

**ROCK SPRINGS HIGH SCHOOL
&
ROCK SPRINGS JUNIOR HIGH**

**2026-2027
ATHLETIC/ACTIVITIES
HANDBOOK**



#riseup Rock Springs



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 II 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 II, 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.

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 82901. (307)352-3400.

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 identification, 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, located at the Human Resource Office. (307)352-3400. hr@sw1.k12.wy.us

Career and Technical Education Annual Public Notification of Nondiscrimination

Sweetwater School District Number One offers career and technical education programs in Teaching, Training, & Facilitation, Physical Health, Emergency Response, Military & National Security, Production & Automation- Fabrication, Metal, and Wood, Engineering, Architecture & Civil Engineering, Air & Space Transportation, Maintenance & Repair, Software Solutions, Business Information Management, Entrepreneurship & Small Business, Culinary & Food Services, Accounting, Banking & Credit, Agriculture Technology & Automation and JROTC. 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 attn: Civil Rights Compliance Coordinator at hr@sw1.k12.wy.us, (307)352-3400, attn: Title IX Coordinator at hr@sw1.k12.wy.us, (307)352-3400, and/or attn: Section 504 Coordinator at hr@sw1.k12.wy.us, (307)352-3400.

[FERPA](#)

FERPA Rights for Students Who Turn 18 While Still Enrolled in High School

Under the Family Educational Rights and Privacy Act (FERPA), a student's rights transfer from the parent to the student when the student turns 18 **or** enrolls in a postsecondary institution, whichever happens first. This means a student who turns 18 while still attending high school becomes an "eligible student" under FERPA immediately upon their 18th birthday, regardless of grade level or continued high school enrollment.

Once a student turns 18, the school may no longer disclose personally identifiable information from the student's education records to a parent without the eligible student's written consent, **except** as otherwise permitted under FERPA.

One such exception permits (but does not require) the school to disclose education records to a parent without the student's consent if the parent claims the student as a dependent for federal income tax purposes under the Internal Revenue Code. A parent seeking to rely on this exception must provide documentation establishing dependency status (e.g., the most recent federal tax return showing the student claimed as a dependent) to the Central Administration Building for verification before any records will be released.

Absent either (1) a signed FERPA release from the eligible student, or (2) verified proof of tax-dependent status accepted under this exception, school officials may not discuss the student's grades, attendance, discipline, or other education records with a parent, even though the student is still a minor in high school and still living at home.

RSHS/RSJH STUDENT ATHLETIC/ACTIVITIES HANDBOOK

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 RSHS/RSJH, 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 make the most of your high school and junior high years and gain all the positive experiences and opportunities they have to offer. 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 Rock Springs proud of you, and your community proud of your school, by your faithful exemplification of these ideals.

c. Responsibilities to others:

The younger students in our school system are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

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.

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.

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.

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 Rock Springs 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

Rock Springs High School is a part of the 4A 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 RSHS and/or RSJH.



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.

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 Trainer'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. 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 proof 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 all equipment has been returned or fines have been paid.

All students are required to use the personal protective equipment issued by the district. Personal protective 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 of \$30 per student per day for their WHSAA regional and state culminating events.

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 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 written approval from the athletic trainer or 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: JCF-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:

- Has competed in a minimum of 30 percent of the varsity contests, halves, or quarters of the regularly scheduled season **or** is in a sport where individual place scoring is kept, attain a level of varsity achievement required by the coach and/or participates in a varsity regional/conference or state meet and;
- Completes the season as a member in good standing. A member in good standing is an athlete who adheres to team rules and policies from the first practice through final equipment check in. This includes successful completion of the WHSAA Good Standing Buy Back Program when a contest ejection has occurred and;
- Returns or pays for his/her school-issued athletic equipment and;
- If injured, will have his/her varsity participation prorated based on his/her participation before the injury and applied to the contests missed because of the injury and;
- In addition to these criteria, coaches may set additional criteria approved by the Athletic Director.

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.

Football:	3 managers
Volleyball:	4 managers
Tennis:	1 manager
Cross Country:	1 manager
Golf:	1 manager
Swimming:	1 manager
Basketball:	4 managers
Wrestling:	2 managers
Indoor Track:	1 manager
Soccer:	2 managers
Outdoor Track:	1 manager
Softball:	2 managers
Trainer:	2 managers

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

Participation in athletics and activities is a privilege that comes with the responsibility of representing the school, team, and program both on and off the field. This section applies to social media and electronic communications, whether posted on or off campus, during or outside the season.

1. Prohibited Conduct

A student-athlete/activities participant may not use social media or other electronic communications (including photographs, videos, text messages, direct messages, livestreams, or posts) to:

- a. Depict, promote, or reference the student's own possession, use, or presence around illegal drugs, alcohol, or tobacco/vaping products, where such depiction violates the team or district code of conduct;
- b. Depict or describe the student engaging in conduct that would independently violate school policy or law (e.g., hazing, vandalism, theft, assault);
- c. Bully, harass, threaten, or intimidate any student, coach, staff member, official, or opponent, including conduct that targets a specific individual based on a protected characteristic or that a reasonable person would find severely and pervasively hostile or abusive;
- d. Threaten violence against any person or the school;
- e. Disclose confidential team information (e.g., playbooks, injury reports, disciplinary matters) or violate another person's privacy by sharing images or information without consent.

2. Standard for Discipline

Discipline under this policy will be based on the student's own posts, statements, or actions; not on the conduct of others who tag, mention, or reference the student without their participation.

Discipline requires a reasonable, factual basis for concluding that the conduct described in Section 1 occurred and that it either (a) caused or is reasonably likely to cause a substantial disruption to the team, program, or school, or (b) constitutes targeted harassment, bullying, a genuine threat, or a violation of law or an independently defined school policy.

3. What This Policy Does Not Restrict

This policy is not intended to and does not prohibit a student from expressing their first amendment right, so long as the expression does not otherwise fall within Section 1.

4. Range of Consequences

Violations may result in, but not limited to a verbal warning, written warning, probation, suspension from one or more contests, or removal from the team or activity, depending on the severity and nature of the conduct, at the discretion of the athletic director, consistent with due process procedures.

Student and Staff Harassment Policies:

Policy File: JFCB

Policy File: GBCH

Student and Staff Bullying Policies:

Policy File: JFCL

Policy File: GBCC

Student Conduct on School Buses

Policy File: JFCC

Policy File: JFC-R

Transportation for Student Activities/Out of Town Routes

Policy File: IICAB

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

Policy File: JFCI

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

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

RSJS/RSJH 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 any and all college courses that were taken at WWCC.

*This applies to incoming 7th graders and freshmen after Q1.

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 Q1, Q3 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 Monday or 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 or the last registered school day of the week after 12:00 p.m. 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 to receive written approval from the Athletic Trainer confirming all required paperwork is complete and handed in. The required paperwork needed is the physical examination form that is attached to this handbook and all other documents located on the website www.DragonFlyMax.com. These forms on this site include 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 RSHS/RSJH 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 RSHS/RSJH 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 RSHS/RSJH activities office at 352-3440.

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 _____			
<i>In case of emergency, contact</i>			
Name _____	Relationship _____	Phone (H) _____	(W) _____

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

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	☐	☐	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)?	☐	☐
2. Have you ever been hospitalized overnight?	☐	☐	11. Have you had any problems with your eyes or vision? Do you wear glasses, contacts, or protective eyewear?	☐	☐
3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler?	☐	☐	12. Have you ever had a sprain, strain, or swelling after injury?	☐	☐
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	☐	☐	Have you broken or fractured any bones or dislocated any joints?	☐	☐
5. Have you ever passed out during or after exercise?	☐	☐	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	☐	☐
Have you ever been dizzy during or after exercise?	☐	☐	<i>If yes, check appropriate box and explain below</i>		
Have you ever had chest pain during or after exercise?	☐	☐	Head _____ Elbow _____ Hip _____		
Do you get tired more quickly than your friends do during exercise?	☐	☐	Neck _____ Forearm _____ Thigh _____		
Have you ever had racing of your heart or skipped heartbeats?	☐	☐	Back _____ Wrist _____ Knee _____		
Have you had high blood pressure or high cholesterol?	☐	☐	Chest _____ Hand _____ Shin/calf _____		
Have you ever been told you have a heart murmur?	☐	☐	Shoulder _____ Finger _____ Ankle _____		
Has any family member or relative died of heart problems or of sudden death before age 50?	☐	☐	Upper Arm _____ Foot _____		
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	☐	☐	13. Do you want to weigh more or less than you do now?	☐	☐
Has a physician ever denied or restricted your participation in sports for any heart problems?	☐	☐	Do you lose weight regularly to meet weight requirements for your sport?	☐	☐
6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	☐	☐	14. Do you feel stressed out?	☐	☐
7. Have you ever had a head injury or concussion?	☐	☐	15. Record the dates of your most recent immunizations (shots) for:		
Have you ever been knocked out, become unconscious, or lost your memory?	☐	☐	Tetanus _____ Measles _____		
Have you ever had a seizure?	☐	☐	Hepatitis B _____ Chickenpox _____		
Do you have frequent or severe headaches?	☐	☐	FEMALES ONLY		
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	☐	☐	16. When was your first menstrual period? _____		
Have you ever had a stinger, burner, or pinched nerve?	☐	☐	When was your most recent menstrual period? _____		
8. Have you ever become ill from exercising in the heat?	☐	☐	How much time do you usually have from the start of one period to the start of another? _____		
9. Do you cough, wheeze, or have trouble breathing during or after activity?	☐	☐	How many periods have you had in the last year? _____		
Do you have asthma?	☐	☐	What was the longest time between periods in the last year? _____		
Do you have seasonal allergies that require medical treatment?	☐	☐	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: _____ _____ _____
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***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