately and automatic probation (5 days minimum) upon return.

FOURTH VIOLATION

Suspension for remainder of the current season.

**RULE 6—Any student convicted of a felony crime will not be allowed to participate in athletic competition for one full year or until the sentence is completed. Any sex offenders will not be allowed to participate in athletics.**

**RULE 7—Out of season sports violations of rules 1, 2, and 3 of the Athletic Code.**

FIRST VIOLATION

Eighteen (18) hours of community service, Insight Class if Rule 2 is violated.

SECOND VIOLATION

Thirty (30) hours of community service. Assessment completed by an outside agency.

THIRD VIOLATION

Suspension for remainder of the school year.

Community service hours must be completed before an athlete can participate in the next sport season. This rule can carry over from academic year to academic year.

The Auburn School District sport season ends with the Awards program, held at the direction of the head coach, for each sport. An athlete must finish the season in good standing in order to receive a letter. Athletes are reminded that they are under the athletic code for the entire academic school year or beginning with the first turnout in August, if participating in a fall sport. Athletes are responsible for being knowledgeable of all additional information provided in the Athletic Handbook which is distributed home to parents and students.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

Definitions of Sanctions:

Probation: Probation is a period of time in which an athlete may be given an opportunity to correct deficiencies that could result in suspension or expulsion from athletic participation. The athlete is allowed to practice but not compete in any games during this time.

Suspension: Suspension includes exclusion from all athletic participation.

Expulsion: Expulsion is the exclusion from athletic participation for the remainder of the current school year.

## **TRAINING RULES AND REGULATIONS**

In regards to alcohol, drugs, and tobacco, we will be consistent with the athletic code. In regards to these offenses the player will receive the minimum 16 calendar days and three days probation.

The following rules of conduct are intended to clarify for the athletes their obligations as leaders and participants during periods of participation. Athletes shall:

1. Not use and/or be in possession of drugs, alcohol, or tobacco products.
2. Obey all school rules and regulations.
3. Maintain a satisfactory attendance record—attend all regularly scheduled classes unless appropriately excused.
4. Meet Auburn School District academic regulations.
5. On athletic trips, obey bus riding, training, and school rules and regulations. Remain with the squad, group or team at all times. Comply with reasonable requests and directions of the coaching and training staff.
6. Turn out for all regular and special practices and meetings unless excused by the coach.
7. Follow written regulations as established by the head coach.

### **PLAYERS' ATTITUDE, CONDUCT, AND BEHAVIOR**

1. Players should always be cooperative with coach/trainer and teammates.
2. Players should avoid lazy and quarrelsome attitudes.
3. Players should hustle on all occasions.
4. Players should avoid swearing in practice.
5. Players should be good citizens around school and cooperative with teachers and administration.

**IX. PHILOSOPHY OF SCHOLARSHIP:** While in the Auburn School District is aware of the important role that interscholastic athletics play in the development of students; the member schools are also committed to the philosophy that the primary purpose of our secondary schools should be to academically prepare students to become productive citizens upon graduation. Scholastic incentives should be established and enforced for the educational and personal welfare of the students who participate.

**SCHOLARSHIP** – In order to maintain athletic eligibility during the current semester, the student shall maintain passing grades in a minimum of five (5) subjects in a six (6) period day, or six (6) subjects in a (7) period day. Any class taken one period daily for the duration of the semester shall be considered a full-time subject. Schools shall establish a grade monitoring system to ascertain the student's passing status.

A student shall also have passed at least five (5) full-time subjects in a (6) period day, or six (6) full-time subjects in a seven (7) period day in the immediately preceding semester in order to be eligible for competition in the succeeding semester. The record at the end of the semester shall be final, except for those credits earned in a regular, accredited summer school program and accepted by the school district.

Incompletes may be made up for credit during the first five (5) weeks of the subsequent semester. The student shall be ineligible for interscholastic competition until the incomplete(s) are cleared.

**ACADEMIC PROBATIONARY PERIOD** – A school student who has been in regular attendance at least fifteen (15) weeks of the previous semester, but who failed to make the grade requirements shall be placed on probation.

The student shall be ineligible during the probationary period. If, at the end of the probation period, the student is passing in at least five (5) full-time subjects in a six (6) period day, or six (6) full-time subjects in a (7) period day, the student may then be reinstated for interscholastic competition.

- A. The probation period for middle level students shall be during the first three (3) weeks of the succeeding semester.
- B. Each student is eligible on Monday of the week following the end of the probation period. In the even of a school holiday, three or more teaching days shall constitute a week.

**PREVIOUS SEMESTER** – The student shall have been in regular attendance in an elementary, intermediate, or middle level school during the semester immediately preceding the semester in which the contest is held.

Completion of a semester is determined by the local school district. A student who fails to complete the previous semester shall be ineligible for athletic competition unless the student was in regular attendance a minimum of fifteen (15) weeks of the previous semester.

**REGULAR ATTENDANCE** – The student shall be enrolled and in regular attendance within the first fifteen (15) school days in a semester in order to participate in interscholastic contests during the current semester.

A student must be in attendance 15 weeks during an 18-week semester.

A ration greater than one (1) absence to six (6) attendances is irregular attendance.

**PHYSICAL EXAMINATION** – Prior to the first practice for participation in interscholastic athletics in a middle level school, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination. This physical examination must include, but is not necessarily be limited to:

- A. Documentation of a detailed review of the student's medical history with special attention to presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.

- B. Documentation of satisfactory examination of the cardiopulmonary system.
- C. Documentation of satisfactory sport-specific orthopedic screening examination.
- D. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.

Those licensed to perform physical examinations include MD, Doctor of Osteopathy DO, Certified Registered Nurse (ARNP), Physician's Assistant (PR), and Naturopathic Physicians.

The school in which this student is enrolled must have on file a statement (or prepared form) from a medical authority licensed to give a physical examination certifying that the participant's physical condition is adequate for the activity or activities in which the student wishes to participate.

To resume participation following illness and/or injury serious enough to require medical care, a participation student must present to the school officials a physician's written release.

The physical examination shall be valid for thirteen (13) consecutive months unless otherwise limited to twelve (12) months by a local school district policy.

For each subsequent thirteen-month period the student shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination, which provides clearance for continued athletic participation.

**SEASON LIMITATIONS** – After entering or being eligible to enter the seventh grade, students shall have six (6) years of interscholastic eligibility. If the seventh or eighth grade is repeated, and such repetition is not based upon documented academic reasons, the repeated year shall count against the student's six (6) interscholastic competitive years. After entering or being eligible to enter the ninth grade, a student shall have four (4) consecutive years of interscholastic eligibility. For the purposed of this rule, consecutive shall mean starting on a designated date and continuing without delay or interruption for four (4) consecutive years. For the purpose of interpreting this rule, interscholastic eligibility shall mean that the opportunity to participate in sports exists for a maximum of (6) years after entering or being eligible to enter the seventh grade and four (4) consecutive academic years after entering or being eligible to enter the ninth grade, as long as the total years of eligibility (grades 7-12) does not exceed six (6) years. Application of this rule shall not be determined by years of participation in individual sports or sport seasons.

Students who do not attend school or fail to exercise their opportunity to participate shall forfeit their eligibility during that period and shall not be provided an additional period of eligibility except as may be provided by the appeal process.



## HEADS UP: CONCUSSION IN YOUTH SPORTS

### A Fact Sheet for **ATHLETES**

#### **WHAT IS A CONCUSSION?**

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

#### **WHAT ARE THE SYMPTOMS OF A CONCUSSION?**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

#### **WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?**

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

#### **HOW CAN I PREVENT A CONCUSSION?**

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and fit well
  - Used every time you play

*It's better to miss one game than the whole season.*

For more information and to order additional materials **free-of-charge**,  
visit: [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

For more detailed information on concussion and traumatic brain injury, visit:  
<http://www.cdc.gov/injury>



## HEADS UP: CONCUSSION IN YOUTH SPORTS

### A Fact Sheet for PARENTS

#### **WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

#### **WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

##### **Signs Observed by Parents or Guardians**

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

##### **Symptoms Reported by Athlete**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

#### **HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

**WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?**

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

*It's better to miss one game than the whole season.*

For more information and to order additional materials free-of-charge, visit:

[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

For more detailed information on concussion and traumatic brain injury, visit:

<http://www.cdc.gov/injury>