



One Falcon, One Family, One TEAM

Welcome to Spring Sports Parent Night 2022



Some Quick Introductions:

Athletic Director: Kurt Melton

Associate Principal: Ron Taylor

Athletic Trainer: Sarah Carlson

F.A.B. Representative: Julie Soedel



Athletics Staff

Renae Hector, Assistant to the AD



Denise Schwans, Administrative Assistant



Nicki Kongkarat, ASB Bookkeeper



Tonight's Game Plan



1. Athletic Trainer
2. Fees
3. Eligibility
4. Athletic code
5. F.A.B. - Falcon Athletic Boosters
 - a. Please consider volunteering
6. The reason we play
7. Communication
8. Our commitment to sportsmanship
9. Break out with individual coaches



Athletic Trainer, Sarah Carlson



Sarah.Carlson@seattlechildrens.org

Cell: 630-715-9074

Parents, it is state law that we get a note from any doctors visit clearing them for participation.

- note must explicitly say they are cleared to resume activity, and list any restrictions if there are any

Concussions- Return to Play Guidelines

- State Law that athletes must complete the return to play protocol
- Athlete will need to see a physician for final clearance to return to day 4 of the RTP (full contact)
- Step wise progression that increases exercise intensity to ensure a safe return to play
- Takes multiple days – can be weeks to complete-every concussion is different

Medical Issues



- Please report all injuries to WHS medical staff. By WIAA rule, any doctor visit for injury or illness results in immediate ineligibility. Eligibility is re-established when the athlete presents a note, to AT, from the physician indicating the injury/illness and clearing the athlete to return.
- If your child comes home complaining of an injury, please encourage them to see the AT first before running to Urgent Care or their PCP.

NSD Sports Participation Fee

- We are currently accepting payments for all winter sports
- Fines must be paid or cleared to participate

WIAA/KingCo Sport: \$200

Non-WIAA fees (Non-WIAA fees will not be discounted):

- Crew (fall) \$758
- Crew (spring) \$803
- Water Polo \$1,194
- Men's Lacrosse \$804
- Women's Lacrosse (WHS only) \$988



ASB Membership

\$60 required for participation

- If paid at Falcon Days, ASB logo was embedded in the ID card
- If paid after Falcon Days, an ASB sticker is added to the ID card
- This year ASB Membership includes a Woodinville spirit t-shirt

Financial Support? House Bill 1660

Qualified free and/or reduced meals families that submit the **Fee Waiver or Reduction form** to Dee Moran at NSD Food Services will allow your student's free and reduced status to be shared with those administering extra-curricular activities at our school or within the district, thus being able to **waive or reduce certain fees**.

- Consent must be given each school year and does not carry forward from last school year.
- Once the Fee Waiver or Reduction form is **submitted to Dee Moran** and approved, it takes a minimum of 48 hours for the waived fees to show up in TouchBase.
- Fees paid prior to the approval of the waiver cannot be refunded per State guidelines.
- *Forms can be found on the NSD Food Services website

Booster Club Fees

Booster Fees are separate and collected directly by the various Booster Clubs

Reduced NSD Sports Participation Fee (WIAA/KingCo Sports)

- \$400 – Maximum per school year for individuals participating in more than one season
- \$150/\$600- Families with two or more students participating at the same high school during the same season will be charged \$150 per participant up to a family limit of \$600 per year.
- \$430 – Family limit per school year for families with two or more students participating at both high school and middle school level

All Sport, All Year Passes – 10 Events

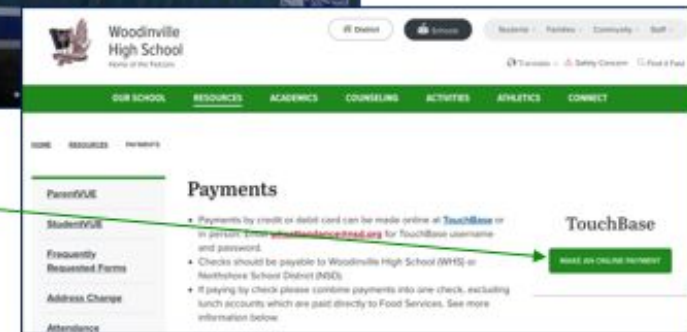
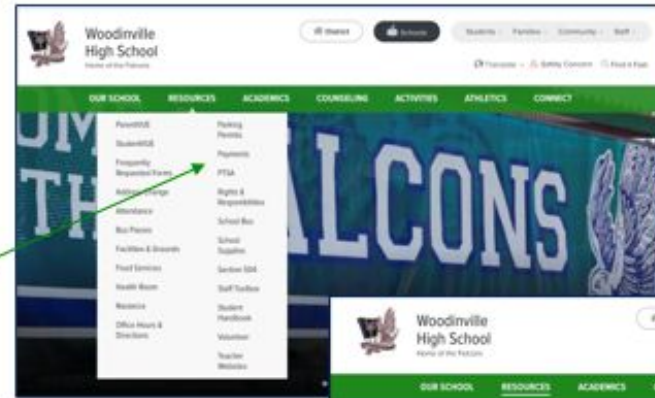
- To be announced upon confirmation of ticket pricing by KingCO

Making Payment

Cashier's and Main Office can accept **cash** or **check** payable to WHS and **debit/credit cards**

TouchBase, online 24-hours a day, 7 days a week

- WHS homepage @ woodinville.nsd.org
- Resources
- Payments/TouchBase



TouchBase User Name & Password

Since you have an NSD student, you have an established username and password

- Forgot? Email whsattendance@nsd.org

Do not set up a **GUEST ACCOUNT**

- Payments will not tie to your student's account
- Can be confusing, as the TouchBase doesn't allow people to select the items they are wanting to purchase



New Ticketing System For Events - GoFan



GO FAN EXPERIENCE: **SUPERSIMPLE ENTRY**



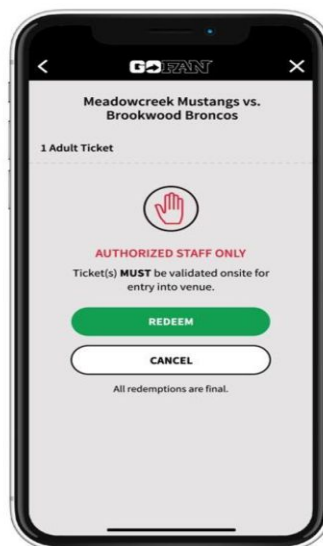
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**FANS PRESENT
TICKETS AT GATE**



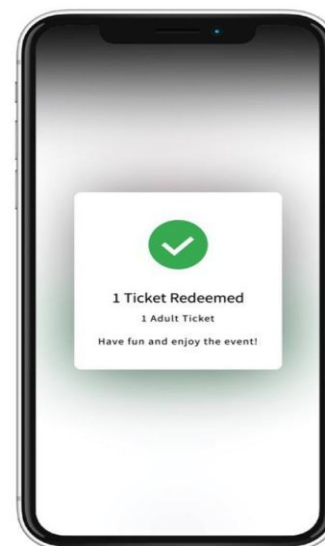
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**SELECT TICKET(S)
TO REDEEM, CLICK
"USE TICKET"**



3

**PRESS
"REDEEM"**



4

**FANS ENJOY
GAME**



NO HARDWARE



NO COST



NO WIFI



NO HASSLE

Grade Eligibility



Passing 6/7 classes, 6/6 classes and for seniors on track to graduate 5/5 classes

Please note the NSD 2.0 GPA has been suspended until further notice.



Grade Eligibility (Cont')

- Seniors may only have 5 classes but must be on track to graduate
- May not add or drop classes to be eligible
- Running start, home school, alternative schools other programs
 - WIAA contracts
- Grade check – Last week and every 5-6 weeks. Off campus athletes will need to turn in grades by the due dates on the webpage.

Athletic Eligibility



- Physicals are good for 2 years and must be good through the state tournament of that sport. Final Forms shows your athlete's physical date and expiration date.
- Athletes must be green or gold in Final Forms in order to compete.

NSD Athletic Code



•Athletic Code

- Any code violations will be written up by the AD and the appeals process will go through Mr. Criscione.
- Drug, alcohol, vape and smoking are season ending or 12 weeks – whichever is longer and will go into the next sports season the athlete is participating in.

•Hazing

- Coaches will be present at all team activities.
- Treat all with respect

•Senior Night

- 10 minutes by KingCo rule at the beginning of a contest. This time is to honor seniors. Game time and starting is earned.

•Fans — Please come to have fun and positively support our teams. Positive encouragement goes a lot further than negativity or criticism of any kind.

•Transportation — Buses are provided. All athletes ride the bus to and from contests. Parents only can sign out their child at the end of a contest if allowed by the coach. Any exceptions must be approved by the athletic director 24 hours in advance of the trip.

•Schedules: kingcoathletics.com

Falcon Athletic Boosters



Mission: To enhance the athletic programs at Woodinville High School by providing resources beyond what the Northshore School District is able to fund.

FAB is...

- 501 (c)3 charitable organization.
- *Tax deductions and company matching for donations and volunteer hours.*
- Comprised of parent volunteer reps from each sports team
- *Officers are selected each year from these representatives*

Graduating Seniors – FAB awards **two \$1,500 scholarships** towards continuing your education.

- Scholarship application and criteria will be posted on FAB website. www.falconathleticboosters.com
- Deadline is **May 1st, 2023**

Support FAB by:

- Volunteering as a team parent rep or officer. Talk to your coach if you are interested.
- Purchasing a membership to FAB via our website (\$25 starting membership) . www.falconathleticboosters.com
- If you have additional questions, please contact Julie Soedel, FAB Treasurer @ fab.soedel@gmail.com

Why Do We Play?



This is FUN!



This is HARD



For many different reasons athletes are challenged:

- Accepting different roles (playing time)
- Injury
- Team Dynamics
- Difficult schedule
- Balancing academic/athletic/social lives
- Fan support/lack thereof
- Mistakes
- Pressure to lead
- Coach expectations
- Parent expectations
- Imagined expectations

This is just the start of the list. There are many more ways that athletics challenges us.

This is WORTH IT



Please come out and enjoy this experience. There is truly no greater gift than to watch young people learn, compete, struggle and ultimately succeed.

COMMUNICATION



1. Athlete and Coach
 2. Athlete, Coach, and Parent
 3. Athlete, Coach, Parent, and AD
 4. Athlete, Coach, Parent, AD, and Administrator
- Please assume positive intent in all situations. This athletic community is strong because of the people who make it. Our kids are good people who were raised by good people and get to be coached by good people. We may not always agree on the method but we can be comfortable knowing that our student-athletes will be respected and cared for.

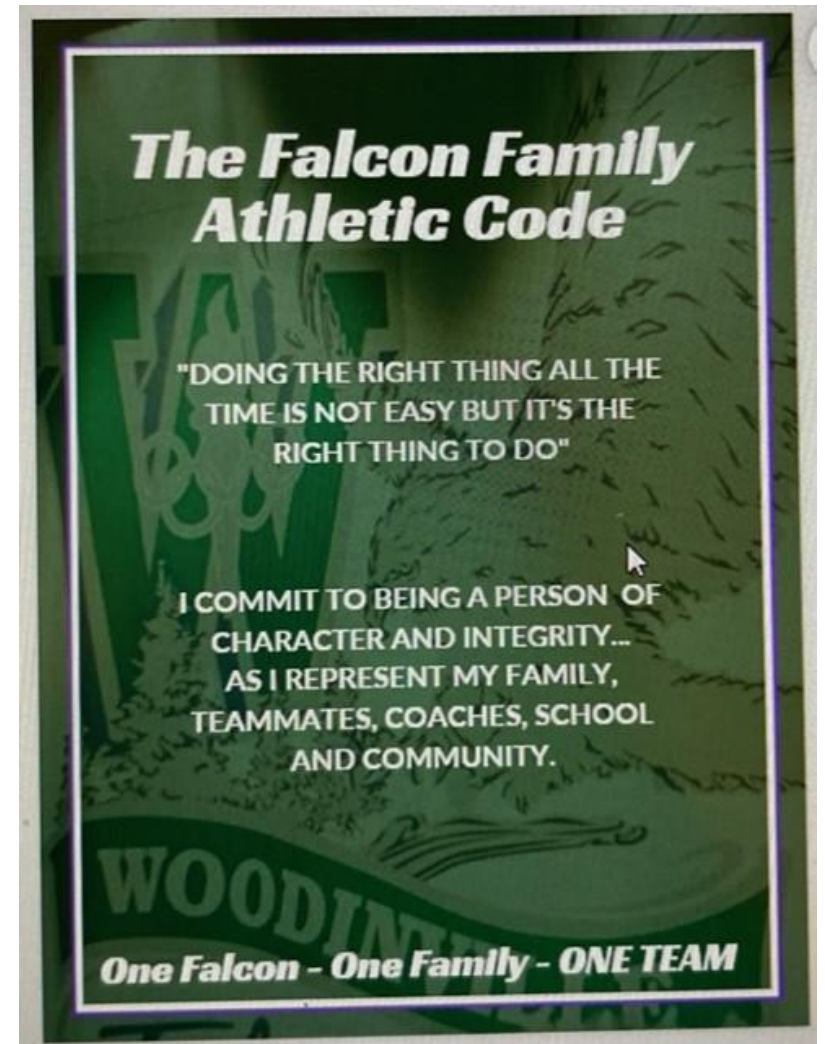
Our Commitment as a Community

Please feel free to join us in signing the poster that will hang in our gym lobby. Student athletes and Falcon staff have also been invited to sign.

Finally:

Thank you for supporting our effort to make this experience something your children will cherish for life.

GO FALCONS!





Individual Breakout Rooms

- Cross Country– Library
- Golf– Aux Gym
- Women’s Soccer– Main Gym
- Slowpitch – Career Center
- Volleyball – Theatre
- Swim/Dive - Cafeteria (by stairs)
- Tennis - Cafeteria (by garage door)
- Water Polo - Yoga Room
- Rowing/Crew - ASB Room 101