



Milton-Freewater USD

MCCLOUGHLIN HIGH SCHOOL

&

CENTRAL MIDDLE SCHOOL

ATHLETIC HANDBOOK





Milton-Freewater USD

ATHLETIC CODE OF CONDUCT

Athletic Code of Conduct / Training Rules

This athletic code establishes a reasonable, high standard for participants and spectators in extracurricular activities that empower our participants to make appropriate decisions, rather than to be punitive and deny access to such activities. Extracurricular activities are a privilege and completely voluntary. Along with this privilege comes the expectation of a higher standard of behavior and conduct. Participants in these activities represent themselves, their families, the team, the Schools, and the community. As a condition of participation in athletics, participants, parents, guardians and/or legal custodians will agree in writing to abide by all the rules set forth below.

A. Definitions

1. **Athletic Activity:** Any sport offered by the Milton-Freewater School District (MFSD).
2. **Career:** defined as the entire time a student is attending Central Middle School or McLoughlin High School.
3. **Days** – for the purpose of the penalties, “days”: defined as calendar days, 24 hours per day.
4. **Investigative discovery of violations:** defined as the investigative process by which Administrative personnel conclude a participant has violated the rules set below.
5. **Participant:** any student who has a current physical on file, who is planning to participate in a sport, or is currently participating in a sport.
6. **School/Athletic year:** defined as the first day of tryouts in the fall through the last spring contest. Once signed, these rules are in force for all participants during the entire academic year.
7. **Screening:** defined as a successful student substance abuse screening, and successful follow through with any recommendations from that screening.
8. **Self-disclosure** of violations: defined as a participant self-admitting their own violation of the rules set below to a school official before or during the first interview.
9. **Spectator:** any individual that attends a sporting event in a non-participatory capacity.
10. **Appeals Committee:** consists of the Principal and Head Coach of a sport not related to the violation.
11. **Code Committee:** Consists of a District Office Administrator, a community member and a Head Coach of a sport not related to the violation.

B. General Provisions

1. Students participating in interscholastic sports cannot change sports during the season unless there is a mutual agreement between the Athletic Director and the coaches of the two teams.
2. It is the responsibility of the student to obtain school assignments prior to events.
3. Physical exams are required for student athletes in their first and third year of participation. Physicals are valid and kept on file for two years.
4. Students are responsible for school equipment and uniforms issued and are responsible for lost or damaged items. Students will not be able to participate in other activities until the lost or damaged equipment is paid for or returned. Cost for lost or damaged items will be determined by the items replacement cost.
5. A student who is suspended from school may not practice or compete during that suspension.
6. Any participant who has an unexcused school absence may not practice or participate in activities until excused or completed detention. Students who are tardy twice in one day are treated as having an unexcused absence.
7. Any participant who misses more than half the day (4 periods) is not eligible to practice or compete unless circumstances warrant (doctor, dentist appointments, attending another school activity, etc...) Participants must have paperwork to back up the absences and the Athletic Director will review each absence.
8. For the safety of our student-athletes, any participant who is sick for more than two periods in a single day may not practice or participate in games that day.
9. Head coaches reserve the right to have additional rules and guidelines.



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- 10. Transportation to/from events: Students are to ride to and from away events in school, transportation unless arranged with the parent, in writing, signed and approved by administration PRIOR TO THE EVENT and sign-out at the event. Additionally, the parent MUST have personal contact with the coach/advisor for approval. No one under 21 years of age may transport a student home from an away contest regardless of affiliation.**

C. Training Rules

The following rules are in effect 24 hours a day during the defined school/athletic year. This includes on school grounds, at school sponsored activities, either on or off school grounds, commuting to and from school, as well as while the participant is or should be in attendance during the school day, and any off campus, non-school activities, gatherings, etc. Violation of these rules are broken down into three areas: Probation, Misconduct and Formal Charge

1. **Social Media:** MFSD recognizes students' right to freedom of speech, expression and association, including the use of social networks. In this context, however, each student must remember that participating in extracurricular activities for MFSD is a privilege. As a student in the MFSD, you represent the school; you are expected to portray yourself, your team or group, your school and the District in a positive manner at all times. The popularity of social networking websites has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student and the school environment. Others may view almost anything a student posts on a social network. Freedom of speech is not unlimited. The online social network sites are NOT a place where you can say and do whatever you want without responsibility. The information you post on a social networking site is considered public information. Think about who you represent; like-it-or-not, people will associate everything you post with you and what you represent. Protect yourself by maintaining a present and future positive self-image. The behaviors listed below will not be tolerated by the MFSD and punishment will fall under a Probation violation:
 - a. Derogatory language or remarks towards students, coaches, staff and advisors of our school or others.
 - b. Incriminating photos or statements depicting violence, hazing, sexual harassment, full or partial nudity, inappropriate gestures, vandalism, stalking, underage drinking, selling, possessing, or using controlled substances or any inappropriate behavior.
 - c. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
2. **Tobacco:** Participants will not use, possess, or traffic any type of tobacco product at any time during the defined school year. This includes E-Cigs (Vaping) and Juul devices.
3. **Conduct:** Participants will not engage in any criminal activities as defined by federal, state, or local laws. Nor shall they engage in unsatisfactory school conduct including but not limited to the rules set forth in the student handbook. Participants suspended from school shall be suspended from co-curricular activities for at least the length of the school suspension. Conduct detrimental to the team may be cause for removal from the team.
4. **Hazing:** Hazing, harassment, bullying, intimidation, exclusion, menacing and initiation activities are abusive and illegal. These behaviors harm victims and negatively affect the team by creating an atmosphere of fear, distrust and mean-spiritedness. These actions are strictly forbidden for coaches, volunteers and athletes, individually or collectively. Any student or coach who participates in these activities will face immediate disciplinary action, up to and including suspension, exclusion, expulsion or termination from the team. Those who participate in these activities may be reported to appropriate law enforcement authorities as well.
5. **Student athlete attendance at practices and events:** Attendance at all practices and games is mandatory. A student who has other obligations conflicting with practice or games must notify a coach in advance for permission to be absent. Appointments must be scheduled so they do not conflict with games or practices.



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6. **Substance Abuse/Misuse:** Participants will not possess, use, or be under the influence of alcohol, drugs, steroids, controlled substances of any kind (other than those obtained and properly used with a doctor's prescription). This includes but is not limited to imitation controlled substances and/or related drug paraphernalia.
 7. **Substance Trafficking:** Participants will not traffic (buy, trade, distribute) or attempt to traffic any alcohol, drugs, steroids, controlled substances of any kind or those purported to be the same, including but not limited to imitation controlled substances and/or related drug paraphernalia 24 hours a day during the defined school year.
 8. **Attendance at a gathering where activities (as defined above) are being conducted:** Participants will not knowingly attend or knowingly remain at gatherings where any of the activities listed above are conducted. Nor will participants promote or condone the above; such as serving as a designated driver in order to allow others to participate in illegal activities, or promotion of gatherings where those activities will be conducted.
- D. Penalties for violations of training rules fall into 3 tiers based on the severity of the infraction. **Penalties are at the discretion of the Athletic Director, School administration and subject to change based on the severity of the infraction.** Additionally, penalties may carry over to the following season(s):
1. **Probation** – The loss of one contest and the student is under probation for the remainder of the season. A second violation results in moving to Misconduct at any point in the academic year. Probation violations include violations of the Training Rules detailed above:
 - Social Media Abuse
 - Tobacco
 - Conduct
 - Hazing
 - Attendance at a gathering where Substance Abuse/Misuse and/or Trafficking occur may result in an oral drug test (see Random Drug Testing Policy).
 - Student Athlete attendance at practices and events.
 2. **Misconduct** – The suspension from competition for 1/3 of the season. In addition to second Probation violations, Misconduct includes all drug use and any Conduct issue that includes a legal infraction such as theft. All Misconduct violations require some level of counseling; drug or mental health by an approved program. Misconduct violations include:
 - Second Violations of:
 - Social Media Abuse
 - Tobacco Use
 - Conduct
 - Hazing
 - Attendance at a gathering where Substance Abuse/Misuse and/or Trafficking occur.
 - Student Athlete attendance at practices and events.
 - Substance Abuse/Misuse and/or Trafficking – Please see the “Random Drug Testing Policy”.
 - Theft
 3. **Formal Charge** – Any formal charge, delinquency petition or conviction on any class A, B and/or C Misdemeanor, Class A, B, and/or C Felony or second Misconduct infractions, may result in immediately losing the extracurricular privilege for the year or remaining career. Infractions that attain this status will be immediately elevated to the discretion of the Athletic Director and School Administration.



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Due Process

Participants who are disciplined under these training rules have a right to request a hearing within 3 school days of the imposition of the penalty. The request shall be written and submitted to the Athletic Director. The Athletic Director presents the appeal to the **Appeals Committee** (A-10). Until the hearing takes place, the participant shall be permitted to continue to participate in tryouts and contests. Following the hearing, the participant has the right to request a final appeal within 3 school days of the **Appeal Committee's** decision. The request shall be in writing and submitted to the Principal who will present the case to the **Code Committee** (A-11). The Code Committee's decision shall be final.

E. Academic Eligibility Standard (High School Level)

1. An eligible student is one who is enrolled in school, attending regularly, and:
 - a. Passing all of their classes. Failing grades will limit a student's eligibility to participate in school activities.
 - b. Passed subjects equivalent to at least six (6) classes during the immediate preceding semester.
 - c. The first time a student has an "F" during a season or activity, they will be on Academic Probation and have one (1) week to raise their grade(s) and be passing the required number of classes. During the first week, the student will not compete or travel, but may practice. The coach/advisor will notify the parents that their son/daughter is on Academic Probation.
 - d. After a second Academic Probation week (2nd week), the student is ineligible to compete, practice until he/she is passing the required number of classes.
 - e. After three weeks of Academic Probation (one participating and two non- participating), the athlete will be removed from the team for the remainder of the season.
2. In addition to the specific credit requirements, to be scholastically eligible, a student must be making satisfactory progress towards the school's graduation requirements as determined by the OSAA and the school administration.
 - a. Sophomore: 4.5 credits
 - b. Junior: 10.5 credits
 - c. Senior: 17.5 credits

F. Academic Eligibility Standard (Middle School Level)

1. An eligible student is one who is enrolled in school, attending regularly, and:
 - a. Passing all of their classes. Failing grades will limit a student's eligibility to participate in school activities.
 - b. The first time a student has an "F" during a season or activity, they will be on Academic Probation and have one week to bring his/her grade up to passing. The student may still practice but will not be allowed to compete or travel with their team/group. The coach/advisor will notify the parents that their son/daughter is on Academic Probation.
 - c. The second time a student has an "F" during that season or activity, the student has one week to correct the grade. They will not practice nor compete/travel with their team/group during this time.
 - d. The third time a student has an "F" during that season or activity, the student will be dismissed from the team or activity.

G. OSAA Ejection Rule (High School):

1. Any athlete/coach/spectator that is ejected from an OSAA sanctioned event will be fined (\$75) by the OSAA. In addition to missing the next game or contest, the athlete, coach and/or spectator at the end of the sport season will be required to pay for their ejection(s). The school will not be responsible for paying this OSAA fine. If the fines are not paid, the athlete/coach/spectator will not be allowed to participate in any capacity during the next sport season until the fines have been paid. Seniors will only be allowed to walk during graduation if they have paid these ejection fees.



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H. Athletic Participation Fees (High School):

1. There is a \$20 athletic participation fee for each sport played, not to exceed \$100 per household. Any student who needs and is willing to sign up for five (5) hours of community service can have their participation fee waived. Students will need to arrange with the Athletic Director. This method of scholarship should only be used in extreme circumstances. All athletes must have their participation fee paid prior to the first contest.

I. Athletic Participation Fees (Middle School):

1. There is a \$20 athletic participation fee for each sport played, not to exceed \$100 household. Any student that is financially unable to pay the participation fee will need to arrange with the Athletic Director for a Financial Hardship exemption. All athletes must have their participation fee paid prior to the first contest.

J. Cut/Reduction in team size (High School):

1. Coaches for each sport will have the option of cutting students based on current ability and aptitude for the sport they are coaching.
2. It is the objective of the District to provide a competitive team at the Varsity level and it would be expected that not all participants will be provided equal playing time. At Junior Varsity and "C" level competitions, coaches shall attempt to provide all team members participation during the athletic season. Any athlete, regardless of grade level may be cut from the program. The decision of a "cut" / "no cut" policy within each interscholastic sport will be determined by the head coach of the sport with the support of the Athletic Director and Principal. Seniors will no longer be allowed to compete on the junior varsity or C teams per GOL policy voted on in 2013-2014. If seniors are not strong enough to make the varsity team, they will be the first athletes cut. There are exceptions that would include lack of participants, special needs students and foreign exchange students.

K. Varsity Letter (High School):

1. Due to the expense of the "M" for letterman's jackets, student athletes will pay \$5.00 for the "M" if they choose to buy one. (This only covers part of the cost.)
2. Each varsity athlete who has met the criteria to letter in their sport will receive the appropriate insignia representing that sport. An athlete would receive a bar if they letter in subsequent years. These would be at no cost to the athlete.
3. To letter in a sport, students must fulfill the requirements set by the coaching staff prior to the season (typically this is set by number of games/quarters/matches/meets played, points scored in an individual sport, etc.) Students expecting to letter must complete the season to include play-in games and playoffs.

L. Forms:

1. **PRIOR TO PRACTICING**, each athlete must have on file with the Athletic Director and signed acknowledgement of having received, read and accepted the terms/conditions of the contents of the Athletic Handbook (Sports.Net Registration).



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RANDOM DRUG TESTING POLICY (HIGH SCHOOL)

I understand that my performance as an athlete and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules, and regulations set forth by McLoughlin High School and the Milton-Freewater School District #7 Board of Directors.

I also authorize the Milton-Freewater School District #7 to conduct a drug/alcohol test to screen for drugs and/or alcohol use. I also authorize the release of information concerning the results of such test to Milton-Freewater School District #7 and to the parents and/or guardians of the student.

This shall be deemed a consent pursuant to the Family Education Right to Privacy Act for the release of the above information to the parties named above. In the event my child is selected for testing and is taking prescription medication, I give my consent for any medical provider to release information regarding any prescription drugs to the testing laboratory and Milton-Freewater School District #7 for the purpose of complying with this policy.

I understand that if my school administered oral test comes back positive that the school will immediately schedule urine test at the Walla Walla clinic AT MY EXPENSE. If that test comes back positive, the following will occur (Note, failure to submit to either the oral or urine tests will be implied as a positive result):

- Participation in the sport/activity will cease immediately.
- My first offense is automatically a Misconduct violation, I will lose 1/3 of my season and be required to enter/complete a drug/alcohol rehab program. I understand that I will need to present paperwork showing the completion of the program to the High School administration.
- For a second offense, my athletic career at McLoughlin High School will be ended but I will still be required to enter/complete a drug/alcohol rehab program.