



## TAHOMA LACROSSE CLUB PLAYER HANDBOOK

### PURPOSE

The Tahoma Lacrosse Program is devoted to promoting the physical, mental, social, emotional, and moral well-being of the players through participation and competition. The opportunity for participation is open to all students (also referred hereinafter as participant), regardless of individual differences. Through voluntary participation, the participant gives time, energy, talent, and loyalty to the program. Participating in the program is considered a privilege, therefore the player accepts the training rules, regulations, and responsibilities unique to this program.

Participants within the Tahoma Lacrosse Program are considered representatives of the club when they perform in public, and they are expected to always conduct themselves in a manner that will reflect the high standards and ideals of their team and community. Participation requires that the student maintains successful performance in academics, citizenship and remains in good standing as defined within the Code of Conduct each player receives and signs at the beginning of every seasonal year.

The intent of this handbook is to ensure the safety and well-being of those who are involved in Tahoma's lacrosse club. The rules and regulations contained in this handbook shall apply to any violation occurring from the first day of practice to the last day of the season.

### COACHES STANDARDS

Any additional, specific rules or regulations not covered above or within WIAA, WHSBLA, or WSLA Lacrosse Organization rules and scope must be consistent with this handbook and approved by the Program Coordinator. Any additional rules and regulations must be in writing and kept on file. Each participant must be informed of any changes to the rules and regulations, and be provided a copy or update of those changes.

### PARENT AND COACH RELATIONSHIP

We are excited to have your child participate in the Tahoma Lacrosse Club program! We will do all we can to provide a positive experience for them. One of the most important factors to achieve this outcome is to ensure appropriate communication is developed to ensure questions are answered, before conflict arises. It is important for parents to know what expectations are placed on their child.

### COACH COMMUNICATION EXPECTATIONS

1. Philosophy of the coach
2. Expectations the coach has of your child



3. Locations and times of practices and contests
4. Team requirements, equipment, off-season training, etc.
5. Procedures parents should follow, should a child become injured during participation
6. Participant conduct code and consequences for not following these guidelines
7. Disposition of lost/outstanding equipment at the end of the season
8. Communication concerning your athlete's role on the team and how they fit into the future of the program.
9. Create opportunities for feedback for athletes and parents.

#### ELEVATING CONCERNS

1. If you have an issue you need to discuss we ask that you first bring up the issue with the Head Coach. Students should address any concerns regarding the coach, directly.
2. If issues are left unresolved:
  - a. The Program Coordinator may set up a meeting with the involved parties to discuss the issue, and try to resolve accordingly.
  - b. If further elevation is needed, the next level would be the vice president, then the president.
  - c. In the event the issue still is unresolved, the board may meet with the parties and convene for a decision, which will become final.

#### STUDENT ATTENDANCE REQUIREMENTS

1. Any student on suspension (in-school or out-of-school) may not participate in any practice, game, or club activity for the duration of the suspension, for the equivalent length of the suspension.
2. Truancy from any class or portion of a class will be handled as follows:
  - a. First Offense: May result in exclusion from participation in the immediate or subsequent lacrosse club event, including practices and games.
  - b. Second Offense: May result in the exclusion from participation for the remainder of the club season.
3. Unexcused absences from practice will result in exclusion from participation in the game or club event immediately following the event.
4. Students are responsible for reporting their suspension to coaches immediately. Failure to do so may extend the suspension.

#### CITIZENSHIP STANDARDS

1. All students are expected to demonstrate exemplary citizenship in all aspects of school life, including within the school building, classrooms, and co-curricular activities. Any conduct that significantly and adversely impacts the educational process is strictly prohibited.
2. Students who engage in disruptive behavior that necessitates administrative intervention will receive a warning and may face appropriate corrective measures based on the nature of their actions. In the event of a second referral requiring administrative



action, the participant will be deemed ineligible to participate in contests for the subsequent week. If a third referral necessitating administrative actions occurs, the participant will be disqualified from the co-curricular activity for the remainder of the season.

#### ACADEMIC STANDARDS

The Washington Interscholastic Activities Association (WIAA) is the governing body for high school sports and activities in our state, that oversees and regulates interscholastic athletic competitions, tournaments, and other extracurricular activities for our schools. The WIAA plays an important role in ensuring enhanced educational experience while developing student-athletes. We have included the WIAA scholastic standards below and ensure to abide by these rules as a club.

1. Scholarship (18.8.0, page 31) In order to maintain eligibility during the current semester, the student shall be full-time and maintain passing grades, or the minimum grade standards as determined by the school district if more restrictive. Minimum requirements are below. Class schedule guidelines referenced below shall be the requirement of all full-time students in that school.
  - a. 3 classes in a 4 period class schedule or equivalent credits
  - b. 4 classes in a 5 period class schedule or the equivalent credits
  - c. 5 classes in a 6 period class schedule or the equivalent credits
  - d. 6 classes in a 7 period class schedule or the equivalent credits
  - e. 7 classes in an 8 period class schedule or the equivalent credits
2. WIAA requires the passing of five (5) classes in the immediately preceding semester.
3. It is the belief of the Tahoma Lacrosse Club that successful academic performance is important for all students, therefore, to qualify for the academic standard for athletic competition, the student must meet the following:
  - a. Participants in grades 7th through 12th will receive routine grade checks and those schedules will be determined by coaches and coordinators.
  - b. Earned a 2.0 grade point average and have received passing grades in all classes in which the student was enrolled during the current term.
  - c. Special Education students will be required to meet the same requirements as other students, with the exception of if their disability or condition prevents them from achieving a 2.0 GPA. Determination of exception will be made by the building principal and the secondary special education coordinator after consultation with the IEP team. If an exception is requested after the IEP team has already met, a new IEP team meeting will be held to discuss the exceptions as part of the student's IEP. The exception addresses the legal requirements mandated by state and federal laws (Public Law, 94.142)
  - d. The Tahoma Lacrosse Club will develop procedures for probation or suspension of student athletes who do not meet the minimum academic standards. This could include missing practice, events, and/or games.



## SOCIAL MEDIA EXPECTATIONS

Social media is a useful tool to connect with other lacrosse program athletes, promote the club's own program; therefore it is important to protect everyone's reputation and privacy. Below outlines the program's expectations with regards to social media - this applies to year-round behavior.

1. Participants should use social media platforms in a manner that reflects respect for others, including teammates, coaches, opponents, officials, and fans. They should avoid engaging in any form of cyberbullying, harassment, or disrespectful behavior.
2. Participants are responsible for their own social media accounts and the content they post. They should remember that their actions online can have consequences and may reflect upon their team, institution, or sport.
3. Participants should respect the privacy of their teammates, coaches, and other individuals associated with their team and club. They should not share confidential information or discuss sensitive team matters on social media.
4. Refrain from using social media platforms during competitions, practices, or team activities unless explicitly permitted by their coach or staff.
5. Avoid posting content that is offensive, discriminatory, or illegal. They should refrain from sharing explicit or inappropriate images, videos, or language that could damage their reputation, team, or program.
6. Be cautious when interacting with others online, including fans, followers, or individuals from other teams. They must avoid engaging in heated debates, arguments, or confrontations that could reflect negatively on themselves, the team, or program.
7. If a participant encounters inappropriate or concerning content online, they should report it to the head coach or program coordinator.
8. Any violations of these expectations will result in progressive in corrective action, as outlined within this policy.

## DISCIPLINE AND GRIEVANCE PROCEDURES

Before any corrective action resulting in an exclusion from a club activity, the participant (and possibly parents) shall be advised by the head coach and/or program coordinator of the alleged violation of the rules and the student will have the opportunity to explain and/or justify their actions. If, after an informal conference with the student (possibly parent), the head coach and program coordinator is satisfied that the exclusion is justified, the student shall be notified, and the exclusion shall become effective.

The grievance procedure for any exclusions from a club program is as follows:

1. Upon the implementation of the corrective action, any aggrieved student and their parents have the right to an appeal before the Tahoma Lacrosse Board of Directors. The student and/or parent must submit a written request for appeal to the Board within three (3) school days of the action being grieved, or they will have waived their right to



the appeal. The appeal with the board will be held within five (5) school days of the request, or other mutually agreed upon date.

2. Any corrective action may be reversed, upheld, or modified by the Board of Directors.

#### USE OF ALCOHOLIC BEVERAGES AND DRUGS

1. Terminology:
  - a. **Possession:** The act of having a substance in one's custody or control.
  - b. **Constructive Possession:** If there is knowledge that alcohol, prescription drugs, or illegal substances are available and/or being unlawfully used by others, student athletes have a responsibility to remove themselves beyond all reasonable doubt and proximity from that situation as soon as it is reasonably safe to do so. If student athletes make a willful choice to remain at off-campus events where drugs, alcohol, or other illegal substances are evident, they will be in violation of this policy.
  - c. **Investigative Discovery:** The process of establishing a violation of the athletic code without the honest cooperation of the student athlete.
  - d. **Self-Admittance Discovery:** The process in which student athletes admit their involvement in an athletic code infraction and are cooperative and honest in the investigation process.
2. A participant shall not use, consume, possess, transmit, or sell alcoholic beverages, drugs, drug paraphernalia, narcotics, performance-altering or tobacco (including smokeless tobacco and nicotine delivery devices).
3. The Tahoma Lacrosse Club recognizes that chemical dependency is a serious illness and the use of illegal substances is a violation of the law, and encourages anyone who needs help with dependency issues to voluntarily speak up, so the club can help support the student athlete in their choice to get clean and remain part of the program.
4. Any student voluntarily admitting to tobacco, alcohol, or illegal substance use, prior to a reported athletic code violation, is encouraged to seek help from a school staff member, coach, administrator, or family member.

#### ALCOHOL AND DRUG USE ON OR OFF CAMPUS

Violations involving use, possession, and/or sale, and constructive possession are prohibited, and discipline will be handled below.

1. First Violation
  - a. We understand that each situation may be different; therefore the Coach will meet with the participant to discuss the use. The coach will then issue a first violation consequence, depending on the severity of the violation.
2. Second Violation
  - a. Investigative Discovery: Exclusion from remaining 50% of scheduled contests
  - b. Self-Admittance Discover: Exclusion from remaining 25% of scheduled contests
3. Third Violation
  - a. Exclusion from athletic participation for one calendar year.



#### UNDESIRABLE STUDENT BEHAVIOR

Undesirable student behavior not covered in the above, including but not limited to, violations requiring administrative action as established in the Tahoma Student Conduct Policy, theft or malicious destruction of any school, club or individual's property, and/or violations of the law will be dealt with as follows (or more severely as deemed necessary based on the nature of offense):

1. First Offense
  - a. A minimum of exclusion from the next scheduled event.
2. Second Offense
  - a. Exclusion for the remainder of the interscholastic season.



## References

1. [FullHandbook.pdf \(wiaa.com\)](#) Page 31 18.8.0 Student Standards for Interscholastic Eligibility
2. [STATUTE-89-Pg773.pdf \(govinfo.gov\)](#)
3. Page 89 STAT. 784
4. <https://www.wiaa.com/ConDocs/Con951/Eligibility.pdf> Page 62 18.26.2
5. Washington High School boys Lacrosse Association: <http://www.whsbla.org>
6. Washington Schoolgirls Lacrosse Association: <http://www.wslax.org>
7. Tahoma School District Co-Curricular Activities program link:  
[TAHOMA SCHOOL DISTRICT \(sharpschool.com\)](#)