

CURRICULUM/INSTRUCTION

Extra-Curricular Programs

Extra-Curricular Athletic Programs

- I. The extra-curricular athletic programs shall be in compliance with the rules and regulations of the Washington Interscholastic Activities Association (WIAA).
- II. During the 24-month period prior to the first participation in extra-curricular athletics in a middle school or high school, a student shall undergo a medical examination and be approved for extra-curricular athletic competition by a medical authority authorized to perform a physical examination (district Form No. 2151F.3).
- III. The WIAA Athletic/Activity Code outlines rules pertaining to compliance with school and team rules, conduct, academic expectations, health/training rules and penalties for any violation of rules.
- IV. Athletic participants must complete the following forms: Athletic/Activity Code 2151F1; Athletic Eligibility Form 2151F2, Pre-Participation History and Physical Examination Form 2151F3 and Concussion Form 2151F4.
- V. Students participating in athletic programs are expected to maintain satisfactory academic performance in all school courses. A remediation plan and contract will be developed and followed for each student who does not maintain a "C" grade in each class in order for that student to continue participation in school athletic programs. Students will be monitored at the beginning of the sports season, as well as throughout the season in terms of academics and behavior.
- VI. Students must attend three (3) of six (6) classes (prorated for reduced number of periods) on the day of participation in an athletic contest. The Athletic Director may waive this requirement.
- VII. Use and scheduling of school facilities for practice and competitions shall be in accordance with the provisions of district Policy No. 4330, Use of School Facilities.
- VIII. For all intrastate contests, meets, and tournaments, regardless of the number of schools involved, each participating school must obtain permission to attend from their local School Board.
- IX. Each coach, athlete, parent, community member, teacher, and administrator will adhere to the "Guidelines for Attitudes and Values for the Snohomish School District and Athletic Community" (district Procedures No. 2151P.2).
- IX. Grades 7-8 Extra-Curricular Athletics
 - A. The objective of the 7-8 grade athletic program is primarily to provide skill development with competition opportunities for all students.

- B. Varsity teams in each of the following sports may be offered: Softball (G), Football (B), Cross Country (G/B), Volleyball (G), Basketball (G/B), Wrestling (B), Track (G/B).
- C. Varsity teams will be comprised of a limited number of students with higher skill level.
- D. Varsity members may participate in the intramural program of the same sport, before or after the season, but not during the respective district-defined season.
- E. Each varsity team will have one head coach, provided resources are available. Skill emphasis will be established by the high school head coach of each specific sport.
- F. Intramural coaches may also serve as assistant coaches to the varsity coach.
- G. Using one practice which is no longer than two hours as a guideline, coaches shall determine the number of practices each day, and the length of each practice, and shall communicate the practice schedules to athletes, their parents, and building level administrators/athletic advisor at the onset of the respective sports season. Such practices shall enhance the physical and skill level of the athletes and balance with their academic and family life.
 - 1. A coach of a school team (contracted or volunteer) may conduct practice only during the WIAA sports season during the regular school year. Camps outside the sports season are permissible only if such camps are open to all boys and girls and special recruitment is not employed.
 - 2. Practice days are considered to be Monday through Friday, with Saturday being an allowable practice day.
 - 3. Sundays and holidays may not be counted toward meeting the minimum practice requirements.
 - 4. Participation on Sunday in any athletic contest or other WIAA sanctioned event cannot be expected or required of any school without prior permission and approval of each participating school's local school board or designee, nor can any penalty of forfeiture be imposed for not participating on Sunday.
- H. Practice times and facilities will be equally distributed between boys' and girls' teams.
- I. The principal will determine if a fifth quarter will be played. If a fifth quarter is played, WIAA regulations will apply.
- J. Each middle level school may field one or more A or B squads of 7-8 grade teams in each sport. The limitation of games is only for a particular squad and individual players.

K. Varsity teams will be provided with school uniforms, unless the uniform or part of the uniform cannot be used by another student and/or the uniform is kept by the student. In such cases, the student will be charged for the uniform.

X. Grades 9-12 Extra-Curricular Athletics

A. The objective of 9-12 grade athletics program is primarily to provide competition opportunities with skill development for all students.

B. Varsity teams in each of the following sports may be offered as follows:

1. Grade 9: Volleyball (G), Football (B), Basketball (G/B).

2. Grades 9-12: Volleyball (G), Football (B), Cross Country (G/B), Tennis (G/B), Basketball (G/B), Wrestling, Track (G/B), Fastpitch Softball (G), Baseball (B), Golf (G/B), Soccer (G/B), Swimming (G/B).

C. Junior varsity and sophomore teams may be provided in each sport, subject to league competition and district/ASB funding.

D. Even when a freshman sport program is offered, occasionally a freshman student with superior skills may compete in a varsity athletic program at the discretion of the coaching staff in that sport, providing he/she would see an appropriate amount of participation time as determined by the head coach.

E. An equal number of boys' and girls' teams shall be maintained.

1. Separate athletic teams will be provided for boys and girls if it can be shown that it is the best way to provide students of both sexes an equal opportunity to engage in a sport (e.g., tackle football for boys, volleyball for girls), and if the two separate programs provide substantially equal opportunities for competition, instruction, publicity, and awards.

2. If similar or equal programs for boys and girls are not provided, members of the opposite sex cannot be denied the privilege of turning out for a given team, and the district may not impose sanctions of any kind upon a co-educational team.

F. Each varsity team will have one head coach and assistant coach(es), if appropriate and resources allow.

G. Skills emphasis of a specific sport, grades 7-12, will be established by the high school head coach in collaboration with other coaches in each specific sport.

H. Using one practice which is no longer than two hours as a guideline, coaches shall determine the number of practices each day and the length of each practice and shall

communicate the practice schedules to the athletes, their parents, and building level administrators/athletic advisor at the onset of the respective sport season.

1. Coaches shall communicate to the building level administrator with athletic coordination responsibilities their intent to hold any practice outside the regular Monday-Friday school week (e.g., weekend or vacation practice) prior to the practice being held. This is to ensure that facility arrangements have been made and that parents have been informed of the need for these practices.
 2. A coach of a school team (contracted or volunteer) may conduct practice only during the WIAA sport season. Camps outside the sports season are permissible only if such camps are open to all boys and girls and special recruitment is not employed.
 3. Practice days are considered to be Monday through Friday, with Saturday being an allowable practice day.
 4. Sundays and holidays may not be counted toward meeting the minimum practice requirements.
 5. Participation on Sunday in any athletic contest or other WIAA sanctioned event cannot be expected or required of any school without prior permission and approval of each participating school's local school board or designee, nor can any penalty of forfeiture be imposed for not participating on Sunday.
- I. Interscholastic teams will be provided school uniforms, unless the uniform or part of the uniform cannot be used by another student and/or the uniform is kept by the student. In such cases, the student will be charged for the uniform.
- XI. The district athletic director, or designee as authorized by the School Board, shall have one (1) vote when voting by questionnaires, polls, WIAA District meetings or any other appropriate time. The local School Board shall list the representative(s) in WIAA matters on the annual WIAA membership form. The voting representative shall be the member school's principal unless some other designee is authorized by the School Board via written notification to the WIAA.
 - XII. Certificated and assistant coaches are primarily responsible for imparting valuable educational experiences to student participants. Therefore, the WIAA believes that coaches and assistant coaches should have training in at least the essential areas of study required for a physical education teacher's endorsement in Washington secondary schools.
 - A. No school team or individual contestant shall be eligible to represent a school in an athletic contest unless the coach is an employee of the school district in which they coach and has been employed to coach in compliance with RCW 28A.405.220 and/or WAC 180-79-230 (1) (iii). This requirement also applies to assistant coaches whether paid or volunteer who serve at all times under the direct supervision of a

regularly certified coach. Assistant coaches may serve only upon approval of the school district board of directors.

- B. Interscholastic coaches and assistant coaches shall have training in at least the essential areas of study required for a physical education teacher's endorsement in Washington secondary schools. For initial employment or approval as an interscholastic coach or assistant coach, an individual must meet the following requirements:
1. Hold a valid current first aid certification card or have completed a school district approved Athletic Training/Sports Medicine course equivalent to the Red Cross first aid card training. A Sports Medicine course is to include prevention of injuries, recognition of injuries, emergency on-site procedures including transporting the injured, and rehabilitation of injuries. If a Sports Medicine course is used to fulfill this requirement, it must be renewed every three years.
 2. Hold a valid CPR certification card or be enrolled in a CPR Card Course.
 3. Have completed Hepatitis B-HIV/AIDS training.
 4. Have on file the Washington State Patrol Criminal History Information Form.
 5. Have completed all pre-employment forms as required by Human Resources.
- C. Described below are the standards for interscholastic beginning, and experienced coaches. Coaches are responsible for keeping records of their required clock hours and to be in compliance with clock hours at all times. Copies of documentation shall be sent to the district athletic director or designee. Coaches must monitor their own compliance.
1. Beginning Coach
Must satisfy the following requirements and is designated by the following criteria:
 - a. Is a high school graduate.
 - b. Is at least 21 years of age for head coach and 19 for assistant coach.
 - c. Has 30 clock hours of training prior to beginning third year of coaching.
 - d. For head coach, annually passes the WIAA approved online sport rules test.
 - e. Demonstrates knowledge and understanding of school district and WIAA policies.
 - f. Has blood-borne pathogen training.
 - g. Has first aid/CPR training.
 - h. Has concussion training.
 2. Experienced Coach
Must satisfy the following requirements and is designated by the following criteria:

- a. Is a high school graduate.
 - b. Is at least 21 years of age for head coach and 19 for assistant coach.
 - c. For head coach, annually passes the WIAA approved online sport rules test.
 - d. Demonstrates knowledge and understanding of school district and WIAA policies.
 - e. Has blood-borne pathogen training.
 - f. Has first aid/CPR training.
 - g. Has concussion training.
- D. Described below are the standards for an interscholastic coach for initial employment, progressive employment, and continuous employment.
1. Knowledge and Skills
 - a. Medical Aspects of Coaching - Health and Welfare
Care and prevention of student injury:
First aid and CPR certification
Athletic training/sports medicine
Chemical and substance abuse
Injury rehabilitation
 - b. Kinesiology
 - c. Exercise Physiology
 2. Legal Aspects of Coaching Litigation, Liability
 - a. School Physical Education, Sports, or Athletic Law
 - b. Annual review of rule changes and application of rules.
 - c. School Board Policies, WIAA Rules, School Law
 3. Psycho-Social Foundations
 - a. Sociology and Psychology of Sports (adolescent psychology, sports sociology and psychology, motivation, dealing with sub- stance abuse.)
 - b. Philosophy of Interscholastic Activities Programs
 4. Coaching Techniques
 - a. Instructional methods in physical education/activities.
 - b. Instructional methods in physical education for handicapped.
 - c. Instructional methods in interscholastic sports.
 5. Philosophy/Sports Management Pedagogy
- E. During any three-year period of coaching, a minimum of 15 clock hours of approved coaches' standards courses selected or prescribed by the district shall be completed.
- XIII. Volunteer/walk-on helpers provide support to the coaching staff. Volunteers do not have to be approved by the School Board.
- A. Principals or a designee will approve volunteers/walk-on helpers.

- B. Volunteers shall have name and date of birth background checks provided by Washington State Patrol.
- C. Must be supervised/work in the presence of a contracted district coach at all times.
- D. Have a valid CPR/first-aid card.
- E. Has concussion training.

Extra-Curricular Intramural Programs

1. The objective of intramurals is to provide a sports skill development program with competition opportunities for all interested students. Skill development will be the primary objective and competition will be secondary.
2. The grades 7-12 intramural program may include: Fastpitch Softball, Flag Football, Cross Country, Basketball, Volleyball, Track, and Swimming.
3. The intramural program will accommodate all interested students with no elimination based on skill ability.
4. Intramural coaches will be assigned to officiate and supervise competition.
5. The intramural program may be scheduled during lunch periods, or before or after school, Monday through Thursday, facilities permitting.
6. Intramural teams may play within an in-school league with school district play-off games between Snohomish School District schools only.
7. Intramural teams will not be provided school uniforms. However, teams may hand-design their own T-shirt uniforms.
8. Co-ed intramural programs should be explored and implemented whenever possible.

Extra-Curricular Non-Athletics

See District Procedures No. 2150P, Student Group Meetings

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