



**Laramie High School  
Activities and Athletics  
Student/Parent/Guardian Handbook  
2020-2021**



Welcome all returning and new activities and athletic participants to Laramie High School! We are so excited about this upcoming year and know that you will certainly have a great time participating in any of the many activities and athletics we provide here at Laramie High School. With over 1,000 students in the school and over 700 participating in at least one sport or activity we have plenty to offer you. When involved in activities or athletics you are providing an opportunity to make new memories and get the most of your time at LHS. We have some of the best coaches in the state and they are looking forward to teaching you everything they know. See you around!

Ron Wagner  
Director of Athletics and Activities  
Laramie High School  
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Ms. Wilson is the friendly face that will greet you when you enter the Activities Office. She has all the answers to help you with getting registered for a sport, paperwork you may need, and in general being someone you can count on to help any way she can! Stop by anytime and say hello!

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# WHSAA Activities and Athletics at Laramie High School

<h2 style="margin: 0;">Athletics</h2>					
*teams may be limited in size					
Fall	X	Winter	X	Spring	X
Cross Country	<input type="checkbox"/>	Basketball (Boys)*	<input type="checkbox"/>	Golf (Spring)*	<input type="checkbox"/>
Football	<input type="checkbox"/>	Basketball (Girls)*	<input type="checkbox"/>	Outdoor Track	<input type="checkbox"/>
Golf (Fall)*	<input type="checkbox"/>	Indoor Track	<input type="checkbox"/>	Soccer (Boys)	<input type="checkbox"/>
Swimming (Girls)	<input type="checkbox"/>	Skiing (Alpine)	<input type="checkbox"/>	Soccer (Girls)	<input type="checkbox"/>
Tennis*	<input type="checkbox"/>	Skiing (Nordic)	<input type="checkbox"/>		<input type="checkbox"/>
Volleyball*	<input type="checkbox"/>	Swimming (Boys)	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>	Wrestling	<input type="checkbox"/>		<input type="checkbox"/>

<h2 style="margin: 0;">WHSAA Activities</h2>					
*teams may be limited in size					
Activities	X	Activities	X	Activities	X
Art	<input type="checkbox"/>	F.B.L.A.	<input type="checkbox"/>	Student Council	<input type="checkbox"/>
Cheer*	<input type="checkbox"/>	F.C.C.L.A.	<input type="checkbox"/>	<b>Music</b>	<input type="checkbox"/>
Dance*	<input type="checkbox"/>	F.F.A.	<input type="checkbox"/>	Band	<input type="checkbox"/>
D.E.C.A.	<input type="checkbox"/>	SkillsUSA	<input type="checkbox"/>	Choir	<input type="checkbox"/>
Drama	<input type="checkbox"/>	Speech	<input type="checkbox"/>	Orchestra	<input type="checkbox"/>

# WHSAA Sportsmanship Initiative



The Laramie High School Plainsmen and Lady Plainsmen challenge you to “Join the RIDE!” This is the sportsmanship initiative developed by the WHSAA and students. To join the RIDE, you must show:

**Respect** to participants, officials, guests, your school, their school and yourself,

**Integrity** by treating others as you wish to be treated,

**Dedication** through understanding that the RIDE takes time; it’s worth it in the end, Not just for you but for all, and

**Encouragement** by promoting good sportsmanship just as much as you discourage bad Sportsmanship.

The following are the five groups who are essential in promoting and having an impact on positive sportsmanship. The WHSAA provided the role of responsibility for each of these groups.

**ADMINISTRATORS:** You are the standard by which sportsmanship excellence is measured. Consistency is key!

**COACHES:** You are the brightest beacon for good or bad sportsmanship. Be a good role model!

**SPECTATORS:** Use your voice to represent yourself, your team, your school and your community in a positive way!

**PARTICIPANTS:** You are the reason everyone is there. Compete with class!

**OFFICIALS:** With your enforcement of the rules in a fair and consistent manner, the contest maintains its integrity.



## Letter to Parents/Guardians

We are excited that your son or daughter has indicated a desire to participate in activities here at Laramie High School! We truly believe that participation in co-curricular activities enriches the high school experience and provides numerous opportunities for personal growth and development. Many of the character traits required to be successful participants are exactly those that will promote a successful life after high school. We encourage your child to take advantage of as many opportunities his or her time and talent will permit. We do not encourage specialization in one sport or activity; rather, we would encourage students to experience a variety of sports as well as other school activities. Naturally, due to conflicts in seasons, practice times, schedules, time, rules, etc., some choices will have to be made. We support your child as he or she strive to grow emotionally, mentally, socially, and physically through our activities and athletics.

We encourage you, as the parent or guardian, to read and support the rules and regulations as set forth in this Activities Handbook. Please review this material, sign the necessary forms, and return to the Activities Office prior to the first activity. Please retain the handbook for future reference.

If you have concerns about your son/daughter's participation in our programs, as well as the benefits of participating, we encourage you to communicate directly with the coach/sponsor. We also encourage our coaches/sponsors to communicate openly with parents. We need your involvement and support to achieve the best possible programs for your son/daughter.

The following chain of communication will aide you when dealing with concerns about your son/daughter's participation in our activities:

1. Communicate with Coach/Sponsor.
2. Communicate with the Activities Director and Coach/Sponsor.
3. Communicate with the Building Principal.
4. Communicate with the Superintendent.
5. Communicate with the School Board.

Your son/daughter's involvement in our activities program is one of our best assets and serves as an ambassador to the community and state. We enjoy the privilege of working with your students and remain dedicated to the principle of giving each student in the activity program a positive, meaningful and educationally sound experience!

**GO PLAINSMEN AND LADY PLAINSMEN!**

## **Philosophy of Activities**

Laramie High School's activity program is part of the total educational program of Albany County School District #1, and prides itself with the development of physical, mental, social, and moral qualities for leadership, scholarship, competitiveness and sportsmanship. Various phases of the program should provide opportunities for a maximum number of participants involved in individual, as well as team activities, while maintaining a competitive atmosphere.

The high school activity programs are governed by Albany County School District #1 of Laramie, Wyoming, and by the Wyoming High School Activities Association (WHSAA).

Albany County School District #1 believes that student activities should be of educational value and, therefore, supports the communication of a well-articulated philosophy among student, parents, staff and community.

## **Values of Activities**

1. Through participation in the activity programs, the student learns how to work with others for the achievement of the group and individual goals.
2. Participation in activities is a living laboratory of equal opportunity action, where all students are treated without favor or prejudice, while learning that we are all distinctly different and unique.
3. Participation in activities fosters the growth and well-being of the individual student.
4. Participation in activities emphasizes good sportsmanship practices that have life-long values.
5. Participation in activities stresses the need to act fairly, to observe laws and customs, to treat others with consideration, and to handle adversity without losing self-respect.
6. Participation in activities allows students to strive to reach the highest possible level of their ability.
7. Success is not determined by the number of wins and losses, but is measured by the dedication and attitude of its participants and its leadership.

## **Goals**

- To maintain a high standard of excellence while participating in activities at Laramie High School.
- To provide opportunities for physical, mental and emotional growth and development.
- To develop team and individual concepts such as loyalty, cooperation, fair play, citizenship and other desirable social traits.
- To provide the opportunity for worthy use of leisure time in later life, either as a participant or spectator.
- To promote an interest in activity programs between the student body, faculty, and community.
- To foster good sportsmanship in each participant, coach, and fan.

## Code of Conduct

Participating in activities associated with school is a privilege; not a right. Your conduct at all these activities directly reflects on your school, other students, and the district as a whole. As a result, your conduct while representing your school at these activities is held to a higher standard, not only while you are participating, but the rest of the time, too. The Albany County School Board's policy is as follows: Any student elected to student offices or representing his./her school in extra-curricular activities should maintain good citizenship, both in and out of school. Any student who does not maintain good citizenship may not be allowed to represent his/her school in those elected or extra-curricular activities, as determined by the principal, for a period of time, not to exceed twelve (12) months. (Albany County School Board Policy Manual, Chapter VI, Section 20.) Furthermore, Albany County School District One is a member of Drug Free Schools that enforces federal regulations and penalties to those who use and/or possess drugs and/or firearms on school property or during school-related activities.

As a result of these conduct requirements by all students who participate in any extra-curricular school activity, you and your parents are asked to sign the following activity code of conduct contract. Make sure you and your parents read and understand this contract thoroughly before you sign. **YOU WILL BE HELD TO THIS CONTRACT.**

**This conduct code applies to all participants in extra-curricular activities sponsored by Albany County School District #1.**

A. I agree that I will not, while at school or at a school-sponsored event:

1. Engage in acts of unsportsmanlike/inappropriate behavior (including, but not limited to, fighting while participating in the activity; verbal abuse of other participants, officials, or spectators; insubordination directed at coaches or sponsors; violations of federal, state, county, or city laws).
2. Wear clothing that pertains to alcohol, tobacco, drugs, or conveys vulgar or profane message. If so, I will be asked to remove the apparel, and if I refuse, the Activity Conduct Code Contract will be applied.

B. Knowingly be present where illegal use of alcohol or use of illegal drugs is taking place **even if it is off school grounds or at non-school activities.**

C. I agree that I will not, at any time, while on or off school grounds, in or out of school:

1. Use or possess alcohol.
2. Use or possess tobacco or tobacco-like products to include but not be limited to leaf, chew, e-cigarettes (with or without tobacco) or cigarettes
3. Use, **possess, distribute, or sell** marijuana or any other illegal, controlled substance, as defined by Wyoming State Law.



## Steps of Ineligibility

**Football, Cross Country, Indoor Track, Volleyball, Swimming/Diving, Basketball, Track, Golf, Tennis, Skiing, Wrestling, Outdoor Track, Soccer, Cheer/Dance, and Non-Athletic Activities.**

### Step

- |   |                                                               |
|---|---------------------------------------------------------------|
| 1 | 1(one) week or 1 (one) contest -<br>whichever is greater      |
| 2 | 2 (two) weeks or 2 (two) contests -<br>whichever is greater   |
| 3 | 4 (four) weeks or 4 (four) contests -<br>whichever is greater |
| 4 | All contests for 18 (eighteen) weeks                          |
| 5 | Ineligible for one calendar year                              |

**\*\*Excluding vacation when competition(s) is/(are) not scheduled\*\***

<b>Infraction</b>	<b>First Offense</b>	<b>Second Offense</b>	<b>Third Offense</b>
Any behavior that results in Out of School Suspension	Step 1	Step 2	Step 3
Theft or Vandalism	Step 2	Step 3	Step 4
Harassment or Hazing	Step 2	Step 3	Step 4
Sexual Misconduct	Step 2	Step 3	Step 4
Tobacco/Vape - Use/Possession	Step 2	Step 3	Step 4
Alcohol use or possession Off School property	Step 2	Step 3	Step 4
Alcohol use or possession On School property or school Sponsored activity	Step 4	Step 5	Step 5
Drug use or possession On or Off School property	Step 4	Step 5	Step 5
Drugs-Selling or Distribution	Step 5	Step 5	Step 5

The above activity code violations are minimum consequences which may be adjusted for steps one through four if the conduct is either seen as habitual, abusive or excessive as determined by the building Principal/Asst. Principal after a conference with the student. All consequences for students' violations begin at the time school administration is made aware of the infraction, has had time to fully investigate the infraction, and has decided upon an appropriate consequence for the infraction.

- Any recommendations for expulsion would also carry (1) year ineligibility from activities.
- Any student that self-reports their *first violation* of the Code of Conduct within 30 minutes of the start of the next school day (or 48 hours after the infraction during extended school breaks) to a school administrator will receive a *one-time only* reduction of up to half the assigned consequence. If another infraction happens it will be treated as the second infraction.
- After 12 consecutive months, without a violation, the next offense will be considered a first offense.
- The education and counseling is possible at each level as outlined in the activity code counseling rule. This is done on a voluntary basis and is the responsibility of the student and parent.

### **Contract of Activity Code**

1. I understand that if I violate any of the above infractions against the activity conduct code, I will be subject to the above consequences.
2. I understand that I will also be subject to the disciplinary policy set forth in the Student Handbook(s) as amended periodically by the ACSD Board of Education.
3. I understand that my privilege to participate in school activities, whether or not I am presently involved in a school activity, may be revoked. For example, a violation in the fall may affect my privilege to participate in a winter sport or activity.
4. I understand that my right to attend classes and receive credit for class work will be determined per school policy found in the Student Handbook.
5. I understand that subsequent violations of the activity code will result in progressively harsher penalties.
6. I understand and agree to support the Albany County School District #1 Activity Code.
7. I agree to the release of my personal information, i.e., height, weight, grade, player position or other information typically found on a program.
8. I agree that the term of the Contract shall be while I am attending grades 9-12.

## Rules for Eligibility

### General Statement:

Student's grades will be run every week for eligibility checks starting Monday September 7th, 2020. An email will be sent on Monday mornings to all head coaches in season that will list students who are failing 2 or more classes. They need to be passing 6 of 7 classes to be eligible. It is the duty of the head coach, assistant coach, or sponsor to let the student know they are failing Monday at some point. The student then has until Wednesday at 4pm to raise their grades to become eligible. A final check will be done just after 4pm and a list will go out again to coaches about who is still ineligible. Those students are still ineligible for contests the rest of the week. Even if they are eligible by the contest day and time we will not run the grades again until the next, Monday. There are always special circumstances and those will be handled on an individual basis with the Activities Director. The final say does rest with the Administration of LHS.

1. In accordance with WHSAA by-laws 6.2.1 to 6.2.3:
  - A. Students must have passed at least 5 solid subjects the previous semester or are ruled ineligible for the entire subsequent semester.
  - B. Students must be presently enrolled in at least 5 solid subjects during the current semester and those 5 solid subjects must meet a minimum of 20 hours/week.
  - C. A solid subject is defined as any course for which .5 Carnegie Units of credit are awarded. Classes such as study hall or being a teacher's assistant or any other class which is non-credit earning do not count as a solid subject.
2. Grades will be checked by administration every week for the purpose of determining eligibility.
  - A. Full-time students at LHS must be passing 6 classes to be determined to be eligible.
  - B. A full-time student failing 2 or more classes will be deemed as ineligible.
  - C. Students who are ruled ineligible will be able to re-establish their eligibility at the next weeks check.
  - D. Only an administrator may make the decision to re-instate a student's eligibility.
  - E. Once a student's eligibility is re-instated, they will remain eligible until the next weekly check.
  - F. Part-time students are any students not taking a full class load.
    - 1) Part-time students will be viewed as eligible so long as they are passing at least 5 solid subjects and are not failing more than one class.
  - G. College classes will count towards a student's full-time or part-time status and will also count towards their eligibility.
    - 1) For the purpose of conversion of college classes to ACSD1 class equivalents to determine the class load of a student, a 3 hour credit college class counts the same as 1.0 Carnegie units. This is to say that a 3 hour college credit class counts as 2 classes at ACSD1 schools.

- 2) For the purpose of conversion of college classes to ACSD1 seat time equivalents to determine the 20 hours/wk. requirement, the same conversion will be applied as in “1)” above. That is to say a 3 hour college class will count the same as 2 classes at LHS related to seat time calculations (2 classes at LHS meet approximately 8 hours/wk. so a 3 hour college class counts approximately 8 hours seat time/wk.).
  - 3) Eligibility rules for students taking college classes will be the same as previously defined.
  - 4) Full-time or part-time status will be established in the same manner as previously defined.
  - 5) Students taking college classes on campus will be required to turn in mid-term grades and final grades. These grades will be used for eligibility purposes.
3. Home school students who desire to participate in any WHSAA sponsored/sanctioned activity, competition, or event, for any ACSD1 school, by entering into a combination school agreement, must comply with WHSAA guidelines for how home schooled students must establish eligibility. Please refer to WHSAA handbook for these rules. See WHSAA handbook section 6.2.91 (a & b) and 6.2.92 on page 36.
  4. Students attending other public, private, or charter schools who are desiring to compete for any ACSD1 school through the use of a combination school agreement must meet the eligibility requirements of their school. Should the student’s school not have an eligibility policy then they will need to meet the eligibility requirements outlined in this policy.
  5. Coaches/sponsors may enact more stringent rules for eligibility.
  6. Any situations which may arise, which are not addressed in this policy, will be handled by building administration. In these situations, building administration will work closely with central administration and the WHSAA in resolving the issue.

### **Absences and After-school Activities**

A student, absent during any part of the school day, may not participate in any practice, activity, contest/event, or trip on that given day. Any exception needs a doctor’s note and/or a parent/guardian notifying LHS Attendance Office.

## **Classroom Work**

For all activity trips and/or excused absences which are scheduled in advance, students are encouraged to turn in their class work before they leave; however, all work will be required to be turned in **the day a student returns** without penalty. Each student should also be prepared for any class activity (i.e. labs, quizzes, and tests) the day they return.

Any student who feels he/she has an extenuating circumstance (i.e. serious illness, death or emergency in the family, etc.), and feel he/she needs some extra time to get caught up, without penalty, needs to contact the Principal's office to arrange for the extra time necessary to successfully catch up. It is important to all students not to get behind in their work if they are to be successful.

## **Suspension/ISS**

If the student is suspended from school he/she will not participate in any activities from the day the suspension is issued and throughout the suspension. Additionally, if a student is in the **In School Suspension (ISS)**, the student will be allowed to practice, **but not participate in any** activities the day(s) of ISS.

## **Reporting For Activities**

Students are expected to report for sports/activities at the beginning of each season. Those who report late may jeopardize their chances for participation. A student cannot participate in an athletic contest until he/she has completed the required practice sessions as set by the WHSAA. Participation in an overlapping sport or event will also follow the WHSAA regulations. These regulations are listed under the **WHSAA GENERAL STUDENT RULES AND REGULATIONS**.

## **Physical Examination for Participation in Athletics**

All student athletes are required by the Wyoming High School Activities Association to have a physical exam by a physician. Current physicals for the 2020-2021 school year should be dated after May 1, 2020. Students may not participate in either practices or contests without filing a physical exam with the Athletic Director. One exam per school year is sufficient for multi-sport athletes. Sports Physical Forms are available at <http://www.acsd1.org/lhs/forms/> and in the high school activities office.

## **Required Paperwork**

Required paperwork includes a current Physical (dated after May 1, 2020), signed Activity Code of Conduct, Cosent for Treatment Form, and the WHSSA Eligibility Rules Review Pamphlet Sign-Off.

## **Transportation Guidelines**

### **Student Travel**

Students participating in any out-of-town school function must travel to the activity in a school furnished or school authorized transportation. Parents/guardians wanting to take their children home with them following an activity, must return a completed Student Travel Release Form to the coach 24 hours prior to the departure for the event. Additionally, parents/guardians may request their child ride home with someone other than the parent/guardian however, parents/guardians must submit a completed Student Travel Release Form for approval to the Principal or Activities Director 24 hours before the student leaves for the activity. Student Travel Release Forms can be found at <http://www.acsd1.org/lhs/forms>.

### **Inclement Weather Guidelines**

Albany County District #1 Transportation closely monitors road conditions. If roads are open and deemed safe for travel, ACSD#1 Transportation will transport students to school activities. However, if parent(s)/guardian(s) feel that road conditions are unsafe, they may refrain from having their student travel. Laramie High School does not travel to any events on a day upon which school is cancelled due to inclement weather.

## **Parent/Guardian/Spectator Expectations**

It is the view of Laramie High School that it is imperative to the success of our programs that parents/guardians and spectators attend as many events as possible to build community and support throughout all activity and athletic programs. However, it is expected that all event attendees adhere to the WHSAA's *Join the Ride* program rules and be a positive influence in the stands and not a negative one. It is not appropriate to yell at any of the participants, officials, or coaches. It is also not appropriate to use foul language or demonstrate obscene gestures. Should you or anyone you are with not follow these expectations the following actions may take place:

Step 1 – verbal or card warning, expecting an immediate change in behavior

Step 2 – person may be asked to leave the contest area for the remainder of the contest

Step 3 – person may be asked/escorted out of the building for the rest of the contests that day

Step 4 – should there continue to be issues as someone attends events during the course of a season/year, they may be asked to not return for the rest of the season/year.

## Forms

The following forms can be downloaded from <http://www.acsd1.org/lhs/forms/>

- **Code of Conduct Contract**
- **Physical Form**
- **Student Travel Release**
- **WHSAA High School Eligibility Pamphlet**
- **Consent for Treatment Form**
- **Athletic Pass form**