

Wenatchee Middle School
ATHLETIC HANDBOOK



for
PARENTS

Wenatchee



**Middle School
Athletics**

Revised 8/2017

WSD Middle School Contacts



WENATCHEE HIGH SCHOOL

District Athletic Director: Jim Beeson

office: (509) 663-3384

beeson.j@wenatcheeschools.org

Assistant Athletic Dir.: LeAnne Branam

office: (509) 663-3384

branam.l@wenatcheeschools.org

FOOTHILLS MIDDLE SCHOOL

Web-site: <http://www.wenatcheeschools.org/fms/sports/index>

(509) 664-8961

Assistant Principal: Chad Morgan

Athletic Coordinator: Kirk Marshlain

marshlain.k@wenatcheeschools.org

Athletic Secretary: Maria Villasano

villasano.m@wenatcheeschools.org



ORCHARD MIDDLE SCHOOL

Web-site:

<http://www.wenatcheeschools.org/oms/sports/info-schedules>

(509) 662-7745

Assistant Principal: Jeremy Wheatley

Athletic Coordinator: Amy Spietz

spietz.a@wenatcheeschools.org

Athletic Secretary: Danielle Bailey

bailey.d@wenatcheeschools.org



PIONEER MIDDLE SCHOOL

Web-site: <http://www.wenatcheeschools.org/pio/sports/index>

(509) 663-7171

Assistant Principal: Dan Wilson

Athletic Coordinator: Scott Paine

paine.s@wenatcheeschools.org

Athletic Secretary: Amber Hoffman

hoffman.amber@wenatcheeschools.org



NCW MIDDLE SCHOOL ATHLETIC LEAGUE

Web-site: <http://www.big9athletics.org/index.php?pid=0.1011.0.0.200>

www.big9athletics.org/index.php?pid=0.1011.0.0.200

Sport Schedules / Game Locations / Start Times / Transportation

This publication is designed to provide insight into Wenatchee School District's athletics programs and to promote a greater understanding of important issues surrounding secondary school interscholastic programs. It is also designed to provide parents with information to promote the enjoyment of their student's participation. Athletic programs before high school are designed to be developmental and to provide an appropriate level of participation and competition for the students. Participation and involvement are stressed.

MIDDLE SCHOOL SPORT SEASONS

See school Athletic Website for exact starting dates.

Fall - Sept and October

Cross Country, Football, Volleyball, Girls Soccer and Coed Tennis



Winter 1 – November and December

Boys Basketball

Winter 2 – January and February

Girls Basketball

Winter 3 – February and March

Wrestling and Girls Swimming

Spring – April and May

Coed Track & Field, Boys Swimming, Boys Soccer and Fastpitch Softball

ATHLETIC INFORMATION and SCHEDULES ON LINE

The best place for schedules and information about teams is the school web site and the **NCW MS League site: <http://www.big9athletics.org/index.php?pid=0.1011.0.0.200>**. Once on the school site look for the Athletics or Sports Tab. Then select the Info & Schedules tab and pick your sport. See the previous page of this publication for school web site address. When on the league site select your school then your sport.

ATHLETIC LEAGUE INFORMATION

The Wenatchee middle schools belong to the North Central Washington Middle School League. Members of the league include: Pioneer, Orchard, and Foothills in Wenatchee, Eastmont, Chelan, Cashmere, Icicle River in Leavenworth, Quincy, Ephrata, Clovis Point and Sterling Intermediate in East Wenatchee and Frontier, Endeavor, and Chief Moses in Moses Lake. Directions to the sites are on the school's athletic website.

SIXTH GRADE PARTICIPATION

Sixth graders usually have two jamborees at the end of their season against the other Wenatchee middle schools. Sixth grade students may not compete against or with seventh or eighth grade students by WIAA rule. They must have separate competitions. Sixth graders do not compete in softball or soccer which is for 7th and 8th graders only.

GAME SCHEDULING

Game schedules are handled by the Athletic Coordinator. Sixth grade competitions will usually be in-district jamborees, except for X-Country. Seventh and eighth grade schedules are set by the NCW Middle School League. Games are rarely on weekends. Never during vacation periods. Schedules are available on the school's athletic website.

SCHOOL SQUADS

There are no cuts in middle school athletics. In most sports, teams will be divided by grade level. Students MAY NOT play up or down between grade levels unless needed to make a squad viable to play a schedule. In some sports an “A”, “B”, and sometimes a “C” team within a grade level will be scheduled. Coaches will make a determination and let athletes know which squad they will be on within the first two weeks of practice so parents can make arrangements. Athletes may move between squads during the season in cases of injury, discipline, attitude, citizenship, or work ethic. Students MAY NOT compete concurrently in more than one school sport per season.

DISTRICT PARTICIPATION REQUIREMENTS

Athletes must complete the all the needed forms before being eligible to turn out for sports. Our athletic clearance process is completed online through Family ID.com Complete all Family ID forms, turn in your Physical and pay \$15 ASB fee to the school main office before the first day of turn outs. DO NOT give it to the coach. Students must sign up during the first 7 days of the season. The following must be on file with the Athletic Secretary to participate. All forms are available through Family ID which is located on the school's athletic website.

- A physical signed by a physician in the last 13 months
- Signed parent permission (online)
- Proof of insurance coverage
- Emergency contact information (online)
- Signed parent Concussion information sheet (online)
- Signed sport specific safety code and warning (online)
- Signed athletic code (online)
- Purchase an ASB sticker for \$15



EXPECTATIONS OF COACHES

The role of the coach in the Wenatchee School District is first and foremost to teach. The principles of instruction, which are emphasized in the classroom, are also emphasized in all school programs. These include attention to empathy, dignity, self-esteem, self-confidence, discipline, sportsmanship, integrity, teamwork, and skill building.

1. Coaches are responsible to provide the training and development necessary to allow each student athlete the opportunity to learn and perform at his/her highest potential.
2. Coaches are responsible for all school equipment assigned to them.
3. Coaches are responsible for the behavior and discipline of their staff, themselves, and their teams at practices and games and to ensure that their staff and team abide by current athletic and school policies.
4. Coaches must be drug, alcohol, and tobacco-free at all youth practices, events, and competitions.
5. Coaches are expected to have open communication with parents as needed.
6. Coaches are responsible to ensure that eligible student athletes who suits up for a contest has playing time except for illness or disciplinary reasons.

ATHLETE ACADEMIC RESPONSIBILITIES

To be academically eligible, a student must have passed all subjects during the previous quarter (no F-letter grades). During the current quarter athletes in 6th grade must be passing their classes (no F-letter grades). 7th and 8th graders must be passing all classes (no F-letter grades). Students failing one or more classes, will be placed on

probation.

ACADEMIC PROBATION PROCESS

If a student is failing any subject during the probationary period, he/she may continue to practice but cannot participate in competitions or games until the requirements for clearing probation are achieved and verified. The student when placed on academic probation will bring home a sheet notifying the parent of the probation. Once that sheet is turned back into the athletic coordinator, the student will be given a grade card to have signed everyday by his/her teachers until the grade(s) improve. While on probation, the student may practice but not compete or travel in/for contests.

STUDENT ATTENDANCE AT SCHOOL AND PRACTICE

Students are expected to be at practice every day of the season. If for some reason students must miss practice they are expected to inform the coach ahead of time. A student with an excused or unexcused absence may not participate in an athletic contest or practice scheduled that day by WIAA rule. On competition days the student must attend at least half of the school day in order to compete that afternoon.

UNIFORMS ASSIGNED TO ATHLETES

All uniforms and equipment checked out to the student are the responsibility of the student and to keep them clean and available for game days. Students are responsible for its return in good condition. Equipment and uniforms should NOT be worn by students at home or during Physical Education. Any uniform or equipment that is lost will be billed to the student at replacement cost. All uniforms must be returned at the end of the season. Under NO CIRCUMSTANCES will equipment be given to athletes as it is school property. Sometimes a team will offer a spirit pack of shirts for students to purchase. A student may not participate in another sport, or activity until all equipment issues have been resolved.

PRACTICE SCHEDULES

Students must attend 8 to 12 practices before they can compete in a match/game/meet by WIAA rule for each specific sport. Practice will be held on school days. However practices can be held on Saturdays under voluntary conditions if players are in need of practices. 6th graders have practice from 3:00 to 4:30 pm or 6:45 to 7:45 am, four days a week 7th and 8th grade teams will hold practice from 3:00 pm to 5:00 pm, five days a week. If for some reason practice is cancelled, the Coach or Athletic Coordinator will inform students in a timely manner.

MISSING PRACTICE

Athletes should consult his or her coach before missing practice. Unexcused absences from a practice or contests may result in reduced playing time in future contests or suspension or dismissal from the team. By WIAA rule regular absences from practice are not allowed for continued participation.

CONFLICTS WITH OTHER ACTIVITIES

Students participating in several extracurricular activities may be in a position of conflicting obligations. The athletic department recognizes that students should have a broad range of experiences and, as such, will attempt to schedule events to minimize conflicts. However, students may be required to make choices in the event of conflicting activities to get the most benefit from all aspects of the educational experience.

SPORTS PRACTICING AT WENATCHEE HIGH SCHOOL

Athletes are bussed to Wenatchee HS, Pioneer MS and Foothills MS after school for practices in Cross Country, Softball and Swimming. Tennis practices at the WRAC. Parents need to pick students up at the school hosting that specific sport team or the WRAC after practice is over. Tennis athletes need to be picked up at the WRAC after practice.

GOOD PARENT/COACH COMMUNICATION – WHAT TO DO WHEN PROBLEMS ARISE

Communication is the key link between students/parents, coaches/advisors, and administration. To maintain good lines of communication we ask that you consider the following guidelines. The first contact should be for the student to talk to the coach or advisor regarding his/her concern. If the concern or issue is not resolved at that level then we ask that the following steps, in the order listed, be followed when working through a concern or issue. The student, parent/guardian, or both shall contact the below people in the following order:

1. Coach of the Sport
2. Building Athletic Coordinator
3. Building Principal or Assistant Principal
4. District Athletic Director

Appropriate concerns for parents to discuss with coaches:

1. The treatment of your child, mentally and/or physically
2. Ways to help your child improve
3. Concerns about your child's behavior
4. Advanced notice of schedule conflicts

Issues NOT appropriate for parents to discuss with coaches

1. Playing time
2. Team strategy
3. Play Calling
4. Other students/athletes

Please do not attempt to confront a coach before, during, or after a contest as these can be emotional times for both the parent and coach. This situation does not promote resolution nor objective analysis. Please call the school and set up a meeting with the coach.

ATHLETE DISCIPLINE

Discipline for violations of team rules will follow the WSD Athletic Handbook. When team or school rules are broken the Coach/Athletic Coordinator/Assistant Principal can set conditions for continued participation. Any athlete that is suspended from school is automatically suspended from all athletic teams during that period.

ATHLETE INJURY

When an athlete has been injured during practice or games the coach is responsible for adequate first aid. Coaches will call 911 immediately if a head or back injury is suspected. Parents will be contacted if they are not at the venue. Any time a student has to see a physician because of injury, the coach MUST fill out a WSD Accident Report and turn it into the school office within 24 hours.

IN THE EVENT OF A POSSIBLE CONCUSSION

Head safety and concussions have become an ever-growing concern. If there is any suspicion of a concussion or other head injury, the coach will remove the player from play

and ensure there is no return to practice or games until a doctor has cleared the student for further participation. A signed doctor's note will be needed in order to allow the student to participate again.

RETURN TO PLAY AFTER INJURY

If an athlete is injured and sees a doctor or has a concussion, a doctor's note or form signed by the physician is required before allowing the athlete to compete in practice or games.

TEAM TRAVEL AND TRANSPORTATION

Students are transported to all games by school district approved buses. Students are expected to ride the bus to and from the game. Coaches are responsible for all students traveling on the school bus. For contests outside the school district, transportation will also be provided for the return trip to the school. For contests inside the Wenatchee School District, transportation will only be provided to the contest. Parents will be required to pick up their athlete at the game site within the Wenatchee School District. Buses only stop for food on trips to Moses Lake. Students should bring \$10 to \$12 for food on that trip.

EARLY DISMISSAL FROM SCHOOL FOR ATHLETIC CONTESTS

7th and 8th grade athletes may leave school early due to travel time for some away games. It is the athlete's responsibility to get assignments and to make up all missed work prior to the absence.

TAKING KIDS FROM THE GAME SITE

If a parent wants to transport their son/daughter home following a contest, the parent must find a coach and will need to sign and date a sign out sheet in order for the athlete to not travel home with the team. Athletes may only be released to a parent or guardian. If someone other than a parent/guardian is picking the student up, a departure from group form must be filled out and turned into the school's main office two days in advance.

ADVERSE WEATHER CONDITIONS

When the students are sent home during the day due to inclement weather, all afterschool activities will be cancelled. When schools are closed due to inclement weather, all games, practices and activities will be cancelled and rescheduled for a later date. Please check with your school's main office if concerned that weather may affect team practices or games. Decisions are usually made by 2 PM if weather is a concern.

TEAM PICTURES

Team pictures will be taken during the first half of the season. Coaches will be given order packets for their athletes to take home the week before the photos. Pictures must be paid for at the time they are taken.

HYDRATION FOR ATHLETES

Coaches make sure players are hydrated, especially in extreme heat and humidity. Schools have outdoor water frames for use. Players are highly encouraged to bring personal water bottles to practice.

ATHLETES NOT COMPLETING A SEASON

No athlete should quit a team without first discussing his/her intention to do so with

his/her coach. An athlete who elects not to complete the season on a team once the athlete has participated as a team member can not join another team during that season. If an athlete leaves a team due to injury or illness on a physician's recommendation and later is certified as capable to participate in athletics may rejoin the team, or another team if mutually agreed upon by both coaches.

OTHER COACHING QUESTIONS

If you have questions about your son/daughters athletic experience please call or see the Athletic Secretary in the main office or see your building's Athletic Coordinator.

- - - HELPING YOUR CHILD HAVE A GREAT EXPERIENCE - - -

EXPECTATIONS OF PARENTS - PARENTS MAKE THE DIFFERENCE

The nature of interscholastic athletics creates the opportunity for a special relationship between parents and their sons or daughters, as well as between the parent, student, coach/advisor and school. Parent support and encouragement are vital to students' learning and success. Responsible sport parents make a key difference in their kids sports experience. When you look back on your youth sports experience, what do you remember? And what do you think your kids will remember when they look back on their youth sports experience? As it turns out, many kids remember their parents. You play a larger-than-life role in your kids life – and in their youth sports experience. They look to you in the stands for your approval – and check your face to see if you're disappointed when they make a mistake. They look for you when they win. And they seek your solace when they lose. You have enormous power to help your kids translate the lessons of sports to valuable life lessons – if you seize the opportunity.

1. Use sports to talk about goal setting.
2. Use sports to talk about how to handle disappointment.
3. Use sports to focus your kids on getting back up and trying again.
4. Use sports to teach your kids about teamwork and teammates.
5. Use sports to teach perseverance.
6. Use sports to help kids understand that feedback doesn't equal failure.

WHAT KIDS WANT FROM THEIR PARENTS DURING SPORTS COMPETITION:

- Support and encouragement
- To let them know you are proud of them
- Tell him/her "You love watching them play ", no matter the outcome
- Praise for their efforts
- Understand their sport and show an interest in being involved
- Have realistic expectations of their abilities
- Give the athletes time and space after games

WHAT KIDS DON'T WANT FROM THEIR PARENTS:

- To yell at them during or after the game
- Swearing
- Abuse of the referee or coach
- Being pushy and pressuring
- Being critical
- Model appropriate behavior, "don't embarrass me"

WHAT KIDS WANT FROM THE SPORT:



- Have fun
- Learn and improve
- Be with their friends

ATHLETIC SCHOLARSHIP ODDS

Many students and parents think about earning an athletic scholarship from playing sports. In a recent survey 78% of high school athletes expect to play sports in college. Below is the most recent statistics from the NCAA on the percentages of students who earn scholarships through athletic participation.

Student-Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student-Athletes	538,676	433,120	1,086,627	474,791	35,198	410,982
High School Senior Student-Athletes	153,907	123,749	310,465	135,655	10,057	117,423
NCAA Student-Athletes	17,984	16,186	70,147	32,450	3,964	23,365
NCAA Freshman Roster Positions	5,138	4,625	20,042	9,271	1,133	6,676
NCAA Senior Student-Athletes	3,996	3,597	15,588	7,211	881	5,192
NCAA Student-Athletes Drafted	46	32	254	678	7	101
Percent High School to NCAA	3.3%	3.7%	6.5%	6.8%	11.3%	5.7%
Percent NCAA to Professional	1.2%	0.9%	1.6%	9.4%	0.8%	1.9%
Percent High School to Professional	0.03%	0.03%	0.08%	0.50%	0.07%	0.09%

NCAA STATISTICS: Estimated Probability of NCAA Athletic Scholarships

Last Updated: 08/2017

Only 20% of college scholarship athletes receive a “full ride”. The vast majority of athletes receive partial scholarships. Statistics show that it is more likely students will become millionaires through other means than receive an athletic scholarship. 30 times more college scholarship dollars are available for academic than athletic excellence. Encourage your kids to participate in multiple sports throughout the year!

PARENT/SPECTATOR CODE OF CONDUCT

A parent’s behavior on and off the field of play can determine whether a child has a positive experience participating in sport. Please remember that parents as spectators are expected to follow the same code of conduct as students. Inappropriate language, comments and/or actions on the part of parents and/or spectators warrant removal from contests and activities. Continued violations of appropriate conduct may constitute denial of entrance to future school and district activities and contests. If you do your job correctly and play YOUR position well, then your child will learn faster, perform better, really have fun and have his self-esteem enhanced as a result.

Thank you for your interest in Wenatchee School District athletics. We hope your experience will be a rewarding one. Should you have any questions, please do not hesitate to contact your school office, athletic coordinator, or coach.

- - - GAME DAY TIPS FOR PARENTS - - -

Before the Game:

- Tell your child “I love watching you play”.
- Tell your child you love them regardless of outcome.
- You don’t need to tell your child that winning doesn’t matter because they know it has some meaning. Instead, help them to develop a healthy competitive attitude for trying hard and having fun.
- Tell your child to “go for it, give it your best shot.”

During the game:

- Don’t yell instructions at your child during the game. The coach has given them instructions; too much input is confusing. They need one “instructional voice”.
- Cheer and acknowledge good play by both teams.
- Never criticize a mistake, only make motivational comments.
- Respect the decisions made by the officials. Your child will learn to respect authority by seeing you do the same.

After the game:

- Thank the officials and the coach
- Congratulate your child and their teammates on their efforts and hustle.
- Complement individual players on good plays they made during the game.
- Focus on the way your child played rather than winning or losing.
- If your child is upset with losing, help them not to focus on the outcome.
- Give your child the time and space they need to recover from the game.

During the car ride home:

- Point out a good play your child made during the game.
- Avoid criticizing or correcting mistakes
- Remember it is more important to be a good person than be a good anything else.
- Let your child TELL YOU about the game..
- Ask questions like:
 - Did you have fun and give your best effort playing today?
 - Did you play better this week?
 - What do you feel you need to work on this week?



- - - WIAA Middle Level Sportsmanship - - - Parent Guide



Kids who see adults behaving in a sportsmanlike way gradually come to understand that the real winners in sports are those who know how to persevere and to behave with dignity – whether they win or lose a game.

Parents can help their kids understand that good sportsmanship includes both small gestures and heroic efforts. It starts with something as simple as shaking hands with opponents before a game and includes acknowledging good plays made by others. If we constantly pressure them to play better kids get the message that they're only as good as their last good play.

Parents Should:

- Clap for a good play, no matter which team accomplishes it.
- Show respect for officials, opposing team members, coaches and spectators.
- Don't react to the win or loss alone. When your child comes home from a game ask: How did you play? Did you have fun? How did the team play? What did you do well? What could you do better next time?
- Acknowledge superior skills in other players without comparing your child's skills to their skills.
- Define success as trying your hardest in effort and teamwork.
- Cheer for your team no matter what.
- Remember that they're just kids. Use constructive criticism, compliment, encourage and build them up.
- Be sure your child accepts responsibility for errors and thinks about how he or she could avoid repeating the errors.
- You may complain privately about the validity of a call, but never argue with the referees. Doing so undermines their authority, and shows a lack of respect for game officials.
- Remember that the officials are doing the best they can.
- Remember that the true purpose of organized sports is FUN, FUN, FUN!
- Show them that you have good sportsmanship.
- Continue to support their desire to be a part of something bigger – a team.
- Remember we are being watched. Our attitudes are contagious; ours are the ones we want them to catch, so reach out "Give Me 5!"

Children learn by watching – and as a parent you are a great teacher when it comes to sportsmanship. If you play a sport – you need to show that you are a good sport. Be positive – even if you have done something wrong. Always think before you react – because their eyes and admiration are on you. Show them how you want them to behave!

- - -WENATCHEE SCHOOL DISTRICT SPORTSMANSHIP STATEMENT - - -

Good Sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic program, as well as for the individuals who participate in the program. People involved in any facet of the Wenatchee Athletic Program are expected to demonstrate qualities that are characterized by fair play, integrity, ethical behavior and respect. Emphasizing and improving the sportsmanship of our student-athletes, coaches, parents and staff is one of our highest priorities. Each coach, student, parent and staff member has a role and responsibility to model and teach good sportsmanship while keeping in mind that athletic participation is a learning experience for the student and the programs are part of the overall educational process.

The Wenatchee Panther Sportsmanship Guidelines:

- Understand the rules and strategies of the contest in order to cheer at the proper times.
- Maintain enthusiasm and composure.
- Positively support the participants and coaches.
- Exercise good judgment in cheering for outstanding performance, not against opponents or to ridicule an error.
- Follow the cheerleaders in positive cheers to show support for the participants.
- Show respect and concern for an injured player, regardless of team.
- Respect decisions made by contest officials.
- Realize that a ticket represents a privilege to observe and positively support a high school activity. It is not a license to verbally assault others or to be generally obnoxious.
- Respect fans, coaches, officials and participants.
- Encourage surrounding fans to display only sportsmanlike conduct.
- Display pride in your program at all times.

WENATCHEE PANTHERS Believe SPORTSMANSHIP Is An EXPECTATION!

**Please Let the Players Play,
Let the Coaches Coach,
Let the Officials Officiate,
Let the Spectators Be Positive, Be A Fan.....
Not A Fanatic!!!!**

