

# WOODLAND SCHOOL DISTRICT ATHLETIC HANDBOOK



**WMS Trojans**



**WHS Beavers**

**2021-22**

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## **MISSION STATEMENT WOODLAND SCHOOL DISTRICT ATHLETICS**

Dedicated to the conviction that athletic and academic success are intertwined, the mission of the Woodland School District athletic program is to achieve and maintain a culture of excellence and integrity through a diverse offering of athletic activities that promote both personal and collective growth.

All of our athletes, through participation and achievement, will have unparalleled opportunities to develop GRIT and extend their potential in skill development and preparation for the next level of athletic, academic, and social success. This is accomplished by fostering a sense of family in a professional, caring, and fun environment in which there is open communication and enthusiastic teamwork among athletes, coaches, parents, peers and the community. It takes a village!

WSD student athletes will become servant leaders that express gratitude and earn the respect of others by doing things the right way - The Woodland Way. Ultimately, our mission is to offer experiences through our athletic program that will have a positive impact on our athletes lives both now and in the future.

# ATHLETIC / ACTIVITY PACKET

Welcome to Woodland School District Athletics: Please read the following information if you desire to participate in our interscholastic activities. You are eligible to participate only if you meet the following requirements:

- Are living with parents/guardians in a residence located within our school district boundary and meet all WIAA residential requirements as described in section 18.9.0 of the WIAA handbook
- Attended school last semester and received transcript grades
- Are not under a short-term, long-term, emergency-expulsion, or expulsion from school
- Have not reached your 15th birthday prior to June 1 of the previous school year for middle level sports and be under 20 years of age on September 1 for the WHS fall season, December 1, for the WHS winter season, or March 1 for the spring season
- Have completed a physical examination during the past 24 months
- Have transferred to this school for reasons other than to participate in athletics
- Do not use, provide to others, or possess a legend drug and have not violated this school's policies or the schools from which they are transferring from codes on alcohol and tobacco or legend drugs
- Are academically eligible in school
- Complete the required number of practice days
- Fees paid: ASB card (WMS \$20.00 / WHS \$25.00) and seasonal participation fee (WMS \$50.00 / WHS \$75.00). These fees can be waived (see below).

Our school's athletic code and eligibility policies are attached. Please review this information with your parents. Athletic registration must be completed on Family ID. Go to [woodlandschools.org](http://woodlandschools.org) and then the athletic page for the link to Family ID. Associated Student Body fee, participation fee, and valid physician's physical must be returned to the designated school office before athletic clearance can be obtained. If you qualify for free/reduced lunch your fees can be waived. If you need financial assistance in order to participate, please contact the middle or high school office and ask for direction. It is our goal to make sure that there are no barriers (financial or otherwise) keeping our students from participating in extra-curricular activities.

Please read the following information carefully.

## **ATTENDANCE**

- A. The intent of this policy is to reinforce the importance of school attendance for all students.
- B. Athletes are expected to be in attendance the entire day in order to participate in athletic events. An unexcused absence from one or more periods will result in a one game suspension from the first contest after an attendance check – which will occur on a weekly basis (every Wednesday). It is recommended that whenever possible, absences are pre-arranged.
- C. In the event of a late night return on a school day from an athletic event, the coach and athletic director or district designee will determine attendance arrangements for the following school day. However, every attempt will be made to schedule games with limited travel times or to arrange long distant trips on days prior to non-school days.
- D. Students who are ineligible for attendance or academic reasons may not be allowed to travel with the team to away events.

## **MEDICAL CLEARANCE**

When an athlete is seen by any medical services, for any injury or condition, the school will need a clearance from the medical personnel who treated the athlete. The clearance should indicate that the student is cleared for practice/competition, and that the athlete is not taking any medication that would impact their participation. If limited participation is approved, the limitations need to be specifically indicated. Any athlete suspected of sustaining a head injury must be cleared by a licensed health care provider before returning to play (HB 1824). Those licensed to perform physical examinations include a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.

# WHS ACADEMIC ELIGIBILITY

Students must have passed a minimum of five (high school) full credit classes in the grading period previous to the sport in which they plan to participate (WIAA 18.7.6). Students are also expected to maintain this standard throughout the season. Any student who does not meet this standard during pre-season grade checks or subsequent grade checks will be placed on academic suspension.

For the purpose of athletic eligibility, the grade point average (GPA) will include all classes and be calculated as follows: (A) 4.00; (A-) 3.70; (B+) 3.30; (B) 3.00; (B-) 2.70; (C+) 2.30; (C) 2.00; (C-) 1.7; (D+) 1.30; (D) 1.0; (F) 0.00; (P) not computed. Incomplete courses (I) will not be computed into the GPA. Athletes with "incompletes" will have until the end of the next quarter to complete the course and receive a grade. In courses utilizing the no "D" grading system, a percentage grade will be used. Athletes are prohibited from falling below WIAA standards at any time.

Pre-season eligibility will be determined by the following:

High School Fall Sports - previous **semester grades**

**Note:** Woodland High School freshmen will only be eligible for probation, not suspension for fall sports.

High School Winter Sports - **first quarter grades**

High School Spring Sports - **first semester grades**

**In addition to a mid-season official grade check, athletes will be checked weekly to make sure they are meeting the WIAA standard of passing 5 out of 6 classes.**

Athletes on academic suspension may participate in practice, but not compete in games. The length of the suspension will vary based on the situation:

- If a student does not pass five out of six classes at the end of a semester, they will be placed on academic suspension through the last Saturday in September or the first five weeks of the succeeding semester (WIAA 18.7.6).
- If a student does not pass five out of six classes in the grading period previous to the sport in which they wish to participate (winter and spring), they will be placed on academic suspension for four weeks following the beginning of the season.
- Athletes will remain on suspension for the duration of the suspension period and until they have met standard.
- If a student is not passing five out of six classes during weekly grade checks throughout the season, they will be placed on suspension until they are passing at least 5 out of 6.

**Athletes that have met standard but are below a 2.5 gpa or have 1 F will be placed on Academic Probation.**

Athletes on academic probation may participate in practices and compete in games, providing the following conditions are met:

- Athlete must attend two tutoring sessions per week.
- Athlete must have returned an academic probation letter to the athletic director (signed by parent and player).
- Athlete must turn in required tutoring form to their coach each Friday to be eligible on Monday.
- Athlete's coach will monitor progress. If a coach believes the student is not making a valid effort to improve, participation time may be lost.
- Athlete must continue to pass five out of six classes.

Once an athlete has achieved a 2.5 GPA and no F grades, they are removed from probation at the next scheduled check.

**STUDENTS NEW TO THE WOODLAND SCHOOL DISTRICT, upon turning out for a sport, must meet the same academic requirements as listed above (pass five out of six classes), which will be verified by an official transcript from the transferring school. Fax verification will be acceptable academic verification.**

## WMS ACADEMIC ELIGIBILITY

Students must have passed a minimum of five full credit classes in the grading period previous to the sport in which they plan to participate (WIAA 18.7.6). Students are also expected to maintain this standard throughout the season. Any student who does not meet this standard during pre-season grade checks or subsequent grade checks will be placed on academic suspension.

For the purpose of athletic eligibility, the grade point average (GPA) will include all classes and be calculated as follows: (A) 4.00; (A-) 3.70; (B+) 3.30; (B) 3.00; (B-) 2.70; (C+) 2.30; (C) 2.00; (C-) 1.7; (D+) 1.30; (D) 1.0; (F) 0.00; (P) not computed. Incomplete courses (I) will not be computed into the GPA. Athletes with "incompletes" will have two weeks to complete the course and receive a grade. Athletes are prohibited from falling below WIAA standards at any time.

Pre season eligibility will be determined by the following:

Middle School Fall Sports -	previous <b>semester grades</b>
Middle School Winter I Sports -	previous <b>progress report</b>
Middle School Winter II Sports -	<b>first quarter grades</b>
Middle School Spring Sports -	previous <b>progress report</b>

**In addition to a mid-season official grade check, athletes will be checked weekly to make sure they are meeting the WIAA standard of passing 6 out of 7 classes.**

Athletes on academic suspension may participate in practice, but not compete in games. The length of the suspension will vary based on the situation:

- If a student does not pass five out of six classes at the end of a semester, they will be placed on academic suspension for the first three weeks of the succeeding semester (WIAA 18.7.6).
- If a student does not pass five out of six classes at the pre season grade check for the sport in which they wish to participate (winter and spring), they will be placed on academic suspension for three weeks following the beginning of the season.
- Athletes will remain on suspension for the duration of the suspension period and until they have met standard.
- If a student is not passing five out of six classes during weekly grade checks throughout the season, they will be placed on suspension until they are passing at least 5 out of 6.

**Athletes that have met standard but are below a 2.5 gpa or have 1 F will be placed on Academic Probation.**

Athletes on academic probation may participate in practices and compete in games, providing the following conditions are met:

- Athlete must attend two tutoring sessions per week.
- Athlete must have returned an academic probation letter to the athletic director (signed by parent and player).
- Athlete must turn in required tutoring form to their coach each Friday to be eligible on Monday.
- Athlete's coach will monitor progress. If a coach believes the student is not making a valid effort to improve, participation time may be lost.
- Athlete must continue to pass five out of six classes.

Once an athlete has achieved a 2.5 GPA and no F grades, they are removed from probation at the next scheduled check.

**STUDENTS NEW TO THE WOODLAND SCHOOL DISTRICT, upon turning out for a sport, must meet the same academic requirements as listed above (pass five out of six classes), which will be verified by an official transcript from the transferring school. Fax verification will be acceptable academic verification.**

# GENERAL REGULATIONS

## ATHLETIC EQUIPMENT:

- A. All students are responsible for all school equipment issued to them.
- B. Fines will be issued for the damage or loss of any equipment. The fines will be at the current replacement costs for the equipment.
- C. Athletes will not be allowed to participate in subsequent seasons if their equipment fines are not paid in full.
- D. No school uniforms will be sold to athletes; state laws governing ASB funds prohibit this.

## ATHLETIC AWARDS:

- A. To be eligible for an athletic award, the athlete must successfully complete the sport season.
- B. The athlete must be recommended by his/her coach.

## INSURANCE:

- A. Parents/guardians have the option of purchasing insurance for athletics through the school offered **Myers, Stevens, and Toohey** Insurance Program.
- B. Parents/guardians must provide the name and policy number of their private insurance carrier.

## FEES:

- A. All participating athletes must purchase an associated student body card and pay the seasonal participation fee prior to participation.
- B. All student athletes must pay a participation fee (\$50.00 per sport for WMS and \$75.00 per sport for WHS – cheer is \$25.00 per season). This fee guarantees participation in the activity as long as the student meets the eligibility requirements. Refunds will only be received if a student is cut from the program.
- C. Any athlete with outstanding fines (past due library books, textbooks, sports gear, etc.) will not be cleared for participation until the fines have been cleared.

## PHYSICAL EXAM REQUIREMENT:

- A. All athletes must provide proof of a current physical examination by a doctor certified to perform physical examinations, or by a WIAA approved medical professional.
- B. A copy of the current physical must be on file in the school office prior to participation.
- C. The physical must be on the official WIAA form.
- D. A physical exam is good for a 24 month time period.

## ATHLETIC REGISTRATION FORMS:

- A. An athlete and his/her parent/guardian must complete all required athletic registration forms.



# SPORTSMANSHIP

1. All Woodland School District athletes will recognize that both as a team and as individuals, they have the responsibility to display the highest degree of good sportsmanship.
2. An athlete who displays inappropriate conduct in practices, contests, or during travel time, will receive a minimum of a verbal warning to possible suspension from the activity.
3. Woodland School District Code of Conduct outlines the following behavioral expectations for our student athletes at all athletic events:

**W**

Accept and understand the seriousness of your responsibility and the privilege of representing your school and community.

**W**

Live up to the standards of sportsmanship established by the school administration and the coaching staff.

**W**

Treat opponents the way you would like to be treated as a guest or friend.

**W**

Refrain from taunting, trash talking, or making any kind of derogatory remarks to your opponents during the game, especially comments of an ethnic, racial, or sexual nature.

**W**

Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat.

**W**

Respect the integrity and judgment of game officials.

# ATHLETIC CODE

THIS CODE APPLIES TO STUDENTS WHO PARTICIPATE IN ATHLETIC AND/OR EXTRA-CURRICULAR ACTIVITIES INVOLVING OTHER SCHOOLS.

The opportunity to participate in the activity program is a privilege granted to all students of the district. Participants in voluntary activity programs are expected to conform to specific conduct standards established by coaches, advisors and administrators and those identified in this athletic code. A student found to be in violation of any of the standards and/or rules is subject to disciplinary action, which may include suspension and/or removal from the activity. Provision is made for a student who has allegedly violated one or more of the conduct rules to appeal any disciplinary action, suspension and/or expulsion as specified in this code.

All athletes shall purchase an ASB card. All activity participants must abide by the rules in the Student Handbook.

Athletes shall ride to and from athletic contests in school provided or school approved transportation. They may ride home with their parents only upon a written request/agreement with the coach. Other special circumstances must be approved by the building athletic director/designee.

Athletes must have a valid physical exam that meets WIAA standards prior to any athletic participation, practices, and contests. It is required that student athletes have medical insurance and recommended they have dental insurance. **The school does not cover athletes in cases of athletic injury.**

**I. TOBACCO:** RCW 28A.600.010 and RCW 28A.600.40 grant school districts the authority to adopt and enforce reasonable rules and regulations regarding school conduct for its students. Each WIAA member school is required to adopt rules and regulations for students who possess and/or use tobacco while participating in an interscholastic sports season or other activity governed by the WIAA. The Woodland School District utilizes the following policies and procedures for its athletes with respect to tobacco and **tobacco look-alike** substances. See *“Definitions of Terms”*

A. **First Tobacco Violation:** An athlete/extra-curricular participant who is found to have used or possessed tobacco shall be suspended from interscholastic competition in the team or activity for a period of up to four (4) weeks during that season or the next season of participation. The athlete may practice with the team, but not participate in competition.

B. **Second Tobacco Violation:** An athlete/extra-curricular participant will be removed from the team/activity for the remainder of the season.  
*See “Appeal Process”*

C. **Third Tobacco Violation:** An athlete/extra-curricular participant will be removed from the team/activity for a period of one calendar year from the date of the violation. *See “Appeal Process”*

**II. ALCOHOL and MARIJUANA:** RCW 28A.600.010 and RCW 28A.600.40 grant school districts the authority to adopt and enforce reasonable rules and regulations regarding school conduct for its students. Each WIAA member school is required to adopt rules and regulations for students who possess and/or use alcohol or marijuana while participating in an interscholastic sports season or other activity governed by the WIAA. Woodland School District utilizes the following policies and procedures for its athletes with respect to alcohol or marijuana use, sale, distribution and/or possession. An athlete/extra-curricular

participant found by criminal conviction or otherwise to have used, sold, distributed or be in possession of marijuana or alcoholic beverages, shall be: See *"Definitions of Terms"*

- A. **First Violation:** Disqualified from participation in WIAA or school activities during that season. Ineligibility shall continue until the next sports season in which the participant wishes to participate. If the athlete/extra-curricular participant consents to participate in drug/ alcohol assessment and follows the recommendations of the assessment (the expense of to be incurred by the parent or student), then the suspension will be reduced to four weeks maximum during that season or the next season of full participation. Proof of assessment and following of the assessment recommendation must be evident before eligibility can be reinstated. During the suspension/disqualification, the student may practice, at the discretion of the coach, with the team/activity, but not participate in competition or programs involving other schools.
  - B. **Second Alcohol or Marijuana Violation:** Suspension from participation in any WIAA or school activity for one calendar year from the date of the second violation.  
See *"Appeal Process"*
  - C. **Third Alcohol Violation:** Permanent suspension from participation in a WIAA or school-sponsored extra-curricular activity.  
See *"Appeal Process"*
- III. **LEGEND DRUGS, INCLUDING ANABOLIC STEROID USE, POSSESSION, AND/OR SALE, NON-PRESCRIBED MOOD OR PERFORMANCE ENHANCING/CHANGING DRUGS, NARCOTICS, HALLUCINATORY AGENTS.**

RCW 69.41.020 - 69.41.050 A violation of these statutes or any state/federal statutes pertinent to use, possession and/or sale shall constitute a violation of the athletic code of the Woodland School District, rendering the athlete subject to disciplinary actions. See *"Definitions of Terms"*

- A. **First Violation:** A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate. In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school eligibility board consisting of coaches and administrators selected by the principal, to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.

A participant who seeks and receives help for a problem with use of legend drugs (RCW 69.41.010 identified substances) or controlled substances and controlled substance analogs (RCW 69.50.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility re-instated in the athletic program, pending recommendation by the school eligibility authority.

- B. **Second Violation:** A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

*See "Appeal Process"*

- C. **Third Violation:** A participant who violates for a third time RCW 69.41.020 - 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

*See "Appeal Process"*

**ATHLETES ATTENDING FUNCTIONS WHERE ALCOHOL, MARIJUANA, TOBACCO OR OTHER DRUGS ARE BEING ILLEGALLY CONSUMED:** Athletes who attend a gathering where tobacco, drugs, and/or alcohol are being used illegally, must, upon learning of the presence and/or use of such substances, leave. Failure to leave will result in discipline as an alcohol, tobacco, or drug violation as described above.

**ANY INCOMING ATHLETES OR OUTGOING ATHLETES TO/FROM ANOTHER MEMBER DISTRICT MAY NOT BECOME IMMEDIATELY ELIGIBLE WITHOUT COMPLETING THE CONDITIONS OF INELIGIBILITY (WIAA 18.10.1)**

#### **DEFINITIONS OF TERMS:**

**"or otherwise"** refers to if a coach or school administrator becomes aware of the use of alcohol or drugs by an individual or a group of individuals at a party, "kegger," or any other time. Awareness on the part of school personnel can be from admission by the individual(s) involved, substantiated reports, or multiple witnesses to the act of using alcohol or drugs.

**"used"** is defined as illegal use of alcohol or drugs in any amount, no matter how small (i.e. one sip).

**"distributed"** is defined as: 1. giving anyone else a drink or drugs; 2. providing a place for student athletes or extracurricular participants to consume alcohol or drugs (i.e. handing someone a drink at a party or allowing drinks to be distributed at your house if hosting a party).

**"possession"** is defined as being in physical possession of illegal drugs, including controlled substances, or related drugs, or alcohol as well as being present in any environment where the illegal use of such drugs or controlled substances or alcohol is taking place including, but not limited to, athletes/participants presence at parties or other gatherings where others are selling, using, in physical possession of, or delivering non-prescription mood or performance enhancing/changing drugs, narcotics, hallucinogens, controlled substances, or legend drugs including anabolic steroids.

#### **APPEAL PROCESS FOR DISCIPLINARY ACTION:**

Any parent or student who is aggrieved by the imposition of discipline shall have the right to an appeal as outlined in Board Policy No. 2151P in the section titled "Appeal Process for Disciplinary Action". The athlete will be ineligible during the appeal process.

### **PHYSICAL APPEARANCE:**

An athlete shall maintain the dress and grooming standards of the team set by the coach. Refusal to meet this standard will be grounds for removal from the team.

### **UNSPORTSMANLIKE CONDUCT:**

Athletes and coaches shall exhibit appropriate conduct in practices and/or contests. Inappropriate conduct including profanity, shall be grounds for removal from the game or practice. If a player or coach is ejected from a game, they shall be suspended until after the next scheduled game. He/she will not be allowed to attend practice or games during the suspension. A second ejection shall result in the player or coach being suspended for the remainder of the season.

### **TITLE IX COMPLIANCE:**

Woodland Public School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression, gender identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee(s) has been designated to handle questions and complaints of alleged discrimination:

Vicky Barnes, Title IX Officer, Civil Right Coordinator, and Affirmative Action Officer, 800 Second St. Woodland, WA 98674, [barnesv@woodlandschools.org](mailto:barnesv@woodlandschools.org), (360) 841-2702 Jake Hall, 504 Coordinator, 800 Second St. Woodland, WA 98674, [hallj@woodlandschools.org](mailto:hallj@woodlandschools.org), (360) 841-2720. You can report discrimination and discriminatory harassment to any school staff member or to the district's Civil Rights Coordinator, listed above. You also have the right to file a complaint. For a copy of your district's nondiscrimination policy and procedure, contact your school or district office or view it online at [www.woodlandschools.org](http://www.woodlandschools.org).

# RESPONSIBILITIES FOR ATHLETES, COACHES, AND PARENTS

A successful experience is the goal of all participants with an athletic program. It is the responsibility of many groups of people that will create an environment in which this goal is realized. Woodland School District is committed to providing a success experience for all participants. The individual responsibilities are listed in the chart below.

	<b>Student/Athlete</b>	<b>Coaches</b>	<b>Parents/Guardians</b>
<b>Home</b>	<ol style="list-style-type: none"> <li>1. Get adequate rest</li> <li>2. Eat a nutritious diet</li> <li>3. Follow all training rules</li> <li>4. Complete all homework</li> <li>5. Maintain conditioning during the off-season</li> </ol>	<ol style="list-style-type: none"> <li>1. Set team goals</li> <li>2. Organize and use good time management</li> <li>3. Keep current all program rules</li> </ol>	<ol style="list-style-type: none"> <li>1. Provide a nutritious diet</li> <li>2. Allow homework time</li> <li>3. Encourage and support</li> <li>4. Recognize the positive experience of participating whether the student is a starter or reserve.</li> </ol>
<b>School</b>	<ol style="list-style-type: none"> <li>1. Practice good citizenship</li> <li>2. Maintain high academic standards</li> <li>3. Promote team accomplishments and those of teammates</li> <li>4. Take pride in dress and appearance</li> <li>5. Set academic goals</li> </ol>	<ol style="list-style-type: none"> <li>1. Pre-season parent meeting</li> <li>2. Communicate openly with parents</li> <li>3. Be a positive role model</li> <li>4. Push to improve your program</li> <li>5. Participate in workshops/ clinics</li> </ol>	<ol style="list-style-type: none"> <li>1. Follow established procedures when communicating with school or coach</li> <li>2. Be an active volunteer</li> <li>3. Join a support/booster organization</li> <li>4. Support all academic efforts</li> </ol>
<b>Practice</b>	<ol style="list-style-type: none"> <li>1. Meet all eligibility requirements</li> <li>2. Be there, make the time commitment</li> <li>3. Set goals and work to improve</li> <li>4. Be prepared to practice, play, listen and take directions</li> <li>5. Push self and others to reach full potential</li> <li>6. Support team goals</li> <li>7. Be a positive team member</li> <li>8. Follow all practice guidelines</li> <li>9. Know when to focus and when to have fun</li> <li>10. Accept accountability for results</li> </ol>	<ol style="list-style-type: none"> <li>1. Display a positive attitude</li> <li>2. Organize and plan practices</li> <li>3. Have informal meetings with parents</li> <li>4. Supervise athletes at all times</li> <li>5. Enforce rules about attendance for school and practice</li> <li>7. Teach fundamental skills</li> <li>8. Explore avenues to help take athletes to the next level</li> <li>9. Promote "team" building activities</li> <li>10. Discipline in an appropriate and consistent manner</li> <li>11. Recognize contributions by all</li> <li>12. Make decisions based on what is best for the athlete</li> </ol>	<ol style="list-style-type: none"> <li>1. Have transportation when needed, in a punctual manner</li> <li>2. Accept team discipline, support and team rules</li> <li>3. Work cooperatively with coach to encourage work ethic</li> </ol>
<b>Games</b>	<ol style="list-style-type: none"> <li>1. Be a quality representative of Woodland High School</li> <li>2. Play hard and play to win</li> <li>3. Play fair and safely</li> <li>4. Accept your role within the team</li> <li>5. Demonstrate good sportsmanship towards opponents and teammates</li> <li>6. Be positive on the court and on the bench</li> <li>7. Accept game results graciously</li> <li>8. Respect decisions made by coaches and officials</li> <li>9. Keep winning and losing in perspective</li> </ol>	<ol style="list-style-type: none"> <li>1. Have good control of team activities</li> <li>2. Display good sportsmanship</li> <li>3. Respect the decision of officials</li> <li>4. Allow players to perform their best without fear of failure</li> <li>5. Coach in a positive manner</li> <li>6. Accept accountability for results</li> <li>7. Teach winning as an objective, but not the only measure of individual and team success</li> </ol>	<ol style="list-style-type: none"> <li>1. Model good sportsmanship</li> <li>2. Respect the decisions made by officials and coaches</li> <li>3. Recognize outstanding performances by all competitors</li> <li>4. Keep winning and losing in perspective</li> <li>5. Support all athletics</li> <li>6. Respect coaching decisions involving playing time</li> <li>7. Don't coach from the stands</li> <li>8. Value the contributions of all players</li> <li>9. Work cooperatively with the coaching staff.</li> </ol>

# The Woodland Way

## Program Standards

At practice, during competition and around the school and community... we are all about



**G**RATITUDE  
**R**ESPECT  
**I**NTEGRITY  
**T**EAM

### At practice I...

- am teachable
- embrace mistakes as opportunities for growth
- practice with a purpose



### During games I...

- play all out, all the time
- trust in my training (earned confidence)
- am engaged and in the moment
- play fearless
- own my actions

### At school and around the community I...

- lead by example
- am a STUDENT-athlete
- thrive by lifting others

*Woodland Athletics strives to maximize the potential of our athletes and programs through a constant emphasis on effort, attitude, growth - and living by the Woodland Way.*

# In Woodland Athletics... we are all about

## grit

The ability to grind through anything...  
the power of passion and perseverance.

"Stay the course! Follow your passion and dig  
deep to reach your goals. Never quit – show



# G

## gratitude

Expressing gratitude builds individual character and  
stronger teams! Showing grace to others fosters humility  
and encourages us to put others before ourselves.

"In Woodland athletics, we choose an attitude of **GRATITUDE.**"

# R

## respect

Woodland athletes will earn respect by doing things the right  
way – The Woodland Way.

"Wearing the green and black is a big deal! You are part of a  
longstanding tradition of resiliency and excellence – so show **RESPECT**  
to those before you and represent our school and community with  
pride."

# I

## integrity

The quality of being honest, dependable  
and of good character.

"Always try to do the right thing – put your  
team first in all that you do and let your  
**INTEGRITY** shine through."

# T

## team

The state of being united or joined as a whole –  
creating a sense of family.

"Being a Woodland athlete means being part of  
something much bigger than yourself."

**Together Everyone Achieves More**