



# Whiting Community School District Activities Handbook 2022-2023

**Warrior School Song- Washington & Lee Swing**

Oh when those Whiting teamsters fall in line,  
We'll get a fair and square deal every time.  
We know that we will win if we're all here.  
And if we win tonight we'll all be fair and square.

We love our high school colors, red and white  
We stand behind our school with all our might.  
We are the one's who put the aim of fame on this game.  
Here's to Whiting High, rah, rah!

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All,

Welcome to Whiting Warriors Athletics. At the Whiting Community School, we strive to be excellent on and off of the court. As discussed in our athlete mission statement, Whiting Warriors Athletics is committed to excellence in developing the whole student, not just the athlete, in mind, body, and spirit. We will hire coaches that best fit this mission statement. Students will be held accountable for their actions, with rules in place to prevent them. These rules have been adopted by the Whiting Community School High School and Middle School Coaches, and approved by the school board. I am personally looking forward to the 2022-2023 athletic season. If there are any questions, please don't hesitate to call the school or send me an e-mail. Go Warriors!

Mr. Lamp  
Activities Director

### **School Mission Statement**

Together, our mission is to prepare students to be responsible citizens in today's world.

### **Athletic Mission Statement**

Whiting Warriors Athletics is committed to excellence in developing the whole student, not just the athlete, in mind, body, and spirit.

### **Philosophy**

Whiting Warriors Athletics is an important part of our school's educational program. We want to make sure that all students reach their maximum potential. Whiting is committed to the following:

- Teaching the value of competition
- Foster the development of athletic skills
- Encourage the development of a strong work ethic, self-discipline, and self-sacrifice
- Teach the value of commitment, teamwork, and cooperation
- Develop good judgment, character, and leadership
- Teach good sportsmanship, ethical conduct, and fair play

Students are expected to comply with and abide by the school district's policies, rules, regulations and student handbook. Students who fail to abide by the school district's policies, rules, regulations and the student handbook may be disciplined for conduct which disrupts or interferes with the education program; conduct which disrupts the orderly and efficient operation of the school district or school activity; conduct which disrupts the rights of other students to maintenance of a disciplined atmosphere. Disciplinary measures include, but are not limited to removal from the classroom, detention, suspension, probation and expulsion. Discipline can also include prohibition from participating in extracurricular activities, including athletics. The discipline imposed is based upon the facts and circumstances surrounding the incident and the student's record.

## **Whiting Community School District Contact Information:**

**\*606 West Street\* \*PO Box 295\* \*Whiting, IA 51063\***

**\*Office- (712)-455-2468\* \*Fax- (712)-455 2601**

Elementary/Middle/High School

- Alex Lamp- Activities Director  
alamp@whitingcsd.org
- Stacey Schmidt- Principal  
sschmidt@whitingcsd.org
- Tracy Bell- Athletic Secretary  
tbell@whitingcsd.org
- Michelle Collins- Director of Transportation  
mcollins@whitingcsd.org
- Superintendent- Derek Briggs
- Lori West- Business Manager/Secretary
- School Board Members- Steve Murray (President), Lucas Morton (Vice President), Sarah Fegenbush, Dana Kirby, Nicole Jacobsen

### **Chain of Command**

If you have an issue with coaches, athletes, or anything else that deals with athletics, please follow the chain of command on which you address the issue with.

- Coaching Staff
- Activities Director
- Principal
- Superintendent
- School Board

Do not address the issue with the Principal if you have not spoke with the coaches first. There is a **Mandatory** 24-Hour Rule when dealing with issues after athletic contests. Coaches are not required to speak to parents with concerns until after 24 hours. Any concerns, please see your Activities Director.

### **2021-2022 Sports Starting Dates**

**Volleyball, Cross Country, & Football-** August 8<sup>th</sup>, 2022

**Girl's Basketball-** November 7<sup>th</sup>, 2022

**Boys' Basketball & Wrestling-** November 14<sup>th</sup>, 2022

**Track & Field-** February 20<sup>th</sup>, 2022

**Baseball-** May 1st, 2023

**Softball-** May 1st, 2023

### **Required Forms for Participation**

Prior to the start of the season, all student-athletes must complete the following forms

- Physical Examination Form (must be completed by a physician)
- Concussion Return to Play Policy Acknowledgment
- Student-Athlete/Parent Contract for Participation
- Health and Injury Information Card/Consent Medical Treatment Form

### **Head Coaches, Assistant Coaches & Sponsors**

The following activities below are offered at Whiting.

<b>Sport</b>	<b>High School</b>	<b>Middle School</b>
<b>Volleyball</b>	TBD	Nick West
<b>Football- Share with West Harrison</b>	Andrew Stevenson	Troy Maasen
<b>Cross Country</b>	Alex Lamp	Alex Lamp
<b>Basketball (Boy's)</b>	TBD	TBD
<b>Basketball (Girl's)</b>	TBD	TBD
<b>Wrestling- Shared with West Monona</b>	Blake Moore Asst: Tim Chestnut	TBD
<b>Track &amp; Field</b>	Alex Lamp	Nick West
<b>Cheerleading</b>	Kim Gigaroa	NA
<b>Baseball (Shared with Siouxland Christian)</b>	Denton Porter Asst: Orlando Wells	NA
<b>Softball (Shared with Siouxland Christian)</b>	TBD	NA
<b>Choir</b>	TBD	TBD
<b>Band</b>	TBD	TBD
<b>Quiz Bowl</b>	Chris Derochie	NA
<b>FCCLA (Family, Career and Community Leaders of America)</b>	TBD	NA
<b>Speech</b>	Lesley Hubert	NA
<b>Tag (Talented and Gifted)</b>	Kristy East	Kristy East

**Upon the Activities Director's approval at the preseason meeting, coaches may impose rules in addition to those contained in this handbook. The privilege of participation may be suspended or canceled for violating coaches' rules as well as for violation of school district policies, rules or regulations.**

## **Anti-Bullying Policy & Hazing**

Please review the Anti-Bullying and Hazing policy found in the Junior High & High School Handbook. **Any student-athletes found to be in violation of the harassment policy found in the Junior High/High School Handbook will be subject to discipline as determined by the coach, activities director, and principal.** If, after consultation with coaches, parents, and activities director/principal, a student(s) is found bullying at the Whiting Community School District, they will automatically be dismissed from the team.

**Any complaints you have with another athlete on the team, please speak with the coaches in a timely manner so that we can get this resolved as quickly as possible. Any complaints you have with coaching staff, please see the Activities Director. We will work to get this resolved. Please review page 3 for chain of command when dealing with conflicts during the school year.**

## **Substance Abuse Policy**

**(Substances include alcohol, e-cigarettes, vaping devices, other nicotine products, and all illegal drugs or unauthorized substances.)**

Please review the Anti-Bullying policy found in the Junior High & High School Handbook. Students who use or have possession of alcohol or tobacco in any form on school property, transportation or at any home or away school-sponsored activity shall be subject to the following disciplinary action. You will be declared ineligible for 33% of the scheduled events.

Softball/Baseball- Tentatively 8 playing dates (one day tournaments count as 2 playing dates)

Football- 3 playing dates

Volleyball- 5 playing dates (one day tournaments count as 2 playing dates)

Basketball- 6 playing dates (one day tournaments count as 2 playing dates)

Wrestling- 5 playing dates (one day tournaments count as 2 playing dates)

Track- 4 playing dates

Cross Country- 3 playing dates

**Second offense will result in removal from the team. A meeting will take place and further disciplinary action will place.**

Penalties **will** carry over from one sport to another on a percentage basis. For example, a student is guilty of possession of alcohol during the basketball season. The penalty for this 6 games, and only 3 playing dates are left in the season. The student must complete the rest of the penalty, 3 games, in the next sport in order to become eligible again.

Any student-athlete found to be in violation of the school's substance abuse policy will automatically be suspended from all team activities including practice, games, tournaments, and all other team related activities. This will last until the coach, activities director, and school administrator have reviewed the reported offense. Once it has been reviewed, a decision will be made on whether the student-athlete can practice with the team. If this is the case, to count as one of the suspended games, an athlete must continue to practice and attend the suspended games with the team, serving as a student manager. The student must ride to and from the contest with the team.

## **Sportsmanship**

It is a privilege and an honor to represent the Whiting Community School in extra-curricular activities. The students and the school are judged by the participant's character and conduct at all times. Junior-Senior High School students serve as a model to many people and their attitudes have an impact on others. Students and coaches at the Whiting Community School are expected to display the highest standards of sportsmanship at all times. Coaches are expected to take necessary steps to ensure that they and their team maintain the highest standards of sportsmanship at all times. Good conduct requirements in this policy apply in and out of school during both the school year and the summer. Student's who have serious discipline referrals (such as disrespect or insubordinate behaviors) may be declared ineligible for co-curricular activities for a period of time, for a full season or longer at the discretion of the coaches, Activities Director and/or the principal.

## **Eligibility**

All students in the grades 7-12 are eligible to participate in extra-curricular activities as long as they maintain the prescribed academic and conduct standards. Participation in athletics is a privilege, NOT a right. Students can earn the privilege through hard work, dedication, desire, and self-discipline.

**Middle School Academic Standards:** On Monday of each week grades are checked. If a student is not passing any class, they will be put on academic probation until the following Monday when grades are checked again. They may not participate in practices that week until the grade is back above passing. They may not participate in any contests for the week. Parents will be notified on Monday via email if their child(ren) is ineligible.

**High School Academic Standards:** Students must be passing all classes to remain eligible for extra-curricular activities. Grades will be checked at the end of each midterm and quarter. If a student is failing a class at the **midterm**, he or she will be placed on academic probation for **five** school days. If a student is still failing after five school days, they will be ineligible for another five days. This will continue until all grades are verified passing. If a student receives an F for the **quarter**, he or she will be placed on academic probation for **ten** school days. During these periods of time, the student-athlete will not be able to participate in any athletic contests, but may practice and travel with the team at the discretion of the coach.

If, at the end of a semester, a student-athlete has failed a class, they will be placed on academic probation for a period of 30 days (IGHSAU/IHSAA Standards). During this time, students will be allowed to attend and participate at practices, but will not be allowed to participate in any athletic contests. Please review the scholarship rule if you have any questions.

**Whiting Community School District reserves the right to impose any disciplinary action, which is considered in its discretion, appropriate to the circumstances of any violation. This may include placing a student on academic or behavioral probation, suspension from the athletic team for the remainder of the season, as well as expulsion from the athletic program for the remainder of the school year. The Activities Director, Principal and Superintendent will make the determination. A student in violation of the Good Conduct policy will be expected to practice during the period of ineligibility. Coaches reserve the right to determine if a student has the necessary qualities to attend athletic events and represent Whiting.**

## **Athlete Code of Conduct**

All middle school and high school athletes will adhere to the following code of conduct. A violation can result in suspension or expulsion from the athletic team. The Activities Director shall enforce all rules and regulations as described in the Athlete Code of Conduct. The Code will be enforced by the coach(es) of each sport throughout the season. Each coach will be allowed to have their own set of rules on top of the rules laid out in the handbook per discretion and approval from the Activities Director

Student-athletes are expected to demonstrate the following behaviors and characteristics:

- Integrity in the keeping of one's word, speaking the truth, carrying out responsibility and respecting authority
- Respect for self, Whiting Community School, coaches, officials, fans and the property of others
- Responsibility for doing what you are supposed to do. Be self-disciplined, and be accountable for your choices
- Be Fair, and play by the rules. Be open-minded and listen to others. Don't blame people carelessly
- Punctuality- Showing up to school on time daily and not skipping classes.
- 6 Pillars of Character

Student-athletes are expected to refrain from the following behaviors and characteristics:

- Tardiness to practices or competitions
- Careless and/or reckless behavior
- Profanity and vulgar or offensive speech and/or gestures.
- Dishonesty in any form, including lying, theft, or cheating
- Inappropriate use of social networks or media outlets (ie: facebook, twitter, blogs, instagram, snapchat, etc...)
- Rebellious or disrespectful behavior
- Flagrant disrespect or disobedience
- Harassment in any form, both physical and/or verbal in nature.
- Hazing in any form
- The use and/or possession of tobacco, alcoholic beverages, illegal drugs, and the abuse of prescription medication. Violations of this policy may also result in discipline of the student-athlete.

### **Other examples that warrant ineligibility:**

- If you have an In-School Suspension (ISS), or Out of School Suspension (OSS), you will be ineligible for any athletic contests that may be held on that day or on subsequent days.
- If you skip a class on a day of a scheduled event, you will be ineligible to participate.
- Conflicts in the Locker Room.



## **Penalties for Violation of Conduct Standards**

**First Offense**- Ineligible for one scheduled performance, student sits down with the Activities Director, and parents notified.

**Second Offense**- Ineligible for two scheduled performances, student sits down with the Activities Director, parents notified, and a meeting is scheduled with the Activities Director.

**Subsequent Offenses**- Removed from the team for the season. A conference shall be held with the student, parents, Activities Director, and the Principal.

Few Notes..

- An ineligible student must attend all practices and adhere to all rules just as if he or she were eligible.
- An ineligible student may not “suit up” for any contests.
- The period of ineligibility will go into effect immediately upon a finding of the violation. If the student is not currently engaged in an extra-curricular activity, it will be carried over to the next activity he or she plans to participate in.

## **Suspension from School**

A disciplinary action that results in suspension from the school will eliminate the student-athlete from all interscholastic sports for the duration of the suspension. Any suspension, whether in-school or out-of-school will render the student-athlete ineligible to attend practice or any athletic contests. Once the suspension is served, further disciplinary action will be assessed according to the student Athlete Code of Conduct.

## **Transfer Rule**

A student who transfers from a school to a different school may be ineligible to compete in interscholastic activities for a period of 90 consecutive days. The period of ineligibility applies to varsity level contests and competitions. Some exceptions apply to this rule. Check with your Activities Director for more information or review the IGHSAU/IHSAA handbooks.

## **Locker Rooms**

All students (6-12) at the Whiting Community School District may be provided a locker for use for the school year. These locker rooms are located next to the gymnasium. A lock may be purchased, and is highly recommended for \$5. If returned undamaged, you will be reimbursed. Locker rooms will be required to stay clean. Anything found on the floor at the end of the day will be picked up by the janitors, washed, and put in the lost and found. Coaches need to help police this and hold students accountable. Bags shouldn't just be thrown on the floor. This will help out the janitors when they go in and clean the locker rooms in the mornings. Lockers must be cleaned out by the final day of school, unless you are participating in summer activities. **The Whiting Community School District is not responsible for lost or stolen items from the locker room.**

## **Practice Times**

### **Middle School**

Practice will start at 2:02pm for all sports during each season and go through the athletic period. Practice will run until 3:30pm. Middle school athletes get the gymnasium until the allotted time. The following practice times will be assigned on alternative bell schedules.

**Two Hour Late Start:** 2:27pm-3:30pm

**One Hour Early Out:** 1:12pm-2:30pm

**Two Hour Early Out:** 12:33pm-1:30pm

### **High School**

The coach of each sport, along with the help of the Activities Director (only if necessary), will determine the team practice schedule. There may be circumstances where the practice times require adjustment. In those cases, student-athletes will be notified in advance of the change in day/or times. Most high school practices will run from 3:30-5:30pm. Basketball will have two practice times: 3:30-5pm, and 5pm-6:30pm. A schedule will be given to the coaches before the start of the season that will determine who starts in the big gym. Practices will be held rain or shine upon the discretion of the coach and/or Activities Director.

## **Preseason Practice/Open Gym**

All coaches will adhere to the Iowa High School Boys' Athletic Association and Iowa Girl's High School Athletic Union rules. These rules apply out-of-season, preseason, and current season policies, guidelines, practices and open gyms.

All open gyms, including any and all gym times, must be scheduled through the Activities Director, or Activities Secretary. There is a gym schedule in the mailroom. Any time there are student-athletes in the gym area, an approved adult, preferably the coach of the current season, must supervise them. Any time a student-athlete is using Whiting's facilities and are not supervised, the coach and school open themselves up to litigation if an accident should occur. Any open gym in which an approved adult is not present, will not be tolerated and may lead to disciplinary action.

## **Off-Season Practice Policies**

When a student makes a commitment to participate in a team sport, he/she is making a commitment to the team to be at his/her best/peak performance at all times during the season. The student-athlete is also facing the challenge of maintaining his/her academics at the highest level possible. Therefore it is vital that coaches communicate and come to some agreement that is in the best interest of our student-athletes.

These activities include:

- Open Gyms, Scrimmages, Pick-Up Games
- Conditioning
- Weight Training
- Skills Practices
- Drills

### **Coaches Meeting**

All coaches are required to schedule a pre-season meeting with the Activities Director. This can be done after practice has begun, but must take place before the first contest. Coaches will lay out the general practice plan for the season, and share some team goals they might have. This will be their chance to ask any questions that they may have for the Activities Director. Following the season, the coaches are required to schedule a post-season meeting. They will discuss how the season went and any other pertinent information. Coaches will also sign out on the coaches' checkout report (see back of handbook).

It is important that we as coaches act as good role models and set good examples for our players. It is important that we show good sportsmanship/respect towards our players, officials, other coaches, and who ever else we may encounter during the season, and demand the same from our athletes. Remember to watch our language, and don't allow your players to get away with it. It is important that we as coaches work together and communicate with each other when it comes to scheduling practice and other events. We need every student to partake in our activity so that we can be as competitive as possible.

### **Parent's Meeting**

All coaches are required to have a pre-season meeting with the parent's. The meeting should be held before the first contest, and preferably before the first practice. You must sit down with the Activities Director before the parent's meeting to discuss the Agenda. This is the time for parents to ask questions and meet the coach. Parents will be informed of all of the rules for the particular sport, and must sign the student-athlete/parent contract for participation. If you are unable to attend the meeting, please notify the coach and schedule a time to sit down for a brief meeting. The student-athlete/parent contract must be signed and returned in order to participate in practice or other team-related activities.

### **Online Coaches Rules Meeting**

All coaches, head coaches and assistants, are required to watch the online rules meeting that are offered by the state for their respective sport. Failure to observe and complete the rules meeting will be penalized by the coach not being able to participate in any post-season tournaments for that particular sports. When this is complete, a copy of the certificate needs to be given to the Activities Director for school records.

### **Coaches Evaluations**

For every sport, the Activities Director once per season will evaluate each coach. This will be a formal evaluation in which the Activities Director sits in on a single practice determined by the coach. Once practice is completed, a short discussion between the AD and coach will be had. Any concerns will be addressed at this point. There will also be an evaluation for the assistant coach. A form will be given to the head coach to fill out for all assistant coaches. Once completed, all coaches will sit down with the Activities Director and discuss the evaluation, and any changes that need to be made for the next season.

## **Emergency Action Plan**

### **Fire**

If the fire alarm goes off during an evening where there are activities or athletic contests being held at the school, it is important to follow these key protocols. Students, coaches and fans will exit the building in an orderly manner. They will be allowed to exit from the East entrance in the lobby, or the West entrance near the band room. Whichever is closest will be where you will exit. If exiting from the East, they must walk to the school parking lot and stand patiently. If exiting from the West, they must walk to the fence located next to the baseball field. Once instructed that everything has cleared up, the activity for the night may resume. Fans may go back to their seats and officials will give us the signal for how much time until the contest may resume again.

### **Severe Weather**

If the alarm goes off during an evening where there activities or athletic contests being held at the school, it is important to follow these key protocols. Students, coaches, and fans will walk down to the gym floor and take a seat next to the stage. The Activities Director will keep everyone updated one they are made aware of any more news. Once instructed that everything has cleared up, the activity for the night may resume. Fans may go back to their seats and officials will give us the signal for how much time until the contest may resume again.

### **Injury & Illness**

All injuries should be reported to the coach and/or activities director at the time they occur so further injury can be avoided. If you are injured, get treatment.

- 1.) Tell the coach that you are injured before leaving practice.
- 2.) The coach will need to inform the Activities Director of any significant injuries.
- 3.) No matter how small the injury, get treatment.
- 4.) Student-athletes who become sick, nauseated, dizzy, and/or very hot should notify the coach immediately.

All injuries should be treated with caution and handled with care. The parents will be contacted in the event of severe or significant injuries and consulted with any decisions made in regard of treatment and rehabilitation. Coaches treat any acknowledged condition in the confidential manner with which the information is related by the parent or guardian. If an athlete misses practice on the request of a physician, the athlete should have a note of clearance before returning to practice. Coaches should follow the IGHS AU and IHSAA guidelines before student-athletes can return to practice.

Ice will be located in the concessions stand for any injuries. When you are at an away contest, ask the coach or activities director if they have ice available for an injury. There will be a med-kit in the coaches' office for use.

Cars will not be allowed to park on the curve driveway East of the school near the main entrance. This will be used for emergency vehicles. Cones will block the entrance into the driveway.

## **Concussions**

There should be steps student-athletes take to protect themselves from concussions and other injuries.

- Make sure to wear the proper equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Follow the coaches' rules for safety and rules of the sport.

If you think a student-athletes has a concussion, it is important to follow proper concussion protocols.

- Keep your student-athlete out of play.
- Seek medical attention right away.
- Inform all coaches, nurses, and other health care professionals about the concussion.
- If you think a student-athletes has a concussion, don't assess it yourself. Take him/her out of play immediately, and seek the advice of a health care professional.

**If on the night of an event, an accident or injury occurs, and the Activities Director is not present, there will be another contact to reach out to, whether it's the Principal, or a teacher. The bookkeeper will know who the contact person is for the evening. See him for any questions.**

## **Uniforms/Warm-Ups**

Whiting Community School athletic uniforms or warm-ups are to be worn only during interscholastic competition, practice, and on approved home games with approval by the coaches. The uniforms are not to be used for any other purpose.

Student-athletes are responsible for all items issued to him/her. The student-athlete must pay for any lost, damaged or stolen items before another is issued. In the event that the school year ends and a student-athlete has not returned all items issued from him/her, the student-athletes grades may be held until the items are returned to the school or paid for.

If a student-athlete decides to leave a sport during the season, they will need to set up a meeting with the Activities Director and coaches. All uniforms must be returned within 24 hours of quitting, or during the meeting.

To ensure that all uniforms and equipment are turned in, the head coach will need to submit the end-of-season inventory list to the Athletic Director.

## **Holidays**

In order for teams to remain cohesive, effective, and competitive, student-athletes may be expected to play and/or practice during holidays (Winter Break, Spring Break, Summer Break, Labor Day, etc.) The coach at the pre-season meeting should announce these dates. All practice times must follow the state athletic associations guidelines.

## **Transportation**

Students participating in activities are to follow this policy regarding returning from school activities out of town.

- All student-athletes are required to abide by all code of conduct rules described in this handbook. They will be required to behave on the bus, in the away locker rooms, and any other location that the teams may be going to. Student(s) will be held accountable for all damages caused on trips.
- All students are required to ride the bus to school sponsored activities unless arrangements have been made beforehand.
- Students may return home after a game with their parents as long as the parent signs the parent release form (See back of handbook).
- Students will be allowed to return home with someone other than their parents if the following procedures are followed before leaving **FOR** the scheduled school activity.
  - A written permission note must be presented to the principal and/or Activities Director on or the day before the activity stating who shall provide transportation on the day of the trip and signed by the parent. This note will stay with the principal and/or Activities Director.
  - The principal and/or Activities Director will give the student a signed note, stating that the student has permission to ride home with someone other than his or her parents. This note must be given to the coach.
  - In situations where no note was presented to the principal, activities director, or coach, the student must ride home on the bus.
  - Failure to communicate this with your coaches will result in a suspension of one athletic event.

All transportation requests need to be made through the **Activities Director**. The Activities Director will then communicate the request with the Director of Transportation. You must fill out a transportation sheet that needs to be signed and approved by both the Directors. **Do not contact the Director of Transportation first.** A copy will be placed in your mailbox. If you are a coach who does not teach at the school, a copy will be emailed to you.

If student-athletes arrive home from an away contest after 11pm, they are allowed to be absent from their first period class the following morning. If the student-athlete is not present by 2<sup>nd</sup> period, they will be marked as absent unexcused. This only applies to those who take school transportation back from an away contest.

If, on the way home from evening activities, students need to be dropped off in Sloan or Onawa, this can be arranged only if students inform the coaches or bus driver ahead of time. We will drop students off only if we are on route to drive past these locations.

## **Buses and Vans**

Buses and Vans are expected to stay clean. If, after a game or event, they are dirty, coaches will need to hold students accountable for cleaning them before they can leave. If you stop to eat somewhere after a game, make sure that the trash gets picked up and thrown away. If vans are used, coaches are required to fill out the mileage/destination sheet.

### **Religious Commitments**

Whiting Community School understands that from time to time a student-athlete may need to miss a practice or game in order to fulfill religious commitments. Student-athletes should discuss their religious commitments with the coach prior to the start of the season so that he/she aware in advance. Students who have such conflicts will be allowed to leave no later than 6pm on Wednesday nights or on other nights where there is a conflict due to religion. Practice must end at that point. It will be optional to stay after that point. If there is a conflict with rides where one coach dismissed practice early, and the student needs a ride, the other students must be dismissed by 6pm on religious nights.

### **Classwork**

On occasion when student-athletes must miss class to participate in scheduled athletic events, they are responsible for turning in class work that is due that day and they are responsible for making up any missed work in a timely fashion. If a student-athlete arrives home late from an athletic contest or misses class the day before a test due to an athletic contest, it is at the teacher's discretion to allow the student-athletes to test at an alternative time. If the student-athlete must leave class early on a testing day due to an athletic contest, it is the responsibility of the student-athlete to reschedule the test for a date agreed upon by the student-athlete and teacher.

### **Weight Room Procedures**

Student-Athletes are not allowed in the weight room without authorized supervision. An adult or teacher must be in attendance. John Webster is our Strength & Conditioning coach at the Whiting Community School District. He will meet with the Activities Director to set up a scheduled weight lifting program in the in the pre-season, in-season, and post-season. Although these are voluntary workouts, it will be recommended and strongly encouraged by all coaches. John Webster and the Activities Director will work together to find a time for strength and conditioning workouts. If this time doesn't work for you, you may take a Strength & Conditioning class at the Whiting Community School.

**John Webster or other authorized personnel reserve the right to refuse access to the weight room. Student safety is the number one priority.**

### **MS/HS Practice**

Middle School (7<sup>th</sup> & 8<sup>th</sup>) students may be allowed to practice with high school students. They are not, however, allowed to play in any athletic contests. Practice is strictly optional, and is not required of students. A permission slip must be turned in for this to be an option. See the Activities Director for one. They are not allowed to practice with high school students the night before a game. Junior High Athletes may be allowed to scrimmage during High School practice upon parent approval and the coaches approval.

### **Bad Weather**

The Activities Director in consultation with the coach, and officials during contests, will make decisions based on the IGHS AU/IHSAA guidelines for student-athlete safety.

In the event that the coach or activities director must cancel a practice or an athletic contest, it is the responsibility by both to notify teams and parents. Inclement weather does not determine whether practice is held, the coach or activities director make the determination.

If an athletic contest is cancelled, the coach may choose to hold a practice. If he/she chooses to do so, they must communicate that information to the parents and student-athletes as soon as possible.

**If there is no school due to inclement weather, there will be no activities, including practices, for the day. If school is released early due to inclement weather, there will be no activities, including practices for the remainder of the day.**

**If school is released early because of heat, there will be optional practice that day.**

### **Attendance**

Attendance at games and practice sessions is **mandatory** for all team members. If a student-athlete will not be attending a practice, meeting, or athletic contest, the coach must be notified one day prior to the event being missed. Coaches will have full discretion on discipline in regards to missed practices. **If a student-athlete is absent from the school, or arrive unexcused after 8:20am, he/she will not be able to participate in a athletic contest, and may not be able to practice.** In the case that a player misses practice (excused or unexcused), he/she will be expected to make up any work that was missed. Any student-athlete who leaves an athletic event without the permission of the Head Coach will be subject to suspension from the team.



## **Sharing Sports**

Whiting shares the following sports with other schools:

- **Football with West Harrison**

Majority of the football practices will be held at Mondamin. Transportation will be provided to and from practices if necessary. If practice is held in Whiting, you will be notified in a timely manner. Students will be back from practice by no later than 7pm. All football games will be hosted by West Harrison, and located at the West Harrison Sports Complex.

- **Wrestling with West Monona**

All wrestling practices will be held at the West Monona Middle/High School in Onawa. Transportation will be provided to and from practices if necessary. All home wrestling meets are also located at the West Monona Middle/High School in Onawa. Middle school wrestling starts after Christmas and runs through the first week of March.

- **Baseball/Softball with Siouxland Christian**

All baseball games and practices will be located in Sioux City. All softball games and practices will be located TBD.

## **Team Stack App**

During the 2022-2023 school year, Whiting will be transitioning to a new communication app for Activities. The Team Stack app will be required for all coaches. The Team Stack app is a platform used by schools that allow teams to improve communication through their very own app. The app includes a tab for all communication options, a calendar for the coaches to insert practice times, a schedule for all contests for the given season, and many other options.

## **Activities Completed**

Teachers are required to work a minimum of three activities throughout each school year. This will range from taking tickets for a varsity game, to working scoreboard for a game. Other activity jobs will be offered, and the Activities Director will inform you when they become available. Faculty members will be compensated for any activities completed after the three required.

## **Communication**

The best resource for up to date information are the following Facebook pages. Whiting will do their best to post any updates on athletic schedule changes. If you have any questions about activities, please contact the Activities Director or the Activities Secretary (see page 3)

**School FB Page-** Whiting Community School District

**School Athletic Page-** Whiting Warriors Athletics

**IMC-** The school secretary will send out important updates through this school used platform.

For all up to date information, please check out our Facebook pages, or go to [www.whitingcsd.org](http://www.whitingcsd.org)

For all other pertinent information regarding athletics, please go to [iahsaa.org](http://iahsaa.org), [ighsau.org](http://ighsau.org), or [quikstatsiowa.com](http://quikstatsiowa.com)

### **All-Conference Selections**

**Track & Field-** You are considered an All-Conference Runner, Jumper, or Thrower when you have placed in the top three in a particular event or relay at the Nebraska Frontier Conference Track Meet.

**Cross Country-** All Conference in Cross Country is determined at the Activities Directors meeting the September before the Conference meet. Selections are determined by number of participants in the race from year to year.

### **Volleyball & Basketball**

**All Conference Honors are based off the regular season conference standings in the following sports.**

<b>Girls Volleyball &amp; Basketball All-Conference Selection Process</b>		
<b><u>1<sup>st</sup> Place Rank</u></b>	3 All-Conference	1 Honorable Mention
<b><u>2<sup>nd</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>3<sup>rd</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>4<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>5<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>6<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>7<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>8<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>Total</u></b>	12 All-Conference	8 Honorable Mention

<b>Boys Basketball All-Conference Selection Process</b>		
<b><u>1<sup>st</sup> Place Rank</u></b>	3 All-Conference	1 Honorable Mention
<b><u>2<sup>nd</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>3<sup>rd</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>4<sup>th</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>5<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>6<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>7<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>Total</u></b>	12 All-Conference	7 Honorable Mention

**Baseball/Softball-** A scheduled meeting with the coaches will take place at the end of the season to determine who is 1<sup>st</sup> & 2<sup>nd</sup> team All-Conference. Coaches will send in a list of student-athletes they believe should qualify as an All-Conference player. A master list will be made for each position and each coach will get a brief time to discuss why they believe their athlete deserves the spot. Once all coaches have discussed, a vote will be had. Each school receives one honorable mention. All coaches on the staff will be involved in the discussion of All-Conference and Honorable Mention selections.

**Academic All-Conference-** The Nebraska Frontier Conference recognizes any senior student who achieves a composite score of 24 or higher on the ACT and a 3.5 or better grade point accumulative average and has the written recommendation from his/her school. There are two tiers of awards, Silver and a Gold tier.

Silver Tier- Minimum ACT score of 24 and 3.5 GPA

Gold Tier- Minimum ACT score of 28 and a 3.75 GPA

Recipients will receive a conference medallion inscribed with Academic All-Conference and the year. Recipients will be seniors whose names and qualifications will be forwarded to the Nebraska Frontier Conference Board of Control at their April meeting. The individual school will present the medals at their honors night and/or graduation.

## Awards

Athletic awards can be earned in all sports at the Whiting Community School District when a specific criterion has been met. In all sports, a player must complete the season, and must have remained academically eligible to complete the following individual sport requirements for earning a varsity letter. An athlete can be awarded based on prompt and regular attendance at practice. **The coaches determine all letters, and they have the right to determine who deserves a letter.** If you become ineligible, you will not be eligible for a letter unless otherwise determined by the coach, activities director, or principal.

**Baseball/Softball:** Must have participated in a minimum of  $\frac{1}{2}$  of the Varsity games.

**Basketball:** Must have competed in one-half of the total number of quarters played.

**Cross Country:** Must be in the top seven on the Varsity roster in one-third of the total meets.

**Cheerleading-** Lettering is based on number of year's participated.

**Football:** Must participate in a minimum of 5 Varsity contests.

**Track & Field:** Must score a minimum of five points, or compete in all meets and attend all practices.

**Volleyball:** Must have competed in one-third of the total number of games played.

**Band/Choir:** The Music/Band teacher has a list of things that need to be completed in order to letter. Each completed task will reward a student with points. In order to earn a letter, you must earn 500 points in a single school calendar year. If you would like to see what needs completed, please see the teacher, or see the Activities Director.

7<sup>th</sup>/8<sup>th</sup> Middle School Athletics- Each student that goes out for a sport will receive recognition if they attend at least 80% of the practices, display the proper attitude, and stay out until the season is completed.

**If a student does not meet these requirements, and the coaches for that sport believe they deserve to letter, a meeting must take place with the Activities Director to make that decision.**

### **Nebraska Frontier Conference**

The Whiting Warriors Athletics Program competes in the Nebraska Frontier Conference. The conference is designed to promote the academic, athletic, and fine arts program in an effort to foster a spirit of fair play, good sportsmanship, and wholesome competition for boys and girls. Whiting competes as a 1A school in Iowa based on its enrollment.

Boy's Town (Girl's Only)	Omaha, Nebraska
Brownell-Talbot	Omaha, Nebraska
Cedar Bluffs	Cedar Bluffs, Nebraska
College View Academy	Lincoln, Nebraska
Cornerstone Christian	Bellevue, Nebraska
Heartland Christian	Council Bluffs, IA
Omaha Christian	Omaha, Nebraska
Parkview Christian	Lincoln, Nebraska
Whiting	Whiting, Iowa

### **Nebraska Frontier Conference Meetings**

The Activities Director will be attending the conference meetings with other Activities Directors from the conference. If you would like to express any concerns about the conference, please speak with your representative beforehand. They will take those concerns to the meeting. The following below are the scheduled Activities Director meetings for the 2022-2023 school year.

- August 31st, 2022
- October 5<sup>th</sup>, 2022
- November 16<sup>th</sup>, 2022
- January 18<sup>th</sup>, 2023
- March 15<sup>th</sup>, 2023
- May 3<sup>rd</sup>, 2023

### **Nebraska Frontier Conference 2022-2023 Activity Calendar** **(Schools in bold are the host school for the event)**

Cross Country Meet- Thursday October 6<sup>th</sup> 2022 **(Cornerstone)**  
Volleyball Tournament- Thursday October 13<sup>th</sup> & Tuesday October 18<sup>th</sup> 2022 **(Boys Town)**  
Boys Basketball Tournament- January 23<sup>rd</sup>, January 26<sup>th</sup>, & January 28<sup>th</sup> 2023 **(College View)**  
Girls Basketball Tournament- January 21<sup>st</sup>, January 23<sup>rd</sup>, January 24<sup>th</sup> & January 28<sup>th</sup> 2023**(College View)**  
Art Show- Saturday, January 28<sup>th</sup> 2023 **(College View)**  
Band Show- Monday, March 20<sup>th</sup> 2023 **(Whiting)**  
Quiz Bowl- Tuesday, March 28<sup>th</sup> 2023 **(College View)**  
Track- Friday, April 27<sup>th</sup> 2023 **(Brownell-Talbot)**

# Whiting Community School

## Coaching and Advising Standards and Characteristics

### Communication and Relationships

- A. Advises athletes and parents of rules/expectations with consequences at the onset of the season
- B. Demonstrates ability to enforce the rules/regulations as stated at the onset of the season
- C. Maintains suitable level of expectations from student athletes.
- D. Demonstrates ability to communicate/cooperate with administration, other coaches, and school personnel
- E. Has confidence in and respect for the student-athlete
- F. Demonstrates ability to work collaboratively with athletes of varied ability levels
- G. Keeps teachers, administration and school personnel informed.
- H. Adequately develops team spirit and unity
- I. Sells his or her program to the student body in order to maintain appropriate participation levels
- J. Uses the local media outlets to effectively promote the activity
- K. Demonstrates ability to effectively communicate with parents/guardians
- L. Establishes channels of communication for team and parental usage.

### Equipment and Facilities

- A. Properly stores and maintains equipment while not in use
- B. Maintains a current, valid inventory of all equipment
- C. Secures the facility after practices or games when required to do so
- D. Stresses proper care of equipment. Has/Enforces rules of usage and expectations of care for equipment and facilities.
- E. Provides a list of participants to Activities Director at the beginning of the season
- F. Provides list of letter winners, post season awards, etc. to Activities Director at the completion of the season

### Planning for Instruction

- A. Practice sessions show evidence of preparation in terms of objectives, activities, and procedures
- B. Selects appropriate teaching aids/drills necessary to develop fundamental skills, enhance further development, and demonstrate safety

### Personal and Professional Qualities

- A. Shows physical vitality and enthusiasm in his/her programs
- B. Maintains good team discipline, as witnessed by observing the team during practice and/or competitions
- C. Accepts constructive criticism openly without becoming defensive
- D. Demonstrates basic understanding of athletic injury care and prevention
- E. Attends conference, district, and/or other meetings

### Practice/Game Climate and Instructional Procedure

- A. Demonstrates knowledge of the activity he/she is conducting
- B. Adjusts activities to suit interest/skill level of athletes
- C. Uses practice time effectively
- D. Deals consistently and fairly with disciplinary problems in game/practice setting
- E. Is able to communicate with the participants at the appropriate levels
- F. Demonstrates acceptable sideline conduct towards players, officials, fans, etc.
- G. Deal appropriately with unexpected situations as they develop