

# West High Wahawks



## Parent Sports Handbook

[www.wahawkathletics.org](http://www.wahawkathletics.org)

August 2010 edition

### Waterloo West High School

**Team Name: Wahawks**  
**School Colors: Old Rose and Black**

#### **School Fight Song:**

On dear West High, On dear West High  
Fight on for your fame  
Take the ball right down the field  
for a victory sure this game

On dear West High, On dear West High  
Fight on for your fame  
Fight, fellows, Fight, Fight, Fight  
We'll win this game!

## Meet Our Athletic Department!

Call our Athletic Department when you have a question about West's athletic programs: 433-2707. Open 7 a.m. – 3:30 p.m. Monday – Friday.

### **Athletic Director**

**Tony Pappas**

[PappasT@waterloo.k12.ia.us](mailto:PappasT@waterloo.k12.ia.us)

### **Athletic Dept. Secretary**

**Sue Smith**

[SmithSe@waterloo.k12.ia.us](mailto:SmithSe@waterloo.k12.ia.us)

### **Events Mgr. & Webmaster**

**Rick Smith**

[jdrick@aol.com](mailto:jdrick@aol.com)

**Athletic Website** <http://www.wahawkathletics.org/>

**School Website** <http://westhigh.waterloo.k12.ia.us/>

**Iowa High School Athletic Assoc.** <http://www.ihsaa.org/>

**Iowa Girls High School Athletic Union** <http://www.ighsau.org/>

Please visit our athletic website for information about West High Athletics. Schedules, news, photos, forms, team information, and maps to out-of town high school sporting venues are all available from this site. It is constantly updated.

Also, while you are on this website, be sure to register to receive updated sport information via email. Updates include cancellations, delays, and updated sports news, just to name a few.

## Welcome to the West High Athletic Booster Club!

The new athletic season begins with a lot of excitement and we have our part to play in supporting and rallying behind West High Athletics. Our vision is based on a solid and illustrious past and a new and exciting future. The momentum is building! It's going to be a great sports season at West High.

I encourage each of you – athletes, students, parents, fans, coaches and teachers – to join together in support of West High Athletics. You can put your support into action by joining the West High Athletic Booster Club (WHABC). Your financial support, your “yes” when someone asks for your help, and the energy and fun that comes from working together with others for a common cause, will fuel West High's athletics.

To join the West High Athletic Booster Club, please contact the membership committee or visit the Wahawk athletic website.

There are several membership levels that you can choose from, including:

<b>Spirit Club</b>	Supports West High Athletics
<b>WHS</b>	One Athletic Activity Pass(Pass good for free admission to all regularly scheduled home athletic events) + Merchandise Coupon (Coupon good for \$5 off \$25 purchase of West High merchandise).
<b>Wahawk Pride</b>	Two Athletic Activity Passes + Football Parking Pass + Coupon + Program Recognition
<b>Wahawk Family</b>	Four Athletic Activity Passes + Two Football Parking Passes + Coupon + Program Recognition

- Champion Club** Four Athletic Activity Passes+ Two Football Parking Passes + ¼ Page Ad in Program + 6 Football Game Tickets
- Sponsor Club** Four Athletic Activity passes + Two Football Parking Passes + Full Page Ad in Program + 6 Football Game Tickets + Message Board Recognition + Home Game Sponsor Announcements
- Old Rose Club** Four Athletic Activity passes + Two Football Parking Passes + Full Page Ad in Program + 6 Football Game Tickets + Message Board Recognition + Home Game Sponsor Announcements

**ALL** money raised through Booster Club memberships **GO DIRECTLY TO WEST HIGH ATHLETICS.** With the WHS membership level or higher, your cost is recouped by attending only 10 sporting events per year. Plan now to attend the monthly membership meetings where you will hear first hand Coaches' reports and enter into the excitement of the many West High sports programs. If you have any questions, please contact any of the Booster Club officers. All Booster Club officers and committee chairpersons can be found on the West High Athletic website under the Booster Club tab.

## Parent Rep Responsibilities

### **COMMUNICATION**

Parent reps are named for all freshman, sophomore, and varsity teams. You are responsible for planning support activities for your specific teams, but you may also coordinate some events that bring all players (freshman-varsity) together and include parents, too. You are not expected to do it all yourself! Please invite other parents to get involved and help you.

Remember that coaches are focused on coaching and need your support and the support of other parents to ensure your athletes have a fun and fulfilling season. Your coaches may need occasional reminders of deadlines or upcoming activities. Developing a good rapport with your coach will enhance your success as a parent rep. Communicate with your coach on a regular basis and pass their thoughts onto parents.

You will want to communicate regularly with parents regarding volunteer duties, team activities, bus schedules, etc. Some parent reps use phone calls, e-mail, newsletters, or mailings to communicate information. Remember, much as we'd like to think otherwise, high school students are not always reliable conveyers of information to parents.

### **MEMBERSHIP DRIVE**

Work with the other parent reps in your sport to encourage that every player's parents are Booster Club members. Obtain a team roster from your coach. Contact all parents and explain the benefits of joining the Booster Club. Not only do they receive a free pass for every athletic home event, but **EVERY DOLLAR GOES DIRECTLY BACK TO THEIR ATHLETE.** Although we welcome participation, as a Booster Club member, you are not expected to attend Club meetings or volunteer on committees. Our goal is **100% participation** in order to raise more money for our athletes.

## **SPORT SUPPORT**

Every coach has his/her suggestions about ways parents can help support the team. We suggest you meet with your coach before the start of the season and decide which of the following ideas to implement for this year:

### **Post Game Treats**

Parents can sign up to provide sports drinks, cookies, bars, etc., after each home and away game.

### **Away Game Sack Lunches**

A nutritious bag lunch often restores energy for those after-school bus trips to an away game. Suggestions: turkey sandwich; granola-type bar; sports drink.

### **Team Pasta Dinners**

These are great team bonding events. Some teams plan these once a week; others before away games. Suggestions: spaghetti, lasagna, fettuccini, or ravioli; milk; French bread; tossed salad; apple slices & dip; veggies & dip; brownies, bars or cookies; ice cream sundaes.

### **Opposing Team Dinners**

For week night games, provide the opposing team with a light meal before their bus ride back home. Suggestions: pizza, sandwich & chips, fruit, bars or cookies.

### **Team Fundraisers**

Meet with the coaching staff to find out what fundraiser is planned. Find out what your role will be in making sure the fundraiser is successful.

### **Team Posters**

Each year may have a new theme and athletes, coaches and parents assist in designing the poster. Communicate with the coach to find out when the team poster will be taken. Make sure that all athletes are prepared for the photo and that posters are displayed in the community.

### **Player Locker Signs**

Create and post signs for all home and away games on the player's lockers. These signs promote a winning attitude and promote the upcoming game to other West High students. One parent could create and post or several parents could share the responsibilities. The athletic office will provide a roster with locker numbers, and will hang up the posters for you as long as you have the locker number on the back of the poster.

### **Athletic Foundation Auction Team Donation**

Organize a basket, service event, etc. to be sold at the annual auction. Forms and tons of suggestions are available on the Booster Club Website.

### **West High Merchandise Sales Events**

Encourage parents to sign up to help sell West High apparel. Contact the Merchandise Chairperson for dates and times available.

### **Wahawk Talk**

Work with coach/parents to submit a short article and photo for the sports section of the West High monthly newsletter on the Wahawk athletic website.

## **ATTEND ATHLETIC BOOSTER CLUB MEETINGS**

As a parent rep you will want to attend monthly Athletic Booster Club meetings. If you cannot attend, you may want to send an alternate. These meetings offer an opportunity to share news about your sport and any upcoming activities of fundraisers, to learn about other athletic accomplishments including the Athletes of the Month, to hear coaches' reports and to get involved with Club activities. As the parent rep, touch base with the coach prior to the meeting to make sure they are going to be in attendance to make the presentation for their athlete of the month. If they cannot attend, make sure someone is there to make the presentation. We meet the second Monday of each month at 7:00 p.m. in the Player Meeting Room.

Since you are the liaison between athletic parents and the Booster Club, be sure to communicate Club news to parents as well as parent's concerns to the Club.

### **RECOGNITION BANQUET**

Talk with your coach to determine whether the team will have its own end-of-the season banquet, or if the year end banquet will be a combination of freshman, sophomore and varsity.

- Set date, location and time
- Send invitations to all team members and families
- Invite the Athletic Director, varsity coach, special speaker or other celebrities, if desired
- Plan decorations, if desired
- Determine food (Potluck? Restaurant menu? Picnic? Pizza? Etc.)
- Work with coach to determine program's agenda (team awards, speaker, thank parents for their support, etc.)
- Prepare a written program, if desired
- Ensure program includes presentation of Senior Figurines.

A few more banquet ideas to consider:

- Have parents stand up and be recognized when athletes are introduced
- Introduce parent reps, banquet committee, trainers, cheerleaders, team managers
- Someone should shake hands and look recipient in the eye when being presented letters, certificates, etc.
- Recognize coach's spouse/significant other
- No one should ever be embarrassed at a banquet by other athletes or coaches. All comments should be positive.
- No one should be asked to speak at a banquet that has not been notified ahead of time
- Everyone should walk away from the banquet thinking the team won the "State Championship"

### **BOOSTER CLUB FUNDING DISTRIBUTION PROCESS**

The booster club will allocate funds to the athletic department and the athletic director will use his discretion to direct the funds to the overall needs of the West High School athletes, coaches and athletic community as a whole. Coaches must complete a Request for Financial Assistance Form, have it signed by the parent rep and submit it to Jeff Frost by the deadline date. The athletic director will then report to the booster club as to how the funds were distributed. Coaches or parent reps need to contact the athletic office for forms and deadline dates.

### **SENIOR FIGURINES**

The "Ceramic Sports Doll" is a tradition unique to West High, and one that is greatly prized by the student athlete who receives it. Your efforts to continue this tradition are appreciated. Parents present the sports doll to their senior athlete at the team's end-of-season recognition banquet. The ceremony is very meaningful to the athlete, since parents often share fond memories of their child's athletic experiences during the presentation. The Athletic Booster Club chairperson will send senior parents a letter with information and dates available for painting the figurines.

## High Sports By Season

### FALL

Girls' Cross Country  
Boys' Cross Country  
Girls' Volleyball  
Boys' Football  
Boys' Golf  
Girls' Swimming  
Spirit Team  
Dance Team

### WINTER

Girls' Basketball  
Boys' Basketball  
Boys' Wrestling  
Boys' Swimming  
Spirit Team  
Dance Team  
Girls' Bowling  
Boys' Bowling  
Hockey  
Trapshooting

### SPRING

Girls' Golf  
Girls' Tennis  
Boys' Tennis  
Girls' Track  
Boys' Track  
Boys' Soccer  
Girls' Soccer  
Trapshooting

### SUMMER

Boys' Baseball  
Girls' Softball

## General Sports Information

A green "Athletic Pre-Participation Physical Exam" card must be filled out, signed and returned to the Athletic Office BEFORE a student-athlete can participate in practices or events. These forms include the athletes Health History, Physical Exam Record signed by a licensed medical professional and the Parent's or Guardian's Permission and Release.

## West High's Athletic Philosophy

The athletic program is an integral part of the entire educational process. A wide variety of sports are offered to encourage as many young men and women as possible to participate in this type of activity. The athletic program is designed to incorporate those students who have a keen interest and ability in interscholastic competition.

As athletes participate in the program, they will have the opportunity to demonstrate such qualities as leadership, sportsmanship, fair play, school spirit, and loyalty – not only to their teammates and coach, but to themselves as individuals.

**State guideline:** if you receive an F during a semester the student will sit out 30 school days of the next activity.

A high school student who participates in school sponsored athletics may participate in a non-school sponsored sport during the same season with approval of the athletic director and coach.

Such outside participation shall not conflict with the school sponsored athletic activity. (District Policy 510.61)

## West High Lettering Policy

The first year an athlete participates in a sport he/she will receive numerals for their graduating year. Following their second year of participation in that sport they will receive a metal sport pin.

The first time an athlete earns a letter at Waterloo West he/she will receive a certificate and a cloth letter. Following this initial letter, an athlete will earn a certificate and a chevron for subsequent letters in a particular sport. Chevrons are supplied by the booster club and presented with your participation certificate at the end of season Recognition Banquet.

Athletes completing the season, but failing to earn a letter, will receive a certificate of participation.

Exact lettering requirements are determined by each sport's head coach and are included in their team rules. A copy of those requirements is also kept in the Athletic Director's office.

**NOTE:** Students that do not or can't participate directly in a sport may still earn a letter by being a student manager. Being a manager is more than taking care of towels. It may involve video taping practices or events; keeping stats; helping to take care of equipment; running errands for the coach; and reporting scores to the media. Contact the sport's Varsity Coach before the season begins for information.

## Parent Dos and Don'ts

From the December, 1994, Golf Digest:

### DO:

Stay involved in a positive way  
De-emphasize winning  
Emphasize emotional development  
Be supportive, interested and encouraging  
Be sympathetic when your child loses  
Forbid cheating and lack of sportsmanship  
Discourage temperamental behavior and vulgarity  
Make sure your child's self-esteem is not on the line  
Stress the lifetime value of sports  
Look relaxed and comfortable at the events

### DON'T:

Expect financial returns from your child's interest in sports  
Put pressure on your child to win  
Get too excited if your child does win  
Get too excited if your child loses or plays poorly  
Show negative emotion, fear, or nervousness at the event  
Say, "We're playing today" or "We won"  
Be a coach  
Take notes at practices, lessons or events  
Use love to get your child to work harder  
Equate your own self-worth with your child's

## A Fan's Role...

Iowa High School Athletic Association

Fans should always:

- Compliment student-athletes in their attempts to improve and learn
- Realize that a ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious
- Respect both players and fans of opposing teams
- Know and understand the rules of the game
- Respect the decision of an official, and admire their willingness to publicly officiate student athletes, in the best interests of interscholastic sports
- Cheer good performances, regardless of uniform color
- Recognize and compliment efforts of coaches, officials, conference and school administrators for their interest in expanding education

## Good Sportsmanship

Sportsmanship rules are established and administered by the Iowa High School Athletic Association. The rules state that any athlete will be declared ineligible for the next athletic event if ejected from an event by an official.

Only authorized personnel are permitted on the football field or sideline before, during, and after the game. Spectators will not form tunnels for entry of teams on the field, floor to deck. This can be done only by uniformed cheerleaders, uniformed pom-pom girls, and uniformed marching band.

Artificial noisemakers are not permitted at Mississippi Valley Conference games/meets. The following are not allowed: siren, individual bell, buzzer, or any type of artificial or mechanical noisemaker. Pep bands will not play or practice during basketball live ball situations.

In the interest of personnel safety, sportsmanship and fair play, throwing of objects, including paper is prohibited.

No pep signs posted or portable will be permitted, except authorized school pennants, in the playing or immediate area. Hoops are acceptable and may include a picture of the mascot and/or slogan providing there is no reference to the opposing school. Cue cards may be used by cheerleaders and/or pep squads only for the purpose of displaying the school name, nickname, or a word that will inspire the team.

Megaphones may be used by uniformed cheerleaders at football contests. Megaphones may not be used at indoor contests.

Cheerleaders to alternate cheers at indoor MVC athletic contests, with visitors cheering during the first time out or quarter break.

There shall be no removal of goal nets at any MVC basketball games, unless authorized by the home management.

## Care of Equipment

The following recommendations for cleaning and storing uniforms will enhance the appearance of your team and extend the life of the garments.

### **Laundering Preparation:**

- For best results and maximum wear, uniforms should be laundered immediately after each wearing.
- Garments that cannot be cleaned promptly should be hung individually on rust-proof hangers or hooks. Perspiration fading may occur if wet garments are left in a pile.
- After a game, inspect uniforms for snags, tears, etc. Repairs should be made before washing to prevent further damage.
- Remove all contrast color items (belts, etc.) from garments before laundering, and wash them separately.
- Turn garment inside-out if it has imprint lettering on it.

### **Soaking:**

- Heavily soiled garments should be soaked in lukewarm water with a protein release agent for a maximum of 45 minutes. Cold or hot water soaking can cause color bleeding. (Some parents recommend "Simple Green" to remove dirt, blood, etc.).
- Immediately after soaking, run garments through a normal wash cycle.

### **Washing:**

- Do not wash white and colored items together.
- All garments should be washed in warm water (110 degrees F.).
- Rinse water temp should not vary more than a few degrees from wash water temperature.
- Use mild detergent (ph under 10.0) for washing all uniforms.
- Remove garments promptly from washer to avoid color bleeding.

# Coaches' Code of Ethics

**Bleach:**

- Never use chlorine bleach on any garment.
- Do not use bleach on any garment that contains spandex or carries braid, trim, or embroidery.
- When bleach is required on all-white garments, use a light application of an oxygen-based bleach.

**Drying:**

- For best results, garments (particularly those containing spandex) should be hung to drip dry.
- When tumble drying, use the lowest temperature or "air" setting.
- Remove garments promptly from the dryer.

**Dry Cleaning:**

- Do not dry clean any of your uniforms.

**Storing:**

- Garments should be completely dry before storing.
- Store uniforms in a cool, dry area to protect from sunlight and fluorescent light. This will prevent mildew and yellowing.

In their relationship with players under their care, coaches should be aware of the tremendous influence they have. Coaches, through their example, must always be sure that the students who have played under them are finer and more decent citizens for having done so. Coaches should never place the value of a win above that of instilling the highest desirable ideals and character traits in their players. The safety and welfare of players should be uppermost in their mind, and these factors should never be sacrificed for any personal prestige or glory. Young people in the community view coaches as models to be emulated. The actions and behavior of coaches should bring credit to the teaching profession.

Members of the coaching profession should remember that they are on public display as representatives of their school. They should conduct themselves so as to maintain the principles, the integrity, and dignity of their school. School policy regarding athletics should be adhered to, both in letter and in spirit. It should be remembered that other members of the faculty also have interests in the institution and its students. A Coach's conduct must always be in harmony with the common intent and educational objectives of the total school.

Opposing coaches should be treated courteously and as guests of the school. Winning coaches should do all in their power to assure that the losing team is allowed to lose with dignity and leave the contest with its self-respect intact. Sportswriters and sportscasters should not be used as a means of relieving ill feelings toward coaches, players, officials, and other schools. Officials can make mistakes, but their efforts to contribute to the education of young people through sports should be recognized and supported.

## Mississippi Valley Conference Teams

<u>School</u>	<u>Team Name</u>	<u>School Colors</u>
Cedar Falls	Tigers	Red & Black
Cedar Rapids Jefferson	J-Hawks	Blue & White
Cedar Rapids Kennedy	Cougars	Gold & Kelly Green
Cedar Rapids Prairie	Fighting Hawks	Orange & Black
Cedar Rapids Washington	Warriors	Red & Blue
Cedar Rapids Xavier	Saints	Navy Blue & Silver
Dubuque Hempstead	Mustangs	Dark Green & Gold
Dubuque Senior	Rams	Blue & Scarlet
Dubuque Wahlert	Golden Eagles	Blue, Gold & White
Iowa City City High	Little Hawks	Red & White
Iowa City West	Trojans	Green & Gold
Linn-Mar	Lions	Red & Black
Waterloo East	Trojans	Orange & Black
Waterloo West	Wahawks	Old Rose & Black

The function of the coach is to educate students through participation in sports. With this in mind, coaches must realize that there are certain rules designed to protect the players and provide common standards for determining a winner and a loser. Attempts to disregard these rules, to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct have no place in the West High athletic program. Winning with boasting and losing without bitterness should be foremost in the minds of all coaches. Coaches who conduct themselves according to this code of ethics need have no fear of failure, for in the final analysis their success can be measured in terms of the respect they have earned from each parent, player and opponent.

## **Responsibilities of the Student Athlete**

Student-athletes are in school to secure the best secondary education they are capable of achieving. Deciding to take advantage of “the other half of education” plays a significant part in the students’ total educational development. However, with this decision also come certain responsibilities, if the value of athletics is to be achieved, namely:

1. Strive to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintain academic and eligibility standards as established by the Iowa Department of Education and the Waterloo Community School District.
3. Learn the spirit of hard work and sacrifice.
4. Learn to attain physical fitness through good health habits.
5. Desire to excel to the limits of your potential.
6. Show respect for both authority and property.
7. Accept the leadership role that is instilled through the athletic program.

The student-athletes must keep in mind they are in the public eye, and their personal conduct must be above reproach. They have an obligation to create a favorable image and gain the respect of their teammates, the West High student body, and the West High community.

## **Event Locations**

For directions to the various event locations, log on to <http://wahawkathletics.multisportssystem.com/>. On the left hand side, click on the “Directions” button. MVC schools and addresses are listed below.

<b>Cedar Falls High</b>	1015 Division Street, Cedar Falls
<b>Cedar Rapids Jefferson</b>	1243 20 <sup>th</sup> Street S.W., Cedar Rapids
<b>Cedar Rapids Kennedy</b>	4545 Wenig Road, N.E., Cedar Rapids
<b>Cedar Rapids Prairie</b>	401 76 <sup>th</sup> Avenue S.W., Cedar Rapids
<b>Cedar Rapids Washington</b>	2205 Forest Dr. S.E., Cedar Rapids
<b>Cedar Rapids Xavier</b>	6300 42 <sup>nd</sup> St. N.E., Cedar Rapids
<b>Dubuque Hempstead</b>	3715 Pennsylvania Avenue, Dubuque
<b>Dubuque Senior</b>	1800 Clark Drive, Dubuque
<b>Dubuque Wahlert</b>	2005 Kane Street, Dubuque
<b>Iowa City “City” High</b>	1900 Morningside Drive, Iowa City
<b>Iowa City West High</b>	2901 Melrose Avenue, Iowa City
<b>Linn-Mar High</b>	3111 North 10 <sup>th</sup> Street, Marion
<b>Waterloo East High</b>	214 High Street, Waterloo
<b>Waterloo West High</b>	425 East Ridgeway, Waterloo