Farson Eden School

2025-2026
ATHLETIC/ACTIVITIES HANDBOOK

The Wyoming High School Activities Association Student Advisory Council reminds you to live **THE 307 WAY**.

What is **The 307 Way**:

The **3** represents the 3 opportunities, Academics, Activities and Athletics that are provided by our member schools.

The **0** indicates our tolerance for poor sportsmanship

And the **7** stand for the 7 ideals of **The 307 WAY**:

RESPECT the participants, officials, fans, your school, and your opponents

ENCOURAGE supporting both teams and the officials in a positive way

Hold yourself and others **ACCOUNTABLE** for the actions taken at ALL EVENTS

LEAD those around you in **The 307 WAY**

Be a positive **INFLUENCE** on players, coaches, officials, and fans.

Show **TENACITY** in promoting positive behavior at school events.

And Hold **YOURSELF** to the highest standard when it comes to **The 307 WAY**!

HELP US MAKE THE 307 WAY a REALITY at all WHSAA EVENTS.

- **Expectations for Conduct:**

In following The 307 Way, Sweetwater County School District 1 believes that sportsmanship is the foundation for interscholastic sports and activities. Appropriate conduct and behavior are essential at the core of creating and providing a positive interscholastic experience. Coaches, officials, parents, and fans all have a role in creating a positive environment for young people and understanding those roles is critically important. Violations of appropriate conduct, as listed above in The 307 Way and board policies JFCB, EB, GBCC, may result in a loss of privilege at any or all current and future school districts activities and events.

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United States Department of Agriculture Nondiscrimination Statement

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs and marital or familial status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (braille, large print, audiotape, etc.) should contact the USDA Office of Communications at (202) 720-5881 (voice) or (202) 720-1127 (TDD). USDA is an equal opportunity employer.

Nondiscrimination Statement

Sweetwater County School District Number One hereby notifies all of its employees, students and potential employees that it complies with the laws enforced by the Office of Civil Rights including:

- Title Il of the Americans with Disabilities Act of 1990 which prohibits discrimination in all employment practices including job application procedures, hiring, firing, advancement, compensation, training and other terms, conditions and privileges of employment;
- Title VI of the Civil Rights Act of 1964 which protects people from discrimination on the basis of race, color, or national origin;
- Title IX of the Education Amendments of 1972 that prohibits discrimination on the basis of sex;
- Section 504 of the Rehabilitation Act of 1973 prohibiting discrimination on the basis of handicap (disability); and the Age Discrimination Act of 1975 which prohibits discrimination on the basis of age.
- All employees, students, and potential employees have the right to equal admission, access, treatment of employment in its educational programs and activities.

Inquiries concerning Title Il, Title VI, Title IX, Section 504, and the Age Discrimination Act may be referred to this District's Superintendent of Schools, Human Resource Director, 504 Coordinator at 307-352-3400 or the Wyoming Department of Education, Office for Civil Rights Coordinator, 2nd Floor, Hathaway Building, Cheyenne, WY 82002-9950 or phone (307) 777-6218. Inquiries may also be referred to the U.S. Department of Education, Office of Civil Rights, Region VIII, 244 Speer Boulevard, Suite 310, Denver, Colorado 80204-3582 or phone (303) 844-5695 or (303) 844-3417. This publication will be provided in an alternative format upon request.

Child Identification and Special Education Programs

If you are a student with a disability or suspect you have a disability, programs and services may be available to assist you. If you are a parent of a student with a disability or suspect that your student may have a disability that negatively impacts progress in school, programs and services may be available to assist the student. Sweetwater County School District Number One, State of Wyoming has a variety of Special Education programs and services to assist students up to age twenty-one at no cost to you or your parents. To access these programs and services, students must first meet state and federal guidelines for eligibility as outlined in the Individuals With Disabilities Education Act, Amended July 42 1997. Students that are identified as a student with a disability maybe entitled to a free, appropriate public education which includes special education and related services. For more information on how to access these programs and services contact the building administrator, school counselor or the Director of Special Services for Sweetwater County School District Number One at (307) 352-3400.

Section 504 Informational Notice

Section 504 is an Act which prohibits discrimination against persons with a disability or impairment in any program receiving federal financial assistance. The Act defines an individual with a disability or impairment as anyone who:

- Has a physical or mental impairment which substantially limits one or more major life activity (major life activities include activities such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working);
- Has a record of such impairment;
- Is regarded as having such an impairment.

In order to fulfill its obligation under Section 504, Sweetwater County School District Number One recognizes a responsibility to avoid discrimination in policies and practices regarding its personnel and students. No discrimination against any person with a disability or impairment will knowingly be permitted in any of the programs and practices in the school district.

The school district has specific responsibilities under the Act, which include the responsibility to identify, evaluate, and provide a free, appropriate education to all students who are individuals with disabilities or impairments as defined by eligibility under Section 504. The parents of these students are entitled to procedural safeguards, including individual notice of eligibility, notice of development of a plan, and notice of a significant change in a plan. If the parent or guardian disagrees with the determination made by the professional staff of the school district, he/she has a right to a hearing with an impartial hearing officer. The Family Education Rights and Privacy Act (FERPA) specifies rights related to educational records.

If there are questions, please contact the 504 Coordinator at the Office of Human Resources, 3500 Foothill Boulevard, Rock Springs, Wyoming 82902.

Section 504 Parental Rights in Brief

It is the policy of the Board of Education to provide a free and appropriate public education to and reasonable modification of policies, practices or procedures for each eligible student with a disability under Section 504. It is the intent of the District to ensure that students who are or may be eligible for special education, related aids and services, and/or reasonable modification of policies, practices, or procedures under Section 504 are identified, evaluated, and if eligible, provided with appropriate special education, related aids and services, and/or reasonable modifications of policies, practices, or procedures.

Parents (or students, if age 18 or older) have the following rights under Section 504:

- Right for your child to take part in and receive benefits from the District and its programs and activities, including nonacademic and extracurricular programs and activities, without discrimination on the basis of his/her disability;
- Right to be informed, in your native language and mode of communication, of any proposed actions related to identify cation, evaluation, or educational placement of your child;
- Right to examine all relevant records of your child;

- Right to have an evaluation of your child that draws on information from a variety of sources in order to determine his/her eligibility for Section 504 services and/or accommodations;
- Right to have periodic reevaluations of your child, including re-evaluation before any significant change in your child's placement;
- Right for your child to receive appropriate special education, related aids and services, and/or accommodations in the least restrictive environment that is appropriate to meet his/her needs if he/she is found eligible under Section 504, and right to provide your input before Section 504 program/placement decisions are finalized;
- Right to a manifestation determination review before any disciplinary removal of your child that constitutes a significant change in placement, in order to determine if your child's misconduct was related to his/her disability;
- Right to request an impartial due process hearing under the District's Section 504 Procedures and Procedural Safeguards to address issues about the identification, evaluation, educational placement of, or provision of a free appropriate public education to your child, to participate in and be represented by legal counsel at the hearing, and to appeal the hearing decision through the District's review procedure;
- Right to file a grievance under the District's Uniform Grievance Procedure to address any claim of discrimination on the basis of disability, and to appeal the grievance decision; and
- Right to forego or terminate the District's impartial due process hearing and/or grievance procedures described above and file a complaint with the U.S. Department of Education's Office for Civil Rights ("OCR").

NOTE: Copies of the District's Section 504 Procedures and Procedural Safeguards and the District's Uniform Grievance Procedure, as well as contact information for OCR, are available at the Central Administration Building located at 3550 Foothill Blvd; 504 Coordinator: Samantha Gardner and Tiffany Gunter located in the Human Resource Office. (307)352-3400

General Education Provisions Act

Section 427 of the General Education Provisions Act (GEPA) requires each district reaffirm its commitment to nondiscrimination and equal educational and employment opportunities in all of its decisions, programs, and activities to ensure the following:

- All residents of legal school age will have equal access to the educational programs, classes, extra-curricular activities and services. Factors such as race, color, gender, national origin, age, and disability will not be used as reasons for denying these programs and benefits to any student. Comparable, accessible and usable facilities shall be provided for all students insofar as possible.
- Equal employment opportunities will be extended to all persons without regard to gender, color, race, national origin, age, or disabling conditions unrelated to performing tasks of the position, national origin, or religious or political affiliation or beliefs.

Career and Technical Education Annual Public Notification of Nondiscrimination

Sweetwater School District Number One offers career and technical education programs in Construction, Design/Pre-Construction, Business Information Management, Teaching/Training, Accounting, Diagnostic Services, Restaurants & Food/Beverage Services-Management, Information Support & Services, Emergency & Fire Management Services, Pre-Engineering, Facility & Mobile Equipment Maintenance, Animal Systems, Production, Engineering & Technology, Power, Structural & Technical Systems, Banking Services. Admission to these programs is based on prerequisite standards as detailed in each course handbook.

It is the policy of Sweetwater School District Number One not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

It is the policy of Sweetwater School District Number One not to discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended. Below are links to the District non-discrimination policies:

- **Policy File: AC - Nondiscrimination:** Policy File: AC
- **Policy File: ACA - Nondiscrimination on the Basis of Sex:** Policy File: ACA
- **Policy File: ACA-R - Sexual Harassment:** Policy File ACA-R
- **Policy File: GBCH - Staff Harassment and Violence Policy:** Policy File: GBCH
- **Policy File: JFCB - Student Harassment and Violence Policy:** Policy File: JFCB

Sweetwater School District Number One will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs.

For information about your rights or grievance procedures, contact the Civil Rights Compliance Coordinator at civil.rights@sw1.k12.wy.us, (307)352-3400, contact the Title IX Coordinator at title.IX@sw1.k12.wy.us, (307)352-3400, and/or the Section 504 Coordinator at section504@sw1.k12.wy.us, (307)352-3400.

LEA: Human Resource Assistant Director, Alisha Akers
(307)352-3400 ext. 1230
akersa@sw1.k12.wy.us

For further information on notice of non-discrimination, visit OCR Contact for the address and phone number of the office that serves your area, or call 1-800-421-3481. More information can be found here.

FARSON EDEN STUDENT ATHLETIC/ACTIVITIES HANDBOOK

A. Introductions

1. To the parent

This material is presented to you because your son or daughter has indicated a desire to participate in our athletics program, and you have expressed your willingness to permit him/her to be a part of this program. Your family interest in this phase of our school program is gratifying. We believe that participation in athletics provides a wealth of opportunities and experiences which assist students in personal adjustments. We, who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well-organized athletic program meets with the students' needs for self-expression, mental alertness and physical growth, it is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

A student who elects to participate in our athletic program is voluntarily making a choice of self-discipline and hard work. These are the reasons we place such stress on good living habits. Failure to comply with the rules of conduct may mean exclusion from the program. This concept of self-discipline and hard work is tempered by our responsibility to recognize the rights of the individual within the objectives of athletics. We are striving for excellence and do not want our students to compromise with mediocrity.

When your son/daughter enlisted in one of our athletic programs, he/she committed our staff to certain responsibilities and obligations which are:

- to provide adequate equipment and facilities;
- to provide well-trained coaches;
- to provide equalized contests with skilled officials

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents. Activities spectators are expected to behave with respect and good sportsmanship, demonstrating positive behavior towards players, coaches, and officials. This includes avoiding abusive language, offensive gestures, disrespectful signs and any unsportsmanlike behaviors at both home and away events. Consequences for unacceptable behavior can range from being removed from the event to being banned and/or trespassed from all future events that happen on school and district property.

2. To the student

Being a member of a Sweetwater County School District #1 athletic program is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad in FES, you have inherited a wonderful tradition, a tradition you are challenged to uphold. Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools, and our community. Such tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved more than their share of league and tournament championships. Many individuals have set records and won All-American, All-State, and All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

a. Responsibilities to yourself:

The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school/junior high experiences.
Your academic studies, your participation in other extracurricular activities prepare you for your life as an adult.

b. Responsibilities to your school:

Another responsibility you assume as a member of our athletics program is to your school. Our school cannot maintain its position as having an outstanding school unless you do your best in whatever sport or activity you wish to engage in. By participating in our programs to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are involved in athletics/activities. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes., Because of this leadership role, you can contribute greatly to school spirit and community pride. Make the Farson Eden community proud of you, and your community proud of your school, by your faithful exemplification of these ideals.

c. Responsibilities to others:

As a member of our athletic

As a member of our athletic program, you carry the responsibility of representing your family and school with pride. If you always give your best, follow the code of conduct, and act with integrity, you'll earn your own self-respect and your family's pride.

Younger students are watching and looking up to you. Lead by example and never give them a reason to be disappointed.

B. Philosophy of Athletics and Activities

1. Statement of Philosophy

The Sweetwater County School District Number One Athletic Program should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost." It discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times the athletic program must be conducted in such a way as to justify it as an educational activity.

C. Athletic and Activity Program goal and objectives

Our Goal - The student shall become a more effective citizen in a democratic society.

Specific Objectives - The student shall learn:

1. **To work with others** - In a democratic society, a person must develop self- discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires

   2.To strive for goals - Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.

   3.To develop sportsmanship - To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.

   4.To improve - Continual improvement is essential to good citizenship. As a student, you must establish a goal, and you must constantly try to reach that goal. Try to better yourself in the skills involved and those characteristics set forth as being desirable.

   5.To enjoy athletics/activities - It is necessary for students to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics/activities, and to give sufficiently of themselves in order to preserve and improve the program.

   6.To develop desirable personal health habits - To be an active, contributing citizen, it is important to obtain a degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

D. Governances

1. The Board of Education

Policy File: BBA

2. Conflict Resolution (Chain of Command)

Communication is essential when involved in any activity. We understand that sometimes emotions can run high during meetings and conversations and that is why we ask that:

1. All involved parties should use appropriate language, tone, and be professional.
2. This meeting is always scheduled in advance and never after a sporting event. A 24 hour rule will be implemented in scheduling this meeting.
3. To follow the chain of command below as much as applicable.

Athlete / Coach

Students are strongly encouraged to communicate with their coaches. Please allow your athlete to work through problems with their coaches. This helps student athletes work on their conflict resolution skills.

Athlete / Parent / Coach

This meeting will only happen after a player has had a conversation with a coach and will never be a conversation about playing time or coaching philosophy.

Athlete / Parent / Coach / Administrator

The office door of the Activities Director is always open to student and parent concerns.

3. The Wyoming High School Activities Association

Any and all such violations of the rules enforced by Sweetwater County School District #1 and WHSAA may require the completion of the NFHS "Sportsmanship" course through the WHSAA Student Good Standing BuyBack Program. All such personnel will include but is not limited to; parents, spectators, coaches, players, and officials.

All schools are voluntary members of the WHSAA and compete only with member schools. As a member school district, the secondary schools of Sweetwater One agree to abide by and enforce all rules and regulations promulgated by this association.

The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations.

The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

4. The National Federation of State High School Association

The National Federation consists of the fifty, individual, state high school athletic and/or activities associations. The purposes of the federation are:

> *to serve, protect, and enhance the interstate activity interests of the high school belonging to state associations; to assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications and activities which will permit each state association to profit by the experience of all other member associations; and to coordinate the work to minimize duplication.*

The National Federation is both a service and regulatory agency. The growth and influence of state associations and the National Federation ensure some degree of teamwork on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

5. The Athletic League/Conference

Farson Eden School is a member of the 1A Conference. This conference was established for the primary purpose of promoting selected, interscholastic athletics among member schools and the assurance of such advantages as may be gained by the union of effort.

The conference was established to encourage member schools to improve their co- curricular program in athletics. The conference membership facilitates the arranging of schedules, equalizing competition, and conducting league meets, and determining league championships. The conference provides us the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations.

6. Wyoming High School Association Rules

To be eligible for interscholastic activities, a high school/junior high student must meet the following state regulations, as well any additional regulations set forth by FES.

What Are These Rules?

***1. STUDENT IN GOOD STANDING (6.1.0)**

You must be a regularly enrolled student in good standing. Good standing implies that you be a creditable school citizen whose conduct in and out of school is such that it will not reflect discredit upon your school.

You will become ineligible if you are under suspension from school by your principal or superintendent for any reason.

***2. GRADES AND CREDITS (6.2.0)**

You must currently be passing in five (5) solid subjects, and you must have passed in five (5) solid subjects during the immediate preceding semester. Upon school district approval, deficiencies, including incompletes, conditions, and failures for the previous semester may be made up during a subsequent semester, summer session, night school, or tutoring for meeting eligibility requirements. Special education students must meet the educational goals set for them.

3. TRANSFER OR CHANGE OF SCHOOLS (6.4.0)

If you transfer from one school to another without a corresponding change of residence on the part of your parents, you will be ineligible for one year from the date of enrollment for varsity competition in the sports in which you competed in the previous twelve months. If this transfer is made with a corresponding move on your parent's/legal guardian's part, you will be just as eligible in this new school as you were in the former. Only that legal guardianship which has been established at least 12 months prior to the student's moving is recognized by the WHSAA.

Before you are eligible to represent the new school in either of the foregoing cases, the principal must submit the completed transfer form to the Association office attesting your move and your eligibility.

To understand the exception to this rule, please ask your principal.

***4. NUMBER OF SEMESTERS OF COMPETITION (6.5.0)**

You are limited to competing for no more than four (4) fall and four (4) spring semesters for a total of eight (8) semesters. These 8 semesters shall be consecutive and begin once you start the ninth grade.

5. AGE LIMIT (6.3.0)

You must be under twenty years of age on August 1 for fall sports, November 1 for winter sports, and March 1 for spring sports.

6. PHYSICAL EXAMINATION AND IMMUNIZATION (6.6.0)

Before you are eligible to compete or practice in any sport within the current school year, you must have on file a certificate of physical fitness issued by qualified medical personnel and a statement of permission signed by your parent or guardian. The physical must be taken after May 1.

You must also have on file proof of immunization.

7. AMATEUR STANDING (5.7.0)

You must be an amateur, that is, a person who has never used and is not now using his/her athletic skill for gain as a participant in athletic contests. For gain means accepting money or other monetary compensation as a result of athletic competition.

8. NUMBER OF PRACTICE DAYS (5.10.1)

You must participate in the required number of practices in your sport before you can compete. Check with your coach to find out the number of days required for your sport.

9. AWARDS (5.6.0)

You will be declared ineligible if you receive awards valued at more than $250 or any amount of cash because of athletic involvement. Golf will follow the USGA rule.

10. ASSUMED NAME (6.1.6, 5.0.3)

Competing under a false or assumed name will cause you to become ineligible.

Your name must be certified by your principal on a standard form to the opposing school or schools for each contest in which you are to compete.

11. UNDUE INFLUENCE (4.1.0)

Transferring from one school to another because of being influenced by any person to do so will make you ineligible for one full year.

***12. INDEPENDENT TEAMS (5.8.0)**

Playing on an independent team while a member of your high school competing squad in the same sport or activity is not allowed. Should you do so, you would forfeit your eligibility.

13. SPECIALIZED SPORTS CAMPS (5.4.0)

A coach or school representative may not directly or by implication direct you to attend camps/clinics, open gym sessions, or weight room training as a condition to practicing, participating or otherwise influencing your opportunity to participate in any school interscholastic program.

You may not participate in a specialized sports camp/clinic teaching individual skills for a period greater than two calendar weeks during any calendar year in which any of your coaches or high school faculty members are involved.

Students going to summer camps will not be covered by school or WHSAA catastrophic insurance.

Please ask your principal or activities director if you have questions about these rules.

*Fine Arts & Vocational participants need only meet these requirements.

E. Requirements for Participation

1. Physical examination

A yearly physical examination is required in grades 7 - 12. The physical sheet must be completed by the physician and submitted to the coach prior to participation. The physical covers all sports for the entire school year provided the examination occurred after May 1. The form will be kept on file in the Athletic Director's office.

2. Emergency Medical Authorization

Each student's parents shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s) are not available. The permission form will be kept available at all practices and contests.

3. Parental acknowledgment of athletic policies

Upon entering high school/junior high or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics.

Each parent or guardian shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district and FES. This signed document will be filed in the athletic trainer's office.

4. Medical Insurance

The school district does make available insurance to cover student athletic injuries. Parents will need to provide evidence that they have purchased school insurance or possess a family medical plan. The State of Wyoming has insurance options for students if needed. The school district is not responsible for any medical deductible or co-insurance expense incurred.

5. Scholastic eligibility

Those students participating in Wyoming high school/junior high Activities Association-sanctioned events must have satisfied all scholastic eligibility requirements prior to participation in these events and must meet eligibility checks as requested by the school.

6. Risk of participation

All students and parents must realize there is a risk of serious injury which may be a result of athletic participation. Sweetwater County School District #1 will use the following safeguards to make every effort to eliminate injury:

- Conduct a mandatory parent/student meeting prior to the start of the season to explain fully the policies, and to advise, caution and warn parents/students of the potential for injury.
- Maintain a continuing education program for coaches to learn the most up-to- date techniques and skills to be taught in their sport
- Instruct all students about the dangers of participation the particular sport

7. Financial obligations and equipment

a. Equipment

All Students are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for special events and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty. The student will not be allowed to compete in further interscholastic competition until all equipment has been returned or the fines paid. A grace period of two weeks to find or pay for the equipment will be granted upon notification of the student by the coach or activities director before denial of competition privileges occurs. If equipment is not returned or paid for, student athletes will not be eligible to participate in other activities until equipment has been returned or fines have been paid.

All students are required to use the equipment issued by the district. Personal equipment may not be substituted.

b. Meals

No meals will be purchased by the school district. However, teams or clubs will have a per diem meal allowance for their WHSAA state culminating event.

c. Lodging and Travel

Lodging and travel will be paid for by the school district for WHSAA sanctioned events, or the associated account for non-sanctioned events. Students are expected to travel to and from out-of-town contests with the squad. Parents may transport their own child home after an event if a transportation release has been signed. If a student is transported home from a parent other than their own, a form must be signed in advance and on file in the school office prior to the departure of the bus.

Extenuating circumstances will be considered and must be approved by administration.

The school district will not be responsible for items lost or stolen on trips.

8. Paperwork Requirements

Before being allowed to participate in any team practice or contest, the student must have an Athletic Card from the athletic office and meet the following requirements:

a. Physical examination form
b. Emergency medical information
c. Proof of medical insurance
d. The signed student athlete handbook

Behavior and Discipline Code of Student Conduct

Policy File: JFC

Student Conduct (At-School Activities and on School-Sponsored Trips)

Policy File JFC-R

1. Athletic Code of Conduct

Conduct of athletes

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the athletics staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by the Code of Student Conduct adopted by Sweetwater County School District Number One, in District Policy JFC, and the rules and regulations specified in this handbook. Any conduct that results in dishonor to the student, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to, theft or vandalism, disrespect, immorality or violations of law, tarnish the reputation of everyone associated with the athletic programs and will not be tolerated. Due to misconduct, disciplinary action may include probation, suspension from the next contest or more than one contest, dismissal from the team, and/or other action reasonably fitting the seriousness of the violation.

If a student athlete or coach is given a technical, yellow card, red card or other athletic infraction, it will be reported to the AD by the coach within 48 hours.

2. Classroom discipline referral

Referral by a staff member for improper classroom behavior may result in disciplinary action which may include probation, suspension from the next event or more than one event, dismissal from the program, and/or other action reasonably fitting the seriousness of the violation.

3. Individual coach's rules

Coaches may establish additional rules and regulations with the approval of the activities director and/or principal for their respective sport. These rules, as pertaining to a particular sport, must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the activities office.

4. Class Attendance

Student-athletes are students first. If students are unable to be in school, they are unable to participate in activities/athletics.

To be eligible to participate in a practice session, all athletes must attend all of their scheduled classes during the school day. On the day of a contest, the activity participants must attend all of their registered classes (if activity is on Friday or Saturday, students must be in attendance all day Thursday). Faculty-excused, or medically excused absences verified by an administrator must be preapproved with the athletic director / principal before the day of practice/contest. Exceptions may be made only in cases of extenuating circumstances and/or emergencies by administration.

If the athlete departs for their contest, game, event, or activity before classes start on the day of the competition, then the student athlete has to attend all of their classes the day before the competition.

An ill athlete needs to be at home recovering from his/her condition, not competing in a physically strenuous contest and jeopardizing his/her wellbeing. If the athlete has missed any of their classes because of a sickness or illness, the student athlete is not allowed to go to practice or participate that **same** day. If the attendance print out is not available to the coach prior to game time, any violation of this rule will carry over to the next practice or contest.

**Note: For sports/activities where morning practices are held before the school day starts. If classes are not attended after the fact, that morning practice will not count toward competition/game eligibility.*

5. Policy on unsportsmanlike conduct-WHSAA

Any student who has been disqualified from an activity, game, contest, or tournament for committing an unsportsmanlike act shall be disqualified for the remainder of the game, contest, or tournament. In addition, for football, soccer, track, cross country, tennis, golf, skiing and swimming, the player shall be disqualified from the next contest at the level of play from which the player was ejected. The basketball, volleyball or wrestling contestant shall be disqualified for the next two contests. In all sports, the disqualification shall include all contests at any level until the contestant has served the suspension at the level of play from which the player was ejected. Unsportsmanlike acts either prior to or following a contest will result in similar penalties. A contest shall be defined by the criteria developed by the national governing body whose rules are utilized for that sport.

6. Appearance

Each coach will have rules covering the appearance and grooming standards of his athletes. Athletes are expected to maintain a reasonably acceptable appearance at all times.

7. Dual Participation

A student may not participate in two school sports at the same time. In order for a student to leave a team and join another team within the same season, all equipment and supplies have to be submitted to the previous sport before practice and competition may begin. However, a student may participate in an activity while participating in a sport (i.e. Indoor Track and Speech & Debate). This is a student's choice and cooperation and collaboration with the Head Coach and Head Sponsor is expected regarding practices, competitions, etc. as long as it does not compromise the team for the sport or activity. Final decision is determined by the Athletic Director.

8. Due Process

Due process hearings will be conducted according to District Policy JFC. Before a suspension or dismissal is instituted against a student a hearing will be conducted. Attending the hearing will be the Activity Director or designated administrator and the accused student. The charges against the student will be presented as well as the rule(s) which the student has been accused of breaking. The student will then be allowed to present his/her side of the situation. The Athletic Director or designated administrator will then rule on the charges at this time. The parents will be informed of the suspension or dismissal as soon as possible.

9. Varsity Lettering

Upon completion of the following criteria, a varsity letter will be awarded to an athlete who meets the specific requirements presented by their coach at the beginning of the season. Lettering criteria shall be provided in writing to each player.

10. Junior Varsity Award

Upon completion of the above criteria at any sub-varsity level competition, a junior varsity award will be presented to an athlete.

11. Activity Listing

Upon completion of an activity in good standing, the activity participated in will be posted on the student's transcript. Completing the season in good standing is defined as having adhered to team rules and policies from the first practice through the final equipment check in and returning or paying for his/her school-issued equipment.

12. Sport Managers

It is the purpose of sport managers to assist with the specific program needs that help improve the overall management of the sport. Such duties include, but are not limited to game and practice preparation, filming of an event, and any other minor needs asked by the coach that does not jeopardize or harm the manager's safety or well-being in any way.

Furthermore, it is not the purpose of the manager to be an additional spectator for events (e.g. state event) or to be used as a caveat to encourage further participation or interest in participating in the respective sport. To support these rules, there are a required number of managers allowed for each sport, (detailed below) and only those managers originally selected will be the managers for the entire season. All managers are still required to meet eligibility requirements established by WHSAA and Sweetwater County School District #1. Any extenuating circumstances outside of what has been explained will need to be reviewed, approved, or denied by the athletic director or building principal.

Guiding rule for the number of managers allowed per sport: One manager per level for each sport. For instance, wrestling will be allowed to have two managers. One for JV and one for Varsity.
Managers must be determined at the beginning of the season.

Football:	2 managers
Volleyball:	2 managers
Basketball:	4 managers
Outdoor Track:	2 manager

13. Length of Practices

No one day practice will be allowed to occur continuously for more than 3 hours unless approved by the Activities Director/Principal, and multiple practices within a day will total no more than 4 hours.

Cyber Images Guidelines and Inappropriate Use of Social Media

It is the expectation of the Athletics and Activities Departments that students will not participate in any way including sending, receiving, viewing, posting, or commenting on any identifiable images (including photographs, videos, typed communications, emails, text messages, blogs, any type of social media outlets, and other forms of electronic communications) that could be considered criminal, harmful, or in any other way deemed inappropriate. This includes, but not limited to, images or language that could be considered or that suggest the student has been in possession of or in the presence of drugs, tobacco, alcohol, out of character behavior, any crime, or presents, shows, or identifies in any way harassment of any nature.

Additionally, athletes and activities participants are expected to refrain from any type of social media or other electronic communication that is disparaging to any school, sport or activity program, team, players, classmates, coaches, parents/guardians, and/or opponents. The student must assume the responsibility of avoiding these situations and take precaution against others who would attempt to implicate the student (intentionally or unintentionally) where they might be in violation of disparaging communication to any school, sport program, team, players, classmates, coaches, parents/guardians, and/or opponents.

Conduct or behavior that falls short of these expectations may directly affect eligibility and could result in probation, suspension from the next contest or more than one contest, or dismissal from the team.

Student and Staff Harassment Policy

Policy File: JFCB

Policy File: GBCH

Student and Staff Bullying Policy

Policy File: JFCL

Policy File: GBCC

Student Conduct on School Buses

The privilege of students to ride a school bus is contingent upon their safe, respectful and responsible behavior and their adherence to established regulations.
The driver of a school bus shall be responsible for the safety of the students on the bus; both during the ride and while students are entering or leaving the vehicle. The bus driver will notify the transportation director and the principal of the school involved if any student persists in violating the established rules of conduct for the bus.

Due process shall be provided to a student and legal parents/guardians will be notified prior to the withholding from the student the privilege of riding the school bus.

Student Conduct on School Buses

Policy File: JFCC

Policy File: JFC-R

Tobacco, Alcohol, and Drug Abuse Education Program for Extracurricular Activities and Interscholastic Athletics

Policy File: JFCI

Interviews, Interrogations, Searches and Law Enforcement Relations Investigation by School Officials

Policy File: JFG

Investigation by Law Enforcement.

Policy File: JFG

Concussion Management

Because a concussion is a type of traumatic brain injury, it should always be treated carefully and seriously. Young athletes are particularly vulnerable to the effects of a concussion, which has the potential to result in short or long-term changes in brain function or, in some cases, death. Any time the signs or symptoms of a concussion are observed by or reported to school personnel, precautions should immediately be taken. The school district has developed protocols for the training of coaches and athletic trainers to facilitate the recognition of symptoms of concussions and to address restrictions concerning participation in school athletic events after suffering a concussion or head injury. The district has also developed protocols which require providing information to students and parents on head injuries and concussions and related restrictions on participation in athletic activities. The school administration and Activities Director shall take the appropriate steps to ensure that the district's coaches, athletic trainers, volunteers, and other individuals responsible for coaching, providing athletic training, or advising school athletic teams, comply with the district's protocols.

Scholastic Eligibility Requirements

FES Academic Requirements for WHSAA Sanctioned Activities

Previous Semester Record:
The student must have been enrolled in a minimum of 3.0 Carnegie units of academic credit and no failing (F) grades (including a withdrawal fail (WF)). This includes an and all college courses that were taken at WWCC.
*This applies to incoming 6th graders and freshmen entering High School.

Current Semester Record:

Must be enrolled in a minimum of 3.0 Carnegie units of academic credit and cannot have any Failing (F) grade (including a withdrawal fail (WF)). This includes any and all college courses that were taken at WWCC.

Credit recovery and Credit recapture:

Credit recovery can be offered through the school year. Credit recovery is an option to help replace, for eligibility purposes, the Failing (F) grade that was recorded in a previous quarter or semester and allow the student to become eligible. Note: Not all classes are offered for credit recovery (e.g. most electives). Credit recapture can be offered at the end of each quarter. Credit recapture is an opportunity for the student to complete any incomplete or failing work during the first two weeks of the next quarter that would bring their grade to a 60% or higher.

Fall Semester: To be eligible for the current fall semester, all grades from the previous semester (including college and summer school grades) will need to be passing and finalized prior to the registered start practice date set by WHSAA (Wyoming High School Activities Association). In the Fall Semester, all Q1 grades must be passing in order to continue to be eligible in Q2. Credit recapture opportunities may be available at the end of Q1 and Q2.

Spring Semester: To be eligible for the current spring semester, all grades from the previous semester (including college grades) will need to be passing and finalized within two weeks after the registered school start date for that current spring semester. In the Spring Semester, all Q3 grades must be passing in order to continue to be eligible in Q4. Credit recapture opportunities may be available at the end of Q3 and Q4 for courses not available through credit recovery.

Extenuating circumstances to these credit recovery rules, will be reviewed, accepted, or denied by the athletic director and/or building principal.

Weekly Eligibility:

Eligibility will be "soft pulled" by the Athletic Director on the first registered school day of the week. Student(s) who are indicated as failing any class and/or not enrolled in 3.0 credits in current course(s) shall be deemed ineligible, beginning Thursday after 12:00 pm. Ineligible student(s) shall have an opportunity to bring the required grade(s) to a passing level by noon of the last day of the week the eligibility report has been compiled. Students who are deemed ineligible will not be able to participate in any contest after noon on that day through noon on the last day of the following week.

Notice: A note from the teacher(s) given to the Athletic Director stating the student is eligible prior to the noon deadline will suffice. If completed, documentation from the Athletic Director will be provided to the specific coach/sponsor. In this case, the ineligible student(s) shall be marked eligible and will be able to participate during that week's competition.

Required Paperwork

In order for the athlete to be eligible to participate in any practice or event, the athlete will need verification from the Athletic Director to the coach confirming all required paperwork is complete and handed in. The required paperwork needed is the physical examination form that is attached to this handbook Physical examination form, the activity release, assumption of risk, consent for medical release, concussion acknowledgment form, health information form, and injury treatment procedure form.

Notice: In order to view the FES athletic schedule in its entirety, please go to the school website for a quick review of times, dates, and locations. The schedule has been confirmed but changes may occur as needed. Along with this website, any updates may be posted via the FES Facebook page and/or Parent Square. Each program's coach may choose to also use the Band app as a mode to disseminate information to athletes and families as well. Both the Principal and Athletic Director shall be an administrator of the group. For further information, please contact the FES activities office at 273-9301.

WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION
SCHOOL PHYSICAL EXAMINATION
MEDICAL RECORD

PHYSICIANS STATEMENT MUST BE DATED AFTER MAY 1 TO BE VALID FOR THE UPCOMING SCHOOL YEAR

Name _____ Sex _____ Age _____ Date of Birth _____

Grade _____ School _____ Sport(s) _____

Address _____ Phone _____

Personal Physician _____

In case of emergency, contact

Name _____ Relationship _____ Phone (H) _____ (W) _____

Explain "Yes" answers below. Circle questions you don't know the answers to.

	Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	[ ]	[ ]
2. Have you ever been hospitalized overnight?	[ ]	[ ]
3. Are you currently taking any prescription of nonprescription (over-the-counter) medications or pills or using an inhaler?	[ ]	[ ]
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	[ ]	[ ]
5. Have you ever passed out during or after exercise?	[ ]	[ ]
Have you ever been dizzy during or after exercise?	[ ]	[ ]
Have you ever had chest pain during or after exercise?	[ ]	[ ]
Do you get tired more quickly than your friends do during exercise?	[ ]	[ ]
Have you ever had racing of your heart or skipped heartbeats?	[ ]	[ ]
Have you had high blood pressure or high cholesterol?	[ ]	[ ]
Have you ever been told you have a heart murmur?	[ ]	[ ]
Has any family member or relative died of heart problems or of sudden death before age 50?	[ ]	[ ]
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	[ ]	[ ]
Has a physician ever denied or restricted your participation in sports for any heart problems?	[ ]	[ ]
6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	[ ]	[ ]
7. Have you ever had a head injury or concussion?	[ ]	[ ]
Have you ever been knocked out, become unconscious, or lost your memory?	[ ]	[ ]
Have you ever had a seizure?	[ ]	[ ]
Do you have frequent or severe headaches?	[ ]	[ ]
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	[ ]	[ ]
Have you ever had a stinger, burner, or pinched nerve?	[ ]	[ ]
8. Have you ever become ill from exercising in the heat?	[ ]	[ ]
9. Do you cough, wheeze, or have trouble breathing during or after activity?	[ ]	[ ]
Do you have asthma?	[ ]	[ ]
Do you have seasonal allergies that require medical treatment?	[ ]	[ ]

	Yes	No
10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	[ ]	[ ]
11. Have you had any problems with your eyes or vision?	[ ]	[ ]
Do you wear glasses, contacts, or protective eyewear?	[ ]	[ ]
12. Have you ever had a sprain, strain, or swelling after injury?	[ ]	[ ]
Have you broken or fractured any bones or dislocated any joints?	[ ]	[ ]
Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	[ ]	[ ]

If yes, check appropriate box and explain below

Head	Elbow	Hip
Neck	Forearm	Thigh
Back	Wrist	Knee
Chest	Hand	Shin/calf
Shoulder	Finger	Ankle
Upper Arm		Foot

13. Do you want to weigh more or less than you do now?	[ ]	[ ]
Do you lose weight regularly to meet weight requirements for your sport?	[ ]	[ ]
14. Do you feel stressed out?	[ ]	[ ]

15. Record the dates of your most recent immunizations (shots) for:

Tetanus _____ Measles _____

Hepatitis B _____ Chickenpox _____

FEMALES ONLY

16. When was your first menstrual period? _____

When was your most recent menstrual period? _____

How much time do you usually have from the start of one period to the start of another? _____

How many periods have you had in the last year? _____

What was the longest time between periods in the last year?

Explain "Yes" answers here: _____

_____

_____

_____

_____

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete_____ Signature of parent/guardian _____ Date _____

SCHOOL PHYSICAL EXAMINATION
MEDICAL RECORD

PHYSICIANS STATEMENT MUST BE DATED AFTER MAY 1 TO BE VALID FOR THE UPCOMING SCHOOL YEAR

DATE OF EXAM _____

Name _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP ____/____ (____/____, ____/____)

Vision R 20/_____ L 20/_____ Corrected: Y N Pupils: Equal _____ Unequal _____

	NORMAL	ABNORMAL FINDINGS
MEDICAL		
Appearance		
Eyes/Ears/Nose/Throat		
Lymph Nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitalia (males only)		
Skin		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand		
Hip/thigh		
Knee		
Leg/ankle		
Foot		

*Normal indicated by check or N

Cleared

* **Cleared after completing evaluation/rehabilitation for:** _____

_____

_____

_____

_____

* **Not cleared for:** _____ **Reason:** _____

Recommendations: _____

_____

_____

_____

***IF THESE BOXES ARE CHECKED, A COPY OF THIS FORM NEEDS TO BE SENT TO THE APPROPRIATE SCHOOL DISTRICT.**

Name of physician (print/type) _____ **Date** _____

Address _____ **Phone** _____

Signature of physician_____, **MD or DO**