

WASHINGTON HIGH SCHOOL  
and MIDDLE SCHOOL



*"Home of the Blue Jays!"*

Student / Parent  
Activity Handbook  
2023-2024

*"Blue Jay Pride!"*

# Welcome to WHS/WMS Activities Office!

Washington High School Activities – 600 Blue Jay Drive  
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## Blue Jay Athletics Web Site:

[bja.washington.k12.mo.us](http://bja.washington.k12.mo.us)

HS & MS Activities Director – Mr. Bill Deckelman  
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@WHSBlueJays



whsbluejays



## **INTRODUCTION**

Welcome to the WHS and WMS activities program. Hopefully, your decision to take advantage of this portion of our interscholastic program will be educational, rewarding and challenging. This handbook is given to you so that you might be more aware of the programs that are available and gain an understanding of rules governing them.

The activities department encourages you to take advantage of as many programs as your time and talent will permit. We do not encourage specialization in one sport. We encourage you to experience a variety of sports as well as other activities. Naturally, due to conflict in seasons, practice times, schedules, etc., some choices will have to be made by you. Good luck to you as you grow emotionally, mentally, socially, and physically through competitive activities.

## **PHILOSOPHY**

We believe that interscholastic activities shall supplement the secondary curricular program, and as such become a vital part of a student's total educational experiences. The experiences provide opportunities for the student to make maximum use of his/her education.

Student participation in any part of an activity program is a privilege which carries with it responsibilities to the school, to the activity, to the student body, to the community and to the student.

This participation will help to develop the student physically, mentally, socially and emotionally.

## **RESPONSIBILITIES OF STUDENTS**

As a student, you are in school to secure the best secondary education you are capable of achieving. Deciding to take advantage of interscholastic activities plays a significant role in your total educational development. With this decision comes certain responsibility, which must be adhered to if the value of interscholastic activities is to be achieved, namely:

1. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability and respect for others.
2. Maintaining academic and eligibility standards as established by the Missouri State High School Activities Association and Washington High School.
3. Learning the spirit of hard work and sacrifice.
4. Learning to attain physical fitness through good health habits.
5. Desiring to excel to the limits of your potential.
6. Showing respect for both authority and property.

7. Being willing to accept the leadership role that is instilled through the athletic program.

Keep in mind that you are in the public eye, and your personal conduct must always be above reproach. You have an obligation to create a favorable image and gain the respect of your teammates, the WHS student body and the Washington community.

## **EQUIPMENT & UNIFORMS**

In order to give the student a sense of responsibility and an appreciation of their equipment, each will be held accountable for the abuse or loss of it. The student in whose name it was checked out must pay for any equipment that is lost or stolen.

1. All equipment and uniforms issued by a coach at Washington High School are considered property of Washington High School.
2. Athletes are responsible for the care of equipment and uniforms during the season of competition.
3. Once the season is completed, all uniforms and equipment issued must be returned immediately.
4. Students who do not return uniforms or equipment will be placed on the fee/fine list for the cost of replacement and will not be allowed to compete in a subsequent sport season until the fee/fine has been paid or the equipment has been returned.
5. Students assume the responsibility for any damage to equipment or uniforms that occurs outside the normal use for a Washington High School athletic practice or competition.
6. Uniforms and practice gear are only to be worn at Washington High School practices and for game day competitions.
7. Do not exchange or loan any of the equipment checked out to you to another teammate. If an exchange is warranted, clear it with your coach.
8. Any loss of equipment should be reported immediately to the head coach, rather than waiting until the end of the season.
9. Any protective equipment that does not fit properly or that has any defective parts should be reported to a coach immediately. Do not wear the equipment until the necessary adjustment has been made. This is for your protection.

## **BASIC GUIDELINES FOR PARTICIPATION**

1. If a student intends to play sports for the Washington Blue Jays, he/she must create an account in rSchoolToday and register for all teams he/she intends to play, prior to participation. Link can be found on our athletics website under the "Activity Registration" tab: [bj.washington.k12.mo.us](http://bj.washington.k12.mo.us)  
To ensure clearance for participation, a valid physical (within 2 years of the issue date) must be completed and signed by a doctor, then uploaded by the parent into the student's online registration prior to the first day of practice/tryouts.

Physical forms can be downloaded from the MSHSAA website (under the Sports Medicine tab), WHS Athletics website or picked up from the WHS Activities Office.

2. Students are free to make their own selection as to activities in which they wish to participate. Students should make the best choices when participating in activities to avoid conflicts between activities. This involves good communication, decision-making skills, prioritizing, and long-range goals and aspirations. However, when a conflict arises between two school-sponsored activities, consideration should be given to the following list: (Ultimately, the decision will be made by the student with no repercussions.)
  - a. State contest
  - b. District contest
  - c. Conference contest
  - d. Academic class
  - e. Interscholastic contest
  - f. Required (dress rehearsal) practice
  - g. Regular practice
3. An athlete must participate in 14 practices before he/she may be allowed to compete in an official contest. Note: Only one practice per day may count toward your total.
4. A student who has gone out for a sport but quits on his own accord, will not be eligible to start practicing for another sport before the end of the competition in the sport that was dropped; unless the head coach of the sport that was dropped gives consent and the head coach of the new sport involved accepts the athlete.
5. All students will be transported to and from respective games, meets, etc., by school transportation. The only exception to this is when a parent makes a request to transport the student and contacts the head coach personally to make the arrangements.
6. Participation in more than one sport is not allowed within one season unless arrangements with the respective coaches are made.
7. Occasionally a coach may have a practice on Sunday afternoon to prepare for a Monday contest. However, attendance at Sunday practice is not required, and the athlete will not face consequences for not attending. We do however, expect the student to communicate with the sponsor/coach should he/she miss a practice.
8. If it is necessary to be absent from practice, the student is expected to obtain permission from the head coach prior to the scheduled practice.
9. An unexcused absence from school (whole or part day) causes a student to be ineligible for any participation until the student attends a complete day of school.
10. In the event that truancy or suspension should take place, the student will not be eligible to compete until he has fulfilled the disciplinary requirements established by the administration.
  - a. In School Suspension- the student cannot participate in interscholastic competition (practices or competitions) until the evening the suspension requirement has been completed.

- b. Out of School Suspension- the student cannot participate in interscholastic competition until the next calendar day following completion of the suspension requirement.
- i. In the event that a student is assigned an after school detention as a result of a classroom problem, he is not allowed to use the excuse of “I have practice, so I can’t stay.” The classroom obligation always comes first.
- ii. The use of alcohol, tobacco, or non-prescription drugs is known to be detrimental to the individual as well as to the team he represents. Therefore, discipline action will be taken, which may result in the removal from the team.
- iii. WHS student athletes will have the availability of an athletic trainer. The trainer will act as a liaison with the athlete’s doctor. The final decision on a student’s ability to return to competition after injury is to be made by the doctor. \*\*A written statement clearing the student for competition can be made by the athlete’s parent/guardian in the event there is a disagreement over the athlete’s readiness to return to competition. The administration, trainer, and coach will review the statement.

## ATHLETIC LETTER

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and observance of athletic policies. Candidates must complete the season’s play; however this requirement may be waived in cases of physical injury. No awards will be issued to an athlete until all equipment for his/her sport is turned into the coach.

*Varsity Letter* – the Varsity Letter shall be worn on the left side of the letter jacket.

*Jr. Varsity Letter (Blue Jay Head)* – the Mascot Patch shall be worn on the right side of the letter jacket.

*Sport Pin* – given to the athlete for the sport the first year that the athlete earns a Varsity award.

*Service Bar* – given for each additional year of being a Varsity award winner.

A senior that is on a team for four years will get a letter his/her senior year regardless of playing time.

*Patches for Team Conference Championships* – will be awarded by the Activities Department.

## SPORTSMANSHIP

The following policy statement from the *National Federation of State High School Associations* expresses the concept of sportsmanship as follows:

*“The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized, by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual’s influence on the behavior of others. Good*

*sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.”*

As a student representing WHS, you have the responsibility of exhibiting good sportsmanship at all times. The moment you put on your school uniform, you become a representative of your student body, your school and your community. You will receive the ingredients of good sportsmanship through the teaching, coaching and examples of the coaching staff. Be sure to exhibit what you learn.

A very important lesson we learn through interscholastic competition is that by hard work and dedication you can improve. No one can tell you what you must be. If you are willing to recognize the ability you possess and work hard, you can achieve success. Attitude is one of the principle prerequisites in becoming a champion in any sport and of course that is best defined by how you act, how you feel, and how you think in showing your disposition. The desire to excel, to win, and to pay the price, is all part of an attitude that contributes to a winning philosophy.

A winning philosophy is important. But, likewise realizing the importance of how the game is played is equally important. Simple acts or gestures of respect such as cooperating with officials and shaking hands with opponents before and after the contest are examples of sportsmanship expected of athletes at WHS.

Actually, interscholastic competitions are much like everyday life. America thrives on competition in many parts of our society, and you might say it forms the backbone of our great nation. Competition will be a part of your life no matter what field you enter. There are, and will be, disappointments in interscholastic activities, but there will be disappointments in all of life’s activities. It is how you react to these disappointments that will measure what values you have learned on the fields, courts and mats during your high school days.

## CONFERENCE AFFILIATION

Washington High School is a member of the Missouri State High School Activities Association (MSHSAA) and the Gateway Athletic Conference (Central Division). As a member of these organizations it is committed to adhere to the rules and regulations of these two associations. There are seventeen (17) member schools in the Gateway Athletic Conference.

### North Division

St. Charles  
St. Charles West  
Orchard Farm  
Warrenton  
Winfield  
North Point\*

### Central Division

Francis Howell North  
Ft. Zumwalt East  
Ft. Zumwalt North  
Ft. Zumwalt South  
Liberty  
Washington

### South Division

Francis Howell  
Francis Howell Central  
Ft. Zumwalt West  
Holt  
Timberland  
Troy

*\*GAC Central Division for Football ONLY*

## INTERSCHOLASTIC ACTIVITIES/ATHLETIC OPPORTUNITIES

### Athletics

#### *Fall Season*

- Boys Soccer – Varsity & Junior Varsity
- Girls Volleyball – Varsity, Junior Varsity & 9<sup>th</sup> Grade
- Football – Varsity, Junior Varsity & 9<sup>th</sup> Grade
- Girls Softball – Varsity & Junior Varsity
- Boys & Girls Cross Country – Varsity & Junior Varsity
- Boys Swimming – Varsity
- Girls Golf – Varsity
- Girls Tennis - Varsity

#### *Winter Season*

- Girls Basketball – Varsity, Junior Varsity & 9<sup>th</sup> Grade
- Boys & Girls Wrestling – Varsity & Junior Varsity
- Boys Basketball – Varsity, Junior Varsity & 9<sup>th</sup> Grade
- Girls Swimming – Varsity

#### *Spring Season*

- Baseball – Varsity, Junior Varsity & 9<sup>th</sup> Grade
- Boys & Girls Track – Varsity, Junior Varsity
- Girls Soccer – Varsity & Junior Varsity
- Boys Golf – Varsity & Junior Varsity

### Interscholastic Activities

- Cheerleading - Varsity, Junior Varsity
- Dance Team - Varsity
- Scholar Bowl
- Band - Marching
- Choir - Vocal Music
- Orchestra - Instrumental Music

## CITIZENSHIP GUIDELINES

To be eligible to participate in interscholastic activities is a privilege – not an inherent right – granted if you meet the eligibility standards as set forth by the Missouri State High School Activities Association. According to the MSHSAA eligibility standards, athletes must be good citizens in their school and community, more specifically, any student who represents his/her school in interscholastic activities must be a creditable citizen and be judged so by the proper school authority certifying the list of students for competition. A student whose character or conduct is such as to reflect discredit upon himself/herself or his/her school is not considered a creditable citizen. His/her conduct shall be satisfactory in accord with the citizenship guidelines.

It is understood that citizenship eligibility cases are handled on an individual basis at the school level by the coach, athletic director, principal, parents and player. However, it is also felt that system wide guidelines will assist in the handling of such cases.



1. Citizenship – a student who is under arrest for a municipal ordinance violation, misdemeanor (shoplifting, vandalism, etc.) or felony (assault, robbery, DWI, possession) will be suspended from competition in extracurricular activities and remain ineligible until his/her judgment is satisfied according to public law and/or school policy. This includes violations that take place during the season and/or non-season including evenings and weekends. School officials may deny participation in all interscholastic activities to a student convicted or found “not innocent” of a municipal ordinance, misdemeanor or felony.

*\*Reinstatement to the activity/athletic team(s) may be granted after a review by the school administration and the sponsor/coach.*

2. Use, sale and/or abuse of alcohol, non-prescribed drugs and tobacco – athletes shall not use, sell and/or abuse alcoholic beverages, non-prescribed drugs, or tobacco. If an athlete violates this regulation, his/her violation will be reviewed by the head coach, athletic director and in cases, the principal. Following the review, the athlete and his/her parents will be notified of the decision.
  - a. **First Violation Penalty** – The student shall lose eligibility to compete for a minimum of 25% of competition. The suspension shall begin with the next interscholastic event the student participates. Suspensions for the first violation will carryover from one school year to the next, from one season to the next and from one sport to the next. During the time of loss of eligibility, the student must meet all other team obligations set forth by the coach/sponsor.
  - b. **Second Violation Penalty** – The student shall lose eligibility for a minimum of 50% of competition. Suspensions for the second violation will carryover from one school year to the next, from one season to the next and from one sport to the next. During the time of loss of eligibility, the student must meet all other team obligations set forth by the coach/sponsor.
  - c. **Third Violation Penalty** – The student shall lose eligibility for all interscholastic events for the remainder of their high school career.
3. Athletes involved in misconduct while at school – this includes truancy, disrespect to teachers, fighting, use of abusive language, etc. After a review by the head coach, activities director, and principal, the athlete and parents will be notified of the results. Penalties will range from a reprimand and placing the athlete on probationary status to temporary or permanent restriction from representing the school in interscholastic activities. The seriousness of the case and attitude of the athlete will determine the penalty. Reoccurrence will require that permanent restrictions be considered.
4. Out-of-town trips – students are expected to accompany the team on all out-of-town trips using the mode of transportation arranged by the school. Any deviation from this policy requires the following:
  - a. A request by the parents or guardian be made personally and in advance and be approved by the coach and the activities director. If the request in

made by note, the activities director will need to verify it by contacting the parents or guardian.

- b. A parent must personally see the coach and sign a permission slip to request permission to have a student ride home.
  - c. Under emergency conditions, the coach in charge of the team will use his/her best judgment in approving any request.
  - d. If there is any doubt about the circumstances surrounding such a case, the athlete is to remain with the team.
5. Unsportsmanlike acts – such acts during a contest resulting in ejection will, in most cases, cause the student to be restricted from representing the school for at least the next contest. If a student who commits such an act is not ejected, he/she may be subject to at least a one game restriction from representing the school. Each case of this type is to be reviewed by the head coach, activities director and principal before a final decision is reached.
6. Due process – students will have the opportunity to express their side of any incident in which they may be involved. If the athlete is dissatisfied with any decisions, he/she has the right to appeal through the following channels:
- a. Activities Director
  - b. School Administration (Principal)
  - c. Superintendent
  - d. Board of Education

If appeals are made to the activities director they are to be in writing and submitted within ten days of the previous decision. The body to which the appeal is made will, within ten days of receipt of the appeal, establish a hearing date.

Any incidents which occur that are not covered by these guidelines will be reviewed on an individual basis and decisions related to penalties will be made jointly by the school administration and head coach.

## **COMMUNICATION PROCEDURES**

### **Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. As parents, when your son/daughter becomes involved in our program, you have a right to understand what expectations are placed on your student. This begins with clear communication from the coach of your son/daughter's program.

1. Communication you should expect from your son/daughter's coach.
  - a. Philosophy of the coach
  - b. Expectations the coach has for all team members
  - c. Location and times of all practices and contests
  - d. Procedure should your child be injured during participation
  - e. Team requirements (fees, special equipment, etc.)
  - f. Discipline that results in the denial of your son/daughter's participation

2. Appropriate concerns to discuss with coaches.
  - a. The treatment of your child, mentally or physically
  - b. Ways to help your child improve
  - c. Concerns about your child's behavior
  - d. How your child can help the team be competitive

It is very difficult to accept your son/daughter not participating as much as you may hope. Coaches are professionals. They make judgmental decisions based on that they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your son/daughter's coach. Other things, such as those listed next must be left to the discretion of the coach.

3. Issues not appropriate to discuss with coaches.
  - a. Playing time (rationale for playing time may be requested)
  - b. Team strategy
  - c. Play calling
  - d. Other students

If a situation arises that may require a conference between the coach and parent, it is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

4. If you have a concern to discuss with the coach, please use the following procedure.
  - a. The student should discuss the concern with the coach.
  - b. If the issue needs further attention, contact the coach during his/her planning period to get a clarification or to set up a meeting.
  - c. Please do not attempt to confront a coach before or after a contest or practice.
5. What can a parent do if the meeting with the coach did not provide satisfactory resolution?
  - a. Call during school hours and set up an appointment with the activities director to discuss concerns.
  - b. If necessary, at this meeting the appropriate next step can be determined.

## **EXPECTATIONS OF PARENTS/FANS**

The following is a brief summary of expectations of parents/fans in the School District of Washington:

1. Be a positive role model through your own actions.
2. Be a "team fan", not a "my kid fan".

3. Show respect for officials, opposing teams and fans.
4. Don't instruct your child before, during or after a game, because it may conflict with the coach's plans and strategies.
5. Praise every student-athlete as he/she work to improve as a student, an athlete, and most importantly, as a person.
6. Gain an understanding and appreciation for the rules of the game.
7. Recognize and show appreciation for outstanding play by either team.
8. Help your child understand that success is oriented in the development of a skill, and they should feel good about themselves, win or lose.
9. Take time to talk with coaches in an appropriate manner if you have a concern, including proper time and place (not before or after a contest).
10. Please reinforce our drug and alcohol free policies by refraining from the use of any controlled substances before and during athletic contests.
11. Remember that admittance to a school athletic event is a privilege to observe the contest.

***Failure by parent/fans to abide by the aforementioned expectations could result in the removal and/or suspension from attending events at the discretion of school administration.***



# MSHSAA ELIGIBILITY STANDARDS

## Introduction

The Missouri State High School Activities Association (MSHSAA) is comprised of approximately 750 member schools, both public and private, across the state of Missouri. MSHSAA's eligibility requirements have been voted on by the member schools and were adopted by your school when it became a MSHSAA member. Your school will also have local school requirements that you must comply with in order to be eligible.

Information contained on this page will acquaint you with the essential rules and regulations students and schools must follow in order to maintain and protect high school eligibility. No one requirement is more important than another. Any questions you have concerning these essential requirements or eligibility should be discussed with the school principal or athletic director. These administrators have copies of all MSHSAA eligibility requirements.

## Summary of the Eligibility Requirements

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### 1. Bona Fide Student

In order to represent your school, you must be a bona fide student and meet all eligibility requirements. You must be regularly attending classes and you must meet the academic requirements in MSHSAA By-Law 2.3 and those of your school.

### 2. Citizenship

You must be a creditable citizen. Creditable citizens are those students whose conduct - both in school and out of school - will not reflect discredit upon themselves or their school.

NOTE: Conduct involving law enforcement must be reported to your principal or athletic director immediately as your conduct may affect eligibility or contest outcomes.

### **3. Sportsmanship**

If you commit an unsportsmanlike act while participating in an event, you could become ineligible.

If your conduct as a spectator is found to be unsportsmanlike, you could be barred from attending any further high school contests.

The unsportsmanlike conduct of any spectator, regardless of age, could cause that spectator to be barred from attending school contests.

### **4. Academics**

#### **Grades 9-12**

You must have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which any student can be enrolled in the semester, whichever is GREATER, at your school.

For your current semester, you must be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned at your school, whichever is GREATER.

Credits earned or completed after the close of the semester will not fulfill this requirement. Summer high school courses for FALL academic eligibility may count provided the course is necessary for graduation or promotion or is a core subject course, and credit is placed on the school transcript. No more than one unit of credit in summer school shall be counted toward fall eligibility.

Students promoted for the first time into 9th grade are considered academically eligible for the first semester after promotion.

Do not drop courses without first consulting with your school principal, athletic director or counselor to determine whether doing so will affect your eligibility.

## **Grades 6-8**

You must be enrolled in a normal course load for your grade at the member school.

You will be ineligible if you failed more than one class the previous grading period.

You must have been promoted to a higher grade prior to the first day of classes for the new school year.

Students promoted for the first time into 6th and 7th grade are considered academically eligible for the first grading period after promotion.

## **5. Semesters of Participation**

### **Grades 9-12**

You are eligible to participate in any sport for a maximum of four seasons (an exception is in place for schools sponsoring baseball or softball in both the fall and spring). Any part of a contest played during a season counts as a season of participation.

Your eligibility to participate in high school activities begins when you first enter the 9th grade and lasts for the next *eight consecutive semesters (four consecutive years)*.

### **Grades 6-8**

You are eligible for only your first two semesters of attendance in the 6th grade, 7th grade and 8th grade.

You are not eligible to compete with or against students enrolled in the 9th grade or above when you are enrolled in the 6th, 7th or 8th grade.

NOTE: Check with your school principal for exceptions to this rule if you are ineligible because of age.

## **6. Age Limits**

### **Grades 9-12**

If you reach 19 years of age prior to July 1, you will be ineligible the next school year.

In order to participate on or against teams made up of only 9th graders (freshmen teams), you must not have reached 16 years of age prior to July 1 preceding the opening of school.

Over-aged 8th graders should be moved up to the senior high team to have eight semesters of eligibility.

Over-aged 5<sup>th</sup> graders should be moved up to the 6<sup>th</sup> grade team to participate, because they will be ineligible as seniors.

### **Grades 6-8**

In order to participate on or against teams made up of only 6th graders, you must not have reached 13 years of age prior to July 1 preceding the opening of school.

In order to participate on or against teams made up of only 7th graders, you must not have reached 14 years of age prior to July 1 preceding the opening of school.

In order to participate on or against teams made up of only 8th-graders, you must not have reached 15 years of age prior to July 1 preceding the opening of school.

Students may participate with the next higher grade team if they no longer meet the age limit for their grade.

NOTE: Check with your school principal or athletic director for options available to you if you are ineligible for your grade level because of age.

## **7. Entering School**

You must enter school within the first 11 days of the semester in order to be eligible that semester.



## **8. Recruiting of Athletes**

You will be ineligible for your career at a school if you are influenced by a person to attend that school for athletic or activities purposes. You may, however, return to your original school and be ineligible for no more than 365 days.

## **9. Playing Under A False Name**

If you compete under an assumed or false name, you immediately become ineligible for up to 365 days.

## **10. Amateur and Awards Standards**

An athlete must maintain “amateur standing” 365 days a year in the sport concerned in order to participate in interscholastic athletics – the following restrictions govern the receipt of awards in both interscholastic play AND non-school competition/participation.

After entering a member school, you will become ineligible *in the sport concerned* if you receive any of the following PROHIBITED awards for participating in an athletic contest or being an athlete:

- An award of cash, a gift-certificate/gift-card or an award that is the equivalent of cash is PROHIBITED for amateurs.
- Merchandise which exceeds a manufacturer's suggested retail price (MSRP) of \$250 is PROHIBITED for amateurs. However, there is no value limit in regard to awards which are symbolic in nature, such as medals, ribbons, trophies, plaques, etc.

Awards should be approved in advance by your school.

Commemorative jewelry may be presented by the school (i.e. championship ring or necklace) (no value limit).

## **11. Non-School Competition**

You may not practice for, or participate with, a non-school team or in any organized non-school athletic competition and for your school team *in the same sport* during the school sport season. Contact your school's athletic director for specific details in regard to individual sports (swimming & diving, tennis, golf, cross country, track & field, wrestling).

You may participate on a school team and a non-school team in *different* sports during the same season; however, you may not practice for the non-school team or participate in organized non-school athletic competition *on the same day* that you practice with or participate for the school team *without prior approval of your school administrator*.

You must receive approval in advance from your school principal or athletic director in order to miss school time to practice for, travel to or compete in organized non-school athletic competition.

You will become ineligible in any sport in which you play as a member of a junior college, college or university team.

Before you join a non-school team or enter any non-school competitive athletic event, your school principal or athletic director should be consulted to make certain these standards are met.

## **12. Contact with Coaches**

### **No-Contact Periods**

All Sports: The seven days prior to the first allowable practice date each season is a no-contact period in which no "contact" takes place between school coaches and students enrolled in the member school, or who will be enrolled in the member school during the upcoming school year.

## **Sport-Specific**

Before attending any specialized athletic camp(s)/clinic(s) or group sport instruction, you should consult with your school principal or athletic director to make sure it meets the criteria published in the MSHSAA Official Handbook.

### **13. College Auditions and Tryouts**

You may participate in an event conducted by a college or university during the school year under certain conditions. Consult your athletic director.

You may participate in a college tryout, audition or evaluation event conducted by a private organizer for a specific sport outside the school season of the sport concerned.

You may not miss school time to travel to or participate in the event unless your absence is approved in advance by the school administrator.

NOTE: See your administrator before signing up and agreeing to attend any such events.

### **14. Residence Requirements**

A student may be eligible as an enrolled student at the public or nonpublic school located in the district in which the student's parents reside. In the case of a public multiple-school district, a student may be eligible at the school designated for the student to attend, based on parents' residence, by the board of education.

### **15. Transferring Schools**

If you transfer schools, you will be ineligible for 365 days, unless your circumstances meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules (By-Law 3.10). Make an appointment with the school's athletic director to review these exceptions. Several, but not all, are described below.

Exception 1: If you move with your entire family across a boundary line into your new school district, you will be eligible at your new school provided you were eligible in all other respects at your former school and provided there are no other issues with the

transfer. You and your entire family must move to the new residence at the same time prior to attending classes.

Exception 2: A student may be eligible immediately at the school of his or her choice upon first being promoted from the 8th grade into the 9th grade, provided the student is eligible in all other respects.

Exception 10: Foreign Exchange Students are eligible for varsity competition for one year and only if they are seniors (semester 7 or 8), provided they are participating in an exchange program listed by CSIET. However, no member of the school's coaching staff for the sport concerned may serve as a host family, or eligibility of the student will be affected.

Always check with your school principal or athletic director before you transfer to determine whether it will affect your eligibility.

School discipline follows a student to a new school. Being expelled, or being forced to withdraw, from a school also causes 365 days of ineligibility for a student.

You shall become ineligible for 365 days if you transfer to another school for athletic reasons.

## **16. Graduated Students**

You will be ineligible to participate after graduation from a senior high school or its equivalent. Students who are granted an early release after their junior year are ineligible for further participation. *(NOTE: You are eligible to participate in state-series events which extend beyond the date of your school's graduation at the end of the spring semester of your senior year.)*

## Important Websites / Helpful Information / WHSAA

# BOOKMARK

### Helpful Information

#### Blue Jay Athletics Online

Want the latest information on Blue Jay schedules, rosters, news and more? Go to [bja.washington.k12.mo.us](http://bja.washington.k12.mo.us) for the most up-to-date information on game day event dates, times, cancellation, reschedules and directions to opposing schools.

#### Sports Pictures

Want to hold on to your son or daughter's MVP moment? Go online to purchase team and individual pictures from our professional photographer at [www.WagnerPortraitGroup.com](http://www.WagnerPortraitGroup.com).

#### Athletic Resources

Question about an athletic rule or regulation? Check out the Missouri State High School Activities Association (MSHSAA) website at [www.mshsaa.org](http://www.mshsaa.org). From district, sectional and state assignments to recent news on individual sports, the MSHSAA website is a wonderful resource.

Is your athlete college bound? Check out the National Collegiate Athletic Association (NCAA) website at [www.ncaa.org](http://www.ncaa.org). Get the latest information on the clearing house and other college athlete tips.

#### WHSAA

The Washington High School Athletic Association (WHSAA) is a volunteer parent organization that provides financial support to all teams and sports in the Washington High School and Middle School athletic program. Parent volunteers raise money through concession stand work at WHS home games, advertising sales, golf tournament, WHSAA membership dues and other various fundraising activities.

#### Would you like to join the WHSAA?

Go to [bja.washington.k12.mo.us](http://bja.washington.k12.mo.us), click on the Blue Jay Nation tab to the right and select WHSAA from the menu for more information.

## School Fight Song

### *"On Blue Jays!"*

Onward Blue Jays  
Onward Blue Jays  
Fight, Fight, Fight, Fight  
Pass the ball right down the field  
And fight with all your might.  
Rah! Rah! Rah!  
Onward Blue Jays  
Onward Blue Jays  
Fight for all your fame.  
Fight all you fellows and we'll win this game.  
Hey!



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## School Song

### *"Alma Mater"*

Where the vale of ole Missouri  
Meets the eastern sky  
Mid the rustling of the tree tops  
Stands our good old High  
When the evening twilight deepens  
And the shadows fall,  
Linger long the golden sunbeams  
On the western wall  
When the shades of life shall gather  
Dark the heart may be;  
Still the rays of youth and love  
Shall linger long o'er thee

#### *Chorus*

School we love, High School,  
Live forever;  
Our Alma Mater dear;  
May thy sons be leal and loyal  
To thy memory.

