

Waterford Athletic and Activities Student and Family Guide



Participating in extracurricular activities builds teamwork, communication, relationships, and a sense of belonging, all of which help students to develop socially and be successful in school. Participation in extracurricular activities demonstrates the importance of community involvement.



Waterford Union High School
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Waterford Union High School Mission Statement

WUHS inspires all students to achieve high expectations and ensures that each student is prepared for college, career, and life

Co-Curricular Statement of Philosophy

We provide Purpose-Based Activity Programs. We are an extension of the school day. Our coaches and advisors are teachers. The sport or activity is the curriculum.

Education based athletics and activities will be one of the best experiences for your sons and daughters. For some, it will be the most important class of the day.

Communication, Clear Expectations, and Consistency will be standards of our athletic and activity programs. All moments experienced will be teachable moments. Some will be positive and some may be negative. Your child has the opportunity to grow through all of them.

We will plan, prepare, and play to win games, but we will define the success of our program beyond the scoreboard and scoresheets. **Winning will always be the goal, just not our purpose.**

Purpose

Co-curricular activities are an integral part of our educational curriculum. They provide opportunities for learning experiences difficult to duplicate in other school activities. The purpose of Waterford Union High School co-curricular activities are:

1. To develop strong character;
2. To develop leadership skills and responsibility;
3. To show team spirit, develop collaboration, encourage others, and contribute to good morale;
4. To be fair and treat others as one wishes to be treated;
5. To keep commitments to team/activity;
6. To experience a variety of activities, to offer an outlet for a wide variety of students' abilities and interests;
7. To treat all persons respectfully, regardless of individual differences;
8. To show respect for legitimate authority (e.g. Coaches, Advisors, Officials/Judges, Staff);
9. To accept responsibility, to set a good example for teammates, peers, younger students, fans, and school community;
10. To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics and co-curricular participation;
11. To help student realize participation in interscholastic athletics and high school clubs and activities is a PRIVILEGE with accompanying responsibilities;
12. To generate a sense of pride and unity in co-curricular programs for students, staff, and community.
13. Maximize participation through additional opportunities and through promotion and recognition of multiple activities.

Responsibilities

Choose to be the Best Version of You! Participating in co-curricular activities is a privilege and not a right. Together we will share in the responsibility for such an opportunity:

Responsibilities to You: The most important of these responsibilities is to broaden and develop strength of character. Give back to yourself the greatest benefit from your high school experiences- live a healthy lifestyle and respect your health both physically and mentally at all times.

Responsibility to Your Academic Studies: Your academic studies and your participation in other co-curricular activities prepare you for your life as an adult. Co-curricular activities, while very important to the development of young people, are only one facet of life.

Responsibilities to Your School: Whenever participating or being involved, you are representing your school at all times. Waterford Union High School cannot maintain an expectation of and adherence to excellence unless you do your best in the activity in which you are engaged and are a positive role model. Other students, faculty, and community members are looking to you- they know who you are, what you do, and what WUHS stands for. Make them proud, be an example, and make the difficult, yet positive choices you know represent both you and Waterford.

Responsibility to Your Community: The community and school tax monies make this co-curricular activity experience possible. For that reason, we must remember we hold a clear and paramount responsibility to our community. A leadership role is assumed, when you are involved with a co-curricular activity. The student body and citizens of the community know you. The student body, the community, and other communities judge our schools by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Our desire is that our students are a class act and that we are known as a program of character and excellence. Assure that Waterford Union High School and the community will be proud of you through your consistent demonstration of these ideals.

Responsibility to Others: As a team member you also bear a heavy responsibility to your family and friends. When you know you have lived up to all of the training rules, you have practiced to the best of your ability every day, and you have participated in the activity "all out"; you earn your self-respect and the respect of your family and friends. Continue to make them proud to be a part of what you have accomplished.

Responsibility to Younger Students: The younger students in Waterford Union district are watching you. They know who you are and what you do. Elder co-curricular participants are role models for the younger students who form the future of the WUHS co-curricular programs and their successes. Make them proud of being a part of the programs by leading through positive examples and an unwavering work ethic.

Responsibility from the School: Waterford Union High School takes pride in providing a multitude of opportunities for our students to get involved outside the classroom and showcase their talents and passions among so many different activities, clubs, and sports. We promise to support you, teach you, and provide you with a framework that will continue to help you grow. We will encourage your participation and celebrate your achievements.

Participation Requirements

Co-Curricular Code of Conduct Orientation Meeting

All sport, club, and activity participants must attend a Co-Curricular code meeting with a parent/legal guardian prior to the first time a student is involved in any extra-curricular activity at Waterford Union High School. The pink form signed at this meeting binds the student to the co-curricular code of conduct rules and expectations through the student's graduation from Waterford Union High School.

Athletic and Activities Online Participation Form

- The [2024-2025 WUHS Co-Curricular Code of Conduct](#), the [2024-2025 WIAA Eligibility Bulletin](#), and the [Department of Public Instruction and Statute 118.293 Concussion Law-Parent](#), the [Department of Public Instruction and Statute 18.2935 Sudden Cardiac Arrest: Youth Athletic Activities](#), must be read prior to completing and signing this form.
- Aurora Sports Health (our athletic training coverage group) HIPPA and the Consent to Treat form is also included in the athletic and activities registration form and once completed, covers all sports an athlete participates in.
- This form is to be completed by all athletes prior to their first sport or activity at WUHS. The form is completed once each year and covers all sports, clubs, and activities a student is involved in.
- Emergency contact information from the student's Powerschool account should be up to date at all times. Coaches and advisors utilize Powerschool for checking grades and emergency medical contact information.
- ***By completing and signing the co-curricular registration form for athletics/activities, a contract is created and obligates the student and parent to comply with the rules set forth by the Co-Curricular Code of Conduct and the WIAA Eligibility standards.***

WIAA Medical Eligibility Athletic Form (Physical Clearance)

A current physical exam is needed to participate in WIAA sponsored athletics, as well as, the activities of bowling, cheerleading, dance, and powerlifting.

- Physicals dated between 4/1/23 through 3/31/24 are good for the 2024-2025 school year.
- Physicals dated after 4/1/24 are good for the 2024-2025 and 2025-2026 school years.

Athletic Fees

- Students wishing to participate in any of our WIAA sports or the WUHS sports of bowling, cheer, dance, and powerlifting are required to pay a \$75.00 per sport fee (family cap of \$300.00).
- **Checks payable to WUHS (Athletic and Activities Office is located inside the main entrance using door #1) or online using [Revtrak](#).**
- The fee includes a school year membership to use the WUHS Fitness Center. The fee must be paid prior to the start of participation in the activity or use of the Fitness Center.
- A student cut from a team for which he/she tries out may request to have the fee refunded or transferred to another sport. **The request must be made before June 1, 2025.**
- **A student quitting a team or dropped for disciplinary or academic reasons is not eligible for a refund.**

WIAA Athletic Eligibility Rules

According to the WIAA (Wisconsin Interscholastic Athletic Association) rules, no athlete can be **varsity** eligible if:

1. The student-athlete has reached 19 years of age prior to August 1 of the upcoming school year.
2. The student did not pass or is not currently passing 3 full-time credits out of a minimum of 5 full-time credits.
3. The student has attended more than eight (8) semesters after entering Grade 9, or if the student-athlete's seventh and eighth semesters do not follow consecutively.
4. The student-athlete has participated in any sport for part or all of four (4) seasons.
5. The student-athlete and his/her parents do not live in the school district in which the student-athlete attends school unless the student-athlete has served one year of ineligibility or unless the residence situation has been approved by the WIAA Office.
6. The student-athlete does not have on file evidence of both having passed a physical examination administered by a licensed physician or advanced practice nurse prescriber and received parental permission to participate in athletics.
7. The student-athlete has violated his/her amateur status by knowingly or unknowingly: accepted any amount of money or any kind of usable merchandise, signed a contract for his/her services as an athlete, permitted his/her name or picture or personal appearance to be used for promotion, played under another name.
8. The student-athlete, at any time, received an award of merchandise of value such as a jacket, sweater, watch, billfold, etc. in recognition of his/her talent as an athlete.
9. The student-athlete has played an all-star contest or similar activity involving participants from more than a given league.
10. The student-athlete participates in any program, outside of the school team, which can be considered by anyone as resembling a school team practicing or competing outside of the designated school season for that sport.
11. The student-athlete lets anyone besides his/her parents/guardians pay a fee for specialized training, such as a summer camp.
12. The student-athlete may not be instructed by his/her school coach outside the season of the sport (except where permitted by WIAA regulations during the summer).

WIAA Transfer Rules

"A student who transfers from any school into a member school after the fourth consecutive semester following entry into grade 9 shall be ineligible for competition at any level for one calendar year, but may practice, unless the transfer is made necessary by a total change in residence by parent(s)."

INTERPRETING THE RULE

Open enrolled and/or tuition paying students **entering** 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded **unrestricted** eligibility provided all other rules governing student eligibility are met.

Open enrolled and/or tuition paying students **entering** 11th and/or 12th grade as transfer students are **ineligible** to compete at any level for one calendar year, but may practice.

9th grade students who **transfer after the beginning** of the school year and with written consent from both schools directly involved may be provided **non-varsity** opportunities for the **remainder of the school year**. Restrictions are removed upon entering 10th grade.

10th grade students who transfer **after the beginning** of the school year and with written consent from both schools directly involved may be provided **non-varsity** opportunities for **one calendar year** (365 days beginning with first day of attendance at the new school).

Schools are reminded that district policies with respect to intra-district transfer do not supersede WIAA transfer rules in situations involving post-4th semester transfers. Intra-district transfers occurring after the fourth consecutive semester following entry into grade 9 result in the student being ineligible for competition at any level for one calendar year (365 days beginning with first day of attendance at the new school), but they may practice.

Athletic Equipment

1. The school board has attempted to provide the Athletic Department with adequate and safe equipment.
2. Each student-athlete is responsible for the proper care and safekeeping of the equipment issued to them.
3. **Lockers should be securely locked during and after every practice and contest.**
4. Each student-athlete must turn in their equipment and will be held financially responsible for any lost or stolen equipment issued.

Athletic Trainer

Waterford has a certified athletic trainer on staff to care for all athletic injuries sustained during school sponsored interscholastic activities from Aurora Sports Health. The trainer, who is on duty at all home events, will provide prevention, emergency care, treatment and rehabilitation of athletic injuries under the direction of Waterford's team physician or your individual physician. Athlete's should always:

- o Report all injuries to your coach, advisor, or the athletic trainer when they occur.
- o The advisor/coach will fill out an accident report form.
- o A student requiring medical assistance from a doctor is required to return to the activity with a medical release from the physician seen prior to engaging in the activity.
- o Report to the training room daily until instructed to do otherwise.
- o Equipment borrowed from the training room should be returned as soon as possible.
- o No athletes are to be in the training room unsupervised.

Travel Trip Conduct and Appearance

1. All students participating in co-curricular activities are expected to ride the bus to and from competitions/performances.
2. **Students are NOT permitted to drive to events.**
3. Permission to not ride school transportation to an event must be approved by the Athletic and Activities Administrator prior to the event.
4. All student-athletes are expected to conduct themselves as good examples of Waterford at all times. Student-athletes are in the public eye both off the field or court as well as on it.
5. Every athlete is strongly encouraged to return on the team bus. Students may ride home with a parent/guardian if the parent/guardian provides the advisor/coach alternate transportation arrangements in writing; however, it is the advisor/coach's decision to accept or deny a parental written notice.
6. The locker room is a place for coaches and players only. Friends and relatives are not allowed in the locker room before, during or after games or practices.
7. Every student-athlete is responsible for keeping the locker room clean both at home and on the road.
8. Every co-curricular participant is expected to maintain appropriate standards of dress and grooming while representing their school or team. Advisors, coaches, and administrators reserve the right to prescribe dress/grooming requirements appropriate to each activity on the basis of consideration for student safety and positive school image.
9. Appropriate attire (set by the coach/advisor) will be worn when traveling to events.

Vacation Statement

The Waterford athletic and activities department discourages taking vacations during the competitive season in which the student is participating. It is detrimental to the student and the team to be absent from practice and/or competition for an extended period of time. It is up to the discretion of the coach or advisor of each team to determine any consequences involved if a player from the team chooses to miss practice and/or games during the season. All absences from practices or competition should be discussed with the coach in as much advance as possible.

Cell Phone Privacy

It is the practice of Waterford Union School District to ensure the privacy of all individuals during the time they occupy locker room facilities at school and during school sponsored events. All cell phones are prohibited in any school locker room. If a cell phone is found the advisor/coach has the right to confiscate the phone. If compromising photos are found to be taken with the phone, may result in immediate removal from the co-curricular activity. Per Federal Law, cell phones with capabilities to record video or photograph are prohibited from being used in locker rooms, changing rooms, or bathrooms at any time.

Social Media

Students should not create/ establish social media accounts for any Waterford program/ athletic team/ activity that reflects affiliation with Waterford in any manner unless and until the account is sanctioned and has adult supervision. Students can be disciplined under the Waterford Code of Conduct for violating social media policies and platforms.

Students are responsible for demonstrating appropriate behavior at all times and with sportsmanship before, during, and after contests to include public communication which is not a matter of public concern.

Waterford Union High School Co-Curricular Communication Expectations

Parenting and coaching are extremely difficult vocations. Our goal is to establish better communication among our parents, athletes, and coaches/advisors. The following information was designed to clearly outline expectations that Waterford Union High School parents, athletes, and coaches/advisors must be aware of in order for our co-curricular programs to be successful.

Parents and athletes should expect the following from Waterford Union High School coaches:

1. The coaching staff acting as a role model for good sportsmanship, use of appropriate language, professional appearance, promotion of a healthy environment, and safe teaching techniques;
2. All information regarding team requirements, fees, special equipment, off-season opportunities, and locations and times of all practices and contests;
3. Waterford Union High School and WIAA eligibility requirements;
4. Team regulations and expectations that are outside the Waterford Union High School Co-Curricular Code. (Example: policy regarding excused/unexcused absences and consequences.);
5. Well-planned practices;
6. Lettering and special award requirements.

Coaches should expect the following from Athletes:

1. Complete commitment to the TEAM;
2. Great work ethic at all times;
3. A positive attitude that fosters positive relationships;
4. Exhibition of good sportsmanship and appropriate language at all times.

Coaches should expect the following from Parents:

1. Complete support of the Waterford Union High School Co-Curricular Code and all team regulations;
2. Positive support for their child, all coaches, and other team members at all times;
3. Good sportsmanship exhibited toward officials, players, spectators, and coaches at all times;
4. Notification to coaches of any schedule conflicts that may occur well in advance (vacations);
5. Encourage your child, if he/she has a concern, to speak directly to the coach.

Recommended procedure for addressing a concern with a coach:

- Step 1: Athlete seeks out his/her coach to discuss concern (Parents please speak with your child about the concern and encourage your son/daughter to speak with his/her coach.)
- Step 2: Parent requests conference with the coach or coaching staff.
(Please call during school hours and leave a message for the coach on either his/her voicemail or with the Co-Curricular Office)
- Step 3: If the conference between the athlete and coach, or parent, athlete and coach does not resolve the concern, a meeting will be set up with the Athletic and Activities Director. The Athletic and Activities Director will mediate the conference. (The conference will deal only with specific concerns. Both parties will be allowed to speak in an uninterrupted manner. The conference will be held in a neutral environment.)

Appropriate concerns that a parent may address with the coaching staff:

1. The treatment of your child mentally and physically;
2. Ways that your child can improve his/her performance and skill level;
3. Concerns about your child's behavior in school, practice, or contests;
4. Your child's role within the team makeup.

Coaches will NOT

1. Discuss other team members, other parents, or other members of the Waterford Union High School coaching staff.
2. Meet with a parent immediately after a contest. Parents must wait until the next school day and refer to the recommended procedure for addressing a concern with a coach.

Sportsmanship expectations of participants

- Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community.
- Treat opponents the way you would like to be treated.
- An athlete shall never direct remarks at an opponent in a taunting manner. Respect the integrity and judgment of game officials.
- Respect the job and position of officials and treat them with dignity. This is a fundamental expectation.
- Any form of hazing is considered bullying and is not acceptable.
- Teammates and fellow students should be treated with respect at all times.
- Waterford will not tolerate a culture of harassment and incidents of harassment. Bullying and/or hazing will be dealt with swiftly and harshly.
- **Students can be suspended from athletics or activities for violating behavior expectations while participating in athletics or activities.**

Sportsmanship expectations of parents

- Accept and understand the seriousness of your responsibility and be positive with your child.
- Do not offer excuses to them if they are not playing.
- Encourage your child to work hard and do their best.
- If they have questions about issues relating to their playing time and performance, encourage them to ask the coach for a meeting between the two of them.
- Encourage your child to follow all school, athletic code and team rules.
- Show respect for all players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgments.
- Negative comments or the berating of players, officials and coaches is not in keeping with our philosophy and as such will not be tolerated.
- **Parents can be suspended from athletics or activities for violating behavior expectations while spectating at athletics or activities.**
- **Spectators ejected from an event are not allowed to attend the next event (home or away) per WIAA rule.**

Sportsmanship expectations of spectators

- Remember that high school athletics are learning experiences for students and the programs are part of the educational process.
- Remember too that adolescents often learn proper behavior from watching adults.
- **A ticket is a privilege to observe the contest, not a license to verbally abuse others.**
- Positive fan support is an asset for the players, coaches and other spectators.
- Please show respect for all players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment.
- Negative comments or the berating of players, officials and coaches is not in keeping with our philosophy, nor is it a good form of modeling and will not be tolerated.
- Any spectator ejected by an official shall be required to leave Waterford Union High School's premises.
- **Spectators can be suspended from athletics or activities for violating behavior expectations while spectating at athletics or activities.**
- **Spectators ejected from an event are not allowed to attend the next event (home or away) per WIAA rule.**

Awards

Waterford Union High School awards emblems, letters, numerals, plaques etc. to designate excellence in achievement and progress within the specialty area of athletics and activities. Awards will be given upon recommendation of the head coach/advisor. The method of selecting awards will be determined by the head coach/advisor. It is encouraged that all earned awards will be worn or displayed at school or at home with honor, pride and dignity.

State Tournament Celebrations

1. The Waterford Athletic and Activities Department will celebrate all state tournament qualifiers.
2. Individual State and Team State Qualifiers will be recognized with “Good Luck at State Banners” placed around the school and social media posts highlighting their achievements.
3. Individual State and Team State Champions will be recognized with an “All School Assembly” promoting their state championships along with social media posts highlighting their achievements.
4. Additional recognition may take place but they will be consistent for each sport.

Fan Buses

The Waterford Athletic and Activities Department will offer a fan bus sign up for away “team” WIAA in season and postseason sporting events when the event is a significant distance from Waterford Union HS (generally outside the parameters of our conference and Southeast Wisconsin region). If there is significant student interest from the fan bus sign up, then bus transportation for student spectators will be arranged. A partial cost will be associated with the student fan bus depending on the current state of the district’s budget.

Wolverine Booster Club

The Wolverine Booster Club exists

- a. to promote the welfare of students in school and community,
- b. to foster student participation in high school education based athletics,
- c. to cultivate ideals of citizenship and sportsmanship,
- d. to recognize achievements of individual athletes and athletic teams through awards, promotion and scholarships,
- e. to engage the support of the community of Waterford
- f. to bring a closer relation to the administration and parents of WUHS,
- g. to secure supplementary financial support for athletic equipment and facilities through donations, campaigns and fundraising,
- h. to promote uniformity of standards in funding for all WUHS sports,
- i. to develop united efforts to provide financial funding for all WUHS athletic teams.

CO-CURRICULAR ATHLETICS AND ACTIVITIES

Athletics:

Fall Sports:

Football
Boys Soccer
Boys' Volleyball
Girls' Volleyball
Boys' Cross Country
Girls' Cross Country
Girls' Tennis
Girls' Golf
Girls' Swim
Fall Cheer
Fall Dance

Winter Sports:

Boys' Basketball
Girls' Basketball
Gymnastics
Boys' Wrestling
Girls' Wrestling
Boys' Swim
Boys' Hockey
Girls' Hockey
Winter Cheer
Winter Dance
Powerlifting Co-ed
Boys' Bowling
Girls' Bowling

Spring Sports:

Boys' Track
Girls' Track
Softball
Baseball
Girls' Soccer
Boys' Golf
Boys' Tennis

Activities/Clubs:

Art (Honors)
Best Buddies
CHASE
Culinary Club
Disc Golf
Drama-Theater Guild
E-Sports
Exchange Club (AFS)
Fall Play
FFA
Forensics
French Honor Society
HOSA
Library Club
Madrigals
Model UN
Musical
NHS (National Honor Society)
Outdoor Club
Robotics
Skills USA
Spanish
Student Council
Tri-M Music Honor Society
Wolv-Tech

Trapshooting (Non-School Sponsored)

Waterford Union High School

2024-2025 WIAA Sports Practice Start Dates

www.waterforduhs.k12.wi.us

Fall Boys Sports

Football-Tony Shiffman tshiffman@wuhs.us	8/06
Soccer-Andrew Cresswell acresswell@wuhs.us	8/19
Cross Country-Emily Schnell eschnell@wuhs.us	8/19
Volleyball-Cherie Phelan cphelan@wuhs.us	8/19

Winter Boys Sports

Basketball-Nick Roeglin nroeglin@wuhs.us	11/18
Wrestling-Abe Graziano agraziano@wuhs.us	11/18
Swim Co-op-Hannah Garcia (BHS) hgarcia@basd.k12.wi.us	11/18
Hockey Co-op-Joe Britt (Muskego) joe.britt@muskegonorway.org	11/11

Spring Boys Sports

Track-Jody Johnsrud jjohnsrud@wuhs.us	3/10
Baseball-Matt Read mread@wuhs.us	3/24
Golf-Joe Rydzewski jrydzewski@wuhs.us	3/31
Tennis-Mike Schuster mschuster@wuhs.us	3/31

Non WIAA Sport

Bowling-Ryan Kiedrowski rkiedrowski@wuhs.us	10/01
Powerlifting-Holly Bjorge hbjorge@wuhs.us	11/04

Fall Girls Sports

Girls Golf-Wayne Evert wevert@wuhs.us	8/12
Tennis-Brittany Rohrsen brohrsens@wuhs.us	8/13
Swim Co-op-Denita Jones (BHS) djones@basd.k12.wi.us	8/13
Cross Country-Emily Schnell eschnell@wuhs.us	8/19
Volleyball-Ashley Ingish aingish@wuhs.us	8/19

Winter Girls Sports

Basketball-Dena Brechtl dbrechtl@wuhs.us	11/11
Gymnastics-Carrie Rydzewski crydzewski@wuhs.us	11/11
Hockey Co-op-Jackie Little (AHS) jjlittle19@yahoo.com	11/11

Spring Girls Sports

Track-Michele Sittig msittig@wuhs.us	3/10
Softball-Brian Roper broper@wuhs.us	3/17
Soccer-Joe Vogt jvogt@wuhs.us	3/24

Cheer-Kelsey Goessl kgoessl@wuhs.us	8/01
Dance-Dance-Nevaeh and Lisa Ireland Nireland@wuhs.us Lireland@wuhs.us	8/01

Requirements:

1. All Athletes must complete the Athletic and Activities Registration Form and pay the \$75 Co-Curricular fee per sport one week prior to the start of the seasons.
2. Physicals dated 4/1/23-3/31/24 are good for ONLY the 2024-2025 school year.
3. Physicals dated after 4/1/24 are eligible to play sports for the 2024-2025 and 2025-2026 school years.
4. Physicals dated prior to 4/1/23 are no longer valid and require a **NEW** physical with the doctor.
5. Any student who has not previously participated in a sport or club/activity at Waterford Union High School must attend a Co-Curricular Code Orientation Meeting with a parent. [See Dates and Times.](#)