

Vision and Mission

The Bellevue School District Athletics and Activities Department provides a comprehensive offering of programs that support the district's commitment to affirming and inspiring each and every student to learn and thrive academically, socially, and emotionally.

Shared Values

The administration, staff, students, and parents of Bellevue School District schools value:

Service

- By creating opportunities to explore new interests and strengths
- By investing in all programs at every level of the Bellevue School District

Integrity

- By committing to sportsmanship and fairness
- By being responsive to individual concerns and community input

Excellence

- By providing growth through practice and competition
- By maintaining a balance of individual and team achievement

Compassion

- By implementing a supportive environment in all athletic and activity programs
- By building self-confidence and self-discipline to promote lifelong social, emotional, and physical health
- By emphasizing life skills designed to foster positive mindsets

Respect

- By demonstrating respect and appreciation for diversity and inclusion
- By developing a sense of belonging within the Bellevue School District and the community

Collaboration

- By nurturing relationships through effective communication
- By modeling positive behavior for participants, staff, and supporters

Purpose

The Bellevue School District Athletics and Activities Department provides guidance to students through athletics and activities as they develop into productive adults who understand that dedication, resiliency, and respect translate into success in life.

Clearance

All student athletes are to clear their eligibility in the school's athletics office before they may begin turning out. Clearance requirements include:

1. Register via FinalForms
2. Pay any/all school fines (through school's accountant or [online payment system](#))
3. Purchase ASB card
4. Purchase School Transportation Fee
5. Purchase District Athletic Participation
6. Have a current physical on file (Good for two years).
7. ImPACT Testing (if required)
8. Have a medical insurance plan. School insurance is available.

Physical Examination

Prior to any participation in an interscholastic high school athletic program, a student must pass, and have on file at the school's athletics office, a medical examination performed by an MD, DO, ARNP, PA or Naturopathic Physician. Physicals are good for 24 months. ([WIAA Handbook: 17.11](#))

Who needs to take the ImPACT Concussion Baseline Test?

Athletes for most high school sports must have a current concussion baseline ImPACT test completed to participate (valid for 24 months) require ImPACT testing. Sports that do not require ImPACT testing are: Cross Country, Badminton, Drill Team, Swim Only, Tennis, Golf, and Track & Field (except Pole Vault requires the ImPACT test). Students participating in any other sport should be sure they have a current ImPACT test on file. You can see if your ImPACT test is expired by logging in to your FinalForms profile (<https://bellevue-wa.finalforms.com/>).

Concussions and Head Injuries

[BSD Policy 3422](#) and [Procedure 3422P](#)

In order to better manage concussions sustained by our student athletes, the Bellevue School District (BSD) utilizes a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) to help manage concussions. The ImPACT test is a computerized test to measure cognitive function of the brain primarily memory and reaction time. If a student athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine when the injury has fully healed. ImPACT testing is 95% accurate in detecting deficits in brain function following a concussion.

Attendance (practice or competition)

To ensure participation in practice or competition of an activity or athletic event, students must attend that same day, or the preceding day if the activity or athletic event falls on a non-school day.

- Minimum of five (5) classes for a 7-period schedule
- Minimum of four (4) classes for a 6-period schedule
- Minimum of three (3) classes for a 4-period schedule
- Minimum of two (2) classes for a 3-period schedule

In rare, extreme and extenuating circumstances beyond the control of the student, eligibility to practice or compete may be granted in advance on a case-by-case basis. ([BSD 2151P](#))

Pre-contest Practice Requirement

Each student is required to complete the minimum number of practices in a specific sport the day before participating in a game. One day is equal to one practice for purposes of meeting the minimum practice requirements. The number of practice days required for each sport is as follows:

<u>Fall Sports</u>	<u>Winter Sports</u>	<u>Spring Sports</u>
Cross Country (boys) – 10	Basketball (boys) – 10	Badminton
Cross Country (girls) – 10	Basketball (girls) – 10	Golf (girls) – 0
Football – 12	Gymnastics – 15	Golf (girls) – 0
Golf (boys) – 0	Swim & Dive (boys) – 10	Lacrosse (boys)
Soccer (girls) – 10	Wrestling – 12	Lacrosse (boys)
Swim & Dive (girls) – 10		Soccer (boys) – 10
Tennis (boys) – 10		Softball – 10
Volleyball – 10		Tennis (girls) – 10
Water Polo (boys)		Track & Field (boys) – 10
		Track & Field (girls) – 10
		Water Polo (girls)

For more details on practice regulation, including interruption of pre-contest practices and practice accommodations, please refer to [WIAA Handbook 17.12](#).

Concurrent Sports Limitation

A student may be on only one interscholastic sport roster per season. The exception shall be for the student who competes during an alternate season, qualifies for the state tournament, and is required to practice prior to competing in the state tournament. ([WIAA Handbook 18.22](#))

Academic Requirements

All student athletes are required to meet both the [WIAA](#) and [BSD](#) academic standards (see below for details). Grade checks are conducted three times each sports season to ensure all student athletes meet academic standards. Failure to meet these standards will result in the student athlete being suspended, which means they are ineligible for competition during a defined suspension period. Ineligible student athletes may attend and participate in practice, but not competition.

Students who attend school off campus such as International School, Bellevue Big Picture, Bellevue College Running Start, Private Schools, or Home Schooled are required to provide the school's Athletic Director with a copy of their grades at the time grade checks are done.

WIAA Academic Standards (2)

1. The student athlete must have passed six credit-bearing classes during the previous semester. Student athletes who do not meet this WIAA academic standard

are ineligible for competition during the defined suspension period. (See links below for details.) To be reinstated for interscholastic competition, a student athlete must be passing six of their currently scheduled credit-bearing classes at the end of the defined suspension period. Otherwise, the student athlete will remain ineligible for competition until passing six of their currently scheduled credit-bearing classes.

2. The student athlete must be passing six credit-bearing classes of the current semester. Student athletes who do not meet this WIAA academic standard are ineligible for competition until they are passing six of their currently scheduled credit-bearing classes.

Bellevue School District Academic Standard (1)

1. The student athlete must maintain at least a 2.0 cumulative GPA. Student athletes who do not meet this BSD academic standard are ineligible for competition during the defined suspension period. (See links below for details.) To be reinstated for interscholastic competition, a student athlete must be maintaining a minimum 2.0 *current* GPA in at least six currently scheduled credit-bearing classes at the end of the suspension period. Otherwise, the student athlete will remain ineligible for competition until maintaining a minimum 2.0 *current* GPA in at least six currently scheduled credit-bearing classes.
Note: To ensure continued eligibility this standard must also be maintained at each subsequent grade check.

A student athlete may request a waiver for this BSD academic standard if unique or unusual circumstances resulted in a cumulative GPA less than 2.0. See the Athletic Director or high school counselor for details.

BSD Agreement

The Bellevue School District believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills. With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport.

Player and parental education in this area is crucial, which is the reason BSD families receive ImpACT Testing/Concussion Awareness information when registering a student for an athletics program. This information, in an agreement form, must be signed annually by the parent/guardian and student athlete prior to participation in BSD athletics.

Athletic/Activities Code of Conduct

[BSD Procedure 2151P](#)

Preamble

The Bellevue School District (the District) is committed to ensuring an environment where all student participants (participants) have every opportunity to engage in programs aligned with the District's Vision, Values, and Purpose for athletics and activities. It is also important to remember participation in extra-curricular programs is not an entitlement. The district is committed to equitable access to extra-curricular activities for each and every participant and when necessary, an equitable application of corrective action(s) for participants at the discretion of building administrators (Principals or Assistant Principals) and/or Athletic/Activity Director. Corrective actions will be consistent with the District's mission and goals and in the best interest of students. The building administrators (Principals or Assistant Principals) and/or athletic/Activity Director will ensure that corrective action is consistent, fair and balanced; progressive in nature; and considers the developmental level of the participant.

The Athletic/Activities Code of Conduct ("the Code") takes effect when a participant enrolls in any of the District's high school athletic and/or activity programs and ends when the participant graduates from any one of the District's high schools. Violations under the Code throughout a

participant's high school years will lead to progressive corrective action(s), in terms of severity up to removal from extra-curricular programs. Each school, program, and activity will notify all participants about the Code, its requirements and corrective actions on an annual basis.

Implementation of Corrective Action and Process

Participants who exhibit any of the behaviors that rise to the level of exceptional misconduct as defined in [Policy 3241](#) and [Procedure 3241](#) (Classroom Management, Discipline and Corrective Action) may be subject to corrective action under the Code.

1. If there is a reasonable belief a participant violated the Code, and the violation made known to an employee of the Bellevue School District, the allegation must be reported to a building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director.
2. Any reported allegation of a potential violation will result in an investigation. At minimum, the investigation will include:
 - a. An opportunity for the affected participant to explain his/her involvement to a building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director. Prior to the affected participant explaining his/her involvement, the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director will ask if the affected participant wishes to have a trusted adult with them throughout the report and investigation.
 - b. A review of any previous corrective actions relating to the affected participant.
 - c. Interviews with others (students, staff members, coaches, etc.) who may have knowledge of the alleged incident.
 - d. An interview with the parent/guardian, as appropriate.
 - e. The building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director may determine that other steps must be taken before the investigation is complete.
3. If concluded that the participant did violate the Code, the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director may determine an appropriate corrective action in consultation with the District Athletic and Activities Director as appropriate. The corrective action will be commensurate with the nature of the extra-curricular activity, the participant's offense, honesty, and his/her own conduct, and/or other relevant factors.
 - a. Corrective action(s) applied under the Code are to be interpreted in a way that would not limit the application of disciplinary corrective action that would otherwise be imposed under other applicable policies and procedures when appropriate.
 - b. A participant who wishes to appeal the imposition of a corrective action under the Code may appeal pursuant to Section D (Appeals of a Corrective Action) of the Code.
4. If concluded that the participant did violate the Code, the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director will provide the participant and parent/guardian a written record of the corrective action imposed on the student participant. The written record will include at minimum the behavior that led to the corrective action, the corrective action, and applicable appeal rights. Records of corrective action imposed on a participant under the Code are maintained in the same manner as any other student information.
5. Should a corrective action under the Code be applicable for a co-curricular activity that is part of a credit course for grade (examples include drama, music, journalism, art), or other school approved activities as defined in [Policy 2150](#) (Co-Curricular Program), the building administrator (Principal or Assistant Principal) will determine an appropriate

corrective action. The corrective action will only be for the cocurricular event portion of the activity commensurate with the nature of the co-curricular activity, the student's offense, honesty, and his/her own conduct, and/or other relevant factors.

6. If a student commits an infraction of the Code but is not currently involved in a sport/activity, the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director will determine an appropriate corrective action. The building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director will then:
 - a. Either apply a corrective action with a completion date PRIOR to the next sports season in which the student participates.
 - Note: If the student does not participate in a sport/activity within a calendar year, no corrective action will be applied.
 - Note: Participation is defined as follows: the student must report for try-outs and complete the season in order to serve the corrective action that has been imposed.
 - b. Or apply the corrective action to the next consecutive sports season in which the student participates.
 7. Corrective actions apply to the sport and the activity if the student participates in both concurrently during a given school year.
 8. If a corrective action imposed on a student participant overlaps with a period of ineligibility in a sport or activity (for reasons including but not limited to grades, injury, or practice requirements), the corrective action does not begin after the period of ineligibility. Instead, the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director will determine an appropriate corrective action commensurate with the nature of the extra-curricular activity, the student's offense, honesty, and his/her own conduct, and/or other relevant factors.
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Alcohol, Drugs, and Other Mood-Altering Substances

Under Administrative [Procedure 2151P](#) (Interscholastic Activities), students who participate in athletics and/or activities are expected to refrain from the unlawful use of alcohol, marijuana, tobacco, and controlled substances.

Any unlawful use of controlled substances, alcohol, marijuana, and tobacco is a violation of the Code.

Definitions:

1. "Drug" means any controlled substance, as defined by the Uniform Controlled Substances Act (RCW 69.50), any drug that requires a prescription (so-called "legend drugs"), and any "look alike" drug or substance believed to be or represented as being a drug or controlled substance; and any food item with illegal drugs and/or alcohol contained within.
2. "Alcohol" includes any beverage, mixture, or preparation containing alcohol.
3. "Intoxicant" means any other chemical substance (including industrial chemicals and over-the-counter medications) when used contrary to directions or warnings to affect the user's perception, behavior, or mood, excluding tobacco and caffeine; and
4. "Drug paraphernalia" means all equipment, products, materials of any kind which are used, intended for use, or designated for use in introducing into the human body a drug, alcohol, or intoxicant.

Corrective actions for offenses related to Drugs and/or Alcohol are set forth below and are to be implemented as follows:

First Offense

Corrective Action: While considering corrective action for a drug/alcohol offense, the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director will

contact the District Athletic and Activities Director before imposing corrective action as appropriate. Corrective actions specific to drugs and/or alcohol offenses are as follows:

Paraphernalia without Possession (first offense):

- Required: Student schedules a meeting with a drug and alcohol counselor within three school days and follow through with meeting
 - Note: Failure to follow through with scheduled meeting will result in the participant receiving corrective action for possession
- Notify parent/guardian.
- Consider safety/behavior plan that includes accessing of applicable support services.
- A maximum suspension of 20% of season contests or performance events.
Decisions regarding suspension from contests/events should be commensurate with the nature of the extra-curricular activity, the student's offense, honesty, and his/her own conduct, and/or other relevant factors.

Possession (first offense):

- Required: Student schedules a drug and alcohol assessment within three school days and follows through with both the assessment and any recommendations.
 - Note: Failure to follow through with the assessment and/or follow through with assessment recommendations will result in immediate removal from all activity until the assessment is completed. Removal occurs if the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director reasonably believes the student is an immediate and continuing danger to himself/herself, other students, staff, or administrators or is a substantial disruption to the educational process of the district.
- Notify law enforcement.
- Consider safety/behavior plan, to include accessing of applicable support services.
- A maximum suspension of 30% of season contests or performance events.
Decisions regarding suspension from contests/events should be commensurate with the nature of the extra-curricular activity, the student's offense, honesty, and his/her own conduct, and/or other relevant factors.

Use (first offense):

- Immediate removal from all activity provided the principal reasonably believes the student is an immediate and continuing danger to himself/herself, other students, staff, or administrators or is a substantial disruption to the educational process of the district for a maximum of ten days.
- Required: Student schedules drug and alcohol assessment within three school days and follows through with both the assessment and any recommendations.
 - Note: Failure to follow through with the assessment and/or follow through with assessment recommendations will result in immediate removal from all activity until the assessment is completed. Removal occurs if the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director reasonably believes the student is an immediate and continuing danger to himself/herself, other students, staff, or administrators or is a substantial disruption to the educational process of the district.
- Notify law enforcement.
- Consider safety/behavior plan, to include accessing of applicable support services.
- A maximum suspension of 50% of season contests or performance events.
Decisions regarding suspension from contests/events should be commensurate with the nature of the extra-curricular activity, the student's offense, honesty, and his/her own conduct, and/or other relevant factors.

Intent to distribute or distribution (first offense):

- Immediate removal from all activity provided the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director reasonably believes the student is an immediate and continuing danger to himself/herself, other students, staff, or administrators or is a substantial disruption to the educational process of the district for a maximum of ten days.
- Required: Student schedules drug and alcohol assessment within three school days and follows through with both the assessment and any recommendations.
- Note: Failure to follow through with the assessment and/or follow through with assessment recommendations will result in immediate removal from all activity until the assessment is completed. Removal occurs if the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director reasonably believes the student is an immediate and continuing danger to himself/herself, other students, staff, or administrators or is a substantial disruption to the educational process of the district.
- Notify law enforcement.
- Require safety/behavior plan, to include accessing of applicable support services
- A maximum suspension of 100% of season contests or performance events.
Decisions regarding suspension from contests/events should be commensurate with the nature of the extra-curricular activity, the student's offense, honesty, and his/her own conduct, and/or other relevant factors.

Second (or greater) Offense

Any second or greater offense for drug and/or alcohol throughout a student's grade 9-12 enrollment in a District school, with the exception of distribution, would take into consideration the original offense. While considering corrective action for a second or greater drug/alcohol offense, the building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director will contact the District Athletic and Activities Director. The following list is a menu of possible corrective actions to apply in a second (or greater) offense. The corrective action taken will depend on the circumstances and any previous alcohol, drug or other mood-altering substances offenses a student has previously committed. The building administrator (Principal or Assistant Principal) and/or Athletic/Activity Director may apply multiple actions for any one offense.

- Parent conference
- Required drug/alcohol assessment and follow-through with all recommendations.
- Release of Information with assessment provider
- Implementation of a safety or behavior plan
- Referral to Guidance Team
- Law enforcement as appropriate
- CPS notification as appropriate
- Suspension from regularly scheduled practices and/or meetings as appropriate
- Suspension from regularly scheduled competitions and/or performances as appropriate
- For participants found in violation of controlled substance or legend drug use a second time, a maximum suspension from all participation in BSD athletic and/or activity programming for one (1) calendar year. Decisions regarding suspension from BSD programming should be commensurate with the nature of the extra-curricular activity, the student's offense, honesty, and his/her own conduct, and/or other relevant factors.
- Required Corrective Action for athletes found in violation of controlled substance or legend drug use a second time: removal from all WIAA sanctioned competitions for one (1) calendar year. (WIAA Rule 18.25.00)
- For participants found in violation of controlled substance or legend drug use a third time, a maximum action of permanent removal from all BSD athletic and/or activity

programming. Decisions regarding permanent removal from BSD programming should be commensurate with the nature of the extra-curricular activity, the student's offense, honesty, and his/her own conduct, and/or other relevant factors.

- Required Corrective Action for athletes found in violation of controlled substance or legend drug use a third time: permanent removal from all WIAA sanctioned competitions. (WIAA Rule 18.25.00)

Appeals of a Corrective Action

A student athlete who wishes to appeal the imposition of this corrective action may appeal the decision at the school level through the following means:

1. The first level of appeal is with the building principal.
 - a. The participant and/or parent/guardian must request an appeal conference with the principal in writing.
 - b. The participant and/or parent/guardian must include the corrective action that is the basis of the appeal in their written request.
 - c. The Principal will schedule an appeal conference, the purpose of which is to listen to the reason and rationale for the appeal.
 - d. The Principal will provide the participant and parent/guardian a written record of their decision related to the appeal.
 - The written record will include at minimum the behavior that led to the corrective action, the corrective action, the reason(s) and rationale for the appeal, and the principal's decision.
2. If the school decision was made by the principal, was upheld by the Principal, or the participant is not satisfied with the decision at the first level of appeal, the participant may file a second level appeal with the District Athletic and Activities Director.
 - a. The participant and/or parent/guardian must request an appeal conference with the District Athletic and Activities Director in writing.
 - b. The participant and/or parent/guardian must include the corrective action that is the basis of the appeal in their written request.
 - c. The District Athletic and Activities Director will schedule an appeal conference, the purpose of which is to listen to the reason and rationale for the appeal.
 - d. The District Athletic and Activities Director will provide the participant and parent/guardian a written record of their decision related to the appeal.
 - The written record will include at minimum the behavior that led to the corrective action, the corrective action, the reason(s) and rationale for the appeal, and the District Activities and Athletics Director's decision.
3. If the participant is not satisfied with the decision made by the District Athletic and Activities Director at the second level of appeal, the participant may file a final appeal with the District's Disciplinary Appeal Council (DAC) and is entitled to due process rights outlined in [WAC 392-400-240](#) (Discipline – Grievance procedure).

NOTE: If the appeal relates to a second (or higher) violation of controlled substance use and the participant competes in a sport sanctioned by the Washington Interscholastic Activities Association (WIAA), and the participant wishes to gain eligibility for competition, then the participant must file a second appeal directly to the Executive Director of the WIAA.

NOTE: A student does not retain the ability to participate in any capacity in the program/activity while awaiting an appeal of a corrective action. While waiting for an appeal hearing, the corrective action in question remains in place.

Age Limits

The student must be under 20 years of age on September 1st for the fall sports season, on December 1st for the winter sports season, and on March 1st for the spring sports season. ([WIAA Handbook: 18.4](#))

Student Member of a School

Students must be regular members of the school they represent in order to participate in an interscholastic athletic activity. ([WIAA Handbook: 18.5](#))
Students enrolled in home-based education, alternative education, private school education, and running start are eligible to participate in interscholastic contests/competitions, when all WIAA requirements are met. ([WIAA Handbook: 18.6](#))

Academic Standards / Scholarship

All student athletes are required to meet both the WIAA and BSD academic standards. WIAA requires a student maintain passing grades in a minimum of 6 classes in a 7-period class schedule or the equivalent credits. Seniors on track to graduate may enroll in one less class than the minimum number of classes required for other students. ([WIAA Handbook 18.7](#)). BSD requires a student maintain at least a 2.0 cumulative GPA ([BSD 2151P](#)).

Previous Semester and Regular Attendance

The student must have been in regular attendance as a full-time student ... during the semester immediately preceding the semester in which the contest is held. ([WIAA Handbook 18.8](#))
The student must be enrolled and in regular attendance within the first 15 school days of the current semester ... in order to participate in the current quarter. ([WIAA Handbook 18.9](#))

Residence

The residence is defined as the place where the family unit has established its home and/or the place where the student is habitually present and to which, when departing, the student intends to return. The family unit is defined as the adult(s) who has/have resided with, had legal custody, legal guardianship, or has/have acted in a parental capacity of the student and any siblings high school age or younger with whom the student resides for a period of at least one year. The student must reside with parent(s) or legal guardian in the district and school service area. ([WIAA Handbook 18.10](#))

To check your home attendance area school, go to [the BSD Find Your School page](#). If you live outside a school's attendance area or with someone other than your parent(s) or legal guardian, please contact the Athletics & Activities Director regarding eligibility.

Transferring Students

After registering with, attending, or participating with a middle level or high school, students changing enrollment to/from one school district to another school district or from one high school to another high school within a multiple high school district, such as BSD, shall be considered transferring students. In order to be eligible for varsity competition, transferring students must meet the transferring student requirements outlined by the WIAA. ([WIAA Handbook: 18.11](#))
Ineligibility pursuant to section 18.11.0 shall be effective for one (1) calendar year from the date of enrollment. This ineligible status only prohibits a student from competing at the varsity level. ([WIAA Handbook: 18.12](#))

If you are a transferring student, please contact the Athletics & Activities Director regarding eligibility.

Season Limitations

After entering or being eligible to enter the 7th grade students shall have six consecutive years of interscholastic eligibility. After entering or being eligible to enter the 9th grade, a student shall have four consecutive years of interscholastic eligibility. ([WIAA Handbook 18.14](#))

Gender Identity Participation

All students should have the opportunity to participate in WIAA activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student's records. ([WIAA Handbook 18.15](#))

Non-school Participation

Students may participate on a non-school team or teams or in a non-school instruction program while also participating on a school team. Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities. Students shall not compete in the uniform of the school at non-school events. Participation on a non-school team or program cannot be a requirement or condition of participation on a school team. ([WIAA Handbook 18.23](#))

Amateur Standing

A student who represents a school in an interscholastic sport must be an amateur in that sport. An amateur student athlete is one who engages in athletics for the physical, mental, social and educational benefits, and to whom athletics is an avocation and not a source of financial reward. For more details on maintaining amateur standing see [WIAA Handbook 18.24](#).

Use of Illegal Substances

School and WIAA rules and regulations are intended to discourage the use of alcohol, tobacco, legend drugs, controlled substances and paraphernalia and to encourage the use of school and community resources. School and community resources should be identified for students who have had a violation and seek help or who are referred for assessment. ([WIAA Handbook 18.25](#))

Under BSD Administrative Procedure 2151P (Interscholastic Activities), students who participate in athletics and/or activities are expected to refrain from the unlawful use of alcohol, marijuana, tobacco, and controlled substances. Any unlawful use of controlled substances, alcohol, marijuana, and tobacco is a violation of the Athletic Code and results in corrective action. ([BSD 2151P](#))

Hardship

The WIAA District Eligibility Committee and the Executive Director are given the authority to make specific exceptions to those student eligibility regulations contained in Article 18 provided such exceptions are based upon hardship conditions that are deemed to have contributed in a significant way to non-compliance with specific regulation(s) that may be appealed. For more details on any waiver of student eligibility, see [WIAA Handbook 18.26](#).

Students Attending Other Schools

Students attending one of the BSD "choice" schools ([Bellevue Big Picture](#) or [International School](#)) will maintain athletic eligibility at the comprehensive high school serving the neighborhood in which they reside.

Students attending Big Picture School who do not reside in the Bellevue School District are eligible to compete for Sammamish High School. Students who attend International School and do not reside in the Bellevue School District are eligible to compete for Bellevue High School.

Students receiving home-based instruction or enrolled in private school are eligible to participate in the athletic programs of the comprehensive high school serving the neighborhood in which they reside. More information can also be found on the BSD Student Placement page: [Home School & Part-Time Attendance](#).

For more eligibility detail, go to [BSD 2151P](#). To find the high school that serves your area of residence, go to [BSD Find Your School](#). If you have a question about participation, please contact the Athletics & Activities Director.

Student Appeals of Ineligibility

Hardship must be the basis of an appeal. For information on the procedures for a student to appeal ineligibility to participate in interschool activities, see [WIAA Handbook 19.0](#).

Bellevue School District Athletic Communication Guidelines

Parents and coaches are two of the most important and significant role models in a student-athlete's life. Therefore, clear communication between these individuals is essential. The guidelines listed below are intended to clarify school expectations for this vital relationship.

Communication Coaches and School Provide

- The vision of the program the student-athlete is participating in.
- Expectations the coach has for your student-athlete and for the team.
- Team requirements (i.e., attendance, practice, and lettering standards, out-of-season training and conditioning, special equipment)
- The procedure if a student-athlete is injured during participation.
- Disciplinary action that may result in a student-athlete being denied the right to participate.
- Ways parents can become involved in helping support the vision for the program and goals for the upcoming season.

Parent-Coach Communication

Before, during or after games is not the suitable time to voice concerns about your student-athlete to the coaching staff. The head coaches will be glad to discuss issues regarding your son or daughter; this can be done by a scheduled (in person, telephone or electronic) appointment. Appointments can be made by using the contact information provided by the coach.

The Communication Process

When a problem, question or situation arises, it may be due to incomplete or inaccurate information. Therefore, the operating procedure for your questions/issues/concerns directed to head the coach and/or the athletic department is consistent with the Bellevue School District Policy and procedure 4220 (Complaints Concerning Staff and Programs).

1. The student-athlete goes directly to his/her coach to discuss the issue. This should be encouraged by the parent because this allows for meaningful dialogue to take place for both parties.
2. If there is further need for discussion, the student-athlete's parent(s) will contact the coach to set up an appointment, typically with the student-athlete and the parent.
3. If, after meeting with the coach, the parent(s) and/or player do not feel the issue was satisfactorily resolved, then they may proceed to the next step by meeting with their Athletic Director.
4. If, after meeting with the Athletic Director, the parent(s) and/or player do not feel the issue was satisfactorily resolved, then they may proceed to the next step by meeting with the principal.
5. While e-mail has become an effective way to initiate contact, it is not the best way to resolve conflicts. Accordingly, e-mailing coaches to communicate issues and concerns in order to schedule an appointment is encouraged and appropriate. However, e-mail will not be used as a substitute for in-person communication.

Parent Expectations

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other Bellevue High School athletic event.
2. I will place the emotional and physical well-being of my child ahead of my personal desire to win.
3. I will support the athletic director, coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
4. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at Bellevue High School events.
5. I will remember that the game is for the student-athletes- not adults.
6. I will do my very best to make athletic participation fun for my child.
7. I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
8. I will help my child enjoy the athletic experience by being a respectful fan.
9. I will help kids and their coaches by shouting from the sidelines only to applaud and encourage them. I will work with coaches to teach kids that the bad calls and good calls even out, in sports as in life. Similarly, I will help kids see that, in sports as in life, they will sometimes play well and lose, or play poorly and win. I realize the only sensible goals are to have fun and improve their skills. I will encourage kids to participate in sports for the enjoyment of the game.
10. I have read this document and understand the expectations placed on me as a parent of a child involved in the athletic program at Bellevue High School and by signing this, I also hereby approve my child's participation in any scheduled competitions that may occur at other locations or schools outside the Bellevue School District during the regular or post-season as part of this participation.

COACHING:

Coaching is defined as overseeing any regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season.

Coaching is further defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to their squad or part of their squad or have their squad or part of their squad engage in drills under the supervision of that coach, or from directions provided by that coach.

Any adult or non-school personnel coaching during a scheduled team practice or contest is considered to be a coach for that team.

The Role of All BSD Coaches

The role of all Bellevue School District (BSD) coaches is to establish a tone and direction for each athletic program in alignment with the district's instructional initiatives and the Athletics and Activities Department's Vision, Values, and Purpose. The main goal of all BSD athletic programs is to provide as many opportunities as possible for participating BSD Coaches Handbook students to develop as people, students, and athletes – which leads to a positive and productive life. Accordingly, the BSD Department of Athletics and Activities has adopted the following guidelines for Coaches.

All coaches shall:

- be aware that he/she has tremendous influence, for either good or ill, on the education of the student.
- uphold the honor and dignity of the profession.
- set an example of the highest ethical and moral conduct in all situations involving personal contact and appropriate use of electronic and social media.
- stress the “student” in the term “student athlete.”
- teach and model the concepts of good sportsmanship.
- teach and hold students accountable to respect others.
- always place the value of instilling the highest ideals of character before the value of winning.
- develop goals for the sport/activity and communicate goals to student athletes and parents/guardians.
- master the contest rules and teach them to team members.
- develop student athletes' skills, including self-discipline and self-confidence.
- teach student athletes to respect evaluations of their performance.
- insist that student athletes/teams play in safe and healthy environments.
- take an active role in the prevention of drug and alcohol abuse.
- respect and support contest officials.
- know and abide by Washington Interscholastic Athletic Association (WIAA) coaching standards. *
- review, understand, and abide by Washington Interscholastic Athletic Association (WIAA), SeaKing District 2, KingCo, and BSD rules, policies, and procedures; and must NOT seek advantage by circumventing the spirit or letter of these regulations. *

Coach's Training and Professional Development (PD)

- CPR/First Aid
- [WIAA](#) (required training based on sport)
- [Safeschools](#) Mandatory Training:
 - Athletic Liability
 - Concussion Awareness: Athletics
 - Sport Supervision and Safety
 - Sudden Cardiac Arrest in Athletes

- Additional Optional Training Modules Available in [Safeschools](#)
- Role of [Associated Student Body](#) (ASB)
- Navigating Parent [Booster Clubs](#)
- [Pitfalls in Managing a School District Team](#): Purchasing, Budgeting, Inventory, Fundraising, Cash Handling, Conflict of Interest