Student Athlete & Parent/Guardian Handbook



**2017-2018**

**Coaches:**

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**Roosevelt High School**

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Principal ………………………………………………………Brian Vance

Asst. Principal ………………………………………………………Juan Price

Asst. Principal ……………………………………………………... Kristina Rodgers

Asst. Principal……………………………………………………....Michael Kelly

Director of Athletics………… …………………………………... ..Ryan Sherlock

Roosevelt High School Gymnastics

Nickname ………………………………………………………….. Riders

Colors ……………………………………………………………… Green & Gold

Conference ………………………………………………………… King County 3A

District …………………………………………………………….. Metro District

State Association ………...Washington Interscholastic Activities Association (W.I.A.A)

National Association. National Federation of State High School Associations (N.F.H.S)

**Mission Statement**

To provide an equal opportunity for all student athletes to grow academically, morally, socially, mentally and physically through participation in a high quality interscholastic program.

**Philosophy Statement**

The Roosevelt High School Gymnastics program believes that the fundamental purpose of interscholastic athletics is to enhance the growth in individual student athletes, provide a wholesome form of physical activity for as large a group of participants as possible, promote the development of those traits essential to individual character and integrity, facilitate the proper expression of competitive sportsmanship and foster the intellectual growth of the student by supporting and reinforcing the academic program of the school.

Coaches are to serve as the mentors and role models for athletes. As such, they are the embodiment of academic, athletic and personal values. Functioning as a part of the educational whole, the athletic program should always be in conformity with the District’s objectives.

Participation in the gymnastics program is a privilege available to all students which is earned by demonstrating the necessary skills, attaining good grades and setting good examples in behavior and attitude. The ultimate success of any extracurricular program is dependent on a cooperative effort between the parents and the school.

The following pages are designed to accompany the Roosevelt High School Student/Parent Handbook for Roosevelt High School to distribute to all students in the beginning of the school year. The policies and procedures outlined here highlight the district requirements or are specific to the Roosevelt High School Gymnastics Program. It is requested that all involved parties read, agree, and sign for their acceptance of the policies and procedures outlined in this handbook.

**Academic Eligibility**

As set forth by the Washington Interscholastic Activities Association (WIAA) in order to be eligible for athletic competition or extracurricular participation during the school year a student must have passed all classes, the previous semester and be maintaining passing grades in all classes for the current semester. As set forth by the Seattle School District in order to be eligible for athletic competition or extracurricular participation each student athlete must comply with WIAA standards and must maintain a cumulative GPA of above a 2.0. All coaches feel very strongly about our gymnasts having good grades & will assign conditioning for “F’s” & will spend practice time working on homework until grade is at a passing level. This can be done in the gym, library or at home.

**Assumed Risk**

Providing a safe environment for practice and competition is a priority of everyone involved in the athletic program. Every step is taken to ensure the safety and well-being of all participants. However, student athletes and their parents must be aware of certain risks of injury inherent in athletic participation. Accidents ranging from minor to severe may occur. It is mandatory that an activity eligibility form be signed by the parents or guardians of all potential athletes before they are allowed to participate in the Roosevelt High School Gymnastics program. By signing this for, parents and guardians acknowledge the risks associate with playing sports.

**Attendance Expectations**

Gymnasts are expected to be on time to all practices asked of them. Attending extended tutorial in order to raise poor grades is of course encouraged, but gymnasts must notify the coaches via text, email or phone ***prior*** (ASAP) to the absence in order for it to be excused. Family travel, appointments that cannot be made at any other time or school-related conflicts (ex: band concert) are excused absences as long as the coaches are notified via text, email or phone ***prior*** to the absence. Detention, working & other preventable conflicts are ***not*** excused absences.

Any unexcused absence = Conditioning assignment.

Unexcused absences day before meet = Not allowed to compete.

Multiple unexcused absences = Consequences may include removal from team.

**Attendance Requirements**

In order for a student-athlete to participate in a scheduled athletic event or extracurricular activity, this includes practice or games; she must be at school the following day or the preceding day if the event falls on a non-school day. Meet day attendance sheets will need to be signed by ALL teachers the day of a meet, or if the meet is on a non-school day, the preceding school day attendance is required.

**Athletic Awards**

Awards are a privilege. They, therefore, can be revoked or recalled for just cause including violation of any athletic code policies. The requirements for earning awards are established by the coaching staff. These honors and recognition are awarded at the discretion of the coaching staff, with input from team members.

The awards banquet is held at the end of the gymnastics season. At the ceremony, the following awards may be given by the coaches.

*Best Newcomer:*

* This gymnast worked hard at every practice and made great strides toward athletic improvement and is a valuable addition to the team.

*Most Inspirational:*

* This gymnast motivates her teammates, has a positive attitude, is eager for corrections and feedback, and is always on time and ready to work hard.

*Leadership Award:*

* This gymnast has stood out all season with their valuable leadership skills

*Captains Award:*

* No set number of captains – can change annually
* Class year does not factor into this position
* This gymnast has consistently demonstrated leadership skills to the team and coaches
  + Motivates teammates, always positive, encourages teammates to try new things, always trying to improve themselves, always on time and at practice, recognition that gymnastics is a team sport.

**Code of Conduct**

**The Student-Athlete:**

It is the responsibility of each **student-athlete** to abide by the rules, policies and procedures established by the head coach, the Athletic Department of Roosevelt High School, the Seattle Public School District, The King County Conference, the W.I.A.A. and the N.F.H.S.

**Student-athletes** are one of the most visible groups in the community due to their public exposure via the competitive arena and the media. Consequently, what you do and the way in which you do it requires exemplary behavior, particularly in the classroom. Basic courtesies and your responsibilities as a representative of the Athletic Department require that you:

**When in school:**

* Treat faculty, staff and classmates with courtesy and respect;
* Arrive to class on time
* Be prepared for all classes
* Be attentive in taking notes and active in participating in class discussions
* Follow class rules, including those regarding electronics
* Remember that if you do things in groups with other student-athletes, your behavior invites the judgment of athletics as a group. If you sit in class with other student-athletes, your behavior should reflect positively on the Athletic Department and the Roosevelt High School Gymnastics Program in particular. Your behavior has a definite impact on the reputation of the Roosevelt High School Gymnastics Program.

Your conduct will be closely scrutinized as you compete. You will be looked upon as a role model and it is important that your personal conduct be above reproach. It is expected that you:

* + Abide by all team rules as outline by your coach;
  + Dress appropriately and remember that you are representative Roosevelt High School Gymnastics; remember, you are an ambassador for this program and you represent your team, coaches, school and your family. Thus, many people depend on you.
  + Be courteous to, cooperate with and be patient with fans, officials, community members and media personnel;
  + Refrain from addressing officials in a negative way or over a contested play;
  + Refrain from use of inappropriate language, signs, symbols or unsportsmanlike conduct;
  + Refrain from loud, attention-drawing or discourteous behavior.

Participation in athletics at Roosevelt High School is a privilege and not a guaranteed right. Accordingly, exemplary behavior is expected at all times and in all situations throughout the year

**Parents/Guardians/Fans:**

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. Keep in mind that these are the principles we are teaching our students….together.

All parents, guardians and fans will be expected to:

* Be positive role models for the gymnasts and encourage sportsmanship by showing respect and courtesy and demonstrating positive support for all players.
* Not engage in any kind of unsportsmanlike conduct with any official, coach, player, parent or staff member such as taunting or using profane language and gestures.
* Not encourage any behaviors or practices that would endanger the health or well being of the athletes.
* Treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex, ability or other distinguishing characteristic.
* Respect the officials and their authority during games; refrain from addressing the officials in a negative way.
* Never question, discuss or confront coaches at the gymnastics meets; take time to speak with coaches at an agreed time and place.
* Refrain from the use of any drugs, tobacco, and alcohol products at all sporting events. There is no smoking on the school property.
* Refrain from distracting the gymnasts’ during the contest.
* Let the players play, the coaches coach and the officials officiate.

**Communications**

The coaches and administration of Roosevelt High School welcome communication with student athletes and their parents or guardians. See contact info at the beginning of this handbook.

At the core of any good relationship is trust. It is important to understand there may be times when things do not go the way athletes, parents and coaches wish. There may be times when it is difficult for parents to understand how playing time is allotted, why people are playing certain positions, strategy and so on. It is imperative parents and athletes trust that our coaches are trying to do the right thing for the team and all individuals involved. It is important to understand that the coaches are the ones with the team on a daily basis in practice and competition and therefore will make judgment decisions based on what they feel is in the best interest of the team. Playing time, players’ positions and strategy should be left to the discretion of the coaches. However, if you have a concern to discuss with a coach, there is a process. The proper order of communication is as follows:

1. Gymnast speaks with coach(es).
2. Parents meet with coach(es), including Head Coach, & gymnast.
3. Parents meet with coach(es), gymnast & Director of Athletics.

It is important not to confront the coach before or after a game or practice. These can be emotional times and not best for resolving conflicts. A 24-hour waiting period is recommended to address any concerns. Please make an appointment to see the Head Coach.

It is strongly suggested that the proper order of communication be followed.

**Discipline Code**

Disciplinary issues are addressed in the following manner:

1. Coach(es) speak with gymnast.
2. Coach(es) meet with parents & gymnast.
3. Coach(es) meet with parents, gymnast & the Director of Athletics.

**Emergency Medical Procedure**

When an injury occurs, parents and athletes are expected to remain calm and let the team physician, trainer or coaching staff administer aid. Athletes, other than the injured the athlete, must remain clear of the injury. Captains or leaders of the team must help maintain order and may be asked to assist. The procedure is as follows:

1. Assess situation
2. Locate athletic trainer (if on duty)
3. Call 911
4. Contact parent/legal guardian.

**Injuries**

Every effort is made to ensure that injuries do not occur. Students are required to follow the coaches’ procedures for conditioning, warm-up, stretching, cool downs and to exercise caution when using *any* athletic equipment.

Students must report all injuries to the respective coach immediately so that proper treatment may be given. Do not leave a practice or a meet without notifying the coach.

Students are encouraged to consult the Roosevelt High School certified athletic trainer, who is on duty after school and at home competitions. At away games, players are encouraged to request assistance from the host school’s trainer until the team arrives home. By doing so, the necessary paperwork can record any injuries and the proper care can be administered.

In order to return from an injury a doctor’s note is required to resume participation.

**Lettering Requirements**

Awarding a letter is always at the discretion of the coaches, but a gymnast who scores in the top five on any event during three season meets will be recognized as a letter winner unless she has violated the code of conduct.

**Player Contract**

“Responsibility is the price of greatness.” -- Winston Churchill

As a part of this program, it is important that we all assume the responsibility of our individual roles: the role of the coach, the role of the player and the role of the athletic trainer. Each role begins with making a commitment to the team. It is vital that each member of the program fulfill the requirements described herein.

As a member of the Roosevelt High School Gymnastics’ team, your first responsibility is to read this handbook ***completely*** and sign the player contract within the appendix.

**Sportsmanship**

Although we will compete hard, we will compete fairly and respectfully with our opponents. Coaches, athletes, students and spectators must recognize that their conduct plays an important role in establishing the reputation of our school and that our positive actions can contribute directly to the success of the Gymnastics program.

During home meets we serve as hosts to visiting teams, its students and spectators. They are our guests, and they should be treated accordingly. As visitors, we are expected to act as invited guests. We will treat the home school’s facilities with care and respect.

Qualified judges are assigned to all contests. They are the proper authorities to make decisions regarding the rules and their interpretations. These decisions should be accepted. Judges should be treated with respect at all times on and off the playing field.

Sportsmanship includes being appreciative of all good performances by both our team and the opponent.

***Cheer for our team, not against the opponent.***

**Substance Use Policy**

Student participants, whether in athletics or other activities, are expected and required to set an example for all students by their conduct and to promote a school atmosphere free from harmful drug, alcohol, and tobacco use.

The Seattle School District Athletic/Activity Code exists in order to provide specific guidelines to be followed by high school students from the date of their enrollment and has application to all interscholastic sports/athletics and any other school-approved activities. This code is in effect: (1) throughout the school year, (2) at any school-sponsored programs/events even those occurring during breaks in the school year or summer including from the first day of turn out for a sport or activity that begins during the summer, and (3) at any event at which students are representing their school or the District regardless of when the event happens. All students choosing to participate in athletic and activity programs are to conduct themselves in accordance with this Code and are required to abstain from possessing, using, buying, consuming, selling, or giving away any illegal substance including legend/prescription drugs, controlled substances, anabolic steroids, alcoholic beverages, any tobacco product, or other substance banned by the WIAA.

In addition, students who choose to attend or remain at functions beyond the time reasonably necessary to leave the situation where it is apparent that there are alcohol/drugs being illegally used will be in violation of this policy. Any sanction imposed for a violation of this policy may be in addition to any action that might be taken under other District policies relative to conduct, misconduct and/or the use of alcohol/drugs/tobacco.

Sanctions issued under this policy will be cumulative throughout a student’s high school years for any and all activities/athletics and will not start over each year. The Superintendent will establish appropriate procedures for the implementation and for any violations of this policy, and will provide that this policy and related procedures are broadly disseminated in school and district publications and in a manner that will reasonably provide students notification of the Code and provisions.

**Transportation**

Riding together as a team to and from a meet is part of the experience. The following regulations govern our teams’ athletic transportation:

* All members of the Roosevelt High School Gymnastics program ***must*** ride to and from contests on school provided transportation.
* Exception: If a parent/guardian lets a coach know (face-to-face) that they will be driving their gymnast home, this is acceptable.

**Uniforms & Equipment**

Student-athletes are responsible for equipment and/or uniforms issued to them. It is requested that the school-issued equipment be treated with care to ensure the longevity of the products.

Athletes may provide their own equipment provided it has the necessary certification, meets all rule specifications, and is inspected regularly by coach and officials for safety and compliance.

Athletes must report damaged equipment (school issued or individually purchased) to coaches or faculty equipment personnel.

**Web-site:**

http://roosevelthighschoolgymnastics.weebly.com/

**Roosevelt High School Gymnastics Program**

**Player Contract 2017-18**

In order to be a member of Roosevelt High School gymnastics program, you must conduct yourself in a respectable, sportsmanlike manner at all times. You must abide by the policies and conditions described in the Roosevelt High School Gymnastics Student-Athlete and Parent/Guardian Handbook, and adhere to team rules and decisions by the coaches. Specifically you must agree to:

* Work to maintain maximum academic standing.
* Attend all practices, meetings, contests and award ceremonies.
* Exert efforts to improve at all times.
* Never belittle or criticize team members or opponents.
* Strive toward top physical conditioning.
* Not question the authority of your coach.
* Exercise appropriate conduct in and out of school.
* Display good sportsmanship at all times.
* Refrain from use or possession of cigarettes, alcohol and/or drugs.
* ***Demonstrate a winning and productive attitude.***
* Take personal responsibility for all eligibility requirements including but not limited to: academics, age, a current valid medical evaluation and the completion of any necessary paperwork.

You and your parent’s/guardian’s signature below will indicate that both have reviewed the Roosevelt High School Athletics Student Athlete & Parent/Guardian Handbook, and are prepared to accept the policies and guidelines therein and those immediately above.

I/we have read the entire Handbook. By my/our signature, I/we acknowledge that I/we understand the terms of this contract and I/we will comply with all the rules and regulations set forth. If I/we have questions, I/we will read the supplied and referenced handbooks. I/we are cognizant of all consequences for any violation noted within the Roosevelt High School Gymnastics Program Handbook or the Roosevelt High School Student Handbook.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Student Athlete’s Name (print)*

*\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Date Student Athlete’s Signature*

*\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Date Parent/Guardian Signature*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Parent/Guardian Email*

**Roosevelt High School Gymnastics Program**

**Equipment/Apparel Contract**

Each athlete will be given a practice leotard at the beginning of the season. These leotards will be worn at practice the day before a meet, if the athlete is competing, and can be worn at any practice the athlete chooses. These leotards are to be washed in cold water on a delicate cycle, if not hand-washed, and air dried.

If an athlete is competing, they will be given a warm up leotard, a competition leotard, and a jacket the day of the meet. These are NOT to be washed at home. Participating in Roosevelt High School’s Gymnastics Program allows the athlete to compete in at least one meet, unless there has been a contract violation. Because of the high volume of participants and thus competitors, we require that each athlete wears NUDE or BLACK undergarments under their leotards. Meet-day attire must be returned at the next practice following a meet, and must be ‘checked-in’ by one of the coaches.

It is expected that the apparel Roosevelt High School supplies each athlete will be returned in the same condition it was given. If apparel is returned damaged etc., or is not retuned entirely, the athlete will be fined the amount of the damaged/missing article.

Practice Leotard: $30

Warm Up Leotard: $50

Competition Leotard: $114

Warm-Up Jacket: $118

You and your parent’s/guardian’s signature below will indicate that both have reviewed the Roosevelt High School Equipment/Apparel Contract, and are prepared to accept the policies and guidelines therein and those immediately above.

I/we have read the entire Contract. By my/our signature, I/we acknowledge that I/we understand the terms of this contract and I/we will comply with all the rules and regulations set forth. If I/we have questions, I/we will read the supplied and referenced handbooks, or contact the Head Coach. I/we are cognizant of all consequences for any violation noted in the contract above.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Student Athlete’s Name (print)*

*\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Date Student Athlete’s Signature*

*\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Date Parent/Guardian Signature*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Parent/Guardian Email*