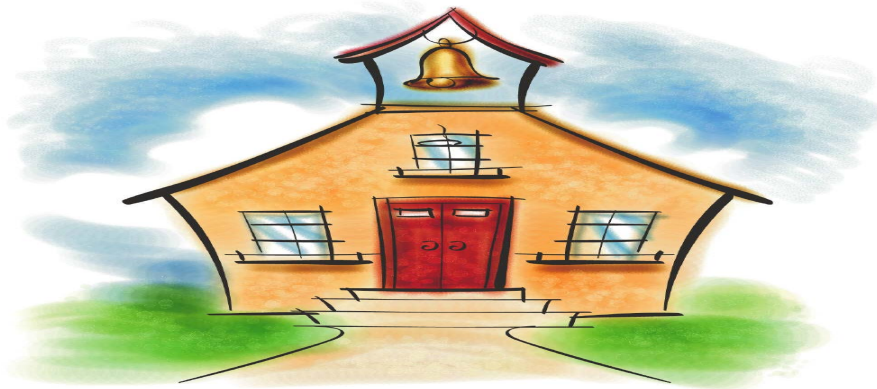


# Seattle Public Schools

## Student Athletic Handbook

Excellence in Academics and Athletics



Revised May 2008



SEATTLE PUBLIC SCHOOLS  
2445 Third Ave S / Seattle, WA 98134

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AS1- Pinehurst	11530 12 <sup>th</sup> Ave NE	252.4600
Blaine	2550 34 <sup>th</sup> Ave W	252.1920
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Madrona	1121 33 <sup>rd</sup> Ave	252.3100
McClure	1915 1 <sup>st</sup> Ave W	252.1900
Meany	301 21 <sup>st</sup> Ave E	252.2500
Mercer	1600 S Columbian Way	252.9004
Pathfinder K-8	5012 SW Genesee St	252.9710
Salmon Bay	1810 NW 65 <sup>th</sup> St	252.1720
Summit K-12	11051 34 <sup>th</sup> Ave NE	252.4500
TOPS	2500 Franklin Ave E	252.3510
Washington	2101 S Jackson St	252.2600
Whitman	9201 15 <sup>th</sup> Ave NW	252.1200



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## **STUDENT HANDBOOK LETTER TO PARENTS AND STUDENTS**

### **PARENTS AND STUDENTS SHOULD READ THIS BOOK PRIOR TO SIGNING THE CONSENT FORM. THIS FORM MUST BE SIGNED AND RETURNED TO THE COACH**

Dear Parents/Guardians/Student-Athletes:

The Seattle Public Schools' interscholastic athletic program is designed to enhance the academic focus of the School District. Studies show that students who participate in interscholastic activities have higher grade points averages, better attendance, lower dropout rates, fewer disciplinary problems, higher graduations rates and better success in college than non-athletic participants. Participation in athletics teaches teamwork, goal setting, self discipline, sportsmanship, leadership and many other valuable life-skills. The acquisition of this life-skills help student-athletes become positive contributors to their schools, their communities and society in general.

The information provided in this handbook is a compilation of many different sources. It is not inclusive of all Seattle Public Schools and WIAA directives. It is intended to serve as a resource to help you with common athletic related questions and procedures. For more detailed information, I recommend visiting the following web sites:

- o [www.seattleschools.org](http://www.seattleschools.org)
- o [www.wiaa.com](http://www.wiaa.com)

All student-athletes who participate in the Seattle Public Schools interscholastic athletic programs are subject to the rules, regulation and guidelines provided in this handbook, to include the "athletic code of conduct." Please take time to review it thoroughly and address any questions to your coach and/or athletic director.

If I can be of assistant, in my position at the district athletic office, please feel free to contact me at any time.

Your's In Athletics,

Al Hairston  
Coordinator of Athletics  
Seattle Public Schools

## **MISSION STATEMENT FOR EXTRA CURRICULAR ACTIVITIES**

The Seattle Public School District is committed to an outstanding interscholastic athletics program for middle and high schools that functions as part of the whole curriculum. The District is dedicated to providing an outstanding program at safe facilities and staffed by quality personnel. This program offers competitive opportunities for the bodies and minds of the student participants and will be funded on a stable, consistent basis from the broad range of public, private and participant sources.

Additionally, the Seattle Public School District athletic program, will strive to provide experiences in which individuals are able to:

- Participate in a positive growth experience
- Be afforded appropriate opportunities to compete or perform
- Grow in both self-concept and skill development
- Compete in a healthy and safe interscholastic program
- Participate in an athletic environment that is fair, consistent and free from intimidation

Survey's show that students involved in extra-curricular activities experience greater academic success than those that do not participate.

## **INFORMATIONAL ITEMS FOR PARENTS/GUARDIANS ON PROSPECTIVE ATHLETES**

### **ATHLETIC REGISTRATION AND PHYSICAL FORM**

- Athletic Registration Form: Athletes may obtain a Seattle School District Athletic Registration & Physical Form from their school. All items must be PROPERLY completed and signed by the appropriate person (parent, guardian, doctor). The Athletic Registration and Physical Form will only be valid when signed by parent or legal guardian.
- Physical Exam Procedures for Athletes: Have Athletic Registration & Physical Form Sections I, II, III, IV, and V as well as the Health History portion of Section VI completed and signed BEFORE reporting for physical exams. Athletes are responsible for their physical exam at their own expense. These physical examinations must certify that the athlete's physical condition is adequate to participate in interscholastic athletics (See item 18.13.0 of Student Standards for Interscholastic Athletic Eligibility).
- School Check List: Should be used by athletes to make certain all items are taken care of before returning completed Athletic Registration & Physical Form to the school.
- Assistant secretary and/or activity coordinator examines Athletic Registration & Physical Form to see that it is accurate and COMPLETE.
- Assistant secretary develops Athletic Registration & Physical Form and eligibility lists which is submitted to activity coordinator who checks it and makes copies for the building principal and District athletic director.

### **ATHLETIC SAFETY**

The Seattle School District has taken several measures to improve athletic safety and to minimize potential risk, to student/athletes, while participating in interscholastic activities. The Seattle School Board has adopted an athletic safety program which includes:

- Sport safety guidelines for each sport.
- The implementation of a formal selection process for coaches
- Adoption and funding for a certified outreach athletic training program at the high school level

All coaches are required to have:

- a current "hands on" First Aid/CPR card.
- Fingerprinting/Background check
- Adult Sexual Misconduct Training

Some areas covered include, but not limited to:

- Pre season screening of student athletes
- Proper conditioning
- Prevention of injuries
- Recognition, treatment and rehabilitation of injuries
- Emergency preparedness
- Injury reporting

All coaches are expected to work as part of an entire healthcare team to provide proper care for all student-athletes. Also, they are expected to remain current in their particular sport by completing all WIAA coaches education hours. (WIAA guideline 23.3.1)

## INSURANCES

To participate in interscholastic activities, all student-athletes must be covered by the approved Seattle Public School District Athletic Insurance program or by a plan that is equivalent to or better than the approved plan.

The equivalent insurance plan must provide benefits for loss due to a covered injury up to a maximum of \$25,000 for each injury including the following minimum provision:

- Surgery – 80% of usual and customary charges/\$5,000 maximum
- Physical Visits - \$30 per day
- Emergency Room – Usual and customary charges
- X-Rays – 80% of usual and customary charges
- Dental - \$200 per tooth

Approved Seattle Public School Insurance Forms are available at the building level. Catastrophic insurance coverage is made available through the school district.

## STUDENT ELIGIBILITY REQUIREMENTS

- To have on file in the school office a signed ATHLETIC REGISTRATION AND PHYSICAL FORM.
  - Prior to participation in practice or an athletic contest, the student-athlete shall undergo a thorough medical examination and be approved for middle level and/or high school interscholastic athletic competition by a medical authority licensed to perform a physical examination. Physical examination *INSURANCE* remain valid for twenty-four (24) consecutive months to the date unless the physician indicates the physical is only good for less than twenty-four (24) consecutive month.
  - For each subsequent twenty-four (24) month period the student-athlete shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination that provides clearance for continued athletic participation.
  - To resume participation following an illness and or injury serious enough to require medical care, a participating student-athlete must present to the school officials a written release from a physician licensed to perform physical examination.
  - In the event of extended illness/injury and adequate number of days for re-conditioning is recommended prior to return to full competition.
  - To be covered by ATHLETIC INJURY INSURANCE available through the school, or has on file in the school office a properly signed District Insurance Waiver Form.
  - CATASTROPHIC INSURANCE coverage available through the school district.
  - Student/athletes must purchase a school ASB card.
  - Be in attendance a full day of school on any game date, which falls on a school day.
  - Students shall be entitled to four consecutive years of participation after entering the ninth (9th) grade.
  - Be under twenty (20) years of age on September 1 for fall sports season; December 1 for winter sports season; and March 1 for spring sports season.
- Seattle Public Schools 2.0 grade point policy
  - It is the policy of the Seattle School Board that all students (grades 9-12) participating in extracurricular/interscholastic activities shall:
    - Maintain a 2.0 term grade point average and earn 2.5 credits during the previous semester/term
    - Be enrolled in courses that ensure normal progress toward graduation
    - Maintain the number of credits necessary for advancement to the next grade level
  - All student-athletes must have grade check conducted every five-weeks during the sport season. The student-athlete should contact the athletic director for five-week grade check dates for the sport season.
  - The student-athlete must maintain academic eligible at each grade check. If the student-athlete is NOT eligible he/she is placed on athletic probation.
  - If he/she is:
    - "Group A" - (based on previous semester grades), he/she is ineligible until he/she regain eligibility based on a grade check
    - "Group B" – (based on previous semester grades), he/she is ineligible for five (5) weeks. He/she regains athletic eligibility based on a five week grad check.
    - **"Group B" student-athletes may be on athletic probation/suspension once per sport season or term.**

**NOTE:** Contact your athletic director for more detailed information.

- Reside with their parents, the parent with legal custody, or a court appointed guardian who has acted in such a capacity for a period of one year or more.
- Not miss practices or games for the purpose of participating in non-school athletic activities without league approval.
- Not accept cash awards in any amount or merchandise of more than \$300.00 in value, or have ever signed a contract with or played for a professional athletic organization.

- o Transfer Students
  - After registering and/or attending a high school, students changing enrollment to/from one school district to another school district or from one high school to another high school within a multipl high school district shall be considered transferring students.
  - In order to be eligible for varsity competition transferring students must:
    - Meet the normal residence requirements, (WIAA 18.10.1) or
    - Meet the transferring students requirements, or
    - Be granted a Residents Rule Waiver under the District 2 appeal provisions.
  - This section shall also apply to those students receiving home based instruction.
- o Your athletic eligibility can be adversely affected by:
- o Providing misleading or false information relative to factors, which affect your eligibility. (Loss of minimum of one year of eligibility);
- o missing a game or practice to participate in an out-of-school athletic activity;
- o participating in an athletic activity under a false name;
- o disruptive behavior during practice and/or contests;
- o irregular attendance at school or practice;
- o committing and/or aiding or abetting in the commission of any physical abuse or attack upon any person associated with athletic practices or contests;
- o using a school uniform in a non-school athletic event or failure to maintain proper care or return of athletic equipment;
- o School disciplinary action (suspension, expulsion, etc.); substance abuse or distribution.

STUDENT RESPONSIBILITIES

Participants are required to conform to the rules and regulations of their school, the League, and the WIAA, and to conduct themselves in a safe and sportsmanlike manner. Violators are subject to probation, suspension or expulsion.

STUDENT RIGHTS

The rights, protection and responsibilities as prescribed by the Washington Interscholastic Activities Association Handbook, the Metropolitan/King Co League By-Laws, the Seattle School District Statement of Rights and Responsibilities, and their respective schools govern students participating in the Interscholastic Athletic program.

Students and/or their parent(s)/guardians may make application for exceptions to League and WIAA eligibility regulations and may appeal any decisions relative to such requests through their school principal.

GRADUATION REQUIREMENTS

Seattle Public Schools Graduation Requirements -Credit Breakdown required credits from now through Graduating Class of 2008.

o Language Arts	3.0
o Mathematics	2.0
o Science	2.0
o Social Studies	3.0
o Fitness	1.5
o Occupational Ed	1.5
o Arts	1.0
o Health	0.5
o Electives	5.5
Total	20.0

\*Beginning with the class of 2008, the state requires 2.0 credits in "Health/Fitness." SPS has retained the 0.5 Health requirements and PE is renamed as "Fitness" to comply with state regulations.

ATHLETIC/ACTIVITY SUBSTANCE USE POLICY

Student athletes of the Seattle School District shall not possess, use, sell, give, or otherwise transmit, or be under the influence of any drug, or counterfeit drugs, the possession of which is prohibited by law. This includes narcotics, hallucinogenic drugs, amphetamines, steroids, cocaine or intoxicants of any kind. The use or possession of any alcohol/tobacco product is also prohibited.

This policy will be subject to enforcement and/or disciplinary action by the school for the sport season.

*Violation:*

Use, distribution or possession of Alcohol and/or Tobacco.

Consequence

- o Each WIAA member school shall adopt reasonable rules and regulations pertaining to the use of alcohol or tobacco products.

*First Violation:*

Selling or distributing any quantity of illegal drugs, counterfeit drugs or controlled substances.

Consequence

- o Immediate exclusion from the team for 20% of contests. If less than 20 percent of contests remain, there will be a carryover into the next sport played including the following year so that the total exclusion is at level 20 percent. During a 20% exclusion period, the athlete may continue to participate in all team activities and attend but not dress for contest.
- o No athletic participation for one (1) calendar year, unless the athlete and parents agree to participate in and complete assessment and education under the direction of a substance abuse education program that has been approved by the school or district.

*Second and Subsequent Violations:*

Consequence

- o Exclusion from all athletic participation for one (1) calendar year.

Self-Referral by Student Athlete

Student athletes may take advantage of a self-referral procedure to seek information, guidance, counseling and assessment in regard to student athlete use of tobacco, alcohol and other drugs. Voluntary referrals do not carry punitive consequences.

- o Referral is allowed one (1) time in a student's four-year high school career (threeyear middle school).
- o Referral must be only by the athlete or a member of the immediate family.
- o Referral cannot be used by athlete as a method to avoid consequences once a conduct rule is violated and a student has been identified as having violated one of the conduct rules.
- o Referral must be made to coach, activity coordinator, teacher, administrator, guidance counselor, or the district/school drug and alcohol education coordinator.

*Communication of the Policy and Procedures:*

At the beginning of each season/activity, the coach/advisor will review the policy at a meeting for participants and parents/guardians. Written communication may be used to inform parents/guardians.

*Appeal Procedure:*

Student-athletes and/or their parent/guardian wishing to appeal this policy must first appeal the school site (principal) and then the Coordinator of Athletics.

**TRANSPORTATION**

Transportation is not provided by the school district for some athletic turnouts and events. In some cases, the budget provided to the schools for athletic transportation is insufficient to cover all activities. In other cases, depending on the location and nature of other athletic events, District-provided transportation is not practical.

Examples of this situation are:

- o When practice or game sites are within walking distance from the school,
- o When teams are comprised of a small number of athletes which does not warrant providing a bus, and
- o When some events lend themselves to constant rescheduling and makeup due to weather conditions, which does not permit adequate turnaround time to cancel and reorder busses.

As a result, the athletic program is highly dependent upon transportation by private vehicle. However, there are a number of established policies and guidelines, which are to be followed by the school in the interest of providing safe transportation for students. Among these procedures, when programs utilize private auto transportation, all athletes participating in that program will need to submit a permission slip granting permission to be transported by private vehicle. Please note that student insurance coverage is only in effect when traveling directly to and from events. Student drivers will also need to submit forms indicating that driving requirements are acknowledged and met. If you have any questions, please check with your school to learn of the particular procedures so you fully understand what is required.

## **ATTENDANCE REGULATIONS**

- A student must be in attendance at school or at an authorized school activity for all scheduled classes on the day of an event/meet in order to be eligible to compete or practice.
- Exceptions may be granted by the principal, or his/her designee, but illness is not an acceptable excuse.

## **EQUIPMENT**

- School equipment checked out by the student athlete is the student's responsibility.
- The student-athlete is expected to keep it clean and in good condition.
- The student-athletes will be responsible for lost/stolen school equipment assigned to them.
- Schools districts may authorize the use of school equipment during the summer if approved by the building principal/athletic director. All required forms must be completed in advance.

## **TRAVEL RULES FOR ATHLETES**

The following rules will be enforced whenever it is necessary to travel to other schools for athletic contests or to alternate off-campus turnout/game sites:

- All athletes must travel to and from athletic contests in which transportation is provided by the school district, except that an athlete may travel:
  - With their own parent, if the parent arranges with the coach, to transport his/her athlete in their own vehicle.
  - In a private vehicle, if the parent sends a written request to the principal prior to departure and the principal gives approval to the coach in charge. This note should also indicate the name of designated driver. (School should use their Authorized Driver form.).
- Athletes will remain with their squad and under the supervision of their coach when attending any contests.
- Misconduct during participation in interscholastic athletic activities will be subject to school disciplinary actions.

Student-athletes are direct representatives of their school, community and family and should conduct themselves accordingly.

## **COLLEGE RECRUITMENT**

In the event you should be contacted personally by a college recruiter, you have an obligation to work through your coach and the school's athletic department. Inform your coach of such contact as soon as possible. This is especially important if it occurs during the time when you are actually involved in active participation. Check with your coach regarding NCAA rules governing recruiting. Rule violations could result in loss of eligibility.

### **NCAA COLLEGIATE ATHLETIC & SCHOLARSHIP ELIGIBILITY**

Students desiring to practice and compete their freshman year at an NCAA Division I or Division II college must satisfy the requirements of NCAA Bylaw 14.3, commonly known as Proposition 48. Students wishing to receive financial aid from a Division I or II college must also satisfy the requirements of NCAA Bylaw 14.3

Effective August 1, 1994, a student's eligibility for practice, competition, and financial aid in their freshman year at a Division I or II College must be certified by the NCAA Initial Eligibility Clearinghouse. It is important to see a school counselor as soon as possible to allow time for processing the required information.

*Note that these regulations can change on an annual basis. Contact your schools counselor, coach, or athletic department for complete and current information.*

- Division I (minimum requirements):
  - Graduate from high school;
  - Complete these fourteen (14) core courses:
    - Four (4) years of English
    - Two (2) years of math (algebra 1 or higher)
    - Two (2) years of natural or physical science (including one year of lab science if offered by your high school)
    - One (1) extra year of English, math or natural or physical science
    - Two (2) years of social science

- Three (3) years of extra core courses (from any category above, or foreign language, non-doctrinal religion or philosophy);
  - Earn a minimum required grade-point average in your core courses; and
  - Earn a combined SAT or ACT sum score that matches your core-course grade-point average on the test score sliding scale outlined in the current years NCAA Guide for Athlete Eligibility.
- Division II (minimum requirements):
- Graduate from high school;
  - Complete these fourteen (14) core courses:
    - Three (3) years of English
    - Two (2) years of math (algebra 1 or higher)
    - Two (2) years of natural or physical science (including one year of lab science if offered by your high school)
    - Two (2) extra year of English, math or natural or physical science
    - Two (2) years of social science
    - Three (3) years of extra core courses (from any category above, or foreign language, non-doctrinal religion or philosophy);
  - Earn a 2.000 grade-point average or better in your core courses; and
  - Earn a combined SAT score of 820 or and ACT sum of 68. (there is no sliding scale in Div II)

## **SUMMARY OF RULES FOR WASHINGTON INTERSCHOLASTIC ATHLETIC ASSOCIATION**

- **Eligibility Checklist**-Before you participate, you must be eligible. Please review the following checklist with your parents, coach or athletic director. Unchecked boxes may mean you are NOT eligible and will need to verify eligibility with your school. Eligibility questions should be referred to your coach or athletic director:
- I'm officially enrolled in a WIAA member school.
  - I'm enrolled in at least the minimum number of classes for athletic eligibility, generally five or more classes
  - I attended 15 of 18 weeks and received passing grades in the minimum number of classes in the previous semester.
  - I have not changed school districts without a corresponding move of my entire family unit
  - I reside with my family unit in this school district and school service area
  - I have not been enrolled in high school for more than 8 semesters
  - I did not turn 20 years of age before the start of each sport season
  - I'm an amateur in the sports in which I compete interscholastically, and I have not accepted cash or any award, equipment or prize valued greater than \$100 per sport
  - I have not been recruited to attend this school
  - I have had a physical exam within the past 24 months on file at my school
  - If I'm a Running Start student, I have completed the Running Start contract with my school administrator
  - If I'm a home school student, I have registered with the school district as a home school student
  - **ARE YOU ELIGIBLE???**
- **Age** – a high school student-athlete who turns 20 years of age prior to September 1 for Fall Sports, December 1 for Winter Sports and March 1 for Spring Sports is ineligible for interscholastic athletics.
- **Member School:**
- A student-athlete must be a regular member of the school he/she represents in order to participate in interscholastic activities
  - A student is a regular member of a school if he/she is enrolled half time or more.
  - A **Running Start Student-Athlete** is a member of the high school from which he/she accesses the Running Start Program
  - A **Home School Student-Athlete** becomes a member of the school by registering with the school district as a home school student. His/her athletic is at his/her resident public school.
  - An **Alternative School Student-Athlete** in a full-time high school public alternative school without athletics, and who resides within the service area of that public school, shall participate only at the resident public school that the student would normally attend, or his/her athletic "school of record".
- **Scholarship:**
- School must establish a grade monitoring system to check academic eligibility with periodic grade checks every three (3) to five (5) weeks. See sports season eligibility dates for details.
  - A student in regular attendance, who did not meet the academic standard for the pervious semester/trimester, shall be on athletic suspension for the first five weeks of the next semester/trimester. The student-athlete shall be ineligible for interscholastic competition during the suspension period.
- **Previous Semester/Attendance**

- To be eligible during the current semester/trimester, the student-athlete shall have been enrolled and in regular attendance a minimum of 15 weeks during an 18-week semester (10 of 12 weeks for a trimester) as a full time student-athlete during the previous semester/trimester.
  - An enrolled student who receives semester/trimester grades will be considered to have been in attendance for that semester/trimester unless he/she is withdrawn from school.
- **Residence** – A resident student-athlete is one who attends school in the public school district where the entire family unit resides.
- **Transfer:**
  - A transfer student-athlete is one who attends a school outside of his/her public school district of residence
  - As a transfer student-athlete, there may be restrictions on athletic eligibility for the first year;
    - The student-athlete will be restricted to junior varsity competition in those sports in which he/she participated the previous year at the school
    - After one year he/she regains varsity eligibility in those sports
- **Season Limitation:**
  - After entering or being eligible to enter the seventh grade, a student-athlete shall have six (6) consecutive years of interscholastic eligibility
  - If the seventh or eighth grade is repeated and such repetition is based upon documented academic deficiencies by the school principal, the repeated year shall not count against the student-athlete's six (6) interscholastic competitive years
  - After entering or being eligible to enter the ninth grade, a student-athlete shall have four (4) consecutive years of interscholastic eligibility
- **Concurrent Participation** – A student-athlete shall not compete concurrently in more than one (1) interscholastic sport per season.
- **Non-School Participation** – A student-athlete may participate on community or club level teams during the WIAA school year. A student-athlete may not be given special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities.
- **Amateur Standing** – A student-athlete who represents a school in an interscholastic sport must be an amateur in that sport. To protect amateur status a student-athlete shall never accept cash awards or accept merchandise or in-kind services of more than \$100 in fair market value during any one calendar year, August 1 through July 31
- **Ejections** – Conduct resulting in ejection or disqualification from an interscholastic contest shall result in the following:
  - Disqualification for the remainder of the contest in which the ejection occurred. The student shall remain with the team and the coach is responsible for the student
  - The ejected player is ineligible until he/she misses the next school contest in that sport at the same level of competition for which the person was ejected.
  - The student-athlete shall not appear in the school uniform, nor sit on the team bench during the suspension period.
  - ***The second ejection in the same sport and season shall result in ineligibility for the remainder of the season of that sport***
- **False Information** – If it's determined that the student/parent/guardian provided the school false information which caused the school to declare the participant eligible, the student will be declared ineligible for interscholastic competition for a period of one (1) year. Sanctions will not be imposed on the school or the team.
- **Appeal Process:**
  - The WIAA provides a process by which a student-athlete, parent or guardian can appeal to have eligibility reinstated.
  - Eligibility appeals re based upon "hardship" conditions beyond the control of the student that don not exist for the general school population
  - Your athletic director will provide you with the Student Eligibility Appeals Packet and can assist you with the appeals process.
- **Hardship:** The WIAA District Eligibility Committee, the Executive Director are given the authority to make specific expectations to those student eligibility regulations contained in Article 18 provided such expectations are based upon hardship conditions that are deemed to have contributed in a significant way to non-compliance with specific regulation(s) which may be appealed.
  - Any waiver of student eligibility regulations shall be based upon extenuating circumstances, beyond the student's, or where applicable, the parents' or legal guardian's control, that are deemed to have significantly influenced or contributed to the cause of the student's non-compliance to the eligibility regulation(s) involved. (The following criteria shall be used to determine if a hardship exists):

- A hardship exists only when some unique circumstances concerning the student's physical or emotional status exist and only when such circumstances are not the result of acts or actions by the student or family unit.
- The circumstances must be very different from those that exist for the majority or even small minority if students (e.g., usual maturation problems, and academic or athletic deficiencies in a school's curriculum or extracurricular activities do not constitute a hardship).
- There must be no reason to believe that the decision and/or the execution of the decision concerning the student's academic were for athletic purposes.
- The burden of providing evidence that a hardship exists shall be borne by the student.
- There shall be a direct relationship between the alleged hardship and the student's inability to meet the specific eligibility rule(s).
- Exceptions to student eligibility regulations based upon a hardship shall be subject to the following limitations:
  - Loss of eligibility in itself or an injury in itself that prevents the student from exercising an opportunity to participate are not to be considered hardships. In addition, attending a school that does not offer interscholastic activities is not to be considered a hardship, nor shall it justify extending eligibility beyond the (4) consecutive year period allowed. To grant additional eligibility based upon a hardship, a student must demonstrate that normal progression towards graduation has been interrupted as a result of either a long-confining illness, an injury, a family hardship, and that the interruption prevented the student from graduating in four (4) consecutive years.
  - A hardship exception shall not be granted if there is sufficient evidence to make it reasonable to believe that the non-compliance to the eligibility rule in question was motivated by the student's, parents or school's efforts to gain a desired athletic outcome or to intentionally circumvent a rule, or
  - A hardship exception shall not be granted if the student has had the opportunity for six (6) years after entering or being eligible to enter the seventh grade or four (4) consecutive years after entering or being eligible to enter the ninth grade to participate of interscholastic activities.

## **RUNNING START ELIGIBILITY STANDARDS**

- "Running Start" students, who participate in club sport programs at the post-secondary institution they attend, forfeit their interscholastic eligibility for the corresponding WIAA sanctioned sport.
  - *Member of the School:* The "Running Start" student must be included on the school's P-223 count submitted to SPI. The school of eligibility must be the "School of Record" for the "Running Start" student and include the same transcript records as all other students.
  - *Regular Attendance:* The "Running Start" student must comply with the WIAA minimum eligibility standards of 85% attendance in scheduled classes and comply with local school attendance eligibility policies required of all other students.
  - *Scholarship and Previous Semester:* The "Running Start" student shall have passed and maintained passing grades in a minimum of four (4) full time subjects as evidenced by college credits, earning at least two (2.0) graduation credits (or equivalent), monitored at any time AND at a minimum the previous semester grading recorded on the official transcript.
    - The School Eligibility Standards must be consistently applied to ALL students. School Board (or schools so authorized by School district policy) adopted standards greater than WIAA standards must be applied.
  - *All other Eligibility Standards:* The "Running Start" student shall maintain passing grades during the previous and current high school semester in the equivalent of four (4) full-time high school classes (which equate to two (2) high school credits.) For the purposes of this rule, one (1) five (5) credit class in a college quarter shall be equal to one (1) high school credit and one (1) three (3) credit class in a college semester shall be equal to one (1) high school credit.

## **WIAA OUT-OF-SEASON REGULATION**

- "All member school districts of the Association must comply with the rules as stipulated...These rules shall not be waived by agreement or otherwise." (As a condition of membership, the SCHOOL must comply with the rules and may not waive them).
  - **SEATTLE PUBLIC SCHOOLS NON-DISTRICT SPONSERED SUMMER ATHLETIC WORKOUTS**
    - Summer workout sessions or camps are NOT conducted or sponsored by Seattle Public Schools.
    - It's recommended that student-athletes should only participate in commercial summer clinics/camps/leagues if they are:
      - Highly supervised
      - Have parental consent forms
      - Ensure that the student athletes are properly covered by liability and catastrophic insurance
  - **PRACTICE REGULATIONS-** School sponsorship or promotion of practice and/or participation in a given sport

contest must be restricted to the WIAA designated season for that sport. Several practice regulations that apply to all sports during the school year are as follows:

- For the purpose of meeting the pre-contest practice requirements, practice is defined as a regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season and must be conducted under the supervision of the school coach. Participation in physical education classes does not constitute a practice. A practice is further defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to their squad or have their squad or part of their squad engage in drills under the supervision of that coach, or from directions provided by that coach.
  - Practice shall be limited to each sports season as defined under each sport. Practices in one (1) sport cannot be transferred toward the number of practices required in another sport.
  - A coach of a school team (paid or volunteer) may conduct practice only during the WIAA sport season.
  - One (1) day is equal to one (1) practice for purposes of meeting the minimum practice requirements.
  - Practice days are considered Monday through Friday.
  - Saturday being an allowable practice day.
  - Sundays may not be counted toward meeting the minimum practice requirements.
  - A nationally recognized holiday is an allowable practice day.
  - Practice on a game day would not allow an athlete to become eligible for competition on that day.
  - Participation in pre-contest warm-up exercises shall not count as required practice.
  - Interruption of pre-contest practices- individual practice requirements shall be met during regular team practice(s). If an individual athlete's pre-contest practice is interrupted, the following procedure will be used to assure that an appropriate period of practice precedes interscholastic competition.
    - An interruption of up to three (3) consecutive school scheduled practice days, excluding Sunday, will have no effect on the value of previous practice days in determining compliance with pre-contest practice requirements. For example: If an athlete has completed seven (7) days of practice and then did not practice for three (3) consecutive school scheduled practice days, excluding Sunday, the previous seven (7) days would still count toward the minimum individual practices required before interscholastic competition.
    - Beginning with the fourth (4) consecutive school scheduled practice day without practice, the total number of days missed will be subtracted from the number of days previously practiced to determine compliance with pre-contest practice requirements. For example: If an athlete completed six (6) days of practice, and then did not practice for five (5) school scheduled practice days, only one (1) of the previous practice days, could be counted toward meeting the minimum pre-contest requirement. If an athlete completed eight (8) days, and then missed the five (5) days, only three (3) of the previous days could be counted toward meeting the minimum pre-contest practice requirements.
    - Once the pre-contest practice requirements have been met, 17.9.8 no longer applies for that sport although each school has the authority to establish minimum requirements regarding return to play.
  - *Waiver of Individual Practice Requirements*- An individual who participates in any level of WIAA sanctioned post season play-offs and who cannot meet the minimum practice requirements for the succeeding sport will be allowed to waive up to a maximum of one-half of the required individual practice days for that sport only if the available team practice days for each individual involved in the preceding play-offs are insufficient to meet the minimum requirement before a scheduled contest.
- OUT-OF-SEASON -DEFINITION- Out-of-Season is that time during which paid or volunteer coaches cannot coach present or future squad members.
- HIGH SCHOOL- Out of season for high school fall sports shall be the time periods three (3) weeks prior to the first day off all sports turnouts until the first day off all sports turnouts and from the final day of the state tournament for that sport until the conclusion of the final spring sport state tournament. Out-of-season for winter and spring sports shall be from the first day of fall sport turnouts until the first day of that sports season and from the final day of the state tournament for that sport until the conclusion of the final spring sport state tournament.
- School sponsorship or promotion of practice and/or participation in a given sport contest must be restricted to the WIAA designated season for that sport.
    - *PROMOTION*-Definition-Promotion is defined as providing posting or distributing information pertaining to a specific event or activity and/or encouraging student athletes to participate in the event or activity.
  - Practice shall be limited to each sports season as defined under each sport.
  - Use of school equipment and/or transportation is contingent upon local school district written policy.
    - School uniforms may be worn ONLY during the WIAA season for that sport. NOTE: Uniforms are considered to be the school issued contest uniform (practice or shooting shirts are not classified as school uniforms (also refer to 17.13.3) and are defined in the adopted rule book for each specific sport.
    - Coaches may not transport current and/or prospective athletes to an out-of-season event in their particular sport.
  - A coach of a school team (paid or volunteer) may conduct practice only during the WIAA sport season.
  - A practice is defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to their squad or have their squad or part of their squad engage in drills under the supervision of

that coach, or from directions provided by that coach.

- A coach may have one (1) meeting with the squad prior to the opening day of practice to issue equipment and explain to the participants such issues as insurance, physical examinations, season's plans, training regulations and any other pertinent information deemed necessary by the coach. This restriction does not apply to fund-raising activities. Fund-raising activities are subject to the approval and rules of the participating school districts and/or Association Student Body governments.
  - In the sport they coach, a school coach may not sponsor, coach or direct activities which resemble out-of-season practices or contests to any of their squad members or future squad members (high schools and feeder schools in the school district -grades 7-12) until after the final spring WIAA tournament is completed (high school) or until after completion of the final spring sports season (middle level). A feeder school may be either grades 7 and 8 or grades 7, 8 and 9.
  - A member school may organize and supervise a year-around conditioning program to include weight training, running and exercising provided it is open to all students and does not include instruction in specific sport skills.
- OPEN GYM- Schools may conduct open athletic facilities (gym, pools, field, and track) in the off season if the following conditions are met:
    - The program is part of the school district organized recreational or activity program; and
    - Activities are open and advertised to all members of the student body; and
    - Students have a choice of activities; and
    - No coaching or drilling of the athletes attending occurs;
    - Supervision is provided any individual approved by the school district.
  - SPECIALIZED SPORT CAMPS- Participants in a school-sponsored sport may attend camps or clinics at any time during the school year or during the summer. However, a fall participant in a school sponsored sport cannot attend any camps or clinics in that sport three (3) weeks prior to the first day of turnouts for that sport if the participant's coach is a clinician/organizer of that camp or clinic
  - SUMMER ACTIVITIES- For high schools summer is defined as the first day following the WIAA spring tournaments until three weeks prior to the start of fall turnouts for fall sports and as the first day following the WIAA spring tournaments until the first day of the fall turnouts for winter and spring sports coaches.
    - Coaches may conduct activities during the summer on their own, as individuals.
    - School districts may authorize the use of school equipment, facilities, and/or transportation for individuals and/or teams during the summer if approved by the local school board.

## **RECRUITING**

- PHILOSOPHY OF RECRUITING:
  - Students who demonstrate special skills and talent in any of the activities under the jurisdiction of the Washington Interscholastic Activities Association should not be subjected to pressures to enroll in a member school outside of their normal enrollment area. The rules do not prohibit legitimate school public relations, promotion or marketing. Rather these rules prohibit capitalization upon a school's athletic program and/or a student's athletic interest, potential or proficiency as a factor in determining school attendance.
- RECRUITING- Efforts to induce students to enroll in a member school because of the students' special talent or skill is considered recruiting. Recruiting of students or attempted recruiting of students for athletic purposes is prohibited, regardless of their residence.
  - No student athlete may receive, or be offered, any remuneration's of any kind, or to receive or be offered any special inducement of any kind, which is not made available to all applicants who enroll in the school or apply to the school.
    - Special inducement shall include, but not be limited to the offer or acceptance of:
      - Money or other valuable consideration such as free or reduced tuition during the regular year or summer school by anyone connected with the school.
      - Room, board or clothing or financial allotment for clothing.
      - Pay for work that is not performed or that is in excess of the amount regularly paid for such service.
      - Free transportation by any school-connected person
      - Residence with any school-connected person.
      - Any privilege not afforded to non-athletes.
      - Free or reduced rent for parents.
      - Payment of moving expenses of parents or assistance with moving of parents.
      - Employment of family unit in order to entice the family to move to a certain community if someone connected with the school makes the offer.
      - Help in securing a college athletic scholarship.
    - Inducing or attempting to induce or encourage any prospective student to attend any member school for

the purpose of participating in athletics, even when special remuneration or inducement is not given is a violation.

- No member school and no one acting on behalf of any member school shall give any speech or give any slide, film or tape presentation or distribute any written material which states or implies that a member school's athletic program is better than the athletic program of any other member school or that it would be more advantageous for any prospective student-athlete to participate in athletics at that member school as opposed to any other school.
  - Member schools shall be responsible for any violations committed by any person associated with the school, including principals, assistant principals, coaches, teachers, any other staff members or students, or any organization having any connection to the school. The member schools shall be responsible for any violation committed by any person acting at the direction of the school.

## **ATHLETIC PARTICIPATION FEE**

- In 2007-08, the Seattle Public School Board approved an Athletics Sports Participation Fee Policy that will be collected on a per sport basis. The policy will include but is not restricted to the following items:
  - All Participation Fees must be collected when the "Athletic Registration & Physical Form" is turned in.
  - All collected fees will remain in a newly created ASB budget at the building where the fees were collected and earmarked to support the athletic program.
  - ASB cards MAY be required for athletic participation at the discretion of the building principal. However, if ASB cards are required, fees should be capped at \$25.00 for all student athletes.
  - Refund Policy. Refunds will be provided under the following conditions (refunds must be requested prior to the end of the sports season):
    - Student is cut from the squad by the coach: 100%
    - Student quits due to illness or injury prior to 1<sup>st</sup> contest: 100%
    - Student quits due to family moving prior to 1<sup>st</sup> contest: 100%
  - Fee structure is as follows:
    - 1<sup>st</sup> Sport Participation is \$50.00
    - 2<sup>nd</sup> Sport Participation is \$25.00
    - 3<sup>rd</sup> Sport Participation is \$25.00
    - 1<sup>st</sup> Sport Participation for free & reduced lunch students is \$25.00
    - 2<sup>nd</sup> Sport Participation for free & reduced lunch students is \$12.50
  - Notes regarding policy:
    - *Three sport participants are capped at \$75.00 or \$37.50*
    - *Parents/ Guardians of students who are unable to afford the participation fee should contact the coach or athletic director at their school and complete the Athletic Participation Fee Waiver Request Form.*
    - *Collected Athletic Sports Participation fees do NOT guarantee a spot on the team or ensure equal playing time.*

## **SENIOR HIGH ATHLETIC DESCRIPTIONS**

### *FALL SEASON (September -November)*

#### **FOOTBALL**

SPORT LEVELS:	Varsity, JV & Sophomore teams 9 night games for varsity plus involvement in league & state playoffs.
TIME SCHEDULES:	Turnouts at school site. All varsity home games at Memorial Stadium, West Seattle Stadium and school sites
LOCATION OF FACILITIES:	Contact sport that requires special awareness of endurance and safety techniques for prevention of possible head, neck and other serious injuries.
SAFETY FACTORS:	
*EQUIPMENT:	Equipment and uniforms provided.

#### **CROSS COUNTRY (Boys & Girls)**

SPORT LEVELS:	Varsity boys & girls One afternoon league meet per week plus varsity involvement in approved invitational, league, district & state meets. 3:30 p.m. starting time for league meets.
TIME SCHEDULES:	At school sites.
LOCATION OF FACILITIES:	Special awareness of endurance factors.
SAFETY FACTORS:	
*EQUIPMENT:	Uniforms & equipment provided.

#### **GIRLS' SOCCER**

SPORT LEVELS:	Varsity (JV optional) 16 games with 4:00 p.m. starting time for afternoon games and 7:30 pm. For night games (5:30 p.m. and 7:30 p.m. for double headers).
TIME SCHEDULES:	Games at school sites & Memorial Stadium. Turnouts at school sites.
LOCATION OF FACILITIES:	Some contact with special awareness of endurance factors.
SAFETY FACTORS:	Equipment & game uniforms provided.
*EQUIPMENT:	

#### **GIRLS' VOLLEYBALL**

SPORT LEVELS:	Varsity (JV, sophomore optional) 16 afternoon or evening meets plus league, district & state playoff involvement.
TIME SCHEDULES:	Meets & turnouts at school sites.
LOCATION OF FACILITIES:	Minimal
SAFETY FACTORS:	
*EQUIPMENT:	Uniforms & equipment provided

#### **GOLF (COED)**

SPORT LEVELS:	Varsity Afternoon meets plus district & state playoffs..
TIME SCHEDULES:	Seattle Public Courses.
LOCATION OF FACILITIES:	Minimal
SAFETY FACTORS::	
*EQUIPMENT	Furnished by student athlete

#### **GIRLS' SWIMMING (4A Only)**

*See description under Winter Season.*

#### **BOYS' TENNIS (4A Only)**

*See description under Spring Season.*

WINTER SEASON (November – March)

**BOYS' BASKETBALL**

SPORT LEVELS: Varsity, JV, (sophomore optional)  
20 games plus league, district & state  
playoffs. Starting Times: JV 5:45 pm; Varsity  
7:30 p.m.  
TIME SCHEDULES:  
LOCATION OF FACILITIES: Games & turnouts at school sites  
Conditioning for limited contact & endurance  
SAFETY FACTORS: factors.  
\*EQUIPMENT: Uniforms & equipment provided.

**GIRLS' BASKETBALL**

SPORT LEVELS: Varsity, JV, (sophomore optional)  
20 games plus league, district & state  
playoffs. Starting Times: JV 5:45 p.m.;  
Varsity 7:30 p.m.  
TIME SCHEDULES:  
LOCATION OF FACILITIES: Turnouts & games at school sites.  
Conditioning for limited contact & endurance  
SAFETY FACTORS : factors.  
\*EQUIPMENT: Uniforms & equipment provided.

**WRESTLING**

SPORT LEVELS: Varsity (JV optional)  
16 matches, plus league, region & state  
meets.  
TIME SCHEDULE:  
LOCATION OF FACILITIES: Turnouts & meets at school sites.  
Instruction & training for strength,  
endurance, dangerous and illegal holds, for  
prevention of head, neck & other serious  
SAFETY FACTORS: injuries.  
\*EQUIPMENT: Uniforms & equipment provided.

**GIRLS' GYMNASTICS**

SPORT LEVELS: Varsity (JV optional)  
10 evening meets plus league, district &  
state meets  
TIME SCHEDULE:  
LOCATION OF FACILITIES: Turnouts & meets at school sites.  
Conditioning & instruction for strength, safe  
falling techniques and dangerous stunts  
within routines, for prevention of head, neck  
& other serious injuries.  
SAFETY FACTORS:  
\*EQUIPMENT: Uniforms & equipment provided.

**COED SWIMMING (4A -Boys Only)**

SPORT LEVELS: Varsity (JV optional)  
12 afternoon league meets plus qualifying &  
state meets.  
TIME SCHEDULE:  
LOCATION OF FACILITIES: Seattle Park Department pools.  
Coaching personnel trained in Aquatics &  
Water Safety  
SAFETY FACTORS:  
\*EQUIPMENT: Uniforms & equipment provided.

SPRING SEASON (March -May)

**BASEBALL**

SPORT LEVELS: Varsity (JV optional)  
20 games plus league, region & state  
playoffs. Some night games permitted.  
TIME SCHEDULE: Afternoon games 3:30 p.m.  
LOCATION OF FACILITIES: At school sites or park department fields  
Special awareness of thrown or batted balls,  
sliding and other contact & swinging bat  
SAFETY FACTORS: factors.  
\*EQUIPMENT: Uniforms & equipment provided.

**COED TRACK**

SPORT LEVELS: Varsity (JV optional)

TIME SCHEDULES: 10 meets plus league, district and state  
playoff involvement.  
LOCATION OF FACILITIES: West Seattle Stadium or school sites  
Foam rubber pits provided. Instruction &  
training in safe practices, especially shot put  
and discus areas, proper falling and  
SAFETY FACTORS: endurance factors.  
\*EQUIPMENT: Uniforms & equipment provided.

**COED TENNIS (4A -Girls Only)**

SPORT LEVELS: Varsity (N optional)  
16 afternoon meets plus district & state  
meets.  
TIME SCHEDULES:  
LOCATION OF FACILITIES: At school sites or park department. sites.  
SAFETY FACTORS: Minimal.  
Uniforms & equipment provided. Athletes  
provide own racquets.  
\*EQUIPMENT:

**GIRLS' FASTPITCH SOFTBALL**

SPORT LEVELS: Varsity (N optional)  
20 games plus district & state playoffs.  
TIME SCHEDULES: Starting time is 4:00 pm  
LOCATION OF FACILITIES: Turnouts & games at school sites.  
Special awareness of thrown balls or batted  
balls, sliding and other contact & swinging  
bat factors.  
SAFETY FACTORS:  
\*EQUIPMENT: Uniforms & equipment provided by schools.

**BOYS' SOCCER**

SPORT LEVELS: Varsity (N optional)  
16 games plus district & state playoffs.  
Starting times: Afternoon 4:00 pm. Night  
7:30 pm. (5:30 pm. & 7:30 pm. for double  
headers).  
TIME SCHEDULES: Varsity games at Memorial Stadium, school  
sites or park department sites.  
LOCATION OF FACILITIES: Some contact with special awareness of  
SAFETY FACTORS: endurance factors.  
\*EQUIPMENT: Equipment & game uniforms provided.

**GIRLS' GOLF (4A Only)** See description under Fall Sports.

\*Athletes provide their own shoes, socks, supporters and undershirts.

## **MIDDLE SCHOOL ATHLETIC DESCRIPTION**

### **FALL SEASON (September -November)**

#### **GIRLS' SOCCER**

SPORT LEVELS: Developmental  
7-8 games per season; practice two days per week.

TIME SCHEDULES: Games on Saturday at Memorial Stadium, school sites or park facilities. Turnouts at school sites.

LOCATION OF FACILITIES: school sites.

TRANSPORTATION: Provided by parents and ASAP

SAFETY FACTORS: Condition for limited contact and endurance factors.

\*EQUIPMENT: Equipment provided.

#### **ULTIMATE FRISBEE (COED)**

SPORT LEVELS: Developmental  
7-10 matches per season; practice two days/week

TIME SCHEDULES:

### **WINTER SEASON (November -March)**

#### **BOYS' BASKETBALL**

SPORT LEVELS: Developmental  
7-10 games per season; practice two days per week.

TIME SCHEDULES: Games & turnouts at school sites or park dept. facility

LOCATION OF FACILITIES: dept. facility

TRANSPORTATION: Provided by parents and ASAP.

SAFETY FACTORS: Conditioning for limited contact & endurance factors.

\*EQUIPMENT: Equipment provided.

#### **GIRLS' BASKETBALL**

SPORT LEVELS: Developmental  
7-10 games per season; practice two days per week

TIME SCHEDULES: Games and turnouts at school sites or park dept. facility.

LOCATION OF FACILITIES: dept. facility.

TRANSPORTATION: Provided by parents and ASAP.

SAFETY FACTORS: Conditioning for limited contact & endurance factors.

\*EQUIPMENT: Equipment provided.

### **SPRING SEASON (March -May)**

#### **COED TRACK**

SPORT LEVELS: Developmental  
4-6 meets plus festival; practice two days per week

TIME SCHEDULES:

LOCATION OF FACILITIES: West Seattle Stadium and school tracks

TRANSPORTATION: Provided by parents and ASAP.

SAFETY FACTORS: Conditioning for limited contact and endurance factors.

\*EQUIPMENT: Equipment provide

#### **BOYS' SOCCER**

SPORT LEVELS: Developmental  
7-8 games per season; practice two days per week

TIME SCHEDULES:

LOCATION OF FACILITIES:

TRANSPORTATION:

SAFETY FACTORS:

\*EQUIPMENT:

**GIRLS' VOLLEYBALL**

SPORT LEVELS:

TIME SCHEDULES:

LOCATION OF FACILITIES:

TRANSPORTATION:

SAFETY FACTORS:

\*EQUIPMENT:

Games on Saturday at Memorial Stadium, school sites or park facilities.

Turnouts at school sites

Provided by parents and ASAP.

Condition for limited contact and endurance factors.

Equipment provided.

Developmental

7-10 matches per season; practice two days per week.

Games on Saturday at school sites or park department facilities. Turnouts at school sites.

Provided by parents and ASAP.

Condition for limited contact and endurance factors.

Equipment provided.

Seattle Public Schools Equal Opportunity Statement

The Seattle School District is an Equal Employment Opportunity, Affirmative Action employer and both employs individuals and provided Equal Educational Opportunity without regard to race, creed, color, national origin, age, sex, marital status, handicap/disability or sexual orientation.

The District complies with all applicable State and Federal laws and regulations to include but not limited to Title IX, Title VII, Title VI of the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act, the Americans with Disabilities Act, (ADA), RCW 49.60, "The Law Against Discrimination," and RCW 28A.640 "Sex Equality," and covers, but not limited to, all District programs, courses, activities, services, access to facilities, etc.

The Title IX officer and 504 coordinator with overall responsibility for monitoring, auditing, and ensuring compliance with this policy is the Affirmative Action Officer, 2445 Third Ave. S., Seattle, Washington, 98134, (206) 252-0175.

***"EXCELLENCE IN ACADEMICS AND ATHLETICS"***

**NOTES**

**NOTES**

**Cut below section and return to school with Athletic Packet.**

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I certify that I have been provided with a copy of the SPS Student Athletic Handbook, that I will carefully review the information contained in the handbook and that I agree to adhere to the policies and procedures set forth therein.

Athlete's Full Printed Name: \_\_\_\_\_ Grade: \_\_\_\_

Signature of Athlete: \_\_\_\_\_

Parent/Guardian's Full Printed Name: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_