

WINDOW ROCK UNIFIED SCHOOL DISTRICT #8



**SY 2019-20120
STUDENT ATHLETIC HANDBOOK**

SCOUTS ATHLETICS

HONOR · PRIDE · TRADITION · RESPECT

MISSION STATEMENT

EDUCATION THROUGH ATHLETICS

Athletic participation helps our students grow, learn, and enjoy themselves while they use and develop their personal, physical, and intellectual skills. Window Rock Athletics values the lessons that have long been taught by athletic participation: the pursuit of excellence through personal development and teamwork, ethical and responsible behavior on the field and off, adherence to the spirit of rules as well as to their letter, leadership and strength of character, and sportsmanship – respect for one's opponents, acceptance of victory with humility, and acknowledgement of defeat with grace. In teaching these lessons to its students, Window Rock Athletics instills habits which will lead students to better and healthier lives. While winning is not an end in itself, we believe that the efforts by our athletes to be their best will lead them to succeed throughout their lives.

Vision for the Future

BUILD COMMUNITY AND PRIDE IN THE WINDOW ROCK SCHOOLS

Athletics at Window Rock Schools builds community through the engagement of students, faculty, staff, and alumni, and creates a portal through which neighboring communities can enjoy the Window Rock experience. Successful athletic teams generate unique excitement across the school campuses and throughout our community, and helps to build loyalty in a healthy manner, and give our community members yet another reason to be proud to represent Window Rock Schools.

WINDOW ROCK UNIFIED SCHOOL DISTRICT #8
STUDENT/COACHES ATHLETIC HANDBOOK

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WINDOW ROCK UNIFIED SCHOOL DISTRICT #8
STUDENT ATHLETIC HANDBOOK

I. Introductions

A. To the Parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete.

We, who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well-organized sports 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 athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

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.

B. To the Athlete

Being a member of a Window Rock Unified School District athletic team 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 athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of interscholastic squad of Window Rock Unified School, 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 athletes, our schools and our community. Such a 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 Window Rock Unified School, we assume that you not only understand our traditions, but 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.

1. RESPONSIBILITIES TO YOURSELF:

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

2. RESPONSIBILITIES TO YOUR SCHOOL:

Another responsibility you assume as a squad member is to your School. Window Rock cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on the athletic squad. 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, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make your school and community proud by your faithful exemplification of these ideals.

3. RESPONSIBILITIES TO OTHERS:

As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules that you have practiced to the best of your ability every day, and that you have played the game "all out," you can keep your self-respect and your family can be justly proud of you.

The younger students in the Window Rock 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.

II. Athletic Philosophy

A. Statement of Philosophy

The Window Rock Unified School 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.

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.

B. Athletic goal and objectives

OUR GOAL - The student athlete shall become a more effective citizen in a democratic society.

OUR SPECIFIC OBJECTIVES - The student athlete 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 be successful - 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 other 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 an athlete, 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 - It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, 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 high 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.

7. Organize your time for homework, home responsibilities, and practice.

III. Governances

A. The Board of Education

The Board of Education, responsible to the people, is the ruling agency for the Window Rock Unified School District.

The Board of Education is responsible for the following areas:

1. Interpreting the needs of the community.
2. Developing policies in accordance with state statutes and mandates and in accordance with the educational needs and wishes of the people of Window Rock School District.
3. Approving means by which professional staff may make these policies effective.
4. Evaluating the interscholastic athletic program in terms of its value to the community.

B. The Arizona Interscholastic Association

All schools are voluntary members of the Arizona Interscholastic Association and compete only with member schools. As a member school district, the District schools of Window Rock 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.

C. The National Federation of State High School Associations

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 schools 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 ensures some degree of team work on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

D. The Athletic League/Conference (High School: 3-A North Region and Mid School: NAIC)

Window Rock High School and Tsehootsooi are voluntary members of the AIA and NAIC Leagues. These Leagues were established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

The conferences were 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 conferences provide Window Rock High School and Tsehootsooi Middle School 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.

E. Window Rock Unified School District Athletic Rules

To be eligible for interscholastic athletics - a student must meet the following state regulations.

1. Enrollment:

2. Age:
3. Physical Examinations:
4. Seasons of Competition:
5. Semesters of Enrollment (Scholarship):
6. Residence Requirements:
7. Transfers:
8. Guardianship:
9. Awards:
10. Amateur Practices:
11. Participation on Independent Teams:
12. Undue Influence (Recruiting):

IV. Requirements for Participation

A. **Physical examination**

A physical examination is required yearly. The physical form must be completed by the physician and submitted to the Athletic Director **prior** to participation. The physical covers all sports for the entire school year. The form will be kept on file in the athletic office for as long as the student is enrolled at Window Rock High School. It is the responsibility of the student athletes with parents/guardians to schedule his/her physical exam.

B. **Emergency medical authorization**

Each athlete's parents shall complete an Emergency Medical Authorization Card giving permission for treatment by a physician or hospital when the parent(s) are not available. The card will be kept in the medical kit for availability at all practices and contests.

C. **Parental or Legal Guardian Consent Rule**

Parental or legal guardian consent is required before a student can be eligible to practice or compete in interscholastic competition. All students shall have on file with the principal or his/her designee written signed Parental/legal guardian consent form authorizing school participation. (ADDED 05-06)

D. **Parental acknowledgement of athletic policies**

Upon enrolling in school 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 Director's office.

E. **Insurance**

The WRUSD does not provide Student Insurance to cover activity and athletic injuries. It is in the responsibility of the (Parent or Guardian) to have the coverage needed to insure their son or daughter's coverage in case of an emergency. The IHS program will cover the Native American Children on a local area base and if the parent/guardian contacts the HIS office within 24 hours to notify the Indian Health Service of any events or actions taken off the Navajo Reservation.

F. **Scholastic eligibility**

In order to participate on a WRUSD athletic team, each athlete must have satisfied all of the scholastic requirements prior to participation.

G. **Risk of participation**

All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Window Rock School District Head Coach will use the following safeguards to make every effort to eliminate injury:

1. Conduct a mandatory student/athlete meeting at the start of the season to fully explain the athletic policies and to advise, caution and warn student athletes of the potential for injury.
2. Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
3. In case of injury where the student is taken to the hospital the coach will notify the parents, the administration, and security so that arrangements can be made to transport student home, a coach will remain with the child until student / athlete are turned over to parent.

H. **Financial obligations and equipment**

There is a \$20.00 participation fee for each sport per season.

1. Uniforms - In several sports, athletes will be required to purchase a portion of the game uniform, which will become their property.
2. Equipment - All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty. Stolen or lost items will be the financial obligation of the student athlete who was issued the equipment.

V. **Athletic Codes of Conduct**

A. **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 coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics that earns them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, bullying, immorality, or violations of law, tarnish the reputation of everyone associated with the athletic programs and will not be tolerated and will be referred to the Principal or Assistant Principal for discipline under the Student Handbook.

In-School Suspension (ISS)

A student assigned ISS twice in a day (periods 2 through 7) will not be allowed to practice or participate in a contest on that day. Excessive tardies can lead to being removed from the team.

Suspension under Window Rock High School Student Handbook (OSS):

Any student who is suspended from school for any reason is also suspended from participation in athletic activities, both practice and competitions. The denial of an athlete's participation in sports will coincide with the period of suspension from school. **Review of the incident leading to OSS will be reviewed by the School Administration, Athletic Director and Coach; upon review, an Athlete may be removed from the team.**

Searches:

Student athletes and bags may be searched as permitted by law prior to the students boarding buses for away games. No drinking containers or food will be allowed.

B. **General Training Rules affecting All Athletes**

The following general rules apply to the conduct and training of all student athletes. As discussed in Section C below, coaches have discretion to establish rules for their respective teams and sports. Student athletes who violate school rules and policies may also be subject to disciplinary action under the Window Rock High School Student Handbook.

1. **Substance Abuse Compromises Athletic Performance.** Medical research clearly substantiates the fact that use of tobacco, alcohol and any type of mood modifying substances produces harmful effects on the human organism. Any student who wishes to experiment with illegal or prohibited substances should remove him/herself from the team before he/she jeopardizes team morale, team reputation and team success and does physical harm to him/herself.

The community of Window Rock is concerned with the health habits of student athletes and is convinced that athletics and the use of these substances are not compatible. It is also a fact that when students have a strong interest to participate in athletics, their desire to use these substances is greatly reduced. Students have to decide if they want to be athletes. If you do wish to be an athlete you must make the commitment to be a competitor first. To be a competitor and compete at the highest level the athlete must be disciplined, responsible, dedicated and sacrifice for the good of the team, community, school, and parents but most of all yourself.

Tobacco Products: - Research emphasizes that use of tobacco is physically harmful to young adults. The harm done by this is not only a health problem. The community follows the progress of young athletes, and any deviation from accepted training rules marks one as unwilling to pay the price. If one squad member breaks the rules, the whole team is branded as non-trainers.

Alcoholic Beverages: - There is no way to justify athletes using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking sessions will be the first to criticize the athlete if he does not come through in a game.

Drugs: Simply stated, drug abuse is the consumption of any chemical substance (including steroids and other performance-enhancing drugs) or the smoking of some plant derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modifiers.

2. **Fighting:** The community of Window Rock believes that student athletes must follow a high standard of sportsmanship at all times to earn the respect of the community and of competitors. For that reason, fighting by an athlete in any sport is strictly prohibited. Fighting includes but is not limited to: An invitation to fight - closely following an opposing player during a disturbance and making any taunting gesture or sound - punching or slugging with fists whether or not a punch is landed - wrestling or tackling an opponent outside a legal play situation. Violation of this rule shall bring an automatic suspension for the remainder of that game plus suspension from the next scheduled game. The same suspension applies to any member of the playing squad who leaves the bench during a fight.

C. **Individual Coach Rules**

For all sports, coaches will establish rules for their respective teams and sports, in consultation with the Athletic Director. Each coach's individual rules must be provided in writing to his or her team members at the start of the season. Coaches will host a parent and athletic team meeting prior to the beginning of their season to inform parents and players about their team rules, selection process, expectations, and will allow an opportunity for questions and comments.

D. **Rule Violations and Appeals**

Coaches have discretion to impose penalties for violation of a coach's rules or Athletic Department rules. If a coach takes disciplinary action against any athlete, the following procedure will be followed:

1. The coach will inform the athlete of the alleged violation and the disciplinary action taken.
2. Within two (2) school days, the athlete has the right to appeal the decision to the Athletic Director. The athlete is encouraged to put his or her appeal in writing with the reasons why the disciplinary action should be reversed or modified. The decision of the Athletic Director regarding the appeal shall be final.

VI. Scholastic Eligibility Requirements

A. No Pass, No Play Rule

The "No Pass, No Play" rule is in effect for all extracurricular activities. To be eligible to participate in extracurricular activities, a student must have a 70% (C) in every class at the grade check period every Monday and maintain satisfactory progress toward promotion or graduation. Passing grades shall be determined on a cumulative basis, from the beginning of instruction to recording of a final grade for each course during the nine-week grading period. The Athletic Office will conduct grade checks every Monday, starting on the second full week of school. Coaches and advisors are responsible for making sure athletes are working towards maintain their academic eligibility throughout the season. Coaches may elect to institute a higher academic requirement "C" or Better policy beyond the athletic department's policy.

B. Rule Violations

Grade checks will be done every Monday; if an athlete has any grade(s) below 70%, they will have a one-week grace period to raise their grade(s) to 70% or better. On the next Grade Check; if they have not raised their grade(s) to 70% or better, they will be ineligible until the next Grade Check. The third time an athlete is declared ineligible (missing a week), they are subject to removal upon review of grades by Administration and Head Coach.

C. Ineligibility Appeals

If a coach or advisor determines that a student is scholastically ineligible to participate in an extracurricular activity, the determination may be appealed by following the same procedure established for athletic training violations set forth in section V.D. above.

VII. Basic Athletic Department Policies

A. **Participation:** An athlete may participate in only one sport per season.

B. **Dropping or transferring sports:** Quitting is an intolerable habit to acquire. Athlete's quitting a sport will not be able to try-out for another sport until the season of the sport they quit is finish; unless, released by the Head Coach and Athletic Director. On occasion however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

1. Consult with your immediate coach and then the head coach (mutual consent between coaches must be agreed upon before transferring).
2. Students will have a two week grace period in which to quit, after that time any student who quits will be ineligible for any sport in progress at that time.
3. Report your situation to the Athletic Director.
4. Check in all equipment issued to you.

If an athlete wishes to change sports during a season or after having won an award in one sport and he/she wishes to change sports, he/she shall consult with both coaches concerned and the Athletic Director. This procedure assures a smooth transfer which is in the best interest of the student.

C. **Equipment:** School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial

responsibility. All funds for missing or stolen equipment must be paid to the WRUSD Athletic Dept. Secretary, no others. A receipt will be given.

- D. **Missing practice:** An athlete should always consult his/her coach before missing practice. Check with your coach for more specific rules.
- E. **Travel:** All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless prior arrangements are made by the parents for exceptional situations and approved by the Administration.
1. Athletes will remain with their squad and under the supervision of the coach when attending away contests.
 2. Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
 3. All regular school bus rules will be followed.
 4. Dress appropriately and in good taste.
 5. Athletes must be in an after school activity in order to ride on the Activity Bus from practice.
 6. Athletes must have their parents or legal guardians sign the proper release form prior to departure in order to be released after an athletic event or activity. (Only parent or legal guardians may release a student athlete.) The Head Coach will have a check out list with them at each away site in order for parents to sign out their child. Only legal parents or guardians are allowed to check out their son or daughter.
 7. At times, it will be necessary to reduce the number of team members when it comes to travel on Away contests, due to the limitation of seating. Varsity Teams will have priority when assigning seating; JV and Freshmen teams will be limited.
- F. **College recruitment policy:** In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. College recruitment information is available in the athletic office. NCAA standards are available in the athletic office.
- G. **Conflicts in extracurricular activities:** An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.

When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he should withdraw from that activity.

- H. **Attendance:** Students must attend all classes of the school day in order to participate in contest or practice on that date. Students missing school for reasons other than illness must have an excused

absence in order to participate. Final authority for infractions of this rule will be based thru the appeal process.

Students absent from school on Thursday with a contest the following day (Fri-Sat) will be eligible to participate provided the absence is an excused.

Truancy on the day of game will not be tolerated and student-athlete will not be allowed to participate.

- I. **Release from class:** It is the responsibility of athletes to see their teacher the day before the classes they miss because of an athletic contest. All work shall be made up.
- J. **Grooming and dress policy:** A member of an athletic team is expected to be well-groomed. "He shows up best that shows off least." Appearance, expression and actions always influence people's opinions of athletes, the team and the school. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of athletes in this community.

The following grooming and dress rules will be adhered to by team members:

- 1. Hair styles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.
 - 2. An athlete shall dress presentably at all times, on trips, or at assemblies or banquets.
 - 3. Only uniforms issued by the department of athletics will be permitted to be worn for contests.
 - 4. Athletes will not be permitted to participate until deviations of the above rules are satisfactory corrected.
- K. **Vacations policy:** Vacations by athletic team members during a sport season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event an absence due to a vacation is unavoidable, an athlete must:
 - 1. Be accompanied by his/her parents while on vacation.
 - 2. Contact the head coach prior to the vacation.
 - 3. Practice one day for each practice or contest day missed prior to resuming competition. (Contest day will count as a practice day.)
 - 4. Be willing to assume the consequences related to their status on that squad as a starter, 2nd string, 3rd string, etc.
- L. **Squad selection:** In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while enrolled with the WRUSD, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, transportation, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport.
- M. **Cutting policies:** Choosing the members of athletic squads is the sole responsibility of the coaches of those squads, as overseen by the Head Coach of each sport.
- N. **Reporting of injury:** All injuries which occur while participating in athletics should be reported to the School Site Nurse/coach. If the injuries requiring medical attention, it will be necessary to have an injury report form completed and given to the School Nurse and AD. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to the activity. Coaches must fill out an Accident Report form on **any** injury or accident regardless of the extent of the injury. Coaches may pick up these forms in the Athletic Office and must complete the form and return it to the AD the morning following the accident.
- O. **Locker room regulations:**
 - 1. Rough-housing and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed.

2. All showers must be turned off. The last person to leave the shower room is expected to check all showers.
3. No one except coaches and assigned players are allowed in the locker room, unless permission is given by the Head Coach.
4. No glass containers are permitted in locker rooms.
5. All shoes with spikes or cleats must be put on and taken off outside of the locker room and gym in extreme or muddy weather conditions. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.
6. Coaches will be the last ones to leave the locker room and athletic areas, and will lock up their areas upon leaving.
7. Coaches will not leave any student athlete by themselves; the Coach will be the last to leave.

P. Weight room regulations:

1. Any student who uses the weight room must have a signed parental permission and release form on file in the athletic office.
2. Shirts and shoes are required at all times - tank tops are acceptable.
3. Nobody is to be in the weight room alone.
4. All students must be under the supervision of the instructor assigned.
5. Lifters must work with a partner.
6. Replace all weights on racks immediately following use.
7. Know your limits! Work with the instructor in determining your limits.
8. Utilize proper lifting technique; lowering weights to maintain proper form.
9. Warm-up with proper stretching exercises.
10. No chewing gum or eating candy while lifting.
11. No food or drinks inside weight room (water only).
12. No horseplay or profanity or abuse of equipment. Any equipment that is broken must be reported immediately.
13. Remember strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

VIII. Athletic Awards Policy

A. Varsity letter requirements

The varsity award shall be presented to an athlete who satisfies the participation requirements a listed below, completes all team obligations and receives the recommendation of the coach. (The coach may recommend a waiver of these requirements under an unusual circumstance.)

1. Specific sport requirements
 - a. Baseball/softball: 1) play in one-fourth of all innings played; 2) pinch hit or pinch run in three-fourths of the games played; 3) pitcher in four starts or six game appearances.
 - b. Basketball: (boys/girls) participate in fifty percent of regular season games.
 - c. Cheerleaders: meet ninety percent of contest and practice requirements.
 - d. Cross Country: (boys/girls) place seventh or better in one-half of the dual meets or in the top 10 in conference meet or top 15 in regional or state.
 - e. Football: participate in fifty percent of quarters played or play a specialist position.
 - f. Track: (boys/girls) Earn a total of 20 points;
 - g. Volleyball: participation in fifty percent of games played.
 - h. Wrestling: participation in fifty percent of matches or earns 50 wrestling points
2. Season is defined as that period of time from the first practice to the awards program.
3. Junior varsity and freshmen awards are given on the recommendation of the coach to all athletes that complete the season.
4. Manager's award will parallel the regular awards system if they manage for the entire season.
5. Statistician's award satisfactorily compiles statistics for the entire season.

B. Lettering criteria that pertains to all sports

1. An athlete who moves from one level of competition to another will letter at the level of the highest competition provided the athlete has met combined requirements.
2. A coach will have the prerogative to letter a senior who has not met the seasonal requirements for letter.
3. Injury Rule: Any athlete who is a starter or plays regularly and was thereafter injured may award a letter, if in the coach's judgment, he would have met the letter requirements.
4. In a sport where state tournament play is sponsored, athletes may letter if they have become starter and play 75% of the quarters, innings, matches, or score team points in individual competition in tournament play regardless of other lettering criteria.
5. Complete the season in good standing with the school and coach.

C. Awards

1. Varsity awards
 - a. 1st-year award: Chenille award letter with gold medal and insert signifying the sport and a gold service bar which indicates one year of lettering and certificate. (Note: should the athlete letter in another sport, he/she will not receive a second chenille letter.)
 - b. 2nd-year award: Gold service bar and certificate.
 - c. 3rd-year award: Gold service bar and certificate.
 - d. 4th-year award: Gold service bar and certificate.
2. Junior varsity (reserve) awards
 - a. 1st-year award: certificate.
 - b. 2nd-year award: certificate.
3. Freshman awards: certificate.
4. Non-letter awards
 - a. **All members** of a varsity athletic squad who successfully complete an athletic season for a particular sport, but who have not earned ample points for a varsity letter, are to be awarded a varsity participation certificate.
5. Trophy distribution by Athletic Department
 - a. (5) Varsity-Cheerleading, Football, Volleyball, Basketball, Track, Cross Country, Wrestling, Baseball and Softball
 - b. (5) 3 to TMS (A-Teams) and 2 to TMS (B-Teams)
6. Outstanding Scholar-Athlete award winner will be the Senior Male or Female High School or 8th grade Student Athlete with the highest GPA in their class, who participate in minimum of Two Varsity Sports within the present year.
7. Award Requirements - Outstanding Male and Female Athlete of the Year Award
 - a. Recipients **MUST** be a SENIOR at WRHS or 8th grade at TMS
 - b. Athletes should have never been suspended from any high school athletic team for disciplinary reasons.
 - c. The athletes must have two Varsity letters in the year he/she receives the award.
 - d. The athletes must be recommended by the coach of the sport they participated and then approved by a consensus of the coaching staff.
 - e. The athletes must possess leadership ability.
 - f. The athletes are chosen for the current year's achievement.
 - g. Athletes should never been placed in any In-School or Out-of-School Suspension for the current year.

Student Athletes, Parents and Coaches are asked to sign the bottom of this form to indicate that they received a Window Rock Unified School District Athletic Handbook and that they have read all Rules' and Regulations within its pages.

Then tear this page out and return the signed form to the Athletic Office of the High School or Junior High Athletic Office in order to receive an equipment card for your particular sport.

You will only need to submit this form once a year.

Please take the time to review the entire handbook.

*I have received a copy of the Window Rock Unified School District Athletic handbook, and understand its contents, rules, regulations, and will adhere to its policies. I give my permission for the student listed below to participate in organized interscholastic athletics, and I understand that such participation involves the potential for injury, which is inherent in all sports. I acknowledge that injuries are a possibility, even with the best coaching, use of the most advance protective equipment, and strict observance of rules. On rare occasions, the injuries can be so severe as to result in total disability, paralysis, quadriplegia, or even death.

Student Name: _____ Grade: (____) Age: (____) Sport: _____

Date of Birth: _____ Student Census Number: _____

Parent/Guardian Name: _____ Date: _____

Home Phone: _____ Emergency Contact Person: _____

Work Phone: _____ Emergency Phone Number: _____

Mailing Address: _____

Signature of Parent or Legal Guardian: _____

Insurance Company/Policy #: _____

*I understand that the WRUSD does not furnish Student Insurance, but they will make available a supplemental insurance coverage program for my son or daughter from a nationally recognized Insurance Co. for the companies cost, if I request for such a supplemental program.

*I understand that my son or daughter will be responsible for paying the WRUSD Athletic Department for any lost or stolen equipment or uniform checked out to them during their sport season.