



# Franklin Academy

*Middle School • Home of the Force*

## 2023-24 Sports Eligibility Packet

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### Also required:

- **Whatcom County Sports Physical Exam (complete and return)\* Must complete every 2 years!**
- **Athletic Fees: \$175 for each sport**

***Before the student athlete participates in any practices or games, the following must be completed:***

- Eligibility Form
- Liability Release
- Parent Permission
- Emergency Information
- Concussion and Cardiac Arrest Form
- Sports Physical-every 2 years
- Athletic Fee

***\*\*Whatcom County Middle School League regulations require that each athlete complete eight (8) practices to become eligible to compete in athletic contests.***



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## **Athletic Eligibility**

Franklin Academy offers many opportunities for students to participate on competitive sports teams. In addition to developing athletic skills and being a part of a team, students are expected to demonstrate the highest standards of good sportsmanship. Student athletes are ambassadors for our school and need to be courteous, fair and respectful at all times. Participation in sports is a privilege, not a right. To be eligible to participate in athletics at Franklin Academy, students are expected to follow the "standards of eligibility" established by the Washington Interscholastic Activities Association (WIAA) and adopted by Franklin Academy.

### ***Franklin Academy Code of Ethics***

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
10. To remember that an athletic contest is only a game-not a matter of life or death for player, coach, school, official, fan, community, state or nation.

*(From Appendix 8, WIAA Handbook)*

## **Attendance at School**

Students must be in attendance the majority of the day (four out of five periods) to be eligible for games unless a pre-arranged excuse has been cleared through the office. An unexcused absence, for either part or all of a school day, will cause a *student to be ineligible for that day's game*.

### **Student Expectations**

Student athletes will follow all school rules and regulations as described in the Student Handbook. A student who violates regulations in the Handbook is subject to disciplinary action. Such a student shall be warned and may be suspended for one or more contests following the first administrative action. Suspension for the remainder of the season may follow the second administrative action. Coaches may institute additional eligibility rules for their sport. Certain major violations will affect eligibility as follows:

*Possession or use of tobacco, nicotine, alcoholic products, legend drugs and/or controlled substances is prohibited, on or off campus, during or outside the school day.*

For **tobacco or nicotine offenses**, in season, students involved in sports will be suspended for one half the team's regular contests. If the violation occurs at the end of a sports season or during the off-season, the suspension will carry over into the next sports season. A **second violation** will result in suspension from a full season. A **third violation** will make the participant ineligible one year from the date of the third violation.

For offenses involving **alcoholic products or illegal drugs or legend drugs** (defined as those drugs that are legal only through prescription), the following sanctions will be applied:

- ◆ A first violation shall make the participant 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 season, the student shall meet with the Athletic Director and the Head of School. The Head of School shall have the final authority as to the student athlete's participation in the interscholastic sports program. If the violation occurs at the end of a sports season or in the off-season, the participant will be suspended from no less than one half the team's regular contests in the next sport in which the student participates, and the same reinstatement of eligibility provisions described above will apply.
- ◆ A second violation shall make the participant ineligible for one (1) calendar year from the date of the second violation.
- ◆ A third violation will make the participant permanently ineligible at Franklin Academy.

*Criminal offenses* may affect a student's eligibility, even if the offense was not committed on school property or at a school event. A student involved in a criminal offense will be subject to a review by the Athletic Director and the Head of School and may be found ineligible for one game, a number of games, or placed on behavior probation. Repeated criminal offenses either in school or outside of school will likely result in ineligibility for the remainder of the season depending on the circumstances involved.

### **Scholastic Achievement**

All students participating in athletics are students first, and athletes second. Participants must be passing all classes with a "C" grade (70%) or better. Periodic grade checks will be used to determine eligibility. A student/athlete with a grade lower than a "C" in one or more classes will be placed on a one-week probation. During the probation period, the student/athlete will be eligible for practices if all other eligibility requirements are met, but not eligible for interscholastic competition. If the student/athlete is able to attain at least a "C" in all subjects during the probation period, they regain full participation to practice and compete.

If after one week the student/athlete has not made progress toward improving his/her grades he/she will be ineligible to practice until such progress has been demonstrated. The student/athlete shall be reinstated to full participation when passing all classes with a "C" grade or better.

### **Due Process**

A student dismissed from a team/group for violation of rules may petition the Athletic Director, **in writing**, to arrange an appeals hearing. The hearing is to be held within three (3) days of the petition. The appeal committee shall be composed of the Athletic Director, the Head of School, and a teacher. If additional conferences are necessary to resolve a grievance, the due process procedures as established by the board of Franklin Academy would be followed.

### **Medical Policy**

One set of medications and medical devices are kept at the school to be used as needed. For students participating in extracurricular activities, parents or guardians are responsible for providing a second set of medical devices including, but not limited to, inhalers and Epi-Pens.

### **Athletic Fee**

An athletic fee of \$175 is required for each sport a student/athlete participates in. The fee will be used to purchase new equipment and uniforms.

\*\*There will be a one week grace period at the beginning of each season for refunds in the case of injury or other circumstances.



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## **Athletics Eligibility Requirements, Expectations, and Rules of Conduct**

Please review the attached athletic eligibility policies and requirements. It is important that each area is clearly understood by both the students and the parents. If you have any questions or concerns, please contact your child's coach or the Athletic Director.

Student Name: \_\_\_\_\_  
*Please print*

**I have read and understand the athletic eligibility requirements, expectations, medical policy and rules of conduct.**

\_\_\_\_\_  
Student's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date



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## SPORTS SAFETY GUIDELINES

Franklin Academy strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning; nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the coach and shall be the parent/legal guardian's responsibility.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
6. Be aware of court surroundings, i.e., obstacles, projections, bleachers, standards, etc.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in athletics.

We agree that neither Franklin Academy, nor the school's staff shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by Franklin Academy. We further agree that neither Franklin Academy nor any of the school's staff shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries.

**(Student/Parent Copy- do not return to school)**



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**SPORTS SAFETY GUIDELINES**  
Liability Release for the 2023-2024 school year

Athlete's Name: \_\_\_\_\_  
(please print)

I have received the Franklin Academy **Sports** Safety Guidelines. This information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the **athletics** program.

We agree that neither Franklin Academy, nor the staff of the school, shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by Franklin Academy. We further agree that neither Franklin Academy nor any of the staff shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date



# Franklin Academy

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## Middle School Athletic Program Parent Permission Form For 2023-2024

Name of Athlete \_\_\_\_\_

Grade \_\_\_\_\_ Birth date \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_ City/Zip \_\_\_\_\_

**Eligibility Requirements-** My son/daughter meets the following requirements:  
(Check appropriate blanks):

- Age* The student must meet the age requirement for the school level.
- Residence* The student must reside with natural parent(s), parent of legal custody, or court appointed guardian.
- Academic* The student must have passed all of his/her classes the previous semester.
- Physical* The student must have written medical clearance form a licensed physician on file with the school (Sports Physical). **A new clearance form is required every 2 years**
- Insurance* The student must have adequate medical insurance coverage for 2021-2022.
- Amateur* The student is an amateur in good standing.

**Permission for Athletic Participation** - I hereby request that my son/daughter be permitted to participate in:

**\*\*\*\*Please Select which sports your athlete would like to participate in\*\*\*\***

- |   |       |                        |
|---|-------|------------------------|
| Season #1: [8/28-10/20] Cross Country       | _____ | Register by: AUG. 15TH |
| Season #2: [10/23 – 12/8] Girls Basketball  | _____ | Register by: OCT.10TH  |
| [11/27 - 1/26] Boys Basketball              | _____ | Register by: NOV. 14TH |
| Season #3: [01/29 – 03/15] Girls Volleyball | _____ | Register by: JAN. 16TH |
| Season #4: [03/18 – 05/10] Track and Field  | _____ | Register by: MAR. 6TH  |

**Insurance:**

I understand that my son/daughter cannot participate in interscholastic athletics unless he/she is covered by a plan provided by the family.

**Please check:**

I have medical insurance coverage with \_\_\_\_\_ which covers middle school athletics.

**I have read, understand and agree to abide by the information provided on this form.**

\_\_\_\_\_  
Student's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date





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## Student Emergency Information for 2023-2024

Student's Name \_\_\_\_\_

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### Parent(s)/Guardian(s)

(1) Name \_\_\_\_\_ Work phone \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone: \_\_\_\_\_

(2) Name \_\_\_\_\_ Work phone \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone: \_\_\_\_\_

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### First Emergency Contact

(1) Name \_\_\_\_\_ Work phone \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone: \_\_\_\_\_

### Second Emergency Contact

(1) Name \_\_\_\_\_ Work phone \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone: \_\_\_\_\_

---

Student is covered by \_\_\_\_\_ Insurance Company

Family physician: \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

IF the above named parent/guardian or other emergency contacts cannot be reached at the time of an emergency and if immediate observation or treatment is urgent in the judgment of school authorities, do you authorize and direct the school authorities to take or send the child (properly accompanied) to the hospital or doctor most easily accessible?

( ) Yes

( ) No

---

Signature of Parent/Guardian

---

Date

**(Original on file in FRANKLIN ACADEMY Office)**



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## **Student/Parent Concussion and Sudden Cardiac Arrest Awareness Form**

The Franklin Academy believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in Franklin Academy athletics. If you have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

**I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS PAMPHLETS.**

\_\_\_\_\_  
*Student Name (Signed)*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Student Name (Print)*

\_\_\_\_\_  
*Parent Name (Signed)*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent Name (Print)*

## Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### **Symptoms may include one or more of the following:**

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>● Headaches</li><li>● “Pressure in head”</li><li>● Nausea or vomiting</li><li>● Neck pain</li><li>● Balance problems or dizziness</li><li>● Blurred, double, or fuzzy vision</li><li>● Sensitivity to light or noise</li><li>● Feeling sluggish or slowed down</li><li>● Feeling foggy or groggy</li><li>● Drowsiness</li><li>● Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>● Amnesia</li><li>● “Don’t feel right”</li><li>● Fatigue or low energy</li><li>● Sadness</li><li>● Nervousness or anxiety</li><li>● Irritability</li><li>● More emotional</li><li>● Confusion</li><li>● Concentration or memory problems (forgetting game plays)</li><li>● Repeating the same question/comment</li></ul> |
|--|--|

### **Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

### **RETURN TO PARTICIPATION PROTOCOL**

**If your child has been diagnosed with a concussion they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.**

**The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.**