

2025 - 2026

WARM SPRINGS K-8
ATHLETIC
HANDBOOK

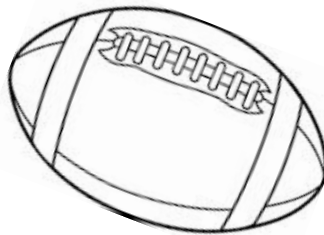
50 CHUKAR RD
WARM SPRINGS, OR 97761
PHONE: 541-553-1128
FAX: 541-553-6321



WSK8 ATHLETICS AND ACTIVITIES

Philosophy

WSK8 Athletic Programs provide a safe, structured environment that allows individual students of diverse backgrounds and abilities a chance to belong. We believe that participation in athletics and school-sponsored activities provides a unique opportunity to fulfill many of the emotional, social, and physical needs common to middle school youth. Participation in competitive athletics increases an individual's sense of personal worth, self-control, respect, and fair play, which can carry over into daily problem-solving situations throughout life. Coaches, teachers, and parents have a shared responsibility to help guide, nurture and support youth in developing the confidence, skills, and character that will help them learn to make good choices on and off the playing field. Cooperation, self-discipline, sportsmanship, and a sense of personal satisfaction are taught in conjunction with the fundamental skills of the sport or activity during each season.



Programs

WSK8 provides the following current athletic programs at this time. Students must have all paperwork completed before participating.

WSK8 provides the following athletic programs throughout the school year:

6th, 7th and 8th grade Football
6th, 7th and 8th grade Cross Country
6th, 7th and 8th grade Volleyball
6th, 7th and 8th grade Boys Basketball
6th, 7th and 8th grade Girls Basketball
6th, 7th and 8th grade Wrestling
6th, 7th and 8th grade Track & Field

Fall Sport
Fall Sport
Fall Sport
Winter Sport (Before winter break)
Winter Sport (After winter break)
Winter Sport (After winter break)
Spring Sport



Important Dates

Fall- Football, Cross Country and Volleyball

- August 28- Helmet and shoulder pad fitting for football @ 4:00-6:00 pm (During BBQ)
- August 28- Cross Country, Football, Volleyball sign-up @ 4:00-6:00 pm. (During BBQ)
- September 2- First day of football practice
- September 3- First day of volleyball and cross country practice
- Sports Pictures TBD

Winter- Basketball and Wrestling

- October 27th-First practice for Boys Basketball (must have all paperwork in)
- Sign ups for Girls Basketball and Wrestling will be done in PE the week or so before the start.
- January 6- First practice for girls' basketball and wrestling

Spring- Track

- March 30- Paperwork and first official practice for Track

General Participation Expectations

Athletes should bring their own:

- Personal water bottle.
- T-shirt, shorts, & gym shoes (locker room available).

All athletes must have a **current physical** and **all paperwork** (fill in sheets) from this packet on file with the WSK8 office to participate.

Please keep us up to date on any changes impacting your child including:

Address changes, absences, illness, or medical issues.

Schedules and individual sports items will be handed out at student sports meetings, sign-up, and/or the 1st practice.

For More information and schedules please check our webpage:

[WSK8 Website](#)

Like us on Facebook:

[WSK8](#)



Contacts

If you have any questions, comments, or concerns regarding your child's team, please call WSK8 @ 541-553-1128 and ask for your child's coach to call you as soon as they are available.

General concerns or questions may be addressed by contacting the front office and asking for Scott Vrana, Troy Capps, Lonnie Henderson, or Gena Bennett.

Sincerely,
Scott Vrana, WSK8 Athletic Director

Athletic Policy and Procedures

Sports Physicals

Student athletes must have a current (2 year) Pre-Participation Sports Physical on file in the Athletic Coordinator's office prior to participation in any sport. Other required paperwork must be turned into the office or the coach prior to participation in a contest.

.. .. .

Uniforms

Uniforms are the responsibility of the athlete throughout the season, and loss or damage will result in a fine. Athletes will not be allowed to participate in a new sport until all equipment and uniforms from prior sports have been returned, or proper restitution has been made.

.. .. .

Sport Lockers

Athletes must secure all valuables-lock their locker. Items that will not fit in the athlete's locker should be locked in the PE office during practice and games. The school will not be liable for lost or stolen items. It's best to leave valuables at home.

.. .. .

Attendance & Athletic Participation

WSK8 practices are every day from 3:00-5:00 pm. Attendance at school and practices are mandatory for participation in contests. Parents should call the school attendance secretary to excuse their student from school AND ask to leave a message for the Athletic Director. You should also leave a message for the coach so they are aware of the whereabouts of the player. Missed practice time may result in missed game time.

Players who miss practice the day before a game will not participate in the contest the next day. You must be in practice the night before a game, OR you must have pre-arranged an absence with the coach or athletic director. Pre-arranged absences, such as: funerals, appointments, illness, or other important, pre-scheduled events may be excused by the coach, and the player may be allowed to play provided their attendance at practice has not otherwise been an issue.

- *Players who are too ill or too injured to attend practice the day before a contest will not participate in the game the next day.* If the game is away they may not travel with the team. If the game is at home, they must sit on the bench and support their team.

Student athletes must attend school the entire day on game day unless parents make prior arrangements with the coach or athletic coordinator. (Exceptions would include orthodontist appointments, a funeral or other previously scheduled events, not illness, sleeping in, or going to buy food for the trip). You must pre-arrange all absences.

Unexcused absences or tardies to practice may result in disciplinary action, which may include exclusion from games or suspension from the team. If students are at school, they are expected to be at practice on time.

Transportation after Practice and Games

Parents must be on time to pick up their child following practice and games. On game days, athletes who live in Warm Springs will need to arrange for a ride home from the game or from WSK8. Students who are consistently late getting picked up may be restricted to home game participation only. Practices end at 5:00 pm, so please plan accordingly.

Following an athletic event or activity away from WSK8, players may be released only to their own parents or guardians. A player may be allowed to ride home with another parent or a grandparent if the following conditions are met in advance.

- A. A single trip release form must be signed by the parent/guardian (including a phone number where the parent/guardian can be reached that day), giving permission for their student to ride home with another adult.
- B. This form must be turned into the office or the coach the day before the game.
- C. Pre-authorization from the athletic coordinator must be obtained before the bus leaves WSK8. Otherwise, the student will return to WSK8 on the bus.

Forms are available on the WSK8 Athletic website, in the front office, or you may call 541-553-1128 and request a form be faxed to you.

.....

Academic Eligibility

To be eligible as Jefferson County Middle School and WSK8 interscholastic athletes students must be passing all their classes. The following procedures will be used in determining middle school eligibility:

1. Eligibility checks will be done formally during each week of the sports season.
 - a. If a sports season coincides with the start of a quarter the first week of the new quarter will not be evaluated and grade checks will start in the 2nd week.
 - b. Grade checks are done each Friday at 1 pm.
 - i. Students will be notified by coaches during practices on Fridays.
2. Students who are not passing all seven classes will be placed on academic probation for one week. During the time of probation, it is expected:
 - a. The student raises any failing grades to a passing grade;
 - b. The student attends any assigned "study tables" after school;
 - c. Attend all practices unless he/she is participating in a "study table";
3. If the grade has not improved to passing during the probationary week the student will be ineligible for the following week. Each student will be allowed only one probationary period per sports season. After that, eligibility will be determined week to week.
 - a. The student will not be permitted to travel to any away contests;
 - b. The student must be on the bench in street clothes during home contests;
 - c. After three weeks of ineligibility the student athlete's suspension from the team for the remainder of the season.

Behavior Expectation

Appropriate behavior on and off the court/field is mandatory. Students must follow all school policies as outlined in the WSK8 Student Handbook and JCSD policies regarding student conduct. A behavior violation may result in a temporary or permanent suspension from the team.

Athletes who travel to other schools are representing WSK8 and must do so in an exemplary manner. Athletes must remain in the gym or field area with your team and conduct themselves in a manner befitting their status as a member of an athletic team from WSK8. All school/district rules continue on athletic events.

- If a player displays inappropriate behavior to teammates, opponents, and/or coaches while participating in a sport, that player may be removed from the team.
- A student whose behavior receives a *behavior referral that results in detention (ISS, ASD, or Saturday School)* will not participate in the next scheduled game or contest. Students may or may not attend practice at the administrator's discretion. An absence will be considered unexcused and may result in appropriate consequences assigned by the coach.
- A participant who has been dropped from the team for disciplinary reasons will not be allowed to participate in any other sport during that same season.
- An athlete may not participate in or attend any event on a day when he/she is suspended out of school.
- Athletes who are too sick or too injured to participate in physical education class are too sick or too injured for an athletic event that same day.

Appeals Process

A student who feels that an eligibility or disciplinary action taken against him/her is unwarranted may appeal through the Appeals Process. This course of action will be taken only after other avenues of mediation are exhausted. The appeals process goes as follows:

Within five (5) days of incident or eligibility issue the student must submit, in writing, a statement of appeal to the Athletic Director.

- The principal, a coach, and a teacher will serve as the Appeals Board. The Appeals Board will render a decision after hearing all sides, based on the terms of the Athletic Policy. The decision of the appeals board will be final.

All JCSD policies regarding student behavior and conduct are located on the JCSD website. They can be found under documents- students-JFC – student conduct and JFC – AR(1)-Rules for student conduct.

Please return the following forms to WSK8.

They must be turned in before your child can participate.

Your child may already have a physical on file with the school (they are valid for two years). If they do not have one on file, they need one before participating.

Warm Springs K-8 Academy 2022-2023

50 Chukar Road, Warm Springs, OREGON 97761

541.553.1128 FAX~541.553.6321

ATHLETIC PARTICIPATION AGREEMENT (Please tear this page off and return to WSK8. This must be turned in before a student can practice)

PLAYER NAME: _____ GRADE: _____ DATE: _____

SPORT my child can participate in (please check): ☐ Football ☐ Volleyball
☐ Cross County ☐ GBB ☐ BBB ☐ Wrestling ☐ Track ☐ Soccer

Athletic participation at WSK8 is contingent on players following all the rules and procedures outlined in the Athletic Handbook AND any additional expectations that a coach has for a specific sport.

Players who fail to adhere to the rules and procedures are subject to disciplinary action and possible dismissal from the team.

It is therefore important that parents read through and assist their children in understanding all the rules of athletic participation and eligibility as outlined in the athletic handbook and the guidelines of the individual sport that coaches will provide each season.

This form must be signed by parents and athletes and be returned to the athletic coordinator before a student will be allowed to participate in a contest.

Other forms needed before participation include a current sports physical cleared and signed by a physician, an emergency medical release card signed by the parent, and any sport-specific guidelines that a coach hands out to players at the start of a new season.

Student athletes are responsible for getting all forms home to be signed by parents and returned to the coach or Athletic Coordinator before participating in a contest.

Please read the athletic handbook and discuss the rules and procedures for participation, including attendance at school and practice, and grade eligibility requirements, with your child. Then sign the form below and have your child return it to his/her coach or turn it into the athletic coordinator.

If you have any questions or concerns please call Scott Vrana @ 541.553.1128 or email @ svrana@509j.net

I have read and understood the rules and procedures for athletic participation at WSK8. By signing here, I agree to follow all rules and procedures and understand that my participation in athletics is subject to compliance with the rules and procedures as outlined in the athletic handbook. I understand that a coach may provide players with additional guidelines specific to a sport at the beginning of the season and that I must also adhere to those rules.

SIGNATURE OF PLAYER: _____ DATE: _____

SIGNATURE OF PARENT/GUARDIAN _____ DATE: _____

If you know of any reason your child should not participate in a sport please list/explain:

JCSD EMERGENCY MEDICAL CARD 2023-24 (must be on file w/ WSK8)

Student Name _____
Grade _____ DOB ____/____/____ Age ____
Parent/Legal Guardian _____
Parent/Legal Guardian Contact (Home #) _____
(Cell #) _____ (other #) _____
Parent/Legal Guardian EMAIL _____
Address _____ City _____ ZIP _____
Emergency Contact Person _____
Emergency Contact #'s _____
Allergies & Health Disorders _____
Current Medications _____
Insurance Carrier _____ Policy # _____
Family Doctor _____

Interim health questions: has the child ever experienced any of the following:

- | | |
|---|---|
| <input type="checkbox"/> <u>Passed out or been Dizzy during exercise</u> | <input type="checkbox"/> <u>Ever has a prolonged, unexplained viral illness</u> |
| <input type="checkbox"/> <u>Had Chest pain During exercise</u> | <input type="checkbox"/> <u>Student uses Medication (please list above)</u> |
| <input type="checkbox"/> <u>Tires more quickly than friends/frequently</u> | <input type="checkbox"/> <u>Ever been denied participation in sports</u> |
| <input type="checkbox"/> <u>Has been told they have a heart murmur</u> | <input type="checkbox"/> <u>Had injuries in the past year</u> |
| <input type="checkbox"/> <u>Has palpitations/skipped beats of heart</u> | <input type="checkbox"/> <u>Had surgery in the last year</u> |
| <input type="checkbox"/> <u>Had baseline concussion training</u> | <input type="checkbox"/> <u>Is currently under a physicians care</u> |
| <input type="checkbox"/> <u>Anyone in the family passed away due to heart problems or suddenly before the age of 50</u> | |
| <input type="checkbox"/> <u>Has the student or anyone in the family experienced seizures</u> | <input type="checkbox"/> <u>Diabetic</u> |

I HEREBY CONSENT OF MY SON/DAUGHTER PARTICIPATING IN A CO-CURRICULAR SPORT DURING THE SCHOOL YEAR AS DIRECTED BY JEFFERSON COUNTY SCHOOL DISTRICT 509J. THE PARTICIPATION IN A SPORT THAT INVOLVES THE MOVEMENT OF THE HUMAN BODY CARRIES WITH IT THE POSSIBILITY OF INJURY THAT COULD LEAD TO DEATH OR PERMANENT DISABILITY. ALTHOUGH THIS IS EXTREMELY RARE IN MIDDLE SCHOOL ATHLETICS, THE POSSIBILITY ALWAYS EXISTS. I AM AWARE THAT THERE IS A RISK OF SERIOUS INJURY INVOLVED IN PARTICIPATING IN ATHLETICS AT **DISTRICT 509J** SCHOOLS.

IN CASE OF ILLNESS, ACCIDENT, OR EMERGENCY NECESSITATING, MEDICAL TREATMENT, I HEREBY AUTHORIZE THE ADVISOR OR COACH OF MY CHILD TO OBTAIN EMERGENCY MEDICAL TREATMENT. I ALSO RELEASE ANY LIABILITY OF ANY KIND WITH THE ACTIONS TAKEN IN GOOD FAITH BY THE SCHOOL DISTRICT PERSONNEL IN PROVIDING EMERGENCY MEDICAL TREATMENT. I FURTHER AGREE THAT SCHOOL DISTRICT PERSONNEL MAY SEEK THE NEAREST AVAILABLE TREATMENT FROM ANY PHYSICIAN OR MEDICAL FACILITY AS THEY DEEM BEST ABLE TO PROVIDE SAID TREATMENT IN THE BEST INTEREST OF MY CHILD.

I UNDERSTAND THAT ATHLETIC ACCIDENT INSURANCE IS NO LONGER A REQUIREMENT FOR PARTICIPATION IN JEFFERSON COUNTY SCHOOL DISTRICT 509J'S ATHLETIC PROGRAMS. I RECOGNIZE THAT IN CASE OF INJURY TO MY SON/DAUGHTER, THE COST OF TREATMENT, INCLUDING EMERGENCY TRANSPORTATION, IS MY RESPONSIBILITY AND NOT THE RESPONSIBILITY OF THE SCHOOL DISTRICT. JEFFERSON COUNTY SCHOOL DISTRICT 509J DOES NOT PROVIDE STUDENT INSURANCE. I FURTHER UNDERSTAND THAT IT IS STRONGLY RECOMMENDED THAT MY SON/DAUGHTER BE COVERED BY MEDICAL INSURANCE WHILE PARTICIPATING IN SCHOOL-SPONSORED ACTIVITIES.

I UNDERSTAND THAT STUDENT GRADES WILL BE CHECKED EVERY FRIDAY DURING THE SEASON. STUDENTS WITH MORE THAN ONE (1) FAILING GRADE (F) OF HAVING A GPA BELOW 2.0 WILL BE CONSIDERED ACADEMICALLY INELIGIBLE, AND WILL NOT BE ALLOWED TO PARTICIPATE UNTIL ACADEMICALLY ELIGIBLE. CONTINUED INELIGIBILITY COULD RESULT IN DISMISSAL FROM THE SPORT.

I HAVE RECEIVED, UNDERSTAND, AND AGREE TO THE TERMS OF THE STUDENT ATHLETIC HANDBOOK.

SIGNATURE OF PARENT/LEGAL GUARDIAN _____ DATE: _____

**JEFFERSON COUNTY SCHOOL DISTRICT WAIVER OF LIABILITY AND HOLD HARMLESS FOR
COMMUNICABLE DISEASES INCLUDING COVID-19**

Student Name: _____ Grade: _____

Home Phone: _____ Address: _____

Parent(s)/Guardian(s) Names: _____

Parent/ Guardian phone: Work: _____ Home: _____ Other: _____

The novel coronavirus ("COVID-19"), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. While rules, guidance, and personal discipline may reduce this risk, the risk of serious illness and death does exist. **Jefferson County School District cannot completely mitigate the transfer of communicable diseases like COVID-19, especially when involved in sports. Participation in sports includes possible exposure to and illness, injury, or death from infectious diseases including COVID-19.**

In consideration for providing my child the opportunity to participate in sports and any related transportation to and from these events, both my child and I voluntarily agree to waive and discharge any and all claims against District and release it from liability for any exposure to or illness or injury from an infectious disease including COVID-19, including claims for any negligent actions of the District or its employees or agents, to the fullest extent allowed by law, for myself, my child, our estates, our heirs, our administrators, our executors, our assignees, and our successors.

I also agree to release, exonerate, discharge and hold harmless the District, its Board of Directors, the individual members thereof, and all officers, agents, employees, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from an infectious disease including COVID-19, which may result from or in connection with my child's participation in sports.

I further certify and represent that I have the legal authority to waive, discharge, release, and hold harmless the released parties on behalf of myself and the above-named student.

I certify that I have read this document in its entirety and fully understand its contents. In exchange for the opportunity to participate in sports, the above-named student and I freely and voluntarily assume all risks of such hazards and notwithstanding such, release District from all liability for any loss regardless of cause, and claims arising from the student's participation in sports.

Date

Student Signature

Parent/Legal Guardian Signature Date

Transportation after Practice and Games

Parents must be on time to pick up their child following practice and games. On game days, athletes who live in Warm Springs will need to arrange for a ride home from the game or from WSK8. Students who are consistently late getting picked up may be restricted to home game participation only. Practices end at 5:00 pm, so please plan accordingly.

Following an athletic event or activity away from WSK8, players may be released only to their own parents or guardians. A player may be allowed to ride home with another parent or a grandparent if the following conditions are met in advance.

- A. A single trip release form must be signed by the parent/guardian (including a phone number where the parent/guardian can be reached that day), giving permission for their student to ride home with another adult.
- B. This form must be turned into the office or the coach the day before the game.
- C. Pre-authorization from the athletic coordinator must be obtained before the bus leaves WSK8. Otherwise, the student will return to WSK8 on the bus.

Forms are available on the WSK8 Athletic website, in the front office, or you may call 541-553-1128 and request a form be faxed to you.

... ..

Academic Eligibility

Students who travel to other schools representing WSK8 will often miss assignments and class time. Students are responsible for obtaining and completing all missed work. Communication with teachers is the key to success. Students must learn to budget their time between practice, games, and school work. PowerSchool will help keep you up to date.

To be eligible for participation in WSK8 interscholastic Athletics or Activities students **may not have a failing (F) grade in any class** at the time of each grade check.

Grade checks will be conducted during each sport season, **every week**. Most middle school games/contests/meets are held Tuesday-Thursday. Grade checks will be done each Friday by 2:00 pm during the season to determine the next week of eligibility. Coaches will inform students during practice on Fridays of eligibility for the following week.

During the probation period student athletes must attend all study sessions, practices OR pre-arrange with their coach to work with a teacher the first half of practice and then practice the second half. Students may not just hang around school – they must either be at practice or work with a teacher.