

School District of Tigerton



COACHES HANDBOOK

TABLE OF CONTENTS

ACTIVITY ACCOUNTS.....	pg. 4
ATHLETE CHANGING SPORTS IN SEASON OR DUAL SPORTS ATHLETES.....	pg. 4
ATHLETE VIOLATIONS OF ELIGIBILITY RULES OR THE ATHLETIC CODE ...	pg. 4
AWARDS	pg. 4
BUDGET	pg. 4
BUILDING USAGE	pg. 5
CELL PHONE PRIVACY	phg. 5
COACHES ASSOCIATION MEMBERSHIPS	pg. 5
COACHES NOT LICENSED TO TEACH (CNLT)	pg. 5
COACHING CLINICS	pg. 5
COMMUNICATION WITH PARENTS	pg. 6
CONCUSSIONS and SUDDEN CARDIAC ARREST.....	pg. 6
DISTRICT POLICIES	pg. 6
EMERGENCY SCHOOL CLOSINGS	pg. 6
EVALUATION OF COACHES	pg. 6
FIRST AID/CPR	pg. 7
HARASSMENT	pg. 7
HAZING	pg. 7
INJURY OR ACCIDENT OCCURRING TO AN ATHLETE	pg. 7-8
KEYS	pg. 8
OUT-OF-SEASON CONTACT WITH ATHLETES	pg. 8
PARENT COMMUNICATION PROTOCOL	pg. 8-9
PRACTICE REGULATIONS	pg. 9

PRESEASON and POSTSEASON CHECKLIST.....	pg. 9
PRIOR TO BRING DECLARED ELIGIBLE TO PRACTICE	pg. 10
PURCHASE OF ATHLETIC UNIFORMS, EQUIPMENT, OR SUPPLIES	pg. 10
RECRUITING OF ATHLETES	pg. 10
REF RANKING	pg. 10
RELATIONSHIPS BETWEEN HEAD AND ASSISTANT COACHES	pg. 10-11
RULES INTERPRETATION VIDEO AND EXAM	pg. 11
SCHEDULES	pg. 11
SOCIAL MEDIA	pg. 11-12
STATS	pg. 12
STUDENT & ATHLETE PRE-SEASON MEETING	pg. 12
STUDENT MANAGER	pg. 12-13
TRANSFER STUDENTS	pg. 13
TRANSPORTATION OF ATHLETES	pg. 13
UNIFORMS AND EQUIPMENT	pg. 13
VARSITY LETTER AWARD CRITERIA	pg. 13-14
WEIGHT TRAINING AND CONDITIONING	pg. 14
WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION (WIAA)	pg. 14

ACTIVITY ACCOUNTS

Each sport has a high school activity account. All activity account purchases must be approved by the Athletic Director to be paid. Keep in mind the monies deposited into this account are from fundraisers, concessions, donations, etc. Acceptable purchases are those that directly benefit students. A coach and student signature is required in order to make the payment from the activity account.

ATHLETE CHANGING SPORTS IN SEASON OR DUAL SPORTS ATHLETES

The Central Wisconsin Conference (CWC) does allow students to participate in two sports during the same season. Proper paperwork must be on file with the Athletic Director to be a dual sport athlete.

ATHLETE VIOLATIONS OF ELIGIBILITY RULES OR THE ATHLETIC CODE

Any violations of eligibility rules or the athletic code by any athlete on your team could subject the entire team to forfeits and the School District of Tigerton, under certain circumstances, to sanctions from the WIAA. As a coach, a representative of the School District of Tigerton, and a role model for your athletes, you are expected to strictly enforce all WIAA, conference, and school rules and regulations.

Any suspected or actual violations of any eligibility rules of the Athletic Code should be reported immediately to the Athletic Director. You are expected to cooperate fully with the Athletic Director and to aid in the investigation of any suspected or alleged violations by your athletes. It is expected of the coach to read and be aware of each component in the Tigerton School District's Athletic Code.

AWARDS

The athletic department provides letters and pins for student-athletes. A maximum of \$20 per sport for the awards, such as MVP or MIP, can be paid by the Letterwinners Club. Any amount over this would be the coach's responsibility and can be purchased from your school district budget or activity fund.

Make sure your awards do not violate the WIAA rules regarding amateur status as described in the WIAA Rules of Eligibility, Article IV.

The head coach of each sport is responsible for coordinating the awards program for his/her program at the end of each season.

The head coach is expected by the School District of Tigerton to attend CWC All-Conference Award meetings. If the head coach is unable to attend this must be communicated with the Athletic Director and a sport representative must be sent in his/her place.

BUDGET

The head varsity coach can assist the Athletic Director in determining a yearly budget in his/her sport program. All purchase orders must be signed and approved by the Athletic Director prior to the purchase. **COACHES ARE NOT TO CALL, FAX, OR MAIL ANY ORDER TO A VENDOR.** This is done by the district office upon approval of a purchase requisition.

Any requests for equipment, supplies, or training must be pre-approved by the Athletic Director. The

Athletic Director will take any approved requests to administration.

BUILDING USAGE

Coaches are only allowed to use the School District of Tigerton building for usage that directly pertains to the athletic teams they coach. Using the buildings for their own personal benefit or leisure is prohibited. Coaches must follow the building reservation channels to reserve any space within either high school or elementary school.

Coaches are **required** to be trained in order to use the Sound System in the gymnasium. Contact the Athletic Director to set up a time to be trained prior to using the Sound System.

CELL PHONE PRIVACY

It is the practice of the Tigerton School District to ensure the privacy of all individuals during the time they occupy locker room facilities at school and during school sponsored events. All cell phones are prohibited from use in any school locker room. If a cell phone is in use, the coach/advisor has the right to confiscate the phone. If compromising photos and/or inappropriate messages are found to be taken with the phone, it may result in immediate removal from the co-curricular activity and turned over to school administration.

COACHES ASSOCIATION MEMBERSHIPS

All coaches are encouraged to be a part of their sports Wisconsin State Coaches Association. This allows the School District of Tigerton student-athletes the opportunity to be nominated for state awards.

COACHES NOT LICENSED TO TEACH (CNLT)

Any individual who will help in any way with coaching duties, whether paid or volunteer, and who is not licensed to teach (CNLT), is required to be registered by the School District of Tigerton with the WIAA. This rule does not apply to student teachers that do not have supervisory responsibilities. For more information, visit www.wiaa.org, under the WIAA Coaches Info, there is a link to the coach's education. These coaches are required to complete the WIAA required coursework before their second year as a coach. Additionally, background checks, TB tests, and physicians are required by the district of all non-staff coaches, whether they are paid or volunteer.

Prior to the second year of coaching, CNLT must provide a certificate of completion of the course to the Athletic Director.

COACHING CLINICS

All head and assistant coaches at any level are encouraged to attend at least one coaching clinic per year. One clinic per year per coach staff will be paid for by the Athletic Department. If a coach does not attend a clinic, however, it is an expectation that they do something else in the off-season to improve their coaching ability. Additionally, all head and assistant coaches can attend one clinic, per sport s/he coaches, during the school year. All coaching days need to be cleared through the athletic department.

COMMUNICATION WITH PARENTS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide great benefit to the children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on our athletes. This begins with clear communication from the coach of your child's program. Each coach will be expected to create an expectation form to be shared at the beginning of year meeting and with the Athletic Director. The coach is expected to work with the Athletic Director on this to create unity across our athletic programs.

CONCUSSIONS and SUDDEN CARDIAC ARREST

Coaches are expected to follow the state law regarding concussions to athletes. Additionally, coaches must speak about the paperwork involved, at the Parent's Meeting held before the season begins. All coaches must enroll and complete the National Federation of State High School Associations Concussion in Sports Elective Course. This free one-hour course must be completed and the Certificate of Completion must be on file in the AD office prior to coach/student-athlete contact. The link can be found here: <https://nfhslearn.com/courses/concussion-in-sports-2>

Coach must sign acknowledging that he/she has read and understands signs, symptoms, and behaviors of a concussion and cardiac arrest.

1. All coaches must be familiar with the Wisconsin Concussion Fact Sheet for Athletes found here: <https://www.wiaawi.org/Portals/0/PDF/Health/WIAA-concussion-rev.pdf>
2. All coaches must be familiar with Sudden Cardiac Arrest for Athletes found here: <https://www.wiaawi.org/Health/Sudden-Cardiac-Arrest>

DISTRICT POLICIES

All coaches, paid or volunteer, are expected to familiarize themselves with all School District of Tigerton policies and are not limited to Program Policies, Professional Staff Policies, Support Staff Policies, and WIAA Policies. All district policies are accessible on the School District of Tigerton website.

If a coach has any questions regarding policies, coaches should ask the Athletic Director, Principal, or District Administrator.

EMERGENCY SCHOOL CLOSINGS

The following policy may be in effect for practice, competitions, and meetings for athletic teams and extracurricular activities. Please check with the Athletic Director regarding practices and contests in the event of inclement weather.

EVALUATIONS OF COACHES

Head Coaches will be evaluated on a yearly basis. The Head Coach will work with the Athletic Director to pilot an evaluation process of assistant coaches with a recommendation whether to rehire the position to the Athletic Director.

FIRST AID/CPR

All paid coaches are required to be CPR and First Aid certified by the WIAA and will have the opportunity to obtain first aid training and cardiopulmonary resuscitation certification within one year of being hired for a coaching position at the School District of Tigerton and maintained while coaching for the School District of Tigerton.

All non-teacher coaches need to complete the Blood-Borne Pathogens Trainings:

<https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/snbbpentrypage.pdf>

HARASSMENT

Harassment of any nature—racial, sexual, or ethnic—is banned by the School District of Tigerton and the CWC. In addition, coaches are reminded that any type of behavior towards athletes that could be construed to be sexual harassment is strictly prohibited. Definitions of harassment and comprehensive policies can be found on the School District of Tigerton webpage.

HAZING

Soliciting, encouraging, aiding, or engaging in hazing is prohibited. Hazing means any intentional, knowing or reckless act directed against a student for being initiated into, affiliating with, holding office or maintaining membership in any organization, club or athletic team, whose members are, or include, other students.

Students engaging in hazing will be subject to athletic and district disciplinary actions. Initiation rites that fall within that definition will not be tolerated at the School District of Tigerton. Any coach who has knowledge of, or who participates in, the planning or actual hazing incident, will be subject to immediate and severe disciplinary action that could include immediate release of the coach from his/her position. Representatives of the School District of Tigerton's athletic program are expected to cooperate fully with school and law enforcement authorities in any investigations involving hazing plans or incidents.

INJURY OR ACCIDENT OCCURRING TO AN ATHLETE

Following an accident or injury to an athlete, the coach responsible for that athlete must complete a Student Incident Report and submit it to the Athletic Director within 24 hours. In addition, we expect coaches to adhere to the following guidelines:

1. Emergency Contact Forms will be available for immediate access at all team functions including but not limited to games and practices.
2. Coaches should provide emergency aid only to a level at which they are capable. If a coach has been trained to perform first aid on a specific type of injury, the athlete should be made as comfortable as possible until emergency care personnel arrive.
3. Notify parents/guardians immediately.
4. Appoint a coach to take witness statements or records notes as soon as is feasible at the facility at which the injury occurred.
5. Obtain name and address of the hospital to which the injured athlete is being conveyed and notify parents/guardians.

6. If possible, and with the concurrence of the attending physician, we encourage injured athletes to continue to attend practices.

Anytime an athlete's participation is restricted by a medical professional, it is necessary for them to also have a full written release before resuming activity. A medical note shall be given directly to the athletic director. The athletic director will interpret the document and communicate with coaches the status of the athlete.

Coaches SHOULD NOT accept medical documents from athletes and should not return them to activity without the consent of the athletic director. **NOTE:** A parent may not release a student who has been restricted by a medical professional.

KEYS

1. All keys necessary for the efficient operation of the sport shall be issued to the coach at the beginning of the season.
2. Under no circumstances should keys be given to or entrusted to students, parents, or non-school district personnel. This could create a serious breach of security for the entire building. Keys are not permitted to be copied/made at any time.
3. Coaches must report any keys lost to the Athletic Director immediately upon discovery of the loss.
4. If the disappearance of keys is due to negligent handling of keys on the part of the coach, s/he may be held financially responsible for any rekeying that must take place.
5. At the end of the season, coaches must return all keys issued for a sport season unless the individual normally uses the keys to carry out his/her duties. (Approval for out of season use will be given on a case-by-case basis.)

OUT-OF-SEASON CONTACT WITH ATHLETES

No activity or contact should in any way resemble a school team practicing or competing out-of-season. Further, WIAA rules allow certain restricted contacts during the summer.

Specific information regarding this rule can be found in Article II of the WIAA Bylaws, and Article VI, Section 2, of the Rules of Eligibility. All coaches are expected to utilize WIAA allowable days of contact for each sport.

PARENT COMMUNICATION PROTOCOL

Communication among or between athletes, parents, and coaches is encouraged. The following criteria should be followed to enhance this communication:

1. The "24-Hour Rule" is in effect. Coaches are not to discuss complaints or issues from parents before 3:30 p.m. on the day following a contest. This rule also applies to electronic communication.
2. Coaches are expected to operate under an open-door policy where they will candidly respond to questions and concerns from either the athlete or the parent.
3. If the athlete or parent has a question or concern about the program, the question or concern should be brought directly to the head coach.

4. Contact with the coach should be accomplished as much as possible during normal school hours.
5. Coaches should schedule the meeting with the athlete and/or parents in a private setting.
6. Communication, by all parties, will be carried out in a rational, calm, mature discussion with respect shown to all.
7. Coaches are not required to respond to pressure groups.
8. In most cases, the athlete/parent and coach should be able to communicate and reach an amicable solution to concerns and/or questions.
9. If the athlete, parent, and coach cannot mutually resolve the concern or questions are not answered, the subject should then be brought to the Athletic Director.
10. If a parent brings a complaint to the Athletic Director/Principal/District Administrator, they will be directed back to the head coach. Students will be encouraged to advocate for themselves and work with the head coach to solve problems. When necessary, the Athletic Director will work with student-athletes to develop strategies to approach coaches appropriately.
11. School District of Tigerton Communication Protocol:
Coach → Athletic Director → Principal → District Administrator → WIAA → Board of Education

PRACTICE REGULATIONS

Practice sessions should be well structured. Typical practices on school days should last between 1.5-2.5 hours, and should not exceed 3 hours, excluding time required for dressing. Coaches may be asked to provide a written practice plan for practices.

Practices may not begin before 6:00 a.m. Unless approved by the Athletic Director with reason.

1. Sunday practices are not permitted unless authorized by the Athletic Director and/or District Administrator.
2. A coach must be present at ALL practices and games.
3. Coaches should be the first to arrive and the last to leave ALL practice sessions, locker rooms, and away events.
4. All coaches must notify the Athletic Director and Head Varsity Coach of their sport of all absences from, or cancellation of, practices or games. Email notification is preferred.

Per WIAA, a team must take one day off, from all physical activity, after six consecutive days of practice/competition. Teams may schedule nonphysical activity, such as film review, scouting reports, rehab, etc., during this off day.

PRESEASON and POSTSEASON CHECKLIST

Prior to the season, coaches must complete the preseason checklist prior to the preseason meeting with the Athletic Director. After completion of the checklist and meeting, the Athletic Director will authorize the first paycheck with the District Office.

After the season, coaches must complete the postseason checklist prior to the postseason meeting with the Athletic Director. After completion of the checklist and meeting, the Athletic Director will authorize the last paycheck with the District Office.

PRIOR TO BEING DECLARED ELIGIBLE TO PRACTICE

Do NOT allow a student to practice or compete without the following items on file:

Coaches must check the athlete clearance with the Tigerton Athletic Department prior to starting practice.

- Current physical examination form on file in the Athletic Office
- Signed Parent Concussion/Sudden Cardiac Arrest Form and Student Concussion/Sudden Cardiac Arrest Form
- Emergency Contact Form
- Signed parent/athlete WIAA Eligibility Form
- Signed School District of Tigerton Athletic Code
- Grade will be verified prior to competition

Final clearance for a student to practice will be communicated to the coach by the Athletic Director.

PURCHASE OF ATHLETIC UNIFORMS, EQUIPMENT, OR SUPPLIES

Coaches may not, under any circumstances, contact a vendor directly to place an order at any time that will be used in the School District of Tigerton athletic program. It is required that coaches will assist the Athletic Director in determining the needs of their respective programs, all purchases (including the fund which will pay for the order) must have prior approval of the Athletic Director.

The Athletic Director will then follow approved District guidelines for purchases. **All items purchased by a coach without prior authorization will be the responsibility of the coach for all payments due.**

RECRUITMENT OF ATHLETES

Recruitment of athletes from any interscholastic athletic program at another high school strictly prohibited by the WIAA and by Tigerton High School. Any coach verified to be engaged in this type of behavior will be disciplined immediately and could be subject to immediate dismissal from his/her coaching position.

REF RANKING

Throughout the season, the Varsity Head Coach is responsible to evaluate contest officials via WIAA procedure. This can be done using the WIAA website.

RELATIONSHIP BETWEEN HEAD AND ASSISTANT COACHES

The head coach is in charge of determining the direction of the specific sport. When decisions must be made regarding the specific offensive or defensive philosophy of the sport, the head coach determines the direction of the program. However, it is expected that the head coach will meet on an ongoing basis with assistant coaches of the sport to ensure that everyone is in accordance with the direction of the program.

If problems arise between the head and assistant coach(es), it is expected that the coaches in question will first try to resolve the problem among themselves in a professional manner. If problems continue to exist, the head coach will discuss the issues with the Athletic Director who will then intervene and

attempt to resolve the problem.

RULES INTERPRETATION VIDEO AND EXAM

The School District of Tigerton and the WIAA require all high school coaches (paid or volunteer) to view the annual WIAA Rules for their sport, and take the rules exam before the sport season's first contest. Middle school coaches are encouraged to complete the WIAA video and exam.

SCHEDULES

1. Practices - Schedules are developed by the coaches and Athletic Director. Practices that use indoor facilities must be reserved through the Athletic Department.
2. Sunday and Wednesday Practices/Contests - Practices on Sundays are allowed only after 2 p.m. with Athletic Director and/or District Administrator approval. On Wednesdays, middle school participation is not allowed.
3. Parents night, etc. - Head coaches must let the Athletic Director know at least two weeks in advance of the dates of Parents night and any other special groups that will be attending.

SOCIAL MEDIA

1. **Coaches who wish to engage with their team electronically should maintain separate professional and personal accounts.** This includes separate email addresses, separate Twitter handles, and separate Facebook destinations (advocate using interest pages rather than your personal page for your team). The first step for a responsible coach is to clearly understand and practice the separation of your personal life and your coaching life. Under **NO CIRCUMSTANCES** is it acceptable for a coach to communicate with student-athletes through their own personal accounts through social media including but not limited to Twitter, Facebook, Instagram, etc.
2. **Social media policy.** Discuss to the parents and your team at the beginning of the season. Make sure parents are very clear on your approach to social media contact with their kids.
3. **Closely monitor commenting within your team's social media presence.** Immediately remove any posts by athletes or parents that violate your team, Athletic Department, or governing body's principles for appropriate behavior. Promptly inform the athlete or parents of the offending post about why the post was not appropriate.
4. **Consider updating the privacy settings for your personal social media sites to tightly maintain viewership.** Your athletes will undoubtedly search for you on Facebook, Twitter, Snapchat, or Instagram. Consider changing your default privacy to either friends or custom, not public. But be aware, there are limitations to privacy settings. Private communication published on the Internet can become public, and social media sites like Facebook have often changed their privacy settings and functions without much warning or explanation.
5. **Your social media presence must also comply with your team, WIAA, and overall governing body policies.** This included the disclosure of confidential information and the prohibition of using harassing, obscene, discriminatory, defamatory, or threatening language. The rules for what you can say out loud apply to what you can say or write in social media.
6. **As a community leader, you are also responsible for complying with the [Children's Online Privacy Protection Act](#)** whenever you engage in social media. Take time to review the rules.
7. **Politely decline personal friend requests.** If an athlete attempts to 'friend' you at your personal social media destinations or at your personal email address, consider declining the request.

Experts advise to politely decline with a message to the effect of: “Please don’t be offended if I do not accept or respond to your request. The Tigerton Athletic Department does not permit coaches to engage with athletes through personal social media outlets. If you wish to connect, please contact me at my official coaching email address [insert email address] or by visiting our team Facebook page at [insert link].”

8. **Exercise caution and common sense.** The landscape of social media keeps changing. When in doubt, err on the side of caution. It is always better to be the slightly less tech-savvy coach than the coach embroiled in controversy.

STATS

Coaches are required to keep track of at least their conference game stats to be utilized when nominating for all-conference. Please make sure you use the required program determined by the CWC for each sport. If there is no designated program, then you can use a program/documentation of your choice.

Coaches should contact the following to report scores and/or stats on a daily/weekly basis. Contact each company to see if they plan to run stats on a daily or weekly basis and a deadline that you may need.

Scores

After all games, regardless if you are acting as host or on the road.

1. WAOW - sports@waow.com
2. WSAW - sports@wsaw.com
3. Multi Media Channels - thale@mmclocal.com
4. Wausau Daily Herald - sportswausaudailyherald.com@gannet.com

Stats

1. Marion Advertiser - marionad@frontiernet.net (Sara Tischauser)
2. TCH Daily News - tchdailynews@gmail.com or 608-518-7232 (Brad Williams)
3. News Media - sports@newsmedia-wi.com or 608-799-9327

STUDENT & PARENT PRE-SEASON MEETING

Coaches should conduct a students and parent meeting before/at the beginning of the season. During your first meeting with parents, coaches are expected to present in writing and discuss these items among other things.

- Practice schedule
- Team Rules
- Coaching Philosophy Statement
- Special dates and events
- Game Schedule
- Team Selection Policy
- Lettering Policy
- How players earn playing time

STUDENT MANAGERS

A student manager for a sports team assists the coach with day-to-day logistics, practices, and travel. A student manager will attend all varsity competitions. They will be expected to assist the Head Coach with field preparation, travel preparation, video preparation, recording games and/or practices, and

record statistics for competitions. A manager will receive a Manager pin for a completed season managing a team.

TRANSFER STUDENTS

When a student transfers into Tigerton High School and indicates that s/he wishes to participate in the athletic program, the circumstances surrounding that transfer will be fully investigated to ensure that no violations of WIAA transfer rules or recruitment rules have taken place. No coach should allow a transfer student to play without first receiving complete clearance from the Athletic Director.

TRANSPORTATION OF ATHLETES

The Athletic Director will arrange transportation for the team within the guidelines established by the District. Prior to the start of the season, each coach should confirm bus departure times with the Athletic Director. Coaches are not to call the Transportation Director to make changes to the bus schedule, unless approved by the Athletic Director or Principal.

When a school-provided vehicle is chartered, all athletes are expected to ride to and from practices and contests on that vehicle. Athletes may return HOME from an away contest with parents/guardians providing prior approval has been obtained from the coach and the appropriate waiver has been signed. In such cases, the coach is responsible for ensuring that the athlete leaves the contest with his/her parent/guardian.

UNIFORMS AND EQUIPMENT

Prior to postseason meeting with the Athletic Director, coaches must check all uniforms and equipment for loss or wear, perform an inventory of equipment, and notify the Athletic Director of missing uniforms and equipment that need repair or replacement due to safety issues.

Prior to the beginning of the season, coaches must check uniforms and equipment to ensure that all uniforms are available, and all equipment is safe and meets the requirements of the rules.

At the beginning of and during the season, the coach must keep accurate records regarding any uniforms and equipment issued to athletes, the return of uniforms and equipment from athletes during the season, and the return of all outstanding uniforms and equipment at the end of the season.

Difficulties in retrieving uniforms and equipment from athletes should be reported immediately to the Athletic Director, who will attempt to retrieve any lost or stolen materials. In the event that the uniform and equipment cannot be located, the student will be placed on the ineligibility list until such time the items are returned, or the school is financially reimbursed for the items.

VARSITY LETTER AWARD CRITERIA

The letter is awarded only to varsity athletes of Tigerton High School that have displayed a high degree of school citizenship and athletic excellence.

The District sincerely expects that the letter be worn or displayed with personal pride so that the significance of this award will continue to remind others of its true meaning.

1. The athlete must demonstrate team spirit through effort, dedication, and cooperation with team members and coaches.
2. The athlete must complete the season in good standing.
3. The athlete must attend all practice and contest unless excused by the coach prior to the absence.
4. Specific lettering criteria will vary from sport to sport. Honorary awards, with the Athletic Director's approval, can be given in special situations.
5. A letter may be awarded to a senior athlete, with the approval of the Athletic Director, if the senior has participated in the sport for two years at the school without meeting all the criteria for a letter.

WEIGHT TRAINING AND CONDITIONING

Coaches are encouraged to provide an in season weight training program for their sport teams to keep athletes performing at their peak strength and speed for the entirety of the season. Coaches are encouraged to provide an offseason weight training program for their sports team to support athletes in development of their speed and strength when they are not in a sport. Coaches can not require athletes to participate in out of season activities.

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

The School District of Tigerton is a member school of the WIAA, which is the governing body for interscholastic athletics in the state of Wisconsin. The following information is made available to all coaches by the WIAA: WIAA Senior High School Handbook, WIAA Season Regulation published for fall, winter and spring sports, and the WIAA Bulletin. Coaches may access the WIAA website at www.wiaawi.org. As a coach, make sure you are familiar with all rules and regulations of WIAA.

Under no circumstances are coaches to contact the WIAA directly without prior clearance by the Athletic Director regarding policy interpretations, rules or procedures. The primary contact for the School District of Tigerton is the Athletic Director; and, in certain circumstances, WIAA procedures dictate that the WIAA cannot receive requests directly from coaches.

ACKNOWLEDGEMENT

I _____ (coach's full name) acknowledge that I have received the current 'Coaches Handbook' and understand that it describes the conduct and behavior expected of me as a coach and representative of the School District of Tigerton.

Coach Signature

Date

Athletic Director Signature

Date

Principal OR District Administrator Signature

Date