



Winnemucca Junior High School

Athletics Handbook
2025-2026

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1. Introduction

Welcome to the Winnemucca Junior High Athletic Program! This handbook provides important information regarding our sports programs, policies, and expectations. We encourage all athletes and parents to familiarize themselves with the contents to ensure a successful and enjoyable athletic experience.

2. Mission Statement

Our mission is to provide a positive and inclusive environment where junior high students can develop their athletic skills, teamwork, sportsmanship, and personal growth through participation in sports.

3. Code of Conduct

All athletes are expected to demonstrate good sportsmanship; respect for coaches, teammates, opponents, and officials; and adherence to school rules. Any form of bullying, cheating, horseplay, or unsportsmanlike behavior will not be tolerated. Athletes will sign individual code of conduct contracts for each sport they participate in.

4. Eligibility Requirements

- Students cannot have any Fs. Returning 8th graders will not be allowed to participate in Track if they finished last year with an F.
- Grade checks will happen weekly on the first day of the school week. Students with an F will be given until the end of the day Wednesday to fix their grade to be eligible for games that weekend. (Note: track eligibility will be determined the week before the meet. Students will have until Friday the week before the meet to fix their grade or they will not be scheduled for any events the following week.)
- Students must have a current physical examination on file. Physicals are good for one year.
- Students must attend all required practices and games.

5. Sports Offered

Track

- **Season:** August-September
- **Objectives:** Speed, endurance, and personal bests
- **Tryouts:** Open to all students in grades 7-8

Girls Basketball

- **Season:** October-November
- **Objectives:** Skill development, teamwork, and competitive play
- **Tryouts:** Open to all girls in grades 7-8

Boys Basketball

- **Season:** October-November
- **Objectives:** Skill development, teamwork, and competitive play
- **Tryouts:** Open to all boys in grades 7-8

Cheerleading

- **Season:** October-November
- **Objectives:** Skill development, teamwork, and performance
- **Tryouts:** Open to all students in grades 7-8

Volleyball

- **Season:** February-March
- **Objectives:** Skill development, teamwork, and competitive play
- **Tryouts:** Open to all girls in grades 7-8

Wrestling

- **Season:** February-April
- **Objectives:** Strength, technique, and sportsmanship
- **Tryouts:** Open to all students in grades 7-8

Soccer

- **Season:** April-May
- **Objectives:** Skill development, teamwork, and competitive play
- **Tryouts:** Open to all students in grades 7-8

6. Practice and Game Policies

- Practices are mandatory and will be held after school.
- Athletes must arrive on time and be prepared with appropriate attire and equipment.
- Attendance at games is mandatory unless excused by the coach and/or parent.

7. Attendance and Participation

- Consistent attendance at practices and games is required.
- If an athlete cannot attend a practice or game, the coach must be informed in advance.
- Tardiness and/or absences to practices or games may result in modifications in playing time and at the coaches discretion.

8. Uniform and Equipment

- Uniforms are provided as follows:
 - Track shirt purchased by athlete \$15 - \$20
 - Basketball full uniform - \$100 replacement cost
 - Volleyball jersey only - \$50 replacement cost
 - Wrestling - TBD
 - Soccer - TBD

- Athletes are responsible for maintaining and returning their uniforms in good condition.
- Personal equipment (e.g., shoes, pads, etc...) must meet the coach's specifications.

9. Transportation

- The school will provide transportation to and from away games which requires a \$25 pay to play fee.
- Athletes must travel with the team to all events unless prior arrangements have been made at least 24 hours ahead of time. Forms are available at the front office.
- Parent must sign students off and out of the bus ride home for away games.
- If a student is going home with another parent, an athletic transportation form must be completed in the office 24 hours prior to the event.

10. Sports Safety

Participation in any athletic activity may result in severe injury including paralysis or death. Changes in rules, improved conditioning programs, better medical coverage, and improvements in equipment have reduced these risks. However, it is impossible to totally eliminate such occurrences from athletics.

Prevention of Injuries

Unfortunately, injury is a common occurrence in athletics. Prevent injuries by:

- Working hard at conditioning programs established by the coaches.
- Reporting to the first practice in good physical condition.
- Keeping mentally involved during games and practices.
- Going as hard during practices as you do in games.
- Listening to what your body says. Pain usually tells us that something is wrong. Stop before the injury gets worse.

If you are injured

- Tell your coach immediately.
- Go to a doctor for diagnosis and treatment. Follow his/her advice. A note may be required to return to normal activity.
- Do what your body tells you to do. No one has the right to tell you it doesn't hurt or that you have to play with pain. You can suffer from injury years after everyone forgets the big game.

11. Communication

- Coaches will communicate practice and game schedules via email and handouts at the beginning of the season. Due to factors outside of our control, the schedule may need to be amended. Please ensure a working email address is provided to the coach to communicate changes.
- Parents and athletes are encouraged to communicate any concerns or issues directly with the coach.

12. Contact Information

- School Athletic Office:
 - 775-623-8120
- Athletic Director:
 - Brent Judy bjudy@hcsdnv.com, 775-421-6995
- Track Coaches:
 - DaraLee Millikan dmillikan@hcsdnv.com
 - Tramaine Northrup tnorthrup@hcsdnv.com
 - Michael Rangel mrangel@hcsdnv.com
 - Rosa Blanco rblanco@hcsdnv.com
- Girls Basketball Coaches:
 - 8th grade: DaraLee Millikan dmillikan@hcsdnv.com
 - 7th grade: Tramaine Northrup tnorthrup@hcsdnv.com
- Boys Basketball Coaches:
 - 8th Grade: Danny Westfall dannywestfall775@gmail.com
 - 7th Grade: Michael Rangel mrangel@hcsdnv.com
- Cheerleading Coach:
 - Yesenia Magana y.magana4@gmail.com
- Volleyball Coaches:
 - 8th Grade: TBD
 - 7th Grade: DaraLee Millikan dmillikan@hcsdnv.com
- Wrestling Coaches:
 - John Brooks jbrooks@hcsdnv.com
 - Eric Brooks ebrookswork@gmail.com
- Soccer Coaches:
 - TBD

13 .WJHS Parent's Code of Conduct Contract

As developed by Christopher Stankovich, Ph.D. and approved by WJHS Athletics

When kids are surveyed about the reasons why they play sports, the #1 response kids consistently report is to *have fun*. In addition to the fun kids experience while playing sports, additional benefits from sport participation include physical, cognitive, and emotional growth and development. Unfortunately, all these great things do not happen automatically, but instead occur as a direct result of your positive efforts as a parent. It is in this spirit that we have created the following Parent's Code of Conduct Contract to remind parents of a few important tips designed to help your child maximize his or her athletic experience.

As a parent, it is important that you:

Respect the game, including your child, his or her teammates, and opponents. This means ensuring that your child attends and comes prepared for all practices and games, and treats both teammates and opponents with dignity and respect. Good sportsmanship means playing fair and safe, controlling negative emotions, and keeping the spirit of competition a healthy endeavor. Poor parent conduct affects you and your child.

Respect the officials. Remember, Referees are an important part of sports and add to the overall experience for your child. It is important that you distinguish between bad calls (human error) and wrong calls (when an official doesn't know the rule). In either case, it is important that you respect all officials and develop tolerance skills for when bad calls are made (which will happen – officials are human and like all of us, will occasionally make a mistake!).

Refrain from coarse and threatening language, as well as all forms of physical aggression. There is never a place in youth sports to use vulgarities, threaten, intimidate, or use physical aggression.

Let the coaches coach. While it may be easy to second-guess your child's coach from the sidelines, most parents forget or overlook how challenging it is for coaches to both win games and at the same time make sure that all of the players have an opportunity to develop. The job of being a coach is an incredibly challenging task, so be sure to support your child's coach as much as possible. **Watch for the safety of all players at all times, including physical and emotional dangers.** Be sure to pay attention to injuries, including concussions, and respond to them in a timely manner. Additionally, pay attention to signs of youth sport burnout and be sure to respond to your child if he or she needs help.

Cheer whenever possible, and stay away from booing and other negative fan behavior. Youth sports provide a great opportunity for positive fan support, including cheering. Booing and other negative gestures and language from the sidelines are never appropriate, so be sure to stay focused on positively supporting your child's team at all times.

As the parent(s) or guardian(s) of _____, I agree to follow the above listed principles.
Print name of child – Please print legibly

NAME _____ / _____ DATE

SIGNATURE(S) _____

Thank you for your positive participation in WJHS Athletics.