XC Parent Night

2025

Coaching Staff

- Matt Larson- Head Coach
- Shanon Plew- Assistant Coach

Athletic Director- Mykael Mannucci
mykael.mannucci@rsd.edu
509-967-6425 ext. 1305

Athletic Participation Requirements

The following **MUST** be completed in order to practice!

- Register in Family ID - familyid.com
  - We can provide assistance tonight
- Fees
  - ASB Membership - $20
  - Participation Fee - $35 per sport
    - Fees may be free or reduced upon completing and qualifying for the Free & Reduced Lunch program - mymealtime.com/apps
- Submit proof of physical examination - valid for 2 years

There is a no cut policy in middle school athletics. All athletes will be placed on a team.

Important Dates

Practice Schedule-

- August 25th
  - 3-4pm Howard Amon
- August 26th
  - No Practice
- August 27th
  - Meet in Room 708 after school.

Grade Checks-

Grades are pulled every two weeks on a Friday.

- 2nd Semester Grade Checks for eligibility
- September 5th
- September 19th
- October 5th
- October 17th

Activities bus will pick students up at 4:15. If they are not riding the activities bus, please make sure you are there to pick them up when practice is over.

Athlete Expectations

- Choose the Big 3 - respect, kindness and effort.
- Attend all practices and competitions.
- Maintain grade expectations - passing at least 5 out of 6 classes
- Demonstrate positive sportsmanship and behavior at all times.
    - Treat coaches, teammates, officials, bus driver, opposing team, fans, etc. with respect.
        - If an athlete is not behaving in a positive and respectful manner on away competitions
            - Parents will be notified and will need to pick up their child.
                - A meeting will then be held to discuss next steps.
        - Social Media- any bullying will dealt with by AD and admin.

It is the coaches responsibility to interact with officials (not athletes or parents/guardians).

Parents/Guardian Expectations

- Follow the RSD Spectator Code of Conduct at all times.
- If an athlete has a concern
  - Athlete needs to first talk to coach
  - If a resolution is not made, parent can then call and/or schedule a meeting with the coach- athlete is expected to attend
  - If further assistance is needed, then parent can contact Athletic Director and we can schedule a meeting with coach, athlete, and administration.

It is the coaches responsibility to interact with officials (not athletes or parents/guardians).

Academics

- Per WIAA, athletes must be passing 5 classes in order to compete. For Fall sports, eligibility is based upon the 2nd semester grades. Students who did not pass 5 classes are not allowed to participate in the first competition of the season.

Attendance

- Athletes must be in attendance at school **ALL DAY** to be eligible for practice or competitions. Exceptions are scheduled appointments or family emergencies. **If an athlete is going to be absent for any part of the school day, please inform the attendance office AND the head coach.**

Illegal Drugs

- Per WIAA, 1st Violation - A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season unless the student accesses the assistance program below.
  - Athlete must meet the school's requirements in order to be eligible to compete in the next interscholastic sports season. The school principal will have the final authority.
  - Athlete may choose to seek and receive help for a problem with use of legend drugs or controlled substances. Successful utilization of school and or community assistance programs may allow him/her to have eligibility re-instated in that athletic season, pending recommendation by the school.
- 2nd Violation - A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.
- 3rd Violation - A participant who violates for a third time RCW 69.41.020 - 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

Tobacco and Alcohol

- Per RSD Code of Conduct, use or possession of tobacco or tobacco products will result in a two-week suspension on the first offense. Second offense will result in expulsion from the activity.
- Possession and/or use of alcohol, steroids, legend drugs, or controlled substances (RCW 69.50), which includes prescription drugs not belonging to the student will result in:
    - 1st Offense – the immediate removal of the participant from the team for sixty (60) school days. In the event that the 60-day suspension is invoked, up to 15 school days may be held in abeyance if the student participates in a certified substance abuse program and receives approval of the Athletic Eligibility Committee for reinstatement.
    - 2nd Offense – the immediate removal of the participant from and loss of eligibility from the team, squad, activity or office for one calendar year with no option for appeal.
    - 3rd Offense – the immediate removal of the participant from and loss of eligibility from the team, squad, activity or office for the remainder of the student's high school career with no option for appeal.
- Sale, transfer, or barter of alcohol, steroids, legend drugs, or controlled substances (RCW 69.50), which includes prescription drugs not belonging to the student will result in:
    - 1st Offense – the immediate removal of the participant from the team for sixty (60) school days.
    - 2nd Offense – the immediate removal of the participant from and loss of eligibility from the team, squad, activity or office for one calendar year with no option for appeal.
    - 3rd Offense – the immediate removal of the participant from and loss of eligibility from the team, squad, activity, or office for the remainder of the student's high school career with no option for appeal.

Injury Protocol

- Any injuries need to be reported to immediately be reported to a coach. An athlete may return to play/practice after a coach assessment.
- If an athlete needs to be seen by a doctor, they must have a doctor's "Return to Participation" note before they are eligible to return to practice/compete. The RSD Head Injury Protocol will be followed for all head injuries (i.e. concussion).

Transportation

- One-way transportation after competitions within the Richland School District. Two-way transportation will be provided for competitions outside the Richland School District.
- **If a parent/guardian is driving an athlete home from a competition when a two-way bus is provided, a parent/guardian must sign out the athlete with a coach.** An athlete may only leave with an adult who is listed on their travel waiver in FamilyID.

Parent Square

We will be posting athletic information on Parent Square.

Please follow CMS Athletics.

Are there any general questions?

Sport specific questions will be answered by head coaches in separate meeting locations.