

## Wooster Booster Club

The Wooster Booster Club is a parent support group for Wooster High School. All membership donations help fund the **Academic, Art & Athletic Programs**.

### Five Donation Membership Advantage Options:

- \$100.00 donation: One vote at Board meetings, Family Athletic Pass, and a \$40.00 donation to three Wooster program(s) of choice:  
(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_
- \$50.00 donation: One vote at Board meetings, Individual Athletic Pass, and a \$15.00 donation to one Wooster program of choice: (1) \_\_\_\_\_
- \$25.00 donation: One vote at Board meetings, and a \$15.00 donation to one Wooster program of choice: (1) \_\_\_\_\_
- \$5.00 donation: One vote at Board meetings
- \$0.00 donation: One vote at Board meetings and you must volunteer for at least one activity listed below (see volunteer checklist).

Parent/Guardian/Staff: \_\_\_\_\_

Student (s) Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Student (s) Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: Home# \_\_\_\_\_ Cell# \_\_\_\_\_ E-Mail \_\_\_\_\_

### VOLUNTEER CHECK LIST

\_\_\_\_\_ Wooster Booster Board \_\_\_\_\_ Crab Feed Night \_\_\_\_\_ Teacher Appreciation Luncheon

\_\_\_\_\_ Safe N Sober Grad Night \_\_\_\_\_ Football Snack Bar \_\_\_\_\_ Basketball Snack Bar

### Return your donation and this form to:

**Wooster High School  
Attn: Wooster Boosters  
1331 E. Plumb Lane  
Reno, NV 89502**



- Board meetings are held the 2<sup>nd</sup> Monday of each month @ 5:30 in the Principal's office or the Career Center.
- Wooster Booster Passes are valid for immediate family members to ALL HOME athletic events at Wooster High School.

# Wooster High School Home of the Colts



## Parent & Athlete Handbook

Wooster High School believes that athletics is a vital part of any student's educational experience and we are committed to the ideals of developing educated, responsible, disciplined and well rounded citizens. We support the belief that participation in athletics is a privilege and our athletes must earn this privilege through academics, responsibility, commitment, sportsmanship and citizenship. Our coaching leadership is of the highest quality and we will provide student athletes with examples of exemplary behavior, leadership, knowledge and integrity in a safe, structured environment.

## Wooster High School Athletic Contact Information

### Administration

Leah Keuscher	Principal	333-5100	lkeuscher@washoeschools.net
Charlie Walsh	Athletic Admin	333-5100	cwalsh@washoeschools.net
Michael Anderson	Athletic Director	333-5100	mmanderson@washoeschools.net
Kim Boldi	Athletic Secretary	321-3173	kboldi@washoeschools.net
Vicki Ahrens	Bookkeeper	321-3170	vahrens@washoeschools.net
Diana Adame	Registrar	321-3169	dadame@washoeschools.net
Jennifer Lienau	IB Coordinator	333-5100	jlienau@washoeschools.net
Dustin Hopfe	Athletic Trainer	831-801-3004	dhopfe@washoeschools.net

### Fall Sports

Bo Sellers	Football	224-8413	bo.Sellers@washoeschools.net
Jorge Vieyra	Boys Soccer	815-1917	jorgevieyra@sbcglobal.net
Rene Flores	Girls Soccer	354-9940	reflores@washoeschools.net
Ed Heywood	B&G XC	843-2347	eheywood@charter.net
Ron Malcolm	Volleyball	722-8714	rmalcolm@washoeschools.net
Amanda Pippin	B&G Tennis	771-7908	apippin@washoeschools.net
Matt Biggins	Girls Golf	544-3053	mbiggins@washoeschools.net
Nicolette Andrini	Cheerleading	232-9317	nandrini@washoeschools.net

### Winter Sports

Jose Parra	Boys Basketball	338-5315	jparra4055@gmail.com
Sheryl Hicks	Girls Basketball	741-5755	shicks@washoeschools.net
Joe Brooks	Wrestling	304-3952	brooksjoe1990@gmail.com
Andrew Shivers	Ski	813-0470	ashivers@washoeschools.net
Bryan Wyatt	Rifle Team	333-5100	bwyatt@washoeschools.net
Nicolette Andrini	Cheerleading	232-9317	nandrini@washoeschools.net

### Spring Sports

Ron Malcolm	Baseball	722-8714	rmalcolm@washoeschools.net
Andrea Lazzari	Softball	333-5100	alazzari@washoeschools.net
Ed Heywood	B&G Track	333-5100	eheywood@charter.net
Mike McKemy	Boys Golf	321-5100	mmckemy@washoeschools.net
Charlene Skelton	B&G Swim	333-5100	cskelton@washoeschools.net

### Important Contacts

Jacki Hallerbach	Booster President	771-4682	jackipeach@yahoo.com
Amanda Pippin	Leadership	771-7908	apippin@washoeschools.net
Mike Iratcabal	ROTC	721-3075	miratcabal@washoeschools.net
James Hayes	Band	333-5100	JAMES.hayes@washoeschools.net
Dave Erickson	Bowling	333-5100	derickson@washoeschools.net

For athletic schedule information download *rSchool* app from the App Store

Twitter- @*WoosterColts*

Instagram- *WoosterColts*

Facebook- [www.facebook.com/WoosterHighSchool](http://www.facebook.com/WoosterHighSchool)

[Registermyathlete.com](http://Registermyathlete.com)

### Commonly Asked Questions

1. How do I know my particular students sports game schedule? **All Wooster athletic schedules, including departure and arrival times for all away games, can be found at [www.woostercolts.com](http://www.woostercolts.com)**
2. If my students plays 3 sports, do I have to pay the fees and complete the athletic packet 3 times? **No! Each athlete must complete an athletic packet and pay their fees only once each school year.**
3. If I completed an athletic packet last year, do I need to fill one out this year? **Yes! You must complete and submit one athletic packet every school year.**
4. How often does my student need an athletic physical? **WCSD rules state that a student must receive an athletic physical every other year. This is usually an athletes freshmen and junior years.**
5. What is the NIAA? **The NIAA (Nevada Interscholastic Activities Association) is the governing body over all high school athletics in the state of Nevada. The NIAA sets the rules and regulations for all high school (big and small) sports in our state. The NIAA and it's Executive Director, Mr. Eddie Bonine, are the body that coaches, athletes and parents must meet with when questions or concerns arise regarding the rules and regulations in Nevada high school athletics.**
6. What is WCSD Student Services? **WCSD Student Services is the office in WCSD that deals with athletic eligibility, discipline, zoning and other concerns that involve WCSD student/athletes.**
7. What is ImPACT? **ImPACT is a computerized test that evaluates an athlete's memorization, coordination, processing ability and other brain activity, prior to a student having a concussion. This tests helps doctors monitor an athlete's progress after a concussion has occurred and helps prevent students from participating in athletics before a concussion has fully healed. The ImPACT test is administered by the athletic trainer on the Wooster campus and is evaluated and diagnosed by a local physician.**
9. Is there an admission to see the games? **All high schools in Nevada, including Wooster, will charge \$6 for adults and \$4 for students to see a Boys & Girls Freshmen, JV or Varsity athletic contest. Student admission is free to home games when they purchase a student body activity sticker (\$25). Parents may also earn a pass to home games if they join the Wooster Booster Club (membership form on the back page of this booklet)**
8. Why does it cost money to play high school athletics? **High school athletics has changed dramatically over the past 20 years and it is no longer an inexpensive endeavor. Travel, uniforms, facilities, equipment, banquets, food, lodging, and other necessities required to run a successful high school athletic program require a great deal of money. Schools and school districts no longer have the resources available to pay for many of these athletic items. Therefore, much of the financial responsibility falls on the coaches and team in the form of fundraising. Fundraising is one of the most important and time consuming challenges the coach and athletes face during an athletic season. Wooster High School asks that parents and athletes get involved in helping the programs with their fund raising efforts. Let's work together to make a great athletic experience for our athletes!**

# Wooster High School Code of Conduct for Student-Athletes

1. All Wooster athletes will adhere to and follow the Code of Conduct established by the NIAA and WCSD.
2. Students will do their best in the classroom and meet all academic requirements of their teachers and coaches.
3. Students will meet all attendance requirements of their teachers, coaches, and school.
4. Students will follow the conditioning recommendations and not use alcohol, tobacco, or other drugs, and will not be in attendance or participate in any environment where underage or illegal use is involved.
7. Students will participate in all practices and be present and prepared at all events, including play-offs and the state tournament. Students will know schedules so conflicts can be resolved early. This might include athletics, music, community service, drama, college entrance exams etc.
8. Students will communicate immediately upon knowledge of any conflict pertaining to the team's schedule. The Wooster coaching staff encourages all athletes to adhere to a "No Quitting" policy to complete the entire season of their sport. All student athletes are valuable members of their respective teams. If students have concerns regarding their position on the team, the issues should first be taken up with their coach. If necessary, the Athletic Director may also become involved in order to resolve any issues.
9. Students will dress and behave in such a manner as to honor themselves, the school, and the athletic program.

## Information, Guidelines and Expectations of Parents and Athletes

The purpose of this handbook is to assist the parent and guardian of the student-athlete of Wooster High School. We understand that being a parent is often challenging and trying and that being a parent of an athlete further complicates this effort and responsibility. Participation in high school athletics can be a fulfilling and positive life experience if everyone has a better understanding of the expectations and issues surrounding a student's participation in interscholastic athletics. Please be advised the administration of Wooster High School will not tolerate inappropriate behavior by individuals who represent or are associated with Wooster High School and its athletes. It is also understood that athletes may be suspended from athletic competitions if their behavior, grades, sportsmanship or participation warrants such action. Please remember that as the parent of an athlete that you are representing yourself, your athlete and Wooster High School.

## The Player-Coach Relationship

The player-coach relationship is perhaps the most critical relationship in athletics and parents can play a major role in cultivating a positive relationship. Parents have the opportunity to positively affect the player-coach relationship. Please consider the importance of encouraging successful interactions even though you may not agree with all decisions made by a coach. When parents express their feelings about coaches, fellow athletes or administration, it has a direct affect on the perception of your son or daughter.

## Parent-Coach Relationship

The administration and coaching staff of Wooster High School feels that parental support is essential to the overall success of the student athletes. We understand that every parent loves their child unconditionally and is concerned about their child's welfare and that they always want what is best for them. However, allowing the coaches to instruct and guide the team without interference from outside influences is extremely important for individual and team successes.

Choosing an appropriate time to discuss questions, concerns and incidents with a coach is imperative for individual and team success. Picking an appropriate time to have serious discussions will greatly improve the chances of reaching a suitable compromise. If you have questions or concerns about a particular program or situation, please do not approach the coach during practice, immediately after practice, or even at the conclusion of the contest. These may be very emotional times for all participants, and parents are encouraged to call and schedule an appointment to meet in private with the coach in order to discuss the situation in a calm, courteous and logical manner.

## Fan-Official Relationship

All athletic officials in the state of Nevada have been trained and certified by the Nevada Officials Association. Officials must agree to follow a code of ethics established by the NIAA and the NFHS before they are allowed to officiate high school contests. The officials sacrifice personal time and resources in order to make sure that high school athletics in Nevada are conducted in a fair and appropriate manner. Please understand that without officials, high school athletics would cease to exist. Parents, fans, coaches and administrators are role models for each student-athlete and it is our responsibility to respect each official and their decisions while conducting themselves appropriately at all times. Wooster athletics has spent much time, and worked diligently to establish a positive rapport and successful working relationship with officials and other school/athletic representatives. Please help us maintain a positive relationship with all officials. Wooster High School athletic department and administration will not tolerate verbally abusive fans, and any who exhibits abusive behavior toward any official will be removed from Wooster High School's campus.

Officials are assigned by sport specific athletic commissioner assigned by the NIAA. Individual schools have no control over choosing particular officials.

### **Fan-Cheerleader Relationship**

The role of the cheerleaders is to infuse spirit into fans and to lead them in selected cheers. While the emotion and environment at each athletic contest can be extremely exciting, cheerleaders must be allowed to direct and control these aspects. Parental and fan support is both encouraged and appreciated.

### **Sportsmanship**

Wooster High School considers its athletic programs to be an extension of the educational process, and with this belief in mind, we ask that all parents and spectators demonstrate good sportsmanship while serving as a positive role model. Sportsmanship is an overt display of respect for the rules and for all players, coaches, officials and spectators. It also involves a commitment to fair play, ethical behavior and integrity. This means:

- There will be no vulgar or inappropriate language from fans or spectators.
- Taunting or “trash talking” of any individual or team will not be tolerated.
- Spectators should never enter the court or playing field during a contest.
- Spectators should be supportive and positive at all times. **Cheering should be done for your team, not against your opponent.**
- Spectators should not impede or interfere with our opponent’s cheerleaders from leading their cheers.

**The Wooster High School athletic department and administration will not tolerate unsportsmanlike behavior from its fans and athletes! Any fan or athlete who exhibits unsportsmanlike behavior toward any official, opponent or another fan will be removed from Wooster High School’s campus.**

### **Participation on an Athletic Team**

Participation on an athletic team at Wooster High School is a privilege, not a right. Maintaining ones membership on an athletic team means accepting all of the responsibilities of an athlete. Equal or guaranteed playing time does not exist and each coach will utilize players that they feel are best suited for the conditions and demands of each particular athletic contest. The responsibilities of our athletes include appropriate conduct at all times as well as successful academic achievement. Once an athlete is selected to participate on an athletic team, quitting or choosing not to participate on that team is highly discouraged. Coaches and parents should encourage athletes to honor their commitment to their teammates, coaches and opponents. Any athlete who chooses to quit an athletic team after participating on a team, will not be eligible to try out for a sport at Wooster High School in the same season (fall, winter or spring seasons).

### **Responsibility of the Student Athlete**

Athletes must remember that they are ambassadors and representatives not only of themselves but also of the school, coaching staff and parents. Furthermore, rules

## **NIAA & WCSD Code of Conduct for Athletic Administrators and Athletic Directors**

1. Promote a high standard of ethics, sportsmanship and personal conduct by encouraging administration, coaches, staff, student-athletes, parents and community to commit to these high standards.
2. Develop and maintain a comprehensive athletic program which seeks the highest development of all participants and respects the individual dignity of every athlete.
3. Consider the well-being of the entire student body as fundamental in all decisions and actions.
4. Support the principle of due process and protect the civil and human rights of all individuals.
5. Organize, direct and promote an interscholastic athletic program that is an integral part of the total education program.
6. Cooperate with the staff and school administration to establish, implement and support school policies.
7. Act impartial in the execution of basic policies and in the enforcement of the conference, region, league, and the Nevada Interscholastic Athletic Association’s rules and regulations.
8. Fulfill all professional responsibilities with honesty and integrity.
9. Uphold the honor of the profession in all relations with students, colleagues, coaches, administrators and the general public.
10. Improve the professional status and effectiveness of the interscholastic athletic administrator through participation in local, state and national in-service programs.

## **NIAA & WCSD Code of Conduct**

Athletes are expected to know and follow all Nevada Interscholastic Activities Association (NIAA) and Washoe County School District rules as outlined in the “Athletic Packet” and this handbook. Athletes are responsible for knowing what is expected of them in terms of Sportsmanship by the coaching staff and the school administration. The following are the expectations for student athletes to follow as outlined by the NIAA and WCSD.

### **NIAA & WCSD Code of Conduct for Students-Athletes**

1. Accept and understand the seriousness of your responsibility, and the privilege of representing your school and community.
2. Live up to the standards of sportsmanship established by the coaching staff and the school administration.
3. Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
4. Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport?
5. Refrain from taunting, “trash talking” or making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature. Refrain from intimidating behavior.
6. Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
7. Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all people at the event.
8. Avoid excessive celebrating after a play or at the end of the game.
9. Win with humility; lose with grace. Do both with dignity.

of the contest and those who administer them must be respected at all times. Each athlete must:

- Have all WCSD Athletic packet participation documents filed with the Athletic Director before trying out
- Maintain a 2.0 GPA during the season
- Be a role model in the classroom and on the campus while exemplifying appropriate language, behavior and respect for school rules.
- Understand that the team’s goals, welfare and success must come before those of the individual athlete.
- Attend all scheduled practices and games. This includes times of injury, sickness and academic eligibility.
- Maintain excellent physical condition and avoid the use of alcohol, drugs and tobacco (NIAA statewide policy)
- Be receptive to coaching and instruction given by the coaching staff, while maintaining a positive attitude.
- Care for and return all athletic equipment and uniforms at the end of the season.
- Follow team rules.

### **Expectations of Student Athlete**

#### **A. Tradition**

- Fulfill the obligations of the school’s traditions
- Win with Honor
- Wear the Colors of the school with Pride and assume the responsibilities that come with the colors

#### **B. Responsibilities to Themselves**

- Broaden and Develop strength of Character
- Excel in academics maintaining or exceeding the 2.0 GPA required for each grade check
- Behavior of each student athlete whether within the school or in the community must always be exemplary
- Participation in other extracurricular activities as well as sports establishes leadership and good role modeling behavior for younger peers

#### **C. Responsibilities to Their School**

- Perform on the playing field or court to the highest level possible
- Representing and demonstrating sportsmanship that contributes positively to the reputation of their school
- Each athlete is always in the spotlight whether within the school or the community 24 hours a day, 7 days a week. Their actions contribute significantly to school spirit and community pride

#### D. Responsibilities to Others

- Performing at a level that brings honor to both their parents and home is essential
- Living up to the levels required during practice sessions every day and playing each game “all out” brings self-respect and pride to their family
- Younger athletes and peers learn from their older brothers/sisters through behaviors and actions

#### Academic Eligibility

The Nevada Interscholastic Activities Association (NIAA) is Nevada’s governing body for athletics and activities. The following are the most critical aspects in regards to academic eligibility. The regulation in its entirety can be viewed at [www.niaa.com](http://www.niaa.com) or in the WCSD Athletic Packet. Questions on policy should be directed to the WCSD’s Student Services office.

- Athletes must have a 2.0 GPA and passed 2.0 credits to be eligible to try out.
- Athletes who take extension classes are responsible for maintaining academic work and it must be verified by the Athletic Department on Three (3) week checks.
- Once an athlete makes an athletic team, their grades are checked every three (3) weeks.
- Athletes who are deemed ineligible on the three (3) week, the warning week, are given the following Monday thru Friday to bring their grade to passing or will be declared ineligible the following Monday thru Saturday.

#### Ineligible Player

Ineligible players may not be released from class: they may not travel with the team under any circumstances and may not be in uniform or on the bench or sidelines with the team.

- Ineligible players, who have been out due to grades, may become eligible when nine (9) week grades are officially entered in the computer.
- Athletes who have been eligible but failed to achieve a 2.0 GPA and/or two (2) semester credits will be ineligible when report cards are issued by the district date.

#### Red Shirt Policy

Students who are ineligible for reasons relating to the 2.0 GPA or 2 credits per semester rule may not try out for a team unless prior approval is obtained from the coach, athletic director and athletic administrator.

#### Grades for Red Shirt

Students who are allowed the privilege of red shirting due to grade problems:

- Must be put on an approved agreement drawn up by the coach and athletic director.
- The agreement is a one strike policy and if violated, the athlete is removed for the remainder of the season.

The athlete must then be seen and cleared by a **Medical Doctor (MD)**.

The athlete must then bring a note from the **MD** stating instructions and/or clearance.

The note **MUST** be turned in to the Athletic Trainer. The athlete will not give the note to his/her coach or the clinical aide. It is not their responsibility to give the note to the Athletic Trainer.

The athlete must then take and **Pass** the IMPACT Test.

The athlete must then be cleared by the **Athletic Trainer**.

The athlete must also be cleared of Head Injuries from previous sports season/year.

Full clearance from the Athletic Trainer will not be given until the athlete can participate in a progression of exercise protocol and remain symptom free. Once the athlete has completed his/her progression he/she will then be cleared and allowed to return to full activity.

#### DOCTOR NOTE POLICY

The Wooster Sports Medicine Program is now instituting a written policy for Doctors notes. Below you will find the policy that is established by both Wooster’s Athletic Trainer and Team Doctor. This policy is being established so that both parents and athletes understand this is what needs to be done after you see the Doctor. This policy is also established because too many times athletes go to the Doctor without informing both the coaches and/or the Athletic Trainer. Upon doing so the athlete now creates a liability issue.

When the athlete goes to the Doctor to be seen or treated. The parents and athletes need to realize that the athlete now is now under the care of his/her Doctor. This creates a problem because now the athlete must follow the instructions and care of his/her Physician and is not under the care of Wooster’s Athletic Trainer. This Doctor is now the only one who can determine the athlete’s eligibility to participate.

The Policy:

If an athlete informs the **Athletic Trainer** or it is found out by the **Athletic Trainer** that the athlete has gone to see his/her Physician.

The **athlete** is responsible to return a note to the **Athletic Trainer** with either instructions or a release from his/her Physician.

The athlete is **NOT** to give the Clinical Aide/Nurse or their coach the note. It is not the responsibility of the Clinical Aide/Nurse or Coach to make sure that the Athletic Trainer receives the note.

Failure to do so will result in:

The coach being notified that the athlete is no longer able to participate in any activities until the Athletic Trainer receives the note.

The athlete **WILL NOT** participate and will **ONLY** be able to observe activities until this note is brought in and received by the Athletic Trainer.

Once the Athletic Trainer receives the note only then based on Physician instructions and recommendations will the athlete be allowed to return to activity.

This policy will also be signed by both the parent and athlete indicating that both have read and understand the policy.

### Responsibility

- Be a positive role model on and off the field and require the same of athletes.
- Further the mental, social and moral development of athletes and teach life skills that enhance personal success and social responsibility.
- Should be competent in the following: character building, first aid and safety, coaching principles, rules and strategies.

### Fairness

- Adhere to high standards of fair play.
- Treat players fairly according to their abilities.
- Never take unfair advantage.
- Be open-minded.

### Caring

- Assure that the academic, emotional, physical and moral well-being of athletes is always placed above desires and pressures to win.
- Do not permit reckless or potentially unsafe behavior of athletes.

### Citizenship

- Avoid gamesmanship and promote sportsmanship by honoring the rules and goals of the sport.
- Establish codes of conduct for coaches, athletes, parents and spectators.
- Safeguard the health of athletes and the integrity of the sport by prohibiting the use of drugs, alcohol and tobacco.
- Demand compliance with all laws and regulations, including those relating to gambling and the use of drugs, alcohol and tobacco.

## WOOSTER SPORTS MEDICINE

### HEAD INJURY POLICY

The Wooster Sports Medicine Program has instituted a Head Injury Policy in accordance with State Law, Washoe County School District policy, and Wooster's Team Doctor. The policy is in place and will be followed by all Wooster athletes and coaches. It is designed to protect the athlete from further injury. Nevada State Law (AB 455; NRS 392.452) states how Head Injuries in High School athletes will be treated. The WCSD policy mirrors this law. The Wooster Sports Medicine Program also follows this law and with the recommendations from our Team Physician has added to this policy.

Nevada State Law and WCSD Policy states that if an athlete is suspected of a Head Injury he/she will be removed from activity. The athlete will then need to be cleared by a **Medical Doctor (MD)**. He/she must then take and **Pass** the IMPACT test. Finally the athletes must be cleared by the **Athletic Trainer**.

Wooster Policy:

If an athlete is suspected of having a Head Injury

The athlete will be removed from activity.

- An athlete at no time may travel with the team, miss class or dress out on game day.

### NIAA Drug Alcohol and Tobacco Possession, Use, Abuse and Penalty Policy

Participation in NIAA Sanctioned sports is a privilege and responsibility, which requires all participants to adhere to athletic training rules, imposed by the school district and member of affiliate schools the student attends and represents. Adherence to training rules ensures that all student athletes are in top physical condition, minimizes potential for injury, and further ensures that all member and affiliate school athletic teams are appropriately represented by their student athletes. Therefore, the possession of drug paraphernalia or use of any controlled substance, including but not limited to marijuana, methamphetamines, cocaine, steroids, non-prescribed prescriptions, alcohol or tobacco products by a student athlete, whether it occurs on or off of school property, is prohibited and shall result in penalties set forth by the NIAA and WCSD. This regulation shall be in effect from the time a student athlete first participates in a NIAA sanctioned sport and shall remain in effect until the student athlete graduates from high school.

Part of the WCSD Athletic clearance process is for each athlete to attend a pre-season meeting to hear the NIAA Drug Alcohol and Tobacco Possession, use, abuse and penalty presentation. An athlete must hear this presentation prior to participating in every sport they participate in.

For a complete description of the NIAA Drug Alcohol and Tobacco Possession, use, abuse and penalty presentation, please see the WCSD Athletic Packet or visit the NIAA website at [www.niaa.com](http://www.niaa.com).

### NIAA Suspensions

Any athlete who is suspended from play for violating the NIAA rules regarding sportsmanship must meet with the Athletic Director as soon as possible after the violation occurs. Multiple suspensions from athletic contests by the NIAA may result in additional penalties by Wooster High School to be determined by the Athletic Director and Athletic Administrator.

### Physicals

All athletes must have an athletic physical before being allowed to participate. The physical must be recorded on the form (blue) provided by WCSD in the athletic packet. Any student who enters high school after August, 2005 must have a physical every two years. This is usually an athlete's freshmen and junior years.

### ImPACT Test

Immediate Post Concussion Assessment and Cognitive Testing (ImPACT) is a test that will assist our team physicians, personal physicians and Athletic Trainers in evaluation and treating head injuries (e.g., concussion). The computerized exam is given to athletes before beginning contact sport practices or competition. This non-invasive test is essentially a preseason physical of the brain. This preseason

(baseline) test is every other year during the athlete's high school career. If a concussion is suspected, the athlete will be required to retake the test. Both the pre-season and post injury test date will be reviewed to help evaluate the injury. Our WCSD Trainers and Athletic Departments are directed to take the following steps before releasing a concussed athlete back into action. They must be cleared by the three following criteria:

1. Must receive clearance from ImPACT test.
2. Must have written clearance from their doctor.
3. Must be cleared by site trainer.

When an athlete receives a concussion, or one is suspected, the trainer and coach should immediately make contact with the parent and let them know that these three conditions must be met in order for their athlete to return to action.

### **Minimum Day/Attendance**

Athletics should never be used as an excuse to avoid responsibility to classroom assignments. Participation in athletics is a privilege. Athletes must attend a minimum school day the day of an activity to participate in that activity; a minimum of 2 classes or 90 minutes of class time on the day in question. This includes games as well as practices. It is the belief of the Washoe County School District that if a student athlete is too ill to attend school, he/ she should not be allowed to practice or compete on that day. Special exceptions to this rule can be made by the principal and / or athletic administrator at the school site.

### **Transportation To and From Games**

In all games where transportation is provided by Wooster High School and WCSD, all athletes are required to ride that transportation to and from the athletic contest. If parents are present at the athletic contest and are identified by the coach, the student will be allowed to ride home with the parents. We ask that all parents and athletes honor this request by not allowing non-family members to ride with you.

### **State Travel Accommodations**

Athletes and coaches must use the travel and room accommodations arranged by the Washoe County School District, Student Services. WCSD policy for state travel is based on cost and availability. Student Services will, as a general rule, bus groups over 15; and fly individual teams/groups when the total number of WCSD athletes traveling to Las Vegas is 15 or less. Athletes who fail to use district travel and accommodations may not compete at state. Per Diem is paid by individual schools. The individual program may add to the per diem but may not change the travel and room accommodations. Each athlete will be assigned their own bed with two athletes per room whenever possible. A roll-away bed will be requested for each athlete if more than two athletes are assigned to a room. Athletes will not be assigned one to a room. Athletes may be asked to share a room with athletes from another school as well as coaches sharing a room with coaches from another school. If a coach wishes to stay in their own room they must make their own travel arrangements and pay for the room themselves. The coach should also have

- Discipline that may result in the denial of your child's participation
- Procedures to follow should your child be injured during participation

### **Communications coaches should expect from parents. (Please refrain from approaching coaches right before or after an athletic contest)**

- Concerns that need to be expressed directly to the coach
- Specific concerns with regard to a coach's philosophy and/or expectations
- Notification of illness or injury
- Prior notification of missed practices or games

### **Appropriate concerns to discuss with the coaches**

- Treatment of your child, mentally and physical
- How to help your child improve
- Concerns about your child's behavior

### **Issues not appropriate to discuss with the coach**

- Playing time
- Team strategy
- Play calling
- Other student/athletes

### **Sportsmanship**

Sportsmanship is character displayed through athletic competition. People of character live by the "**Six Pillars of Character**", universal values that can be used to define a good person. *The definition of sportsmanship and the "Six Pillars of Character" were taken from the Pursuing Victory with Honor Program. This book may be checked out through the Wooster Athletic department.*

### **Trustworthiness**

- Always pursue victory with honor.
- Demonstrate and demand scrupulous integrity.
- Observe and enforce the spirit and letter of rules.
- Don't compromise education and character-development goals.
- Don't engage in or tolerate dishonesty, cheating or dishonorable conduct.

### **Respect**

- Treat the traditions of the sport and other participants with respect.
- Don't engage in or tolerate disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent "trash talking", taunting and unseemly celebrations.
- Win with grace and lose with dignity.

### **Removal From an Athletic Team**

Removing an athlete from an athletic team may only be done by the head coach of that sport with very strong support from the coaching staff. It is expected that the head coach will exercise mature judgment and give ample time for consideration before removing an athlete from a team. Notification to the athletic director by the coach will be given within 24 hours of the removal of an athlete from a team. The following incidents or behavior may be cause for removal from an athletic team:

- Missing practices or games
- Failure to maintain appropriate academic standing
- Poor attitude, unreceptive to coaching or not following instructions
- Violation of Washoe County School District rules
- Violation of Wooster High School rules
- Violation of team rules
- Violation of NIAA and Washoe County School's Drug/Alcohol policy
- Criminal behavior

### **Suspensions from School**

Student athletes who have been suspended from school may not attend practice or be in attendance of an athletic event during the time of their suspension.

### **Awards & Lettering**

Each head coach establishes requirements for team awards and varsity lettering. To receive a varsity letter, athletes must complete the entire season in good standing and follow all team, WCSD and NIAA policies to be eligible for awards. At the conclusion of each season, athletes who finish in good standing will be eligible and invited to an awards presentation.

### **Finals Week (Dead Week for Competition)**

No games should be scheduled during finals week. Games scheduled for the Friday of finals week are allowed, provided athletes not miss any time from the final schedule. Coaches should also be sensitive in regards to practices during final weeks, it is suggested that varsity practices be 2 hours or less, sub-varsity practices 90 minutes or less. Student academic needs should be taken into consideration and late night and early morning practices should be avoided. No off-season activities are to take place during finals week.

### **What Parents can expect from Wooster Athletics Communication you should expect from Coaches**

- Philosophy of the coach
- Expectations the coach has for your child
- Locations and times for all practices and games. No practices, meetings or games are allowed on Sundays
- Team requirements regarding practices, special equipment and out of season training
- Requirements to earn a varsity letter

the Athletic Emergency Information Form in their possession on the trip. WCSD will make arrangements to use Las Vegas, Clark County School District buses for transportation if there is a need. Coaches need to have a Transportation Roster at all times during the trip that includes students' name, address, telephone number, and date of birth. Ground travel at the site may be arranged by the individual school site at their expense. If a coach or anyone else is to drive students using rental cars/vans WCSD Admin Regulation 3545.2 requires that everyone must have an approved copy of the Annual Request to Transport Students in their possession. These requests are submitted three weeks prior to the event to the Transportation Department and approval must come from the Transportation Department.

### **Release to Parents**

Student athletes can always be released to parents upon parent request. The coach should make contact with the parent after the competition before releasing the student. It is also recommended that the parent provide a note to the coach or athletic administrator/ athletic director prior to or at the time of release. Having parents sign for their student on the bus roster is an excellent way of notifying that the student will not be returning on Washoe County School District transportation.

### **Release to Person Other Than Parent**

Parents may also request prior to a specific event that their son/daughter be released to a relative or friend after an event; however, the procedure for doing so is meant to discourage those from using it unless absolutely necessary. Please do the following exactly: Submit to the school's athletic administrator/athletic director a completed copy of the Specific Event Transportation Release Form SA001\*. The coach should not release the student unless they have been directed to by Administration or the Athletic Director. The Athletic Director should verify this form's authenticity with a call to the parent or meeting with the parent. A copy of the form is given to the student athlete (signature of AA/AD required) and the original is kept on file in the Athletic office. Again, this must be done prior to the event. The person transporting the student must discuss the release with the coach or administrator at the site of the activity, and present a copy of the form that has been approved by the Athletic Administrator, Athletic Director, or Principal. Without the form the student cannot be released to anyone other than their parent/guardian. It is the athlete's duty to follow established travel regulations. Athletes and their parents/guardians will be advised of their responsibilities in regards to travel accordance with the Washoe County School District's Policies and Regulations. An athlete who violates any of the regulations or policies such as breaking curfew, smoking, substance abuse, and/or creates an embarrassing situation for the team, coach, or school will be sent home at the athlete's and parent/guardian's expense. The athlete and parent/guardian will be apprised by the school of this policy prior to the trip taking place. Schools should have a signed statement by athlete and parent/guardian on file agreeing to the conditions of this policy. Finally, coaches should understand that they are on duty the entire length of the trip, and should conduct themselves like they are at work. The WCSD should expect the same

guidelines for coaches as it does from its athletes in regards to no use or abuse of alcohol, tobacco or drugs. Standards of behavior for our coaches should be exemplary; any questions in regards to this should be directed to Student Services.

### **Responsibilities of the Coach**

At Wooster High School coaches are responsible for:

- Selection of each team or squad
- The determination of the style of play, including the offensive and defensive philosophy implemented
- Teaching and instruction given during practice and game sessions
- The determination of who starts and how long an athlete plays in each athletic contest
- The decision of who plays what positions
- The establishment of team rules
- The selection of team captains
- The establishment and enforcement of the requirements to earn a varsity letter
- Distribution and collection of all athletic equipment and uniforms.
- Begin and end practices at the pre-scheduled times

### **Selecting a Team**

Choosing the members of any particular squad is the sole responsibility of the athletic coach of that team. The coach must choose the squad members in conformity with the philosophy of the athletic program and utilizing a system that justifies the selection of players. Coaches must allow students an adequate amount of time to try out for the team. Try-outs will be held for a minimum of three days. Make up for missing scheduled tryouts and intra-squad games are at the discretion of the varsity head coach. When it becomes necessary to eliminate a player during the selection process, the coach should be prepared to discuss his/ her reasons with the athlete and/or parent or guardian. Before starting try-outs, the coach should discuss with all students involved the standards for making the team and the responsibilities and details involved with being a team member. All students trying out for a team must be cleared by the Athletic Director.

### **A. Philosophy**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Wooster High School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy with respect to squad selection, please strive to maximize the opportunities for our students without diluting the quality of the program.

### **B. Cutting Policies**

#### **I. Responsibility**

- a) Choosing the members of athletic squads is the sole responsibility of the coaches of those squads.

- b) Non-varsity coaches shall take into consideration the policies established by the head coach in that particular program when selecting final team rosters.
- c) Prior to squad selection, the coach shall provide the following information to all candidates for the team:
- (1) Extent of try-out period.
  - (2) Criteria used to select the team, a rubric should be established to justify cuts.
  - (3) Number to be selected.
  - (4) Practice commitment if they make the team.
  - (5) Game commitments.

### **C. Procedure**

- a) When a squad selection becomes a necessity, the process will include these important elements.
- (1) Each candidate shall have competed in a minimum of three practice sessions. Make up for missed scheduled practice sessions are at the discretion of the varsity head coach.
  - (2) Have performed in at least one intra-squad game. Make up for missed scheduled intra-squad games are at the discretion of the varsity head coach.
  - (3) Be personally informed of the cut by the coach and the reason for the action.
  - (5) Coaches will discuss alternative possibilities for participation in the sport, or other areas of the activities program.
  - (6) If a coach anticipates difficulties arising as a result of squad selection, he/she should discuss the situation with the athletic director or athletic administrator.
  - (7) In the event an athlete appeals the selection process as being unfair, he/she **may** be granted one day of additional try-out.

### **Athletic Chain of Command**

If a problem between a coach and an athlete develops, please encourage your athlete to approach their coach first and see if an understanding can be reached. Quite often problems can be solved without the involvement of parents and administration. If an agreement cannot be reached, we ask that parents follow the Wooster High School chain of command and meet with the coach first. If the problem cannot be rectified, then the parents and coach should meet with the athletic director or athletic administrator to reach an agreement. If parental satisfaction is not met, then a meeting with the principal or Wooster High School will be scheduled.

### **Athletic Chain of Command**

1. Coach
2. Athletic Director
3. Athletic Administrator
4. Principal
5. Area Superintendent