



Athletic & Activities Handbook

v3.2, 06/2026

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Guiding Principles

The Mead School District believes in the value of co-curricular (band, choir, orchestra, debate, drama, annual, newspaper, ASB, Pro-Start, HOSA, plus additional ASB recognized clubs/organizations) and extracurricular (athletics, marching band, etc.) activities in a well-rounded education. To ensure students are provided safe and high quality programs the Mead School District adheres to the following foundational principles:

- The primary function of all co-curricular and extracurricular programs is to provide opportunities for student learning in academic, music, drama, intramural, leadership, cultural and athletic areas.
- Additional benefits include the development of teamwork, leadership skills, and a wide range of physical, psychological, and social qualities. Participants develop confidence, character, and perseverance.
- Programs offered should be age appropriate, open to all eligible students and designed to promote/develop each student's self-worth, confidence, responsibility, leadership, citizenship, ethical development and health/fitness. The cornerstone of all programs is an emphasis on participation, leadership, skill building and sportsmanship. Programs offered will promote excellence.
- The building of individual, as well as team, confidence through positive interactions and mutual respect are key to success.
- No program is more important than another even though participation numbers and media coverage may differ from activity to activity and sport to sport.
- A participant, staff member or fan should never, under any circumstance, compromise sportsmanship, honesty and integrity.
- Co-curricular and extracurricular participants, as visible representatives of the Mead School District, have the responsibility to be professional, positive role models. Participation is a privilege, not a right.
- Equitable funding will be provided for all district-approved co-curricular and extracurricular activities.
- Parent/Guardian and student acceptance of the Mead School District Honor Code is required in order to participate in extra and/or co-curricular activities.

The Mead School District is committed to providing high quality, well-rounded co-curricular activities and extracurricular athletic programs, with the goal of maximizing participation, while maintaining high levels of success. No program can guarantee playing or participation time for every student. However, our desire is that all participants have a positive experience.

Statement of Non-Discrimination

The Mead School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation, gender expression, gender identity, disability, or the use of a trained dog guide or service animal, and provides equal access to the Boy Scouts of America and other designated youth groups.

Questions or complaints of alleged discrimination may be directed to:

- Title IX, Section 504, and Civil Rights Coordinator:
 - Josh Westermann, josh.westermann@mead354.org

Extracurricular Athletic Program Offerings

High School	Fall: • Cross Country (Boys & Girls) • Football (Boys) • Soccer (Girls) • Softball - Slowpitch (Girls) • Volleyball (Girls) Winter: • Basketball (Boys & Girls) • Gymnastics (Girls) • Wrestling (Boys & Girls) Spring: • Baseball (Boys) • Golf (Boys & Girls) • Soccer (Boys) • Softball – Fastpitch (Girls) • Tennis (Boys & Girls) • Track (Boys & Girls) All Year: • Cheerleading & Dance/Drill
Middle School	Early Fall: • 6th, 7th & 8th Cross Country (Boys & Girls) • 7th & 8th Softball (Girls) • 7th & 8th Football (Boys) Late Fall: • 6th Volleyball (Girls) Early Winter: • 7th & 8th Volleyball (Girls) • 6th, 7th & 8th Wrestling (Boys) Late Winter: • 7th & 8th Basketball (Boys & Girls) Early Spring: • 6th, 7th & 8th Track (Boys & Girls) • 7th & 8th Baseball (Boys) Late Spring: • 6th Basketball (Boys & Girls)
For athletic season start dates please visit school websites , click the “Athletics” tab.	

Athletic League Affiliation

- High School – Mead High (4A) and Mt. Spokane (3A) are members of the Greater Spokane League (GSL).
- Middle School – Highland, Mountainside & Northwood compete in the Inland Empire Middle Level League.

Athletic Directors

High School:

- Mead High School: Pat Round, patrick.round@mead354.org
- Mt. Spokane High School: Bobby Lee, bobby.lee@mead354.org

Middle School:

- Highland: Marcy Gallinger, marcy.gallinger@mead354.org
- Mountainside: Mike Bartlett, michael.bartlett@mead354.org
- Northwood: Jeff Allen, jeff.allen@mead354.org

Co-Curricular Program Offerings

Co-Curricular program offerings may vary from school to school. Typical offerings include band, choir, orchestra, ASB, debate, drama, newspaper, and annual plus other ASB recognized clubs/organizations.

Participation Philosophy/Expectations

Mead School District student learning goals state that human wellness and co-curricular/extracurricular experiences are integral parts of the educational experience. To that end, the primary function of Mead School District activity and athletic programs is to provide opportunities for students to participate and to enhance the psychological, emotional, social and physical development of each student.

The district believes participation can enhance and develop the values of cooperation, honesty, sportsmanship, responsibility, respect, perseverance and commitment. Participants will be encouraged to develop their skills and compete to the best of their abilities. While individual achievements are valued and encouraged, team/group accomplishments are of primary importance. The district believes activities and athletics significantly contribute to and enhance the entire Mead community (students, staff, parents and patrons). The district places a high value on good sportsmanship, ethical conduct, school pride and loyalty, as well as demonstrated courtesy to visiting programs, teams and officials/judges.

To help support this philosophy it is important that:

- School and district administrators visibly support district co-curricular activities and extracurricular athletic programs.
- Coaches/Directors/Advisors serve as good teachers and role models who develop positive relationships with students and parents, place team/group goals before individual success and develop individuals and teams/-programs that perform/compete at the highest level possible.
- Students develop positive relationships with their coaches, directors & advisors and do their best for the collective good of the team/program.
- At athletic contests student cheerleaders foster school spirit and encourage spectators to appropriately support athletic programs.
- Parents and guardians support their student athletes by attending contests and performances, scheduling appointments to appropriately communicate concerns to coaches/directors/advisors and administrators, having high but realistic expectations, and, whenever possible, supporting booster clubs and other organizations that benefit Mead School District co-curricular and extracurricular programs.

Athletic Participation Fee

Participation Fee Schedule:

- \$35.00 – Middle School (+ ASB Fees)
- \$45.00 – High School (+ ASB Fees)

Students who are eligible for Free or Reduced Lunch will have the participation fee waived and should contact the school's business office.

For fall sports, the prior school year Free or Reduced Lunch List will be used to determine eligibility.

Unless alternate arrangements are made, students who are eligible for F/R Lunch for the first time will pay the full participation fee and be reimbursed once their status is verified.

Payment Guidelines:

- Each student/athlete must pay a one-time, non-refundable, Participation Fee per academic school year. (If a student participates in two sports seasons or three sports seasons there is only one Participation Fee for the entire year.)
- The fee must be paid before participating.
- The fee is non-refundable unless a student is cut from a team and it is the only sport he/she participates in during the school year. (Note: If a student declines to participate because he/she was placed on a "C" or "JV" team that does not constitute being cut from the activity/sport.)

Rules, Regulations & Policies

District co-curricular and extracurricular programs adhere to the rules, regulations and policies of the Mead School District, Washington Interscholastic Activities Association (WIAA), and Greater Spokane League (GSL). These rules and regulations are in effect continuously (during the school year) from the day the student's first activity begins (first turnout) and continues until the participant ceases to be a secondary student in the Mead School District. All ASB recognized clubs and organizations shall be subject to these policies, rules & regulations.

WIAA establishes rules governing all interscholastic competitions. These rules are generally consistent with the rules of the National Federation of State High School Associations, the national governing body for interscholastic activities. Such rules include, but are not limited to, academic eligibility, transfer eligibility and specific sport rules. The GSL has the authority to add rules concerning the conduct of students, athletes and fans at all interscholastic activities. The Mead School District establishes rules that outline conduct expectations of participants, many of which are required or dictated by the WIAA in order to ensure fair competition among schools. For a full text of the WIAA handbook of rules and regulations, visit www.wiaa.com.

Prior to participation in extracurricular and co-curricular activities each student must submit a fully executed copy of the Mead School District Honor Code. Additionally, athletes must submit a completed Athletic Eligibility Packet and pay the appropriate Participation Fee as set forth above. Incomplete paperwork will not be accepted. All are located in FinalForms.

1. Athletic Age Limits (WIAA Rule 18.4.0)

Senior High School – A student shall be under 20 years of age on September 1 for the fall sports season, on December 1 for the winter sports season and on March 1 for the spring sports season.

Middle School – A student shall not have reached his/her 15th birthday prior to June 1 of the previous school year. Middle school is defined as a school with 6th, 7th & 8th grade levels.

2. Athletic Amateur Standing (WIAA Rule 18.24.0)

A student who represents a school in an interscholastic sport must be an amateur in that sport. In order to maintain amateur standing in that sport under WIAA jurisdiction, the student-athlete may not accept merchandise or in-kind gifts of more than \$500 in fair market value per sport during any one calendar year (August 1 – July 31), advertise, recommend or promote a commercial product or service, or accept payment of expense allowances over the actual and necessary expenses for an athletic trip.

3. Co-Curricular & Extracurricular Student Eligibility Criteria (WIAA Rule 18.1.0)

All contestants must be eligible under the rules of the WIAA and Mead School District to participate in interscholastic contests and competitions. Eligibility lists must be kept on file in the school office.

4. Foreign Exchange Students Athletic Participation (WIAA Rule 18.11.4.B)

A student whose transfer is the result of participation in a one-year cultural or educational exchange experience with another country must file the cultural exchange form with his/her District Eligibility Chairperson.

An international exchange student coming to this country for a one-year cultural/educational experience is eligible at the varsity level for one (1) year only in the school in which he/she has been placed, provided all other rules of eligibility have been met and the student has not graduated from the high school equivalent in his/her home country. F-1 Visa students remaining for more than one (1) year will be considered transfer students. Graduated students cannot compete interscholastically at any level (i.e., varsity or sub-varsity). This rule may not be appealed.

5. Athletic Hardship (WIAA Rule 18.26.0)

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.

Any waiver of student eligibility regulations shall be based upon extenuating circumstances, beyond the student's, or where applicable, the parent's or legal guardian's control, that are deemed to have significantly influenced or contributed to the cause of the student's non-compliance to the eligibility regulation(s) involved.

6. Co-Curricular & Extracurricular Academic Eligibility (WIAA Rule 18.7.0 + Mead School District Requirement)

- a. The WIAA requires a student be passing a minimum of five (5) full-time subjects in order to be eligible for participation in interscholastic activities.
- b. The Mead School District additionally requires that co-curricular & extracurricular participants must achieve either a 2.0 GPA or be earning at least a “C” in four (4) full-time subjects, or be placed on academic probation for the next grading period. If, at the end of the probationary period, the student is still not achieving a 2.0 GPA or earning at least a “C” in four (4) full-time subjects, that student will be placed on academic suspension. Teacher’s Aid (TA) and Study Hall courses DO NOT qualify as full-time subjects.

Probation: While on probation a student has no participation limitations. However, the student should work with his/her teachers and coaches/directors/advisors to improve grades in classes that are deficient.

Suspension: While on academic suspension a student cannot participate in contests/competitions/performances on any level and, if an athlete, may not suit-up for games. However the student may, at the coach/director/advisor’s discretion, travel with the team or group.

- a. Home school, private school, Mead Learning Options, Skills Center, and Running Start students must provide written verification that all academic eligibility requirements have been met. Please see the Athletic Director or Principal of the school where the student will be competing for an official academic verification form. Failure to provide grades in a timely manner can result in loss of eligibility.
- b. Home school, private school, Mead Learning Options, Skills Center, and Running Start students must be passing the course equivalent (6 or 7, etc) in order to be considered academically eligible. Refer to WIAA Rule 18.8.0. (Fill in details here).

7. Athletic Physical Examination (WIAA Rule 17.11.0, WIAA Rule 17.11.1 + Mead School District Requirement)

Prior to the first practice/participation in interscholastic athletics, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical professional authority licensed to perform said examination. Those licensed to perform physical examinations include Medical Doctor (M.D.), Doctor of Osteopathy (D.O.), Advanced Registered Nurse Practitioner (ARNP), Physician’s Assistant (P.A.) and Naturopathic Physician (ND).

The Mead School District requires all 9th graders to obtain a current physical due to the intensity of high school athletics (exam date prior to their first practice and after June 1st). Sports physicals are then good for two years from the date of exam.

Results of the physical examination shall indicate:

- a. Documentation of a detailed review of the student’s medical history with special attention to the presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.
- b. Documentation of satisfactory examination of the cardiopulmonary system.

- c. Documentation of satisfactory sport-specific orthopedic screening examination.
- d. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.

8. Attendance (School, Class, Practice & Contests/Performances)

Previous Semester/Trimester School Attendance (WIAA Rule 18.8)

For athletics the student shall have been in regular attendance as a full-time student as defined by WIAA Rule 18.7.0 in an elementary, intermediate, middle level, or high school during the semester/trimester immediately preceding the semester/trimester in which the contest is held.

Current Semester/Trimester School Attendance (WIAA Rule 18.9)

For athletics the student shall be enrolled and in regular attendance within the first fifteen (15) school days in a semester or first ten (10) school days in a trimester at the start of the current semester/trimester in order to participate in interscholastic contests during the current semester/trimester.

Practices, Meetings, Contests, and Performance Attendance

Students are expected to attend all practices, meetings, and contests/performances as directed by the coach/director/advisor. If a participant finds it necessary to miss a practice, meeting, contest or performance, prior arrangements must be made with the coach/director/advisor. Failure to attend and/or communicate absences is grounds for discipline and may lead to suspension from the team or activity.

If a student is to be removed from a practice/activity by the coach/director/advisor, the coach/director/advisor imposing such discipline shall notify the parent/guardian. If the proposed removal is in excess of one day the coach/director/advisor, and the principal/designee, shall informally review the proposed discipline prior to its imposition. A student who has lost the privilege to participate may petition the principal for reconsideration.

Academic Class Attendance

A student who is absent from school for one or more periods on the day of a contest/practice/performance must obtain prior permission from the school principal or designee before he/she is eligible to take part in the contest, practice or performance. For the protection of both the student and coach/director/advisor, a student who cannot attend school because of illness should not practice or take part in a competition or performance on that same day. If the student's absence was for a reason other than illness, the principal or designee will determine the propriety of the absence.

Note: Even if a student attends school all day he/she may be held out of practice or participation if he/she is unable to, due to illness or injury, take part in all of his/her regularly scheduled class/classes. In such instances a determination on whether or not to allow practice/contest/performance participation will be made by the building athletic director and/or program coach/director/advisor.

9. Illegal Recruiting (Athletics) (WIAA 24.0.0)

Students who demonstrate special skills and talent in any of the activities under the jurisdiction of the Washington Interscholastic Activities Association should not be subjected to pressures to enroll or continue to be enrolled in a member school outside of their normal enrollment area.

10. Athletic Season Limitations (WIAA Rule 18.14.0)

After entering or being eligible to enter the sixth (6th) grade students shall have seven (7) consecutive years of interscholastic eligibility. (See Middle School Athletic Director for exceptions.) After entering or being eligible to enter the ninth (9th) grade, a student shall have four (4) consecutive years of interscholastic eligibility.

11. Athletic Summer Activities (WIAA Rule 17.10.0)

For the purposes of WIAA rules for athletics and activities, WIAA defines summer for high schools as the first day following the WIAA spring tournaments through July 31st. Summer is defined for middle levels as the first day following the final day of the spring sports schedules through July 31st.

12. Transferring Students (Athletics) (WIAA Rule 18.11.0)

After registering with, attending, or participating with a middle level or high school, a student 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, shall be considered a transferring student. In order to be eligible for varsity competition a transferring student must meet the transferring student requirements of the WIAA. Specific transfer questions should be directed to the school Athletic Director.

13. Mead School District Honor Code

Students participating in co-curricular and extracurricular activities shall comply with all district and school rules as set forth in student handbooks, Mead School District policies/procedures, the Mead School District Honor Code and WIAA rules and regulations.

Students are subject to the provisions of the Honor Code during the school year and during all school-sponsored and school-related activities, including those that take place outside the defined school year. The school year is defined as the beginning of fall sports season for athletes or activities until the last day of scheduled classes.

Citizenship Expectations for High Standards of Conduct

Students participating in co-curricular and extracurricular activities are visible representatives of their team/program, school and community. Participants are expected to maintain high standards of conduct in school and during all school related travel and events. If a participant engages in any willful or overt act that will embarrass or detract from, or be detrimental to, the activity, group, school or community he/she shall be subject to discipline up to and including loss of privilege to participate.

Expectations for Social Media

Co-curricular and extracurricular participants should be aware that third parties, including media, school district staff, future employers and WIAA officials can easily access social media sites and view personal information. This includes pictures, videos, comments and posts. Posted items that are inappropriate in nature are easily discovered and can impact the perception of the student, the team/activity/group, the school and the school district. Inappropriate posts can also be detrimental to a student's future education and employment opportunities.

Examples of inappropriate/offensive social media participation may include, but are not limited to, the following:

- Photos, videos, comments and/or posts showing the personal use of alcohol, drugs and/or tobacco. This includes holding cups, bottles, cans, shot glasses, etc.

- Photos, videos and/or comments that are of a sexual nature. This includes links to websites of a pornographic nature or depicting other inappropriate material.
- Photos, videos, comments and/or posts that condone drug-related activity. This includes images that portray the personal use of marijuana and/or drug paraphernalia.
- Content that is unsportsmanlike, derogatory, demeaning or threatening toward another individual or entity. This includes derogatory comments regarding another school, taunting comments directed at another student/coach/director/advisor/team, and derogatory race/gender comments.
- Content that depicts or encourages unacceptable, violent or illegal activities. This includes hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking and illegal drug use.
- Content that is in violation of team/activity/group, school, school district, WIAA or GSL rules. This includes commenting about a coach/director/advisor, teammate, opponent, official and/or school district employee.
- Information that is sensitive or personal in nature or is proprietary to the team/activity/group or school, which is not public information. This includes tentative or future team/group schedules, student injuries, student eligibility status and/or team/activity/group travel information (plans/itineraries).

Participants violating the expectations for social media will be subject to discipline up to and including loss of privilege to participate.

Expectations for Fair Play

Fair play and integrity are expectations of all participants. Unsportsmanlike conduct including profanity or discriminatory comments may result in suspension from participation in contests.

Expectations Prohibiting Harassment, Intimidation, Bullying, & Hazing

Harassment, intimidation, bullying, and hazing are prohibited. This includes discriminatory behavior that occurs on the basis of gender, race, ability, age, religion, position, etc.

Students in co-curricular and extracurricular athletics and activities who witness any incident involving harassment, intimidation, bullying, or hazing are expected to immediately remove themselves from the incident and report it to school or district personnel.

Violations of these expectations will result in suspension from at least one contest or performance. This includes witnesses who fail to remove themselves or report the incident. Depending on the severity of the behavior, suspensions from participation may extend to a full season, the remainder of a school year, a full calendar year, or more. In some cases, students may be suspended from practices or meetings. In addition, reengagement or restoration plans may be required.

A building principal will be consulted before implementation of game/performance suspensions due to harassment, intimidation, bullying, or hazing. If applicable, law enforcement officials will be notified.

Students and parents/guardians should be aware that NCAA policy stipulates that affiliated colleges and universities must ask incoming and transfer athletes to disclose if they have ever been investigated or disciplined as a result of specific Title IX violations. In accordance with this rule, affiliated colleges and universities require all incoming, current, and transfer student-athletes to complete a sexual violence disclosure form.

Mead School District uses the National Federation of State High School Associations (NFHS) definition of hazing:

"Hazing" is an activity defined as any requirement that humiliates, degrades, abuses or creates substantial risk of harm to a person – often to be initiated into or based on affiliation with a student organization. The victims' willingness to participate does not eliminate the activity from being considered hazing.

The term hazing includes, but is not limited to:

- Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.
- Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
- Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
- Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
- Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

"Student organization" means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities or particular school events. A student organization does not have to be an official school organization to come within the terms of this definition.

Reporting Procedures for Hazing

Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing shall report the alleged acts immediately to an appropriate coach/advisor, athletic director, activities coordinator, building administrator, or the Mead School District Student and Family Services office.

Teachers, administrators, other school district employees as well as contractors and volunteers shall be particularly alert to possible situations, circumstances or events that might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the building principal immediately.

The District recognizes that students may be reluctant to report hazing activity due to a fear of potential consequences for their own conduct. Therefore, a student who acts in good faith to report activity that may fall within the definition of hazing and who cooperates fully as a witness in the investigation and student conduct process may or may not be subject to student conduct sanctions related to their own participation in hazing behavior, as determined by school & district administration following an investigation.

Expectations Concerning School-Based Discipline

Co-curricular and extracurricular participants suspended or removed from school for disciplinary reasons (either in-school or out-of-school suspension) cannot participate in practices, performances or contests during the period of suspension. This includes violations of the school student handbook. Serious classroom discipline problems may also result in suspension from practices, performances and contests.

Communication of Violations of Citizenship Expectations

If a student is removed from an activity for violating any of these Citizenship Expectations, the coach/director/advisor imposing such discipline shall notify the parent/guardian. If the proposed removal is in excess of one day, the coach/director/advisor and a building administrator shall informally review the proposed discipline prior to its imposition.

Progressive disciplinary sanctions imposed for a Citizenship Expectations infraction in grades 6, 7 & 8 terminate at the end of the 8th grade year. In high school, Citizenship Expectation infractions shall be subject to progressive disciplinary sanctions until the student graduates or has no remaining eligibility under WIAA rules and regulations.

Use of Illegal Substances Expectations

Co-Curricular & Extracurricular participants, which includes all ASB recognized clubs or organizations, are not permitted to possess and/or use non-prescribed or illegal drugs, alcohol, marijuana, drug paraphernalia or tobacco. Non-alcoholic beer, tobacco-less chewing products, electronic cigarettes, vaping, etc., will be treated the same as real alcohol or tobacco products.

In addition to the prohibition against possession or use, a student shall not attend any party or gathering of students where alcoholic beverages, tobacco products, electronic cigarettes, marijuana, drugs, controlled substances, or other mood-altering chemicals are present. Such functions include parties in homes or outdoors, or while riding in a vehicle. Failure to leave such a situation immediately, in a safe manner, shall constitute a violation of the Mead School District Honor Code.

If a student cannot safely leave a situation where prohibited substances are present, the student must self-report the incident to an administrator immediately upon returning to school. An investigating administrator may nullify any disciplinary penalty imposed.

Use of Illegal Substances – Discipline Procedures: (WIAA 18.26.0)

- a. A first violation for all substances except legend drugs (drugs obtained through prescription) and controlled substances will result in suspension from participation in contests, awards and recognition based on the following guidelines:

% of Contests Forfeited	Investigation Circumstance
20%	Student self-reports & takes responsibility
40%	Student admits guilt during investigation
100%	Student is found guilty, but denies fault

- The percent penalty of contests/performances forfeited will follow the student into subsequent seasons if the consequence has not been fully served in the current season.

- In order for a student to receive recognition and/or awards at the end of the season/year, he/she must end the season/year as a team member/participant in good standing.
- a. A first violation for possession, use, or sale of legend drugs and controlled substances will result in immediate ineligibility. (WIAA Rule 18.26.2) The participant will have two options:
 - The student will be ineligible for participation in contests and/or performances for the remainder of that season and must meet the school's requirements (see [Appendix A](#)) in order to be eligible in future seasons. The school principal will have the final authority to determine whether or not requirements have been met for future participation.
 - The student may choose to seek and receive help for a problem with use of legend drugs or controlled substances. Successful utilization of a pre-approved assistance program may allow the student to be considered for eligibility, pending recommendation by the building administration.
 - a. A second violation for any substance (legend, alcohol, tobacco, otherwise) will result in suspension from participation in contests, awards and recognition for one calendar year from the date of determination of the second violation.
 - b. A third violation will result in permanent ineligibility.
 - c. The student may be required to participate in a restoration process that includes a district designated chemical/-tobacco use education program prior to competing in another sport season or returning to a year-long activity. A parent/guardian, or another district approved adult, must participate with the student in at least the initial session of the education program.
 - d. A "sport season" is defined as the first day of practice until the awards ceremony at the end of the season. Some activities, such as Cheer and Dance/Drill, are year-long activities without a defined season.

Appeal Process for Violations of the Honor Code

- Upon the imposition of a penalty for an infraction of the Honor Code, any aggrieved student and parent/guardian shall have the right to appeal to the Mead School District Activity & Athletic Discipline Appeals Council.
- The student and parent/guardian must appeal in writing within three (3) school/business days of being notified of the penalty.
- After hearing the case, the Council shall render and communicate a decision within five (5) school/business days.
- The Mead School District Activity & Athletic Discipline Appeals Council is composed of an administrator from each secondary school plus one district administrator.
- The district administrator acts as a facilitator and only votes to break a tie.
- Representatives serving on the Council are selected annually prior to the start of the school year.
- If a member of the Council was involved in the discipline being appealed, the individual will be recused, and another administrator from the school they represent will take their place for that specific appeal proceeding.

Transfer Requests

A parent, guardian or student may request a transfer to another school within the district but outside of the student's designated school attendance boundary using the Intradistrict Transfer Request Form, submitted to the Office of Student and Family Services (following Mead School District Policy/Procedure 3131, Assignments to Schools).

Transfers are granted only if substantial hardship exists and the receiving school has available space.

Available Space: Determined solely by the receiving middle or high school principal. This decision is final and not subject to appeal.

Substantial Hardship: Decided case-by-case by a three-person committee (the two principals/designees and the Superintendent's designee). Factors considered may include:

- Unique, uncontrollable circumstances for the student or family.
- Significantly different conditions compared to other families.
- Any indication that the request is athletically motivated (which disqualifies it as a hardship).
- Whether the family has tried to use resources at the current school.

The burden of proof is on the requesting party.

Important Note: A transfer from one secondary school to another within the school district will follow applicable WIAA Transfer rules for athletic eligibility.

Middle/High School Travel & Transportation

The Mead School District will furnish transportation for co-curricular and extracurricular participants to and from contests. All participants will ride the bus to and from contests/performances/competitions. A coach/director/advisor may excuse a student from travel to and from an off-site practice or contest on the bus under the following conditions:

- The student is riding with their parent or guardian.
- A signed Alternative Travel Form is on file in the school office allowing the student to ride with another adult. Students will not be allowed to ride without approved adult supervision even if they have a parental note.

Students on school related trips and overnight stays are subject to all school district rules and regulations. Any violation of travel rules/expectations may result in suspension from the activity and additional consequences for violation of general school rules.

Equipment

Equipment owned by the Mead School District is intended for exclusive use in school/district authorized programs. Each student is responsible for equipment checked out to him/her. Lost or damaged equipment will result in a charge for replacement or repair. Failure to turn in equipment, or pay for lost or damaged equipment, may result in the withholding of awards and/or possible suspension from future participation.

Injuries – Care & Prevention

The possibility of minor and/or major injury is inherent in all extracurricular and many co-curricular activities. Sprains, fractures, joint injuries and bruises are a few of the more common, but not all-inclusive potential injuries. More serious injuries, such as paralysis or even death, although rare, can occur. Therefore, the Mead School District adheres to the following injury care and prevention guidelines:

1. Parents/Guardians who have concerns regarding the safety of a program, or have knowledge of an injury or health problem associated with a program, which school personnel may not be aware of, should contact the appropriate coach as soon as possible. If the problem persists the school Athletic Director should be notified.
2. Each coach/director/advisor will inform students of the inherent risks and specific safety guidelines associated with that particular activity. Whenever possible this same information will be provided to parents/guardians.
3. In the event of a serious injury to a student, and in the absence of trained medical help on site, the coach/director/advisor will call 911 requesting emergency medical personnel come to evaluate and treat the injured individual. The coach/director/advisor should not diagnose or treat seriously injured students.
4. It is the responsibility of the coach/director/advisor to submit – to the school principal or designee - an accident report for each significant/serious injury. Accident Report forms are available in the main office at each school location. For the protection of the student, coach/director/advisor and school district the Accident Report must be completed in its entirety including sufficient detail that anyone reading it at a later date will know exactly what occurred. Assistant coaches/directors/-advisors must report all injuries to the head coach/director/advisor.
5. The following protocols should be used with an injured student:
 - a. The responsible coach/director/advisor should stay with the injured student or delegate this responsibility to another individual if the responsible coach/director/advisor must leave to attend to the well-being of said student by calling 911 and/or meeting the emergency response unit.
 - b. A seriously injured student should not be moved, especially if the injury involves the head, neck or back.
 - c. A student who experiences any of the signs or symptoms of a concussion after receiving a bump or blow to the head will not practice or play/participate until cleared by a medical professional (preferably a sports medicine physician or neurologist). After receiving medical clearance the student will be placed on a “return-to-play” protocol by the school’s trainer (high school level). Once the student successfully passes all levels of the “return-to-play/participate” protocol, he/she will then be cleared for participation.
 - d. The responsible coach/director/advisor should make any necessary emergency calls (i.e. 911) or delegate this responsibility if he/she determines they cannot step away from the injured student leaving them in the care of another adult, to make the calls.
 - e. The responsible coach/director/advisor should contact the parent/guardian of the injured student as soon as possible.
 - f. The responsible coach/director/advisor should meet the emergency response unit in the area where the unit will enter the school grounds or delegate this responsibility if he/she determines they cannot leave the injured student in the care of another adult, to fulfill this obligation.

- g. The injured student's medical information should be provided to the emergency response personnel.
- h. The building principal and/or athletic director should be notified of the incident as soon as possible.
- i. The responsible coach/director/advisor should make a follow-up call/s to check on the injured student's status.

Insurance (Athletics)

The Mead School District does not carry medical insurance on athletes and is not responsible for medical expenses resulting from participating in athletic activities. Therefore, in order to be eligible for participation parents/guardians must provide written verification that they have medical insurance that covers the student-athlete or purchase a student accident insurance plan. Said documentation is part of the Athletic Eligibility Packet.

High School Athletic Pre-Season Family Meetings

Athletic pre-season parent meetings provide an opportunity to explain program history and expectations. While attendance is not mandatory, it is highly recommended. Typical meeting agenda items include:

- Player requirements including academic, attendance, behavior, Honor Code and other eligibility expectations.
- Safety, participation risks and nutritional considerations.
- Practice and game schedules.
- Player, parent and coach communication.
- Awards criteria.
- Ways parents can be supportive.

Athletic Program Restructuring Considerations

From time-to-time athletic programs are evaluated and, if necessary/appropriate, changes may be necessary. When restructuring an athletic program the following criteria are thoughtfully and objectively considered (items listed are in no particular rank order):

- | | |
|---|--|
| <ul style="list-style-type: none"> ● Number of Participants ● Indirect Participation ● Student Interest ● Community Alternatives ● Equity ● Diversity ● Cost Per Participant (and per event) | <ul style="list-style-type: none"> ● Income ● Facilities ● School Spirit/Morale ● Community Financial Support ● Intramural Possibilities ● Liability ● Majority Benefit |
|---|--|

Camps / Retreats

Some programs offer camps or retreats during the summer. Fees for these activities are determined by the coach/director/advisor and approved by the Mead School District Board of Directors. Coaches/directors/advisors are responsible for determining staff. Every effort will be made to coordinate schedules so that offerings do not conflict with one another.

As a reminder, students are subject to the provisions of the Honor Code during the school year and during all school-sponsored and school-related activities, including camps and retreats that take place outside the defined school year.

Coaches/directors/advisors reserve the right to establish special arrangements for students who are unable to cover the cost of camp.

For athletics, summer is defined for high schools as the first day following the WIAA spring tournaments through July 31. Summer for middle level schools is the first day following the final day of the spring sports schedules through July 31.

College Athletics – NCAA Eligibility Center

High school athletes who are considering participating in college athletics at the Division I or Division II level must be declared eligible by the NCAA Eligibility Center.

- Freshman Year (9th grade) – Check your high school's list of NCAA approved courses at NCC.org/course list.
- Sophomore Year (10th grade) – Register with the NCAA Eligibility Center at eligibilitycenter.org
- Junior Year (11th grade) – Check with high school counselor to make sure you are on track to complete the required number of NCAA approved courses. Take the ACT or SAT and submit scores to the NCAA Eligibility Center.
- Senior Year (12th grade) – Complete final NCAA core courses. Take ACT or SAT and submit scores to the NCAA Eligibility Center.

For additional information visit www.elgibilitycenter.org

Appendix A

Restoration & Reinstatement Process Legend Drug & Controlled Substance Violations

The Mead School District recognizes that students sometimes make significant mistakes and may also need support, intervention, accountability, and opportunities for restoration. Participation in activities is a privilege. Students seeking reinstatement following a first violation involving possession, use, or sale of legend drugs or controlled substances must demonstrate meaningful reflection, accountability, and progress through support and /or intervention prior to consideration for future participation.

The following expectations apply to students seeking consideration for reinstatement following a first violation under WIAA Rule 18.26.2.

Option 1: Reinstatement Consideration Following Season Ineligibility

A student who remains ineligible for the remainder of the season may be considered for future participation after completing the following requirements:

Required Components

1. **Meeting with Building Administration:** The student and parent/guardian must participate in a reentry meeting with the building principal or designee and athletic director/activities coordinator prior to future participation. Topics may include: Reflection on the violation, Impact on self, team/program, school, and community, Future decision-making and accountability, Expectations moving forward, and more.
2. **Reflection Activity:** The student must complete a reflection activity approved by the building administration. Examples may include: Written reflection, Restorative conversation, Educational assignment, Presentation, Goal-setting plan, etc.
3. **Educational Requirement:** The student may be required to complete a district-approved educational program related to substance use prevention, decision-making, or wellness.
4. **Parent/Guardian Participation:** At least one parent/guardian, or another district-approved adult support person, may be required to participate in portions of the restoration process.
5. **Demonstration of Good Standing:** Prior to reinstatement consideration, the student must demonstrate current and recent good standing: (1) Compliance with school expectations, (2) Consistent attendance, (3) Academic engagement, and (4) Positive behavioral conduct
6. **Additional Supports or Conditions:** The principal may require additional supports or conditions prior to reinstatement consideration, which may include: Check-ins with administration, counselor, coach/advisor, or support staff; participation in mutually agreed-upon intervention services, arranged and funded by the family and/or their insurance provider; ongoing progress monitoring; other reasonable restorative measures; etc.

Option 2: Assistance Program Pathway

Students may choose to seek and receive assistance for concerns related to use of legend drugs or controlled substances.

To be considered for possible reinstatement during the current season, the following conditions apply:

1. The student and parent/guardian must communicate with building administration regarding the intent to pursue assistance.
2. The assistance program or provider must be pre-approved by the school principal or designee.
3. The student and parent/guardian must sign any appropriate releases necessary to verify participation, attendance, progress, and successful completion.
4. Successful participation in the assistance program does not guarantee reinstatement.
5. Reinstatement consideration may include input from: Building administration, Athletic director or activities coordinator, Counselor or support staff, Treatment/support provider, when appropriate.
6. The principal retains final authority regarding reinstatement and future participation.

Reinstatement Considerations

In determining whether reinstatement is appropriate, the school may consider:

- Student honesty and accountability
- Willingness to engage in restoration
- Safety concerns
- Prior disciplinary history
- Impact on the school community
- Compliance with intervention expectations
- Recommendations from school staff and/or approved providers

Important Notes

- Completion of restoration requirements does not automatically guarantee reinstatement.
- Failure to comply with restoration requirements may result in continued ineligibility.
- Additional violations will result in progressive disciplinary consequences as outlined in the Mead School District Athletic & Activities Handbook.
- The principal has final authority regarding reinstatement decisions.

The Mead School District remains committed to supporting students through accountability, restoration, growth, and healthy decision-making while maintaining safe and positive learning environments for all students.