Athletics and Activities Knight

Extra Curricular Opportunities at Newport High School

Thank you for being here and Welcome to Newport!
ASB and Athletic Leadership

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• Caryn Landau-Walter – Activity and ASB Coordinator
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• Charlene Jones – ASB / Athletics / Facilities Secretary
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• Judy SCEats – ASB Accountant / Bookkeeper
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  • Window is located in the commons, open before / after school, and during lunches

• Hannah Santos – Athletic Trainer
  • Hannah.Santos@seattlechildrens.org
  • Available to all student-athletes after school hours
Club Life at NHS
Student Interest Clubs – Clubs developed by students around common interest

Career and Technical Clubs – Clubs affiliated with a CTE class (Culinary Arts, CISCO, DECA)

Co-Curricular Programs – Clubs affiliated with an academic class (Music, Drama)

Competitive Clubs – Clubs that participate in scheduled interscholastic competitions (Debate, Chess club, Math club, Robotics, Rocketry)
Student Interest Clubs

- Architectural Design
- Art
- Art History
- Astronomy
- Biology
- Black Student Union
- Business Practices
- Calligraphy
- Camelot
- Cancer Awareness
- Change Every Life
- Chemistry
- Chinese Culture
- Circuit Design
- Computer Club
- Cover and Choreography
- Cryptocurrency
- Days for Girls
- ECO
- English Language Learners
- Equilibrium
- Expressive Writing
- Film Making
- French
- Gaming
- Gender Sexuality Alliance
- Girls Who Code
- Hula
- Hunger Project
- Junior Statesmen
- Key Club
- Knight Pics
- New Generation
- Investment / Trading
- Outdoor Adventure
- Physics
- Psychology
- Red Cross
- Science
- Shoe Crew
- Spanish Community Outreach
- Spirit Club
- Teen Reach
- Music Honor Society
- National Honor Society
- Tutor Club
- UNICEF
CTE Clubs

• CISCO Project Club
• Newport Knives Culinary Club
• DECA (Business and Marketing)
Co-Curricular Clubs (Affiliated with a class)

• DECA
• Yearbook
• Link Crew
• Knightlife
• Drama
• Band
• Choir
• Orchestra
Competitive Clubs –
These clubs traditionally participate in interscholastic competitions

- Speech and Debate
- Chess Club
- Winter Guard
- Drumline
- FBLA (Future Business Leaders of America)
- HOSA (Future Health Care Professionals)
- Knowledge Bowl
- Math Club
- Ocean Science
- Rocketry
- Robotics
- STEM League
- Unified Robotics
- Academic Decathlon
- Linguistics Olympiad
Newport Athletics

• 4A Classification (based on student enrollment)
  • *may move to 3A for the 2020-21 school year*

• WIAA Member School since 1964

• Member of the Kingco Conference
  • Issaquah, Lake Washington, Northshore, Mercer Island, Snoqualmie Valley, and Bellevue School Districts

• Member of Seaking District 2
  • Kingco and Seattle Metro League
  • Bi-District competition with the WESCO Conference in the post-season

• No school in the state has won more Scholastic Cups or State Championships
What we’re about
The goal is always to win, but our purpose is greater
We prepare kids for the road ahead, because we cannot prepare the road ahead for the kids
Not every student-athlete will be a champion, but we can teach every student athlete to conduct themselves as one.
Adversity, competition, and failure are fundamental experiences in developing resilient and courageous adults.
Requirements for Athletic Participation

**Current Physical** on file

- Valid for two years from the date of the exam
- Cannot accept “well child” exams as a physical, must specifically authorize participation in athletics
- Can use the BSD provided from or the form provided by the physician

**Registration** for the activity – Bellevue-wa.finalforms.com

**Fees** and Fines

- ASB Membership = $70
- Single Season Participation Fee = $100
- Transportation Fee = $55
- Any outstanding school fines must be paid before cleared to participate
- Payment accepted through BSD touchbase and in person at the accountant
Summer Activities
You must be registered to participate!
The summer period is the Monday following Spring State Championships – July 31st

- During this period any of our programs are allowed to have optional activities
- Practices, competitions, teams camps, etc. are all permitted
- **Participation is optional** and is not a condition of the regular season
- Not all programs offer summer activities, nor are they are expected to
- There may be fees specific to the program activity

Dead Period: Aug 1 – First Day of Fall Sports
*(Aug 21 for football, Aug 26 for all others)*

- During this time, out of season coaching rules apply to all programs
- Sport specific coaching is not allowed
- Strength and conditioning activities are allowed and remain optional
Year Round Programs

Dance and Drill
Cheerleading

The teams had tryouts this spring and are already practicing together.

There may be an opportunity for a late tryout in the fall, TBD.

For both programs there can be a competition component that takes place in the winter season.
Fall Sports – First Day is August 26th

BOYS SPORTS

• Cross Country
• Football*
• Golf
• Tennis
• Water Polo

*Starts August 22, girls can and do participate in football

GIRLS SPORTS

• Cross Country
• Soccer
• Swim and Dive
• Volleyball
Winter Sports – First Day is Nov 18

**BOYS SPORTS**
- Basketball
- Swim and Dive
- Wrestling

**GIRLS SPORTS**
- Basketball
- Gymnastics
- Wrestling
Spring Sports – 1st Day is March 2nd

BOYS SPORTS
- Baseball
- Lacrosse
- Soccer
- Track and Field

GIRLS SPORTS
- Badminton
- Golf
- Lacrosse
- Softball
- Tennis
- Track and Field
- Water Polo
Financial Assistance

• Students w/ free and reduced lunch status are exempt from required fees for participation. Those students are not exempt from fees for optional trips and activities

• Some of our booster clubs offer financial assistance to individuals, but that varies by program and is not a function of the school

• NHS does not offer any other kind of financial assistance for extra-curricular programs

• Payment plans can be set up as an accommodation for families needing assistance
Transportation

- NHS provides a bus to and from all athletic competitions
- There is no transportation provided for practices
- Programs that choose not to access transportation are not required to pay a transportation fee
- It is generally the expectation that all students will ride to an event and home from an event with their team. This may vary by program.
Advice for families new to high school

• Encourage your kids to do a few things well, volume doesn’t impress college entrance boards, but quality achievements do.

• Make a commitment! Be sure you know what you are getting into and that you can honor the full experience of being a part of a program

• Single sport specialization comes with an increased risk of injury, higher rate of burnout, and limits a student’s opportunity to experience other programs. We encourage kids to participate in multiple athletic experiences

• Attending events and being a part of the extra-curricular student life at NHS can make the high school experience very positive for kids
Academic Requirements

• 2.0 Cumulative GPA, passing 6/7 classes (cannot have two or more F’s)

• Checked at start of the season with most current posted grade period, and any posted grade periods during the season

• Students not making standard are on academic probation until they can demonstrate they are making adequate progress.

• Academic probation means that an athlete is not eligible to compete in contests, but may still practice with the team
Attendance Requirements

- Student-athletes not in full day attendance cannot practice or compete with their teams

- 7 period day = 5 periods required

- Less than 7 period day = Can miss only one period

- Exception is granted for a medical appointment if a note from the doctors office verifying the appointment is provided.

- AD has authority to make exceptions, but there is an expectation of advance communication
Student-Athlete Code of Conduct

• Illegal use of drugs, alcohol, and tobacco is prohibited for student-athletes

• Once they have signed the code of conduct during registration they are bound by the expectation, even in the off-season

• Violations generally result in suspension from contests

• Exceptional misconduct at school may result in a code violation
Varsity and Sub-Varsity Competition

Varsity Competition

• Merit Based
• No guarantee of playing time
• Coaches are expected to make decisions with the goal of winning the contest

Junior Varsity or C-Team Competition

• Development of players and a positive experience for all is a priority
• An expectation of meaningful (not equal) participation for all eligible players on the roster
• Coaches are expected to prioritize development and opportunities for development over winning
• Preparation for future varsity competition
Cut vs. No Cut Sports

Some of our programs have to hold a tryout and make cuts to their roster because of:

• Roster size limitations
• Practice site limitations
• Safe participation
• Ability to provide a meaningful experience

Cut Sports – Depending on how many tryout these programs MAY have to make cuts

• Soccer
• Basketball
• Volleyball
• Golf
• Baseball / Softball
Club Sports

• We offer opportunities to participate in the following non-WIAA sanctioned sports

  Water Polo (Boys/Girls)
  Lacrosse (Boys / Girls)
  Badminton (Girls)

• Club sports, by school board policy, must be self-funded and have a different structure than WIAA sponsored activities as a result.

• All requirements of our WIAA sports apply to these programs
Non-school teams

Many of our student athletes participate in teams and programs that are not related to our school.

- **WIAA Rule 18.23.1** – *Schools cannot grant special treatment to enable participation in a team that is outside of the school*

- **WIAA Rule 18.23.3** – *Participation in a non-school team cannot be a requirement of participation in a school team*
Resources for More Information

http://www.kingcoathletics.com/index.php?pid=0.7.67.0.300: Game schedules, scores, rosters, and standings

- https://bsd405.org/departments/athletics-activities/: Excellent resource for policy and procedure

- https://bsd405.org/nhs/knights/: Club and athletics information page, contact information for coaches can be found on the athletic page