Steps to Good Communication

Communication is the key link between students, parents, coaches, advisors, and administration. Coaches and advisors appreciate hearing positive comments as well as concerns. Should a situation arise when you are not happy with a decision or how something was done, the student should first talk to the coach or advisor. If the issue is not resolved, an appointment should be requested with the building Athletic Director. Should the matter still not be resolved, the issue should be presented in writing to the building Principal.

The decision as to who should contact the coach/advisor or administration is the decision of the family with relationship to the seriousness of the concern. If the student does not feel comfortable talking to the coach or administrator, then the parent/guardian can make the contact. Coaches and advisors should not be approached with complaints during or immediately following competitions, and a 24-hour cooling off period must be observed. The student or parent/guardian may initiate contact with a coach/advisor regarding the following issues:

- Participation time and substitutions
- Equipment concerns or needs
- Ideas about improving the team
- Concerns about facilities
- Injuries/Illness
- Grades or eligibility concerns
- Lettering concerns or issues
- Team discipline
- Conflicts with other activities
- Holiday practices and family schedule conflicts

The parent/guardian should initiate contact by making an appointment with a coach/advisor. Examples of situations might include, but are not limited to the following:

- Profanity and verbal abuse by the coach/advisor or players
- Physical abuse of any kind
- Inappropriate behavior at practices, games, activities
- Unsportsmanlike behavior of players or coaches/advisors
- Concerns about team or individual discipline

Keeping Participation in Perspective

Earning an athletic scholarship is often a goal for student athletes. However, in reality, opportunities for athletic scholarships are limited. Recent studies suggest that approximately 2 percent of high school athletes in Washington State receive athletic scholarships.

Interscholastic competition is an arena charged with emotion and drama. Pressures, including the desire to win, can obscure the lessons of athletic competition. The outcome of a contest is not as important as an athlete's growth and effort given in participation. It is with this knowledge that educators strive to seek meaning and balance for school athletic programs and the role they play in society's focus on competition and participation at every level. Mukilteo offers programs which provide growth opportunities and are educationally sound.

The Adult’s Role

First, understand why your student is participating. Almost every youngster who has been asked why they participate responded by saying something about the joy or fun of the sport/activity and being part of a team.Kids participate because it is fun! As adults, we need to ask our sons and daughters why they are involved and listen to their goals. If our hopes and reasons are different, our only choice is to drop our goal and accept our child’s.

Parent/Spectator Code of Conduct

Parents as spectators are expected to follow the same code of conduct; all school rules must be followed. Inappropriate language, comments and/or actions on the part of parents and/or spectators warrant removal from contests and activities. Continued violation of appropriate conduct may constitute denial of entrance to future school and District activities and contests.

Help Your Student Athlete Be All They Can Be

Before Competition

Know your student’s goals, roles and needs and accept them.

During Competition

Model poise, confidence and correct behavior.

Focus on the team.

After Competition

Give your student all the time and space the student needs.

Be a confidence builder.

“Sportsmanship—it is how we play the game!”
Philosophy of Athletics & Activities

Mission Statement

Mukilteo School District views good sportsmanship as a conscientious effort by students, parents, staff, and participants to maintain a positive environment during all activities and competitions.

The function of co/extra-curricular activities is to provide stimulating, competitive, and enjoyable programs for the students of Mukilteo School District. Sports and activities provide an opportunity for participants to develop good sportsmanship, leadership, self-motivation, cooperation, competitiveness, and self-discipline. Programs are designed to contribute to the development of character traits that will endure through the years and help individuals cope with the rigors of the modern world. Participation is a privilege and is voluntary. Students have complete freedom of choice in selecting activities within the limitation of the programs offered. Members should be sincere in their desire to represent the student body in a manner which compliments the school and community.

As members of a school team, students bring attention to themselves, their school, their parents, and the community. Therefore, participants have greater responsibilities and obligations than most students. Regulations and special standards of competition are necessarily stringent. Programs are an integral part of the school curriculum. The program shall be conducted in a way which furthers the District mission, provides the opportunity for varied experiences, and is responsive to the expressed interest and abilities of the participants.

Athletics/Activities Support Academics

- Students earn better grades
- Students have better daily attendance
- Students have a lower drop-out rate
- Students in co/extra-curricular programs have less discipline problems

Everyone can’t win every contest, but everyone can …

Be a Good Sport!

Program Goals

- To develop excellence and understanding of the value of competition in our society
- To develop good citizenship, respect for rules and authority, and the value of teamwork
- To promote and contribute to the goals of the total education program
- To promote community interest and involvement in school athletics/activities
- To promote a positive school climate
- To develop leadership
- To develop teamwork
- To foster citizenship and sportsmanship
- To develop self-discipline
- To develop skills to handle various situations

Fostering Success After High School

Participation in athletics and activities is often a predictor of later success in college, career and in becoming a contributing member of society.

Middle School Sports Seasons:

<table>
<thead>
<tr>
<th></th>
<th>Sept-Oct</th>
<th>Nov-Jan</th>
<th>Feb-March</th>
<th>Apr-June</th>
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</thead>
<tbody>
<tr>
<td>Girls</td>
<td>Softball</td>
<td>Volleyball</td>
<td>7th &amp; 8th Basketball</td>
<td>Track</td>
</tr>
<tr>
<td></td>
<td>Cross Country</td>
<td>Soccer</td>
<td>8th &amp; 8th Wrestling</td>
<td></td>
</tr>
</tbody>
</table>

Boys

<table>
<thead>
<tr>
<th></th>
<th>8th Football, Cross Country</th>
<th>7th &amp; 8th Basketball</th>
<th>Wrestling</th>
<th>Track</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Soccer</td>
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</tbody>
</table>

High School Sports Seasons:

<table>
<thead>
<tr>
<th></th>
<th>Aug-Nov</th>
<th>Nov-Feb</th>
<th>March-May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>Cross Country, Soccer, Swim, Volleyball</td>
<td>Basketball, Wrestling</td>
<td>Golf, Softball, Tennis, Track</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys</td>
<td>Cross Country, Football, Tennis</td>
<td>Basketball, Swim, Wrestling</td>
<td>Baseball, Golf, Soccer, Track</td>
</tr>
</tbody>
</table>

Expectations of Coaches and Advisors

The role of the coach/advisor in the Mukilteo School District is first and foremost to teach. The principles of instruction, which are emphasized in the classroom, are also emphasized in all school programs. These include attention to empathy, self-esteem, self-confidence, dignity, integrity, discipline, sportsmanship, loyalty, perseverance, teamwork, and skill building.

Coaches/Advisors will:

- Provide an information sheet to participants and parents outlining requirements for eligibility and participation, including procedures for making the team in programs that "cut," lettering, and "playing time" philosophy.
- Establish rules of conduct specific to the student’s sport or activity. These rules shall be in compliance with District philosophy and policies. Students and parents shall be provided copies of all such rules in writing at the beginning of each season. These rules must be on file with the building Athletic/Activities Coordinator.
- Work with students to maintain a balance of social, academic, and physical development.
- Work with students to identify their team role.
- Be expected to keep students and parents informed about expectations and operation of the program in a timely manner.
- Be expected to require participants to be good students and good citizens.
- Challenge team members to dedicate themselves to high personal standards of conduct as outlined in team rules, school handbook and the Student Rights and Responsibilities Handbook.
- Coaches/Advisors are encouraged to involve parents in appropriate support roles.
- Be committed to their program, students and teams.
- Stay current and knowledgeable of their sport/activity.
- Promote and foster positive SPORTSMANSHIP!