

Ellsworth Community Middle School

Athletic Code

June, 2019

PHILOSOPHY

Ellsworth Community Middle School believes athletic participation is an important part of the middle school experience. Athletics provide important experiences that are not entirely duplicated in other school activities. Athletics help prepare adolescents for the highly competitive adult world they will enter upon completion of their high school careers.

OBJECTIVES

1. To help develop the minds and bodies of young students.
2. To present the opportunity to develop, practice, and observe good sportsmanship.
3. To teach the importance of cooperation.
4. To show students the value of hard work, self-discipline, and dedication.
5. To provide students with competitive situations.
6. To teach responsibility.
7. To develop and improve school morale by providing an enjoyable and safe experience.
8. To provide athletes with professional instruction in all sports.
9. To provide the community with athletic teams worthy of its respect and support.

Ellsworth Community Middle School realizes not all student athletes will achieve all of the objectives outlined above. We do believe that all of the adolescents who participate in the athletic program will benefit substantially from their interscholastic experiences.

It is the policy of the Ellsworth Community School District not to discriminate on the basis of race, color, national origin, sex, age, or handicap in its educational programs or activities as required by Title IX of the 1972 Education Amendments and Section 504 of the 1973 Rehabilitation Act.

This middle school athletic code shall cover all students in Grades 6, 7, and 8 who participate in interscholastic athletic competition as an athlete, manager, and any other athletic team student position.

It is a widely known and accepted fact that athletic participants generally represent his/her school more often and have more contact with other communities than any other part of the student body. It is not the intent of this athletic code to punish, but rather to guide and inform the athlete of his/her responsibilities and privileges. By intelligent choice, it is up to the individual to become and to remain an athletic participant.

If the athlete has any questions which deal with eligibility requirements that need clarification, the athlete should see the coach of the particular sport, the athletic director, the building principal, or appropriate designee. They are qualified to answer such questions.

ACTIVITIES COVERED BY THIS MIDDLE SCHOOL CODE ARE:

Men's: Basketball, Cross Country, Football, Track and Field, Wrestling;

Women's: Basketball, Cross Country, Track and Field, Volleyball

In addition to: student Athletic Managers and Statisticians; as well as any other activity which may be added to the athletic program.

ATHLETIC CODE

Interscholastic athletic participation is a privilege of every student in Ellsworth Community Middle School. This privilege will be revoked or suspended, however, if any athlete fails to follow the rules

and regulations outlined in this code. Student athletics is designed in part to develop good citizenship, good leadership, good fellowship, and student athletes, statisticians, and managers, including all those students involved in Wisconsin Interscholastic Athletic Association sanctioned sports, tournaments, and invitational events.

REQUIREMENT TO PARTICIPATE

Before a student can participate in interscholastic sports, they must provide the school with an Examination Permit card (physical card) attesting to (a) parental permission, and (b) current physical fitness as determined by a licensed physician, no less than every other school year. A physical is good for two years. On alternate years of physicals, a student must provide an alternate year card. In addition to parental permission and physical examinations, a student must also have on file (c) signed agreement to athletic code (d) signed agreement to the WIAA code, and (e) signed agreement to the concussion information.

ELIGIBILITY

A student athlete must be in attendance the *full day* of school, or have the approval of the principal or assistant principal for that absence to be eligible for practice or competition. If there is an absence, the athlete must show evidence of a doctor's appointment or previously arranged doctor, dentist, or chiropractic appointment to allow them to practice or compete. This also pertains to mornings after a school activity. Unexcused absences will result in the athlete not being eligible to practice or compete.

Students suspended from school or from a class by the principal are not eligible to compete, practice, attend, or participate in any activity on school grounds until fully reinstated.

RULES

1. Any student athlete found in violation of the state or federal statutes, i.e. crimes against life and physical well being, or crimes against property, shall be referred to the Principal. Due to the wide variation of offenses that could occur, each offence will be considered independently of any previous violations. The maximum penalty will be one year of ineligibility. It is not necessary for a student to have received a ticket to be considered in violation.

WIAA Rule: Upon being charged or convicted of a felony, a student will be ineligible for all participation in WIAA activities until the student has satisfied all of the requirements ordered by the court in declaring a sentence served, including probation, community service and any other court orders.

2. Under WIAA rules a student is required to follow this code on a year round (12 Month) basis. Once an Athlete signs an athletic code he/she is under that code for 365 days a year. He/She has established his/her status as an athlete in the school. He/She is under the athletic code until he/she graduates. A student athlete cannot pick and choose when they want to be under the athletic code.
3. Any student subject to this code "shall not"
 - a. Violate any of the Wisconsin Criminal Statutes as listed by chapter dealing with:
 1. alcoholic beverages
 2. crimes against life and body
 3. crimes against health and safety
 4. crimes against property (i.e.) vandalization
 5. sexual morality
 6. crimes against government

7. disorderly conduct
 8. crimes against animals
 - b. Possess, use, or consume cigarettes, cigars, or chewing tobacco, vape, or vape materials.
 - c. Use illegal drugs, perscription drugs, or other controlled substance.
 - d. Knowingly misuse perscription drugs.
 - e. Violate Wisconsin Traffic Statutes dealing with
 1. operating under influence of intoxicant/other drug
 2. absolute sobriety
 3. minor transport
 4. open intoxicant by driver/occupant
4. Any student athlete may not be involved or participate in harassment, bullying or hazing.
- a. Hazing refers to any person intentionally or recklessly engaging in acts which endanger the physical health or safety of a student for the purpose of initiation, admission, or maintaining status of affiliation to any organization operating in the connection with a school. Under these circumstances, prohibited acts may include any activity that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate.

GUIDELINES FOR CONDUCT

As specified in the WIAA handbook, a student shall also be disciplined for conduct judged unacceptable to the ideals and standards of Ellsworth Community Middle School and/or the WIAA. Judgment of this conduct will be the duty of the Athletic Director and School Administrators. The following guidelines may prove helpful to the athlete, and will be used as sample guidelines by the school administrators:

1. Any student who finds himself/herself at a party or student gathering where alcohol or controlled substances are present must remove himself/herself from that situation immediately. Students who are proven to have not removed themselves will be penalized.
2. Attendance at such logical events as family weddings, graduation parties and other similar occasions would be acceptable. The athlete can attend these events with their legal parent/guardian supervision, but can not consume alcohol or drugs.
3. An athlete will not knowingly enter a car which is transporting alcoholic beverages unless he/she is under the direct supervision of his/her parents or legal guardian.
4. An athlete will not enter premises licensed for sale of intoxicating liquor or fermented malt beverages unless accompanied by his/her parent(s) or legal guardian. This rule is not meant to include presence in establishments excluded in Wis. Stat. 125.07.
5. Students subject to the code shall not engage in behavior contrary to the ideals, principles and standards of the school.
 - A. Willful and persistent disrespect or behavior which is disruptive to or interferes with the learning environment may result in ineligibility.

- B. Violation of contest or game regulations as established by the WIAA which causes ejection from an athletic contest will result in missing one additional interscholastic contest.

PENALTIES FOR VIOLATIONS

Number of contests will be determined by WIAA maximums for each sport---0 to 4 – rounds down and 5 to 9 rounds up.

The Ellsworth Community School District School Board authorizes the administration to impose a penalty consistent with the severity of the offense up to one calendar year, including, but not limited to, the following:

1. **FIRST OFFENSE:** Suspension from the team for a minimum of 25% of the WIAA scheduled games, meets, tournaments, pre and post season play, etc. If that number of events does not remain to be played, the penalty shall extend into the season of the next sport in which the offender participates.

Counseling concerning the problems inherent in the infraction may be provided to the student found in violation of the rule. This counseling may be delegated to the coach, athletic director, guidance counselor, school nurse, building principal, or any person the athletic director feels is the best qualified to counsel the student on the particular matter.

SELF-REFERRAL (First Offense Only): When an athlete confesses to breaking a rule addressed by the Athletic Code, a suspension of 10% of the scheduled events will take place. Self-referral must be made to the coach, athletic director, or the principal within 48 hours of the code violation.

PARENT-REFERRAL (First Offense Only): When a parent reports his/her child breaking a rule addressed by the Athletic Code a suspension of 10% of the scheduled events will take place. Parent-referral must be made to the coach, athletic director, or the principal within 48 hours of the code violation.

2. **SECOND OFFENSE:** Suspension from competing in events for one sport season. Suspensions occurring during a season result in the violation being applied immediately and carried over into the next season. To become eligible for competition an athlete must do one of the following options:
 - a. Make an agreement with the coach to participate in the full sport season and practice with no competition. If this is agreed on, the athlete must start and finish the entire season in good standing at the coach's discretion. The athlete would then be eligible to compete in the next sport season.
 - i. Example: violation occurs in the middle of the fall season, the athlete would have to complete the fall season, in good standing with the coach, and then the athlete would have to start the winter season, as agreed on with the coach, and serve the remaining penalty. The athlete would have to finish the entire winter season in good standing with the coach. The athlete would then be eligible to compete in the entire spring sport season.

- b. If option (a) is not chosen, the athlete must sit out for the next sport they have participated in the past. The athlete must meet with the athletic director prior to the start of the season to fulfill the requirement.
 - i. Example: violation occurs in the middle of the fall season, at the time of violation and after meeting with the athletic director, the athlete would not have any involvement with the team for the remaining part of the fall season. The athlete would then meet with the athletic director prior to the start of the winter season to sit the remaining part of the penalty for the winter sport that they have went out for in the past. After the penalty has been served, the athlete would be eligible to play what is left in the winter season and/or be eligible for the full spring season.
- c. Single Sport Athlete Option: sit out for one calendar year from the date of the violation.
 - i. Example: violation occurs in the middle of the fall season, athlete would have to complete the fall season, in good standing with the coach, then the athlete would have to start the following fall season, as agreed on with the coach, and serve the remaining penalty in the fall season, making the athlete eligible to compete for the remaining part of the fall season.

OR

- ii. Example: violation occurs in the middle of the fall season, at the time of violation and after meeting with the athletic director, the athlete would not have any involvement with the team for the remaining part of the fall season. The athlete would then meet with the athletic director prior to the start of the following fall season to sit the remaining part of the penalty. After the penalty has been served, the athlete would be eligible to compete for the remaining part of fall season and/or be eligible for the full winter season.

3. **THIRD OFFENSE:** Suspension from all competition for one complete calendar year.

INDIVIDUAL SPORT RULES AND REGULATIONS.

In all violations it is a decision of the coach whether the athlete who is being disciplined shall continue to practice or not. Each coach's practice policy will be on file with the athletic director prior to the season. Head coaches in all interscholastic sports at Ellsworth Community Middle School have the right to set up rules and regulations not covered by this code. For example, they may wish to enforce training hours, practice attendance, or playing suspension. Each head coach will be responsible to see that a copy of his/her individual rules and regulations are on file with the athletic director. Each young man or woman participating in a sport must receive a written copy of the rules and regulations he or she is expected to follow.

PROCEDURE OF DETERMINING PENALTY

Where the violation is denied by the student and an accuser has charged that a violation has occurred, the athletic director and/or school administration:

1. Hear the evidence from both accused and accuser.
2. Determine innocence or guilt.
3. If found guilty, determine the penalty according to the preceding elements of the code.

Where the student has admitted the violation to one or more school administrative officials, including his/her coach, athletic director, or the principal:

1. The athletic director shall be presented with such admission.
2. The penalty shall be imposed immediately and the student notified of the suspension.
3. If a game or event is scheduled or played during the period before review by the athletic director, the student shall be deemed suspended from such play or participation. The student may request a hearing by the Athletic Council to consider alternate penalties within two school days of his/her notification of the suspension.

If a student is accused of violating the rules and regulations of this athletic code, he/she can expect the following procedure:

1. The athletic director must present his/her complaint to the principal of the alleged incident.
2. The athletic director will inform the student and his/her parents of the charges being brought against him/her.
3. At the request of the student, the proceedings will not be open to the public.
4. The student will have an opportunity to contest the charges.
5. The student will be informed within 24 hours of the accusation of the athletic director's decision.

APPEALS

The athletic council (determined at the beginning of the school year) will enforce this code whenever a student or parent appeals the imposed penalty. The council shall be made up of two coaches, two non-coaching faculty representatives, the assistant principal, and a Student Council representative. The athletic director shall preside but will be a non-voting member. The athletic director will appoint the coaches and faculty representatives on the council. All members will have one vote, and the majority opinion will be the council's decision. A tie vote will mean the student is not guilty.

The athletic director will present the charge to the athletic council. The student's parent(s) or legal guardian may also be present at this time.

Decisions of the athletic director may be appealed by doing the following:

1. After a ruling of ineligibility resulting in suspension from athletics has been made, or such suspension has been imposed, the athlete or his/her parents may formally appeal the decision in writing to the athletic council providing the appeal is received within seven days from the first day such ineligibility shall take effect. The first day of ineligibility is the day the suspension is imposed, not the day of the next succeeding athletic event.
2. The athletic council shall review the proceedings of the athletic director and shall render judgment within three days as to whether the athletic director's decision will stand or not.
3. If the athlete and/or parents are not satisfied with the findings of the appeal to the council, they may appeal in writing to the Board of Education. The superintendent must receive in writing, a request for a hearing before the Board of Education within fourteen days of the notice of the decision of the first appeal. Proceedings of the hearing, including the decision, will be put in writing and a copy will be provided for the athlete and his/her parents.
4. An Athlete shall be deemed ineligible while the appeal process is taking place.

ACADEMIC ELIGIBILITY

A student, to be eligible for interscholastic athletics, must pass all subjects at the end of the 1st quarter, 1st semester, 3rd quarter, and 2nd semester -- according to WIAA rules. A student may regain his/her eligibility by maintaining passing grades through the first two weeks of the next nine-weeks grading period. After that 2 week period, it will be the student's responsibility to get an "Eligibility Form" from the principal and take it to his/her teachers and get their signatures to prove that they are maintaining passing grades. For fall sports, eighth grade eligibility shall depend upon grades earned in the second semester of 7th grade.

*All 6th and 7th graders shall begin the fall sports academically eligible.

* 8th grade fall sports eligibility shall depend upon grades earned in the second semester of 7th grade.

AWAY TRIPS

Players are required to ride the team bus home after away games. Under extenuating circumstances a player may be granted permission to ride home with parents/guardians. A written request will be required. To ensure student safety, under no circumstances are players to ride home with anyone other than their parents/guardians. The parent/guardian providing a ride must speak with the coach in person prior to leaving with their child.

CARE AND MAINTENANCE OF EQUIPMENT

Student athletes shall be held responsible for the care, maintenance and return of all equipment they are issued. Any equipment lost or willfully abused must be paid for by the student to whom it was issued.

INVALIDITY

The failure to file any report, rule, or document required by this code shall not be cause for unenforceability of any rule or decision provided the student has received notice of the report, rule, document, or decision.

PARENT / ATHLETE / COACH EXPECTATIONS

Parenting and coaching are extremely difficult vocations. By establishing an understanding of each other's expectations, we are better able to accept the actions of both parties and provide greater benefits to the student/athlete. When a child becomes involved in a co-curricular activity, parents and coaches have a right to understand what EXPECTATIONS are going to be placed on the athlete and on each other. This begins with clear communication from the athlete, parent, coach, and athletic department.

COMMUNICATION AND EXPECTATIONS PARENTS AND ATHLETES SHOULD EXPECT FROM THE COACHES:

1. The expectations the coaches have for their athletes and all team members.
2. Location and times of all practices.
3. Team requirements, fees, special equipment, game dress, off-season opportunities.
4. The policy dealing with excused and unexcused absences.
5. The Ellsworth Community School District and WIAA requirements for eligibility.
6. Team rules beyond the Ellsworth Athletic Code.

7. The coaches act as a role model for good sportsmanship, use of appropriate language, promoting a healthy environment and safe teaching techniques.
8. Well-planned practices.

COMMUNICATION AND EXPECTATIONS COACHES SHOULD EXPECT FROM THE ATHLETE AND PARENTS:

1. Notification of any scheduled conflicts that may occur, well in advance of the season. (Vacations, etc.)
2. Special concerns regarding coaching expectations. (Practice requirements)
3. Support for the Athletic Code and all team rules.
4. If the athlete has a concern, the parents should encourage their son/daughter to speak with the coach or coaching staff.
5. Support for all team members and the coaching staff.
6. Positive support at games for their son/daughter, their teammates and the coaching staff.
7. Exhibit good sportsmanship and appropriate language by the athlete and parents at games and/or practices.
8. A great work ethic at practices and in games.

APPROPRIATE CONCERNS ATHLETE / PARENT MAY ADDRESS WITH COACHING STAFF:

1. Ways to help the athlete improve his/her performance and skill level.
2. Concerns about the athletes' behavior in school/practices/games.

AREAS THAT ARE NOT APPROPRIATE FOR PARENTS TO DISCUSS WITH COACHES:

1. An individual's playing time.
2. Team strategy.
3. Play selections.
4. The make-up of the team and the decision as to who plays on a particular team.
5. Other members of the team, other parents, and other coaches.

THE PROPER METHOD TO ADDRESS A CONCERN:

STEP ONE:

- a. The athlete speaks with the coach. (Would suggest the coaching staff be involved/present when this conference takes place)

STEP TWO:

- a. The parent asks for a conference with the coach and the athlete. If the coach cannot be reached, the parent should contact the athletic director and it will be arranged for the coach to contact the parent.

STEP THREE:

- a. If the conference between the parent/athlete and coach does not resolve the concern, there will be a meeting set up by the athletic director. The Athletic Director will moderate the conference.
- b. The conference will deal with the specific issues that the parent/athlete has. Both parties will be allowed to speak in an uninterrupted manner. The conference will be in a non-threatening environment.

PARENT-STUDENT AGREEMENT

I have read the athletic code of the Ellsworth Community Middle School. I understand that violation of any of the WIAA or Ellsworth Community Middle School regulations will result in action as prescribed. Furthermore, any act in violation of the athletic code that occurs outside the school setting that is brought to the attention of school authorities, will be prosecuted under the athletic code following standards of fairness. Further, we understand that participation in school sponsored extra-curricular activities is a privilege and that all such participation is voluntary.

CONCUSSION INFORMATION

When in Doubt, Sit Them Out!

1. Before a student may participate in practice or competition: At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

2. An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

3. A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

<p>These are some SIGNS concussion (what others can see in an injured athlete): Dazed or stunned appearance Change in the level of consciousness or awareness Confused about assignment Forgets plays Unsure of score, game, opponent Clumsy Answers more slowly than usual Shows behavior changes Loss of consciousness Asks repetitive questions or memory concerns</p>	<p>These are some of the more common SYMPTOMS of concussion (what an injured athlete feels): Headache Nausea Dizzy or unsteady Sensitive to light or noise Feeling mentally foggy Problems with concentration and memory Confused Slow</p>
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Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. "When in doubt sit them out."

It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition.

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: About 15 minutes of light exercise: stationary biking or jogging

STEP TWO: More strenuous running and sprinting in the gym or field without equipment

STEP THREE: Begin non-contact drills in full uniform. May also resume weight lifting

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance

118.293 Concussion and head injury.

(1) In this section:

(a) "Credential" means a license or certificate of certification issued by this state.

(b) "Health care provider" means a person to whom all of the following apply:

1. He or she holds a credential that authorizes the person to provide health care.
2. He or she is trained and has experience in evaluating and managing pediatric concussions and head injuries.
3. He or she is practicing within the scope of his or her credential.

(c) "Youth athletic activity" means an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity. "Youth athletic activity" does not include a college or university activity or an activity that is incidental to a nonathletic program.

(2) In consultation with the Wisconsin Interscholastic Athletic Association, the department shall develop guidelines and other information for the purpose of educating athletic coaches and pupil athletes and their parents or guardians about the nature and risk of concussion and head injury in youth athletic activities.

(3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

(4) (a) An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

(b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

(5) (a) Any athletic coach, official involved in an athletic activity, or volunteer who fails to remove a person from a youth athletic activity under sub. (4) (a) is immune from civil liability for any injury resulting from that omission unless it constitutes gross negligence or willful or wanton misconduct.

(b) Any volunteer who authorizes a person to participate in a youth athletic activity under sub. (4) (b) is immune from civil liability for any injury resulting from that act unless the act constitutes gross negligence or willful or wanton misconduct.

(6) This section does not create any liability for, or a cause of action against, any person.

**Media Release Form
Ellsworth Community School District
Parent Acknowledgement of Risk and Release**

We/I, (the parents and student athlete), do hereby acknowledge that we/I have been fully advised, cautioned, and warned by the proper administrative and coaching personnel of the Ellsworth Community School District that our/my child named above, may suffer serious injury, including but not limited to sprains, fractures, brain damage, paralysis, or even death, by participating in Ellsworth Community High School Athletics, notwithstanding such warnings, and with full knowledge and understanding of the risk and serious injury to our/my child named above which may result, we /I give our/my consent to our child participating in these sports.

We hereby release, discharge, and/or otherwise indemnify the Ellsworth School District, and their employees against any claim by/or on behalf of the registrant as a result of the registrant's participation in sports.

We further acknowledge that by providing permission to my/our student to participate in athletics, that the school may take photographs and other reproductions of the activity and my use those reproductions in school newsletters, promotional materials, on its website, or may otherwise disseminate said photographs including identification of the students depicted. This authorization is provided notwithstanding any opt-out election made with respect to student directory data.

**ELLSWORTH SCHOOL DISTRICT
ATHLETIC FEES**

HIGH SCHOOL

Individual Fee per Sport	\$75.00
Individual Cap (2 sports)	\$150.00
Middle/High School District Family Cap	\$300.00

MIDDLE SCHOOL

Individual Fee per Sport	\$50.00
Individual Cap (2 sports)	\$100.00
Middle/High School District Family Cap	\$300.00