



147 Bear Head Canyon Rd. Jemez Pueblo, NM 87024. PH.# 505-527-3393. Website: www.walatowahcs.org

COUGAR ATHLETIC HANDBOOK

Walatowa High Charter School provides a safe environment for student-athletes to excel academically, physically, and socially. Participation in WHCS Athletics will assist our student-athletes in acquiring the skills of commitment, sportsmanship, leadership, and teamwork.

Walatowa Charter parents, guardians, and student-athletes are an integral part of modeling appropriate sportsmanship behavior and leading by example. We support the core values of the NMAA “Compete with Class” initiative, Section 1.7, which focuses on respect, integrity, personal responsibility, and honesty. For more information on “Compete with Class”, please go to www.nmact.org.

HANDBOOK: This handbook is designed to take student-athletes, parents, and coaches through a season step by step. Most of the information needed is provided. Coaches, parents, student-athletes, and administrators are responsible for this information and are expected to become familiar with and adhere to the guidelines, rules, and regulations in both the WHCS Student Handbook and the New Mexico Activities Association Handbook. The NMAA Handbook can be found on their website: www.nmact.org. If questions or concerns arise which are not addressed in this handbook, please feel free to contact the WHCS Athletic Director.

WHCS Athletic Director: Aaron Cajero acajero@walatowahcs.org
WHCS Executive Director: Arrow Wilkinson awilkinson@walatowahcs.org

ASSUMPTION AND CONSENT OF ATHLETIC RISK

Parents and student-athletes must acknowledge the risks inherent in sports. There is a potential for catastrophic athletic injury, however, incidents of such injury are rare. Both parent and student-athlete must understand that:

- It is the student-athlete and parent’s responsibility to provide insurance and medical coverage for the participant.
- It is the student athlete’s responsibility to follow rules and procedures.
- A student-athlete must wear and maintain proper equipment and attire.
- Understand that proper technique can minimize injury but cannot eliminate injury.
- Practice attendance is an important aspect of the development of skills necessary to participate

- and provides proper techniques to minimize injuries.
- Catastrophic injury may include any of the following: (This list is not all-inclusive)
- Injuries, infections, or situations that may require medical attention and/or hospitalization.
- Fractures/dislocations that may result in lifelong problems.
- Injuries that could lead to the loss of an organ, limb, or sight.
- Neck, head, or back injuries that may lead to paralysis. \
- Life-threatening injuries that may lead to death.

Parents and student athletes will attend a meeting in which coaches explain the nature of participation in a particular sport or activity. You be the Judge: Are the rewards of athletic participation worth the risk?

National studies and research indicate that:

- Participation in athletics and activities promotes citizenship.
- the typical student involved in student activity programs has a higher GPA than non-participants.
- Students involved in activities have a better attendance record.
- Only 4% of high school dropouts were involved in activities.
- The Scholastic Aptitude Testing Service states that participation in school activities is one of the most accurate predictors of success after college.

ELIGIBILITY FOR PARTICIPATION IN ATHLETICS

A. Attendance/Grades: A competing student-athlete must be present in school for a minimum of four class periods on the day he/she is to participate in an athletic activity. This does not apply if the student-athlete is away on official school business (field trip, etc.) Satisfactory overall attendance is required of all student-athletes. If an athlete has excessive tardiness, absences, or low grades, he/she will be dismissed from the team. “Excessive” will be determined by the appropriate campus WHCS Athletic Director or Athletic Director and the teacher involved. Suspension, or dismissal from the team will be determined by the coach and Athletic Director, with approval of the WHCS Executive Director.

B. Eligibility: High school eligibility is based on New Mexico Activities Association (NMAA) policy and the WHCS Athlete Handbook. The Athletic Director may issue certain directives by the overall philosophy of the WHCS Athletic Department. A grade average of 2.5 and no “F’s” in the current grading period is required for participation at the high school levels. Grades will be evaluated weekly by WHCS Instructors and coaches. Students must adhere to all WHCS Instructors' classroom expectations. Eligibility will be determined by the WHCS Athletic Director and the WHCS Executive Director. Those student-athletes who are found to be ineligible will not be allowed to practice or participate in the scheduled contest until the grade is approved by the Instructor. Participation in summer athletics does not fall under these eligibility guidelines. Our goal is excellence both in the classroom and on the playing field.

C. Athletic Handbook/Annual Fall Parent Meeting: A Student Athlete and Parent Orientation meeting is scheduled before the school year begins and is mandatory for high school, parents and student athletes for the student-athlete to participate. Athletic handbooks are available on the school data management site and our website, www.walatowaWHCS.org

D. Involvement in Multiple Sports: Under special circumstances, student athletes may participate in more than one school sport during a particular season. Student-athletes must have a 2.5 GPA and written permission from the WHCS Athletic Director and Athletic Director to participate in multiple sports in the same season.

E. Transfer Student-Athletes: Transfer student-athletes will be considered eligible according to NMAA guidelines.

G. Concussion Form/Transportation Forms: All student-athletes in 9th - 12th grades must have the NMAA “Concussion in Sports” and NMAA “Consent to Treat” forms signed by the student-athlete and/or parent before the start of their sport/activity season. These forms may be obtained from the student’s Magnus Health Portal via the FACTS account or the NMAA website (www.nmact.org). All documents must be completed and provided to the head coach and Athletic Director.

H. Eighth Grade Participation: All eighth graders wanting to participate at the high school level must make an appointment with the high school athletic director and sign a form from NMAA; concerning their first choice for athletic purposes.

I. Suspension/Detention: Student-athletes who are suspended or have received a detention are not allowed to participate in games or practices for the duration of the suspension or detention; including weekends.

J. Required Forms: The following forms need to be signed and provided to the coach and a copy to the Athletic Director:

- NMAA Student-Athlete Physical (Parent and Student-Athlete) - **by the first day of practice**
- WHCS Code of Conduct (Parent and Student-Athlete) - **by the first game**
- NMAA Concussion Consent form (Parent/Student) - **by the first practice**
- NFHS Online Concussion Course and Printed certificate (Student Athlete) (please go to www.nfhslearn.com/courses/61059/concussion-for-students and select New Mexico) - **by the first game**
- NMAA Consent to Treat form (Parent) - **by the first practice**

Parent/Coach Relationship

We are very pleased that your student has chosen to participate in the Walatowa High Charter School (WHCS) athletic program. We will do all we can to provide a positive and rewarding experience for him/her. The Walatowa High Charter School believes that the most important ingredient to achieve this outcome is to ensure that lines of communication are open to allow for free and easy resolution of questions before they become conflicts. As a parent, you have the right to know what expectations are placed on your student/athlete. This handbook is intended to

spell out all levels of communication so that parents, coaches, and athletes are aware of the steps they have available to resolve anything they think is or may become an issue.

Communication You Should Expect from Coaches

- ✓ Philosophy of the coach.
- ✓ Expectations coach has for your student-athlete
- ✓ Locations and times of all practices and contests
- ✓ Team requirements, i.e., fees, special equipment, off-season conditioning, etc.
- ✓ Procedure to follow should your student become injured during participation
- ✓ Code of conduct and discipline policy that results in denial of student participation
- ✓ Disposition of lost/outstanding equipment at the end of the season

Communication Coaches Expect from Parents

- ✓ Concerns expressed directly to the coach FIRST during preseason meetings.
- ✓ Notification of any schedule conflicts or changes well in advance

- ✓ Specific concerns regarding a coach's philosophy and/or expectations during sport-specific preseason meetings.

Concerns Open for Discussion with Coaches

- ✓ The treatment of your student, mentally and/or physically
- ✓ Ways to help your student improve.
- ✓ Concerns about your student's behavior.

Issues NOT Appropriate or Open for Discussion with Coaches

- ✓ Playing time
- ✓ Player positions
- ✓ Team Strategy
- ✓ Play calling
- ✓ Uniform numbers
- ✓ Matters concerning other student-athletes

Conference/Meeting: Some situations may require a conference between the coach and parent. These are encouraged. Both parties involved must have a clear understanding of the other person's position. When these conferences are necessary, please schedule a conference with the Athletic Director, Aaron Cajero at 505-527-3391 and via email at acajero@walatowahcs.org. Also, no conferences should occur directly after a scheduled event or practice. Conferences must be scheduled 24-48 hours in advance with the Athletic Director. The Athletic Director will inform the WHCS Executive Director.

Parent/Guardian Code of Conduct and Expectations

The purpose of the Parent Code is to develop parental support and positive role models in our athletic programs. In the tradition of excellence, our athletic programs aim to promote each student's physical, mental, moral, social, and emotional well-being of each student. Parents/Guardians are an integral part of this process. As a Walatowa High Charter School (WHCS) parent/guardian of a student-athlete, I agree to:

1. Be a positive role model for my students, the school, and the community
2. Display a positive attitude and behavior to all students/athletes.
3. Show respect for all participants, officials, and coaches
4. Assist in providing for student safety and welfare at all times
5. Encourage student/athlete to attend school regularly and excel academically
6. Inform student/athlete of the dangers of using any illegal drugs, alcohol, or tobacco
7. Inform students, as students and minors, that they are not to use drugs, alcohol, or tobacco

Emphasis:

1. No spectator may approach participants, officials, or coaches during or after a contest on the field/court of play.
2. No spectator may approach participants, officials, or coaches outside the field/court of play, except in a positive, complementary, and respectful way.
3. No spectator may use or be under the influence of illegal drugs or alcohol immediately before or during a contest on the Walatowa High Charter School (WHCS) campus or facility that WHCS is utilizing.

*If a spectator is unable to comply, the spectator will be asked to leave the contest and may be suspended from the facility for future events.

4. All practices are closed to the public unless specifically noted by the head coach. Practices end at 5:30 pm unless otherwise notified by the teams' respective head coaches.

Parental Concerns Procedure

Grievances/concerns should not be addressed during or immediately following any practice or contest. If a parent/guardian wishes to meet with a coach or address a specific issue or complaint, the following steps should be followed:

1. Request a meeting at the school with the coach, through the athletic director and the athletic director must be present.
2. If the problem is unresolved, a meeting will be scheduled with the athletic director and Executive Director.

Walatowa High Charter School (WHCS) extracurricular program is volunteer AND is not a requirement. This includes all WHCS-sponsored activities and activities sponsored by the NMAA. WHCS Students/athletes are held

to a higher standard with this representation and involvement is a privilege and not a right. Therefore, this code represents the responsibility that comes with that privilege.

WHCS Students/athletes set the highest possible standard in school, in classes, in the community, and in the area of competition and sportsmanship so others will respect me and so that I will add something positive to the extracurricular program that they represent.

ATHLETIC HEALTH & WELLNESS

Policies and Procedures Required Medical Forms

Pre-Participation Physical Examination

Before a student-athlete may participate in any organized sport/practice, their health should be evaluated by a qualified medical professional. All WHCS student-athletes must receive an annual physical examination. This physical will cover the student-athlete for one year from the date of the exam. All physicals must be dated on or after April 1 of the current school year to be eligible for participation. Physicals must be completed, and a copy must be given to the coach.

Consent for Treatment/Concussion Consent

All student-athletes and their parents/guardians are required to complete and sign the NMAA Consent for Treatment and the NMAA Concussion Consent forms which are included with the Physical Examination form.

Clearance for Participation

If any student-athlete has a pre-existing injury/illness that has required the care of a physician, he/she must have written clearance for participation before beginning any athletic activity. Parents must have the treating physician fill out and sign a *Medical Clearance Form* or its equivalent. The physician is to state when the student-athlete may return to athletic activity and any limitations to participation if they exist. Any student-athlete who has not filled out and returned the required paperwork will be withheld from all athletic activity until they have corrected these deficiencies.

Additional Medical Conditions

Diabetes

Student-athletes who have been diagnosed with diabetes should have an “action plan” or other notation on file with the school nurse and other medical personnel at the school. Student-athletes with diabetes should regularly monitor their blood glucose levels, especially during and after periods of exercise.

Asthma

Student-athletes who have been diagnosed with asthma should have an “action plan” or other notation on file with the school nurse and other medical personnel at the school. If a student athlete requires the use of an inhaler they should keep it with them at all times. (i.e. practices and games) Inhalers should not be shared with other students or teammates.

Athletic Training Rules and Regulations

Injury Management Protocol

If an injury occurs on the field/court or if an injured student-athlete reports to the coach and Athletic Director. The referral will be made to the JHHS Clinic. JHHS Clinic or a private medical provider will evaluate the injury to determine what course of action should be taken. If a student-athlete requires emergency medical services, first aid will be given until EMS arrives. In this case, parents will be contacted as soon as possible.

Because the JHHS Clinic or a private medical provider has valuable knowledge and experience in the assessment and management of athletic injuries, coaches must utilize this resource. If a student-athlete is injured during a practice or game, the coach is obligated to report the injury to the athletic trainer. Coaches should refrain from diagnosing an injury. If a student-athlete is sent to the training room to see the athletic trainer, then the coach should follow up with the athletic trainer to receive an update on the status of that student-athlete.

Return to Play Guidelines

Any student-athlete who has missed practices or games while under the care of a physician for a particular injury/illness must turn in a *Medical Clearance Form* or its equivalent to the JHHS Clinic or a private medical provider. This form must be completed and signed by the treating physician. Any student-athlete who has missed practices or games due to a particular injury/illness should be re-evaluated by the athletic trainer **before** they are allowed to resume participation in athletic activities.

Written clearance to participate does not guarantee that the student-athlete will be able to immediately return to the highest level of activity. It is important to have the athletic trainer re-evaluate the student-athlete to determine the student-athlete's readiness to return to play. Coaches must communicate with the athletic trainer **before** allowing a student-athlete to return to activity following an injury.

Any student-athlete who fails to report an injury assumes all risk for continued participation in practice or games.

Protective Equipment

Any student-athlete who suffers an injury that would require the protection and use of a cast must have clearance from the treating physician to return to activity. The student-athlete should have written verification to be completed and signed by the treating physician. This form will be placed in the student athlete's file. A copy of the form will also be given to the head coach to present to officials before games.

Equipment Check-Out

To help keep track of equipment and supplies, persons or groups needing to borrow equipment (coolers, crutches, etc.) should ask the JHHS Clinic or a private medical provider for permission **before** the time that the equipment is needed. All items should be cleaned before being returned to the training room.

Concussion Policy

Concussion, Second Impact Syndrome, and Return to Play Guidelines Concussion is defined as a traumatic brain injury, which can range in severity from mild to severe. These injuries usually result from a direct blow to the head. They can also be caused by rapid acceleration/deceleration of the head, thus causing jarring of the brain within the skull.

Symptoms of a concussion may include headache, nausea, blurred vision, dizziness, excessive fatigue, and possible loss of consciousness. Concussions may also cause an alteration in mood or emotions. These symptoms can be short-term (lasting less than 30 minutes) or may linger for several days or weeks.

Second impact syndrome results when a student-athlete suffers a second, often minor, head injury after returning to activity before the symptoms of a previous concussion have resolved.

This injury leads to engorgement of the cranial veins causing severe swelling of the brain. Second impact syndrome is a serious condition that can be potentially fatal.

WHCS considers concussions and second-impact syndrome to be significant medical conditions. Therefore, any student-athlete who suffers a head injury during a game or practice that results in symptoms consistent with a concussion **will not be allowed to return to activity for the remainder of the day**. The injured student-athlete should be evaluated by the athletic trainer or licensed healthcare provider to determine the severity of the concussion.

No student-athlete will be allowed to return to activity until all post-concussive symptoms have resolved. Concussed student athletes will be withheld from any activity for a minimum of 10 days, under New Mexico State law. Concussed student-athletes must also receive medical clearance from a licensed physician or licensed healthcare provider before being allowed to return to activity.

Once the student-athlete is completely asymptomatic, they may proceed through the following gradual return-to-play guidelines:

Day 1: Light Aerobic Exercise (jogging, stationary bike) - 20-30 mins.

Day 2: Sport-Specific Training (sprints, ball work) - 30-45 mins.

Day 3: Non-Contact Drills

Day 4: Full-Contact Drills

Day 5: Normal Activity Without Limitations

Should the student-athlete experience symptoms while undergoing this progression, they will not be allowed to return to activity until they can progress through it symptom-free.

For more information on brain injuries, please view the following websites:

- <http://www.nfhs.org/sportsmed.aspx>
- www.cdc.gov/ConcussionInYouthSports
- www.stopsportsinjuries.org/concussion
- <http://www.ncaa.org>
- www.nmact.org

GENERAL GUIDELINES AND PROCEDURES

Team and Practice Policies:

Pre-Season Meeting: Each sport will hold a meeting before each season (Fall, Winter, and Spring) for all parents and student athletes. Rules, policies, and expectations will be discussed. The parents and the student athletes will be informed of the inherent risks in sport participation.

In-Season Practice: Practice sessions are vital for both the student-athlete and the team. For this reason, the student-athlete should meet all attendance requirements designated in the NMAA handbook. It is the responsibility of the parent to notify the coach before an absence and to present a valid reason for non-attendance. This should be made clear to all student-athletes and their parents at the beginning of the season.

Practices may be closed, based on the discretion of the coach and/or Athletic Director.

Official practice starting dates are established by the NMAA for each sport and should be understood by the head coach. These are available in the NMAA handbook, www.nmact.org, or from the Athletic Director.

Tryouts/Selection Procedures: At the high school level, some student-athletes may not be placed on a team. WHCS will have an organized tryout and student athlete placement will be determined by the coaching staff. An established tryout and selection procedure should be part of each coach's team information.

Fundraising and Team Fees: Each sport will be allowed two team fundraisers per year which will support the ongoing expenses of the program and will also have a participation fee which will be assessed at the start of the season. Fundraising and fee amounts for the current year are decided on an individual sport basis.

Playing Time and Placement: Coaches make judgment decisions based on what they believe to be best for all of the student-athletes involved and these decisions are always going to be at the discretion of the coach.

Dual Participation:

A. Participating on a non-school team in the same sport during the school season is discouraged. If a student-athlete is allowed by the school, through the permission of his/her coach or administrator, to participate in this manner, the student-athlete's sports event limit may not be exceeded cumulatively.

B. Game limitations in interscholastic sports are not to be exceeded. It is the responsibility of the coach to be familiar with the NMAA Handbook and inform all members of the program about their obligations under the Dual Participation Rule.

If a student athlete wants to participate in two sports during the same season, he/she must fill out the Dual Participation Form and get permission from both coaches and the Athletic Director.

Quitting a Sport: Having selected a sport, a student-athlete shall not quit the sport in season to try out for another sport or take part in an off-season program, until the sport in season terminates. This policy should be thoroughly explained to student athletes and parents before the season begins. Exceptions may be made if the head coach, Athletic Director, and WHCS Executive Director agree upon the conditions and reasons for a release from a program.

Player/Parent Ejections: Please refer to the NMAA Handbook for player ejection policies. The NMAA Handbook can be found at www.nmact.org.

End-of-Season Guidelines

End-of-Season Celebration Event: At the end of the season, an end-of-season celebration honoring the student-athletes and the coaches may be held. These celebrations are funded by each sport. Celebrations may include the student-athletes, their parents, and other guests.

Uniforms and Equipment: All uniforms and equipment must be returned after the season.

School and Team Athletic Awards: High School Team Athletic Awards: Awards presented to the student-athlete at the end of the season and paid for by the school are restricted to the following items:

Letters: Student athletes will receive only one chenille letter per career. This applies to all sports. Subsequent letters in another sport will receive a certificate.

Sports Pins: A specific sport emblem will be awarded to the student athlete the first year in which they letter in a particular sport.

Letter Bar: A letter bar will be awarded to the student athlete for the subsequent years in which they letter in a particular sport.

Participation Certificates: Certificates are provided for all student athletes participating in a sport.

Coaches determine how many of the above awards are needed at the end of the season. A checklist is to be submitted to the Athletic Director within one week after the conclusion of their respective season. Any other awards deemed necessary are to be funded out of individual sports accounts. Three individual awards per team and a plaque, medal, etc., for each member, if a team wins a state championship.

High School Special Recognition Awards:

Media Recognition Awards: These awards may be given throughout the year for the accomplishments of our student-athletes. (Student athlete of the week, etc.)

All-State/All-District: These awards are presented by the District, media, or specific sports association upon recommendation from coaches. WHCS administration will recognize but has no input into the selection or recommendation process.

Special Honors or Scholarships: Awarded upon recommendation or application on the part of a coach, teacher, counselor, parent, or student-athlete.

Lettering: A student-athlete must be a student in good standing at WHCS and a member of a Varsity Athletic team to receive a letter. All information regarding team rules and policies applies to all teams and team managers. Varsity team managers must be involved and participate throughout the season to be eligible for a letter.

Varsity letters are a significant reward given to WHCS student-athletes. Lettering criteria will be determined by each head coach and should be significant to make earning the varsity letter an honor. Players who have been part of the junior varsity program and have made significant contributions to the varsity program may be awarded a varsity letter.

Athletic Camps: Information regarding the Athletic Camps will be available around the first of April. Information will be sent home with students in Pre-K4 through 8th grade and will be posted on the WHCS website. Athletic Camps have limited space and are first come/first enrolled. Student-athletes must have current immunizations and be covered under a 24-hour accident/hospitalization policy. Coaches may take registration forms.

Parent Volunteer Opportunities: Volunteering at WHCS is always welcome and appreciated for athletics. There are a variety of volunteer opportunities:

- Gate
- Clock
- Uniforms
- Snacks
- Team Meals
- Locker Decorations
- Photographer
- End of Season Celebration

CODE OF CONDUCT (STUDENT-ATHLETES)

Hazing and/or Bullying: Is not permitted as any part of any team or activity as an initiation or rite of passage. Programs/student athletes participating in hazing activities may be placed on probation, suspension, or other punishments administered by WHCS administrators. Bullying will not be tolerated on campus, as part of an athletic program, or through social media.

Hazing: This is an act that is committed or threatened against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or any third party. This includes any activities that involve personal harm, sexual overtures, extreme and unreasonable levels of embarrassment or humiliation, or violation

of any rules or laws. **Bullying:** Is a way of using power aggressively in which a person is subjected to intentional, unwanted, and unprovoked hurtful verbal and/or physical actions. Bullying results in the victim feeling oppressed, fearful, distressed, injured, or uncomfortable. The aggression is repeated on more than one occasion and can include: physical, verbal, emotional, racial, sexual, written, electronic, damage to property, social exclusion, and intimidation. Bullying may be motivated by actual or perceived characteristics such as race, color, religion, ancestry, national origin, gender, mental, physical or academic disability. Bullying often takes place in a social context. Hazing and Bullying, in any form, will not be tolerated at WHCS.

Social Media Policies: Student athletes at WHCS are held in high regard and are seen as role models in the community. As such, we have a responsibility to portray our school, community, and ourselves positively at all times. It is also important to remember that being a student at WHCS is a privilege, not a right. In recent years, social networking sites such as Facebook, Instagram, and Twitter have increased in popularity and are used by many students at WHCS. Student-athletes may not be aware that third parties, including the media, faculty, parents, future schools, and future employers can easily access their profiles and view all personal information. This includes all pictures, videos, comments, and posts. Inappropriate material affects the perception of the student-athlete and WHCS. This can be detrimental to a student athlete's future and the school. Examples of inappropriate and offensive behavior concerning participation in online communities may include depictions or presentations of the following. These are examples and are not intended to be an exhaustive list.

1. Post photos, videos, comments, or posts showing the personal use of alcohol, or tobacco, such as cans, shot glasses, bottle(s) of liquor, etc.
2. Posting photos, videos, and comments that are sexual. This includes links to websites of a pornographic nature and other inappropriate material.
3. Posting pictures, videos, comments, or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
4. Using inappropriate or offensive language in comments, videos, and other postings. This includes threats of violence, racial slurs, or derogatory comments against students, faculty, courses, or other programs, etc.
5. Posting anything in stark contrast to WHCS values. If a student athlete's profile and its content are found to be inappropriate by the above behaviors, the student-athlete will be subject to appropriate punishment which may include expulsion.

Out-of-Town Athletic Trips: Teams and parents who travel to games outside of the Jemez Valley Corridor area are expected to behave in a positive way that reflects WHCS ideals. Student-athletes are expected to ride the bus to and from an out-of-town event. Exceptions will be handled on an individual basis between the parent/guardian and the coach. Student-athletes who desire to go home with their parents may do so if they communicate with their coaches. Student-athletes may go home with another parent or guardian with written or electronic permission from the appropriate parent. **Under no circumstances may a player go home with another student-athlete driver.**

Bus Transportation: Transportation may be provided to student-athletes for out-of-town activities and off-campus practices that occur immediately after school. Bus transportation for Jemez Valley Corridor games at the high school level will not be provided.

Drugs, Alcohol, Controlled Illegal Substances, and Tobacco Products: WHCS commits to its responsibility to provide the most conducive learning environment for all student-athletes and recognizes that, unless schools and their student-athletes are substance-free, the best conditions for learning do not exist. WHCS expects all its student-athletes to refrain from the use, possession, sale, or distribution of drugs, alcohol, tobacco, and illegal substances. This expectation applies at all times and in all circumstances while the student-athlete is enrolled at WHCS (including outside of normal school hours). The WHCS Administration retains the authority and discretion to modify the consequences for violations of this policy as individual circumstances dictate. The Administration reserves the right to request, at the parent's expense, a drug or alcohol test when deemed necessary.

Extracurricular Substance Abuse & Tobacco Policy:

A. Use and/or Possession of Alcohol or Controlled/Illegal Substance

First Offense: Student athlete's loss of all NMAA- and WHCS-sanctioned extra-curricular privileges and eligibility for fifty (50) school days from the date determined by the WHCS Executive Director and/or designee. The loss of privileges includes practice and competition. Summer School is not considered as school days for this policy. Student-athletes will be required to complete the JHHS Behavioral Health Plan or enroll in another appropriate intervention program approved by the WHCS Executive Director.

Second Offense: Student-athletes are ineligible to participate in NMAA- and WHCS-sanctioned extra-curricular activities for the remainder of the academic year or longer under special circumstances.

B. Use and/or Possession of Tobacco Products, E-Cigarettes and Nicotine Liquid Containers

The term "tobacco product" means any product made or derived from tobacco that is intended for human consumption, including any component, part, or accessory of a tobacco product. This includes, among other products, cigars, cigarettes, cigarette tobacco, roll-your-own tobacco, smokeless tobacco, e-cigarettes, and nicotine liquid containers. *First Offense:* Student athlete's loss of all NMAA- and WHCS-sanctioned extra-curricular privileges and eligibility for fifteen (15) school days for tobacco products, from the date determined by a site Administrator. The loss of privileges includes practice and competition. Summer school is not considered a school day for this policy. Student-athletes will be required to enroll in and complete the Tobacco Awareness/Intervention/Education Program or other appropriate intervention programs approved by the site Administrator. *Second Offense:* Student-athletes are ineligible to participate in NMAA-sanctioned extra-curricular activities for fifty (50) school days.

LEGAL CONSENT

Receipt of this Handbook and Participation in WHCS Athletics by students and parents/guardians constitutes acknowledgment and consent of all Walatowa High Charter School expectations, policies, and procedures.

STUDENT-ATHLETE CODE OF ETHICS/STUDENT-ATHLETE CONTRACT

I, _____, while a participant in the WHCS Athletic Program promise to:

- Attend all practices and meetings.
- Communicate with a coach before a practice, competition, meeting, or team activity/function if you are unable to attend.
- Attend all practices and competitions in practice gear or uniform.
- Be a full-time student at WHCS.
- Maintain my eligibility and academic standing.
- Refrain from using drugs, alcohol, vaping, and tobacco products.
- Replace any equipment or uniform issued to me, either by payment or the equivalent of the lost article.
- Report any personal injury to a coach immediately.
- Follow all reasonable requests made by the Athletic Director and coaches, especially those involving practice, diet, rest, and competitions.
- Read and agree with the assumption and consent of the athletic risk form.
- Maintain a 2.5 GPA or better, and no F's in the most current grading period
- Turn in before the first practice all the necessary forms required for participation.
- Comply with and follow the WHCS Student Handbook, WHCS Cougar Athletic Handbook and the WCHS Student Code of Conduct.

Student/Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____

