



2025-26

King's Athletics Handbook

Ephesians 6:11 Put on the Full Armor of God...

**King's Schools
19351 King's Garden Dr N
Shoreline, WA 98133**

**KingsSchools.org
GoKingsKnights.com**



WELCOME TO KING'S ATHLETICS



Welcome to King's Athletics!

The purpose of this athletic handbook is to provide a way to maintain consistency through the athletic program and to set forth the standards, policies, and guidelines by which we expect the King's Athletics programs to operate. The rules and procedures of the athletic department are in place to promote safety, consistency, and assist the student-athlete in reaching their maximum potential for God's glory. This athletic handbook is comprehensive, yet not exhaustive. The athletic director and administration will make any decisions regarding questions or issues not discussed in this handbook.

It is this athletic department's sincere desire that parents and student-athletes thoroughly enjoy their athletic experience at King's. Please feel free to contact the athletic director or head coaches with any questions or concerns.

Lastly, it is our hope that throughout the year it is remembered that our identity is not in the sport we play, playing time, or our level of success. Our identity is in the power of Christ working through the lives of our student-athletes and coaches. May we humbly remember this every day this year!

We are excited for a great 2025-26 year!

GO KNIGHTS!

David Gerig
King's HS Athletic Director

Jeff Wright
King's Junior High Athletic Director



KING'S SCHOOL HISTORY

By Faith, Mike Martin responded to God's call to disciple young people and started CRISTA Ministries and King's Schools (formerly King's Garden). For over 75 years, King's Athletics has been a ministry used to develop youth into young men and women of Christ. Through dedicated Christian coaches, a committed community, and the power of the Holy Spirit, King's Athletics continues to build on its legacy building resilient disciples into Champions for Christ. King's is part of the CRISTA family of ministries. This includes World Concern, Senior Living, Media, and Camps.

CRISTA MINISTRIES MISSION & VISION STATEMENTS

Mission Statement: To fearlessly declare the Gospel, with Biblical truth and love, leading generations to follow Jesus.

Vision Statement: Until All Know Jesus.

CRISTA MINISTRIES CORE VALUES

- **Christ-Centered:** We approach our work by faith, prayerfully believing God will do the miraculous.
- **Servanthood:** We serve our world by meeting needs practically and spiritually.
- **Uncompromising Integrity:** We are honest, transparent, and trustworthy - reflecting Jesus in all we do.
- **Holy Stewardship:** We honor and maximize the potential of the resources, assets, and people God has entrusted to us.
- **Excellence:** We serve with excellence knowing that we represent God in our work, words, and actions.
- **Unified Team:** We are One CRISTA, united in the vision to transform lives with the Gospel of Jesus Christ.

KING'S SCHOOLS MINISTRY MISSION & VISION STATEMENTS

Mission Statement: King's Schools provides an exemplary Christian education serving the needs of students with the Gospel of Jesus Christ.

Vision Statement: Inspiring and transforming lives in a spiritually vital, caring school community to serve God for His glory.



"IN ALL THINGS"

2025-26 School Year Theme

"Christ is before all things, and in Him all things hold together." Colossians 1:17

We believe that God is present and sovereign in every situation and that nothing is unreached by His Lordship and salvation. Throughout this year we will seek to discover the way, truth & life of Jesus that directs and transforms every part of our lives so that we might love Him and reflect Him with all our lives, for all our lives.



Virtues of a Knight

- K**ind
- N**oble
- I**nspirational
- G**od Honoring
- H**umble
- T**ough
- S**ervant-hearted



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KING'S ATHLETICS DIRECTORY

King's Key Athletics Contacts	Name	Email
Head of Schools	Jordan Gage	jgage@kingsschools.org
High School Principal	Brennan Davis	bdavis@kingsschools.org
Assistant Principal	Kerry Shelford	kshelford@kingsschools.org
High School Admin Assistant	Shannon Bullock	sbullock@kingsschools.org
High School Dean of Academics	Kerri Shorack	kshorack@kingsschools.org
Athletic Director	David Gerig	dgerig@kingsschools.org
Associate Athletic Director	Dan Blackmer	dblackmer@kingsschools.org
High School Registrar	Becca Kim	bkim@kingsschools.org
College and Career Counselor	Dianna Fairchild	dfairchild@kingsschools.org
Junior High Athletic Director	Jeff Wright	jwright@kingsschools.org
Junior High Admin Assistant	Alice Hansen	ahansen@kingsschools.org
Elementary Principal	Sharla Walters	swalters@kingsschools.org
Elementary Admin Assistant	Marie De Langen	mdelangen@kingsschools.org
IRG Certified Athletic Trainer	Anden Hormann	anden.hormann@irgpt.com
HS Fall Head Coaches	Name	Email
Cross Country	Rod Wilcox	rwilcox@kingsschools.org
Football	Jim Shapiro	jim@betterfundraising.com
Volleyball	Alysanne Stack	alysannestack@gmail.com
Girls Soccer	Mady Sousa	Madymorgan812@hotmail.com
Cheer	Emilie Tingstad	emilietingstad@gmail.com
HS Winter Head Coaches	Name	Email
Girls Basketball	Dan Taylor	Knights.in.gods.armor@gmail.com
Boys Basketball	Joe Stack	jstack@kingsschools.org
HS Spring Head Coaches	Name	Email
Track and Field	Rod Wilcox	rwilcox@kingsschools.org
Baseball	Henry Carson	hcar206@gmail.com
Girls Tennis	Lisa Marquart	jnlmarquart@gmail.com
Boys Soccer	Danny Calles	dannycalles11@gmail.com
Girls Golf	Simonette Sancho	simonettesancho@kingstudent.org
Boys Golf	Dave Hynden	hynden@windermere.com



KING'S ATHLETICS STRUCTURE

JUNIOR HIGH ATHLETICS - 7th and 8th Grades

1 st Season	2 nd Season	3 rd Season	4 th Season
Fall	Late Fall	Winter	Spring (April 9)
Football	Girls Soccer	Girls Basketball	Track & Field
Cross Country	Boys Basketball		
Volleyball			

JH Athletic Director Jeff Wright
jwright@kingsschools.org | O: 206-289-7077

HIGH SCHOOL ATHLETICS - 9th-12th Grades

Fall	Winter	Spring
Starts August 20	Starts November 17	Starts March 2
Football	Boys Basketball	Baseball
	Girls Basketball	Boys Soccer
Starts August 25	Competitive Cheer	Boys Golf
Cross Country		Girls Golf
Girls Soccer		Girls Tennis
Volleyball		Track and Field
Sideline Cheer		

HS Athletic Director Dave Gerig
dgerig@kingsschools.org | O: 206-546-7247

HS Associate Athletic Director Dan Blackmer
dblackmer@kingsschools.org | O: 206-546-7216



PHILOSOPHY OF KING'S ATHLETICS

LEADERSHIP VALUES

COMPETITION PHILOSOPHY

SERVANT LEADER

VARSIITY

SKILLFUL

ACCOUNTABLE

JUNIOR VARSITY

REFINEMENT

COMMITTED

C TEAM

DEVELOPMENT

RESPONSIBLE

7TH-8TH GRADE

FUNDAMENTALS

COOPERATIVE

K-6TH GRADE

INTRO



KEY WEBSITES

King's Athletics Web Site: www.gokingsknights.com

Schedules can be viewed by clicking on the 'CALENDAR' tab. This will show the calendar for the entire month. For Team-Specific schedules, click on 'Fall', 'Winter', or 'Spring' then the team. Schedules can also be viewed on arbiterlive.com.

Student and Parent Registration: <https://kingsschool-wa.finalforms.com/>

FinalForms is our registration platform where students and parents can sign all forms necessary for eligibility. These include school, technology, and athletic forms. This platform is also used by head coaches to communicate to teams. [More Info HERE](#)

Athletic Gear Store: Coming Soon

Summer Camps Registration:

<https://kingsschoolscamps.campmanagement.com/>

King's Summer Camps include sport camps lead by our high school coaching staff. Camps run June-August each year.

Game Streaming: <https://fan.hudl.com/>

Hudl is our streaming channel for home football, volleyball, soccer, and basketball games. Search 'King's High School' from this page to find our site. There is no cost to view these games. The 'Hudl Fan' app is also available at no cost.

WIAA: www.wiaa.com

Washington Interscholastic Activities Association is the body that governs sports and activities. The WIAA has an online rules handbook, schedules, scores, and standings can be found here. Postseason bracket information is located at the bottom left of the home page on the 'BRACKETS' link.

Emerald Sound Conference: www.emeraldsoundconference.org


This site houses our conference schedules, scores, and standings and also reveals the All-Conference award winners for each sport.

ScorebookLive Washington: <https://scorebooklive.com/washington/>

Covers high school sports in the state. Regular updates on sports throughout the year.



WIAA STRUCTURE




14 Staff Based in Renton

432 HS | 438 MS/JH
Public Private Charter

6 Districts in the State
District 2: Sea-King KingCo Metro SeaTac

2024-2028 HS Classifications, based on 9th-11th enrollment:
1B 2B 1A 2A 3A 4A



HS: Emerald Sound Conference 11 Member Schools

JH: Cascade Conference 7 Member Schools

The Washington Interscholastic Activities Association (WIAA) is a private, nonprofit 501(c)(3) service organization and rule-making body that was formed in 1905 to create equitable playing conditions between high school sports teams in Washington. The Association consists of nearly 900-member high schools and middle/junior high schools, both public and private, and is divided into six geographic service districts. The state staff administers Association policies, rules and regulations and provides other assistance and service to member schools.

High School - Emerald Sound Conference

- | | | | | | | | | | | |
|--|---|---|---|---|---|--|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |  |
| South Whidbey Falcons | Granite Falls Tigers | Eastside Prep Eagles | Bear Creek Grizzlies | King's Knights | Northwest School House | Cedar Park Christian Eagles | Overlake Owls | University Prep Pumas | Bush Blazers | Summit Sierra Spartans |

Junior High School - Cascade Conference

- | | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| South Whidbey Falcons | Granite Falls Tigers | Lakewood Cougars | King's Knights | Northshore Christian Academy Lions | Sultan Skyhawks | Coupeville Wolves |



PARENT, PLAYER, COACH, and FAN DECORUM

1. Parents play a critical role in athletics. One of those roles requires parents to release their child to the game. This means honoring the coaching staff and their decisions and allowing their child's learning opportunities and successes to be their own.
 - a. Parents and fans are discouraged from coaching from the stands, as well as second-guessing coaching decisions. Such things may contribute to confusion and tension for the athletes and ultimately detract from their performances.
2. Parents and fans should take care to remember the basics of good sportsmanship:
 - a. Show respect and appreciation to opponents and their fans.
 - b. Respect and honor the decisions of coaches.
 - c. Respect and honor the decisions of officials.
3. Parents and fans must remain in the stands at all times. Only approved personnel should be near the playing surface. Violation of this could result in a ban from events.
4. King's strives to be known as a God-honoring, caring and loving athletic community. This means:
 - a. Encourage and edify all participants (players from both sides, coaches, officials and support personnel).
 - b. Be positive and avoid gossip (Philippians 2:14, 4:8). Take care to see that your comments regarding the players on either team, coaches of either team or officials are necessary, kind and truthful.
5. Respect home and away facilities by keeping them clean and following any posted or published rules.
6. The school reserves the right to restrict attendance for inappropriate behavior or require an attendee to leave at any time.
7. Parents serving in various volunteer roles (Concession stand, team parent, providing team meals, rides to practices, and many other roles) enhances the program.
8. Coaches are required to present themselves in a Christ-like and professional manner through their words and actions.



ACADEMIC STANDARDS FOR ATHLETICS

ACADEMIC ELIGIBILITY

Students must meet King's Schools standards to be eligible for athletics.

- King's Schools standards: 2.3 GPA or higher and no F's
- Students must meet previous semester requirements to be eligible during the first 5 weeks of the current semester
- Transferring students must clear eligibility with the Athletic Director

GRADE CHECK PROCESS

- Initial grade check will determine if a student remains eligible or is put on notice
- After the first initial grade check, grades will be checked every month
- Grade checks will be done by the Athletic office through the RenWeb system
- The student, parents/guardians, head coach, and school counselor will be emailed if the student at any time does not pass a grade check.
- If a student is not meeting expectations because of only a missing test or assignment due to a recent excused absence without proper time to make it up, this will be factored into the decision and the plan to get the test/assignment done. All grades will be reviewed on Grade Check Day on Tuesdays and time will be taken on Tuesday to look at any extenuating grade circumstances. After evaluations are done on Tuesday, if it is determined that an athlete is "on notice," then the athlete will meet with the A.D. on Wednesday or Thursday and go over the Plan of Improvement and will be placed on the correct probation level.

GRADE CHECK TERMINOLOGY

Each grade check date, students will be checked for eligibility. Passing students will not receive any notice and are eligible for all games and practices.

'On Notice' - Athletes in this category are on "warning" and will fill out a PLAN of Improvement to get grades up. Athletes are eligible to practice/participate in games.

If a student fails a 2nd consecutive grade check, they are declared academically ineligible for one full week. Once a student is placed in this category, they will be given the opportunity for a grade check the first day of the following week, even though the next grade check is further away. If a student passes that grade check, they will progress back to 'on notice'. The student will need two strong grade checks to move back to fully eligible.

2025-26 Grade Check Dates

- Dates to be confirmed before school begins

Checking final grades after 2nd semester will determine eligibility for the fall of 2025 sports season in accordance with WIAA rules. Ineligible athletes will be on academic probation until the 4th Saturday of September and if at that time they do not meet grade requirements, they would be ineligible from contests for 3 weeks. If a student is eligible to retake a class in the summer, the summer school grade will replace the previous grade if it is higher, and it is the exact course.

APPEAL

If a student feels an error has been made or a grade has not been updated by the grade check date, it is the student's responsibility to complete an APPEAL form in the High School Admin office. The appeal will be reviewed by the end of the next school day.

GRADE CHECK EXAMPLE

At grade check date, Student A, who has been put 'on notice' previously, has less than a 2.3 GPA and/or an F and has been moved to ineligible status for games. The following day on Tuesday, Student A passes a test and pulls his/her class average in the class to a passing grade. Is Student A eligible to play on the Friday night game? No - Student A is considered ineligible for the Friday game because ineligible student grades are reviewed on a weekly basis - the following Tuesday. It is the student's responsibility to submit an academic appeal if they feel a grade has not been updated by the grade check date.

FALL 2025 ELIGIBILITY STATUS

WIAA Rule 18.8.6 If a student is ineligible from the previous Spring semester, the student is placed on academic probation but is eligible to compete through the 4th Saturday in September (September 27). If the student is ineligible at that point, the student is on academic suspension and is ineligible for contests for 3 weeks. If a student meets the eligibility requirements at the end of the 3-week academic

suspension period, the student is eligible for contests if they remain in compliance with King's academic code for athletics.



CRUCIAL CONVERSTATIONS AGREEMENT

This contract is between the Head Coach, the student-athlete in his/her program, and the parents of the student-athlete. All parties involved will agree to adhere to the following guidelines. This document is a separate agreement that requires signature of both student and parent/guardian(s).

It is guided by Matthew 18:15 principle.

Parents and students should expect communication on the following from their Head Coach:

- Expectations including team rules and policies
- Coach philosophy
- Schedule of team events through weekly email

Head Coach should expect communication on the following from students:

- Concerns that are brought directly to the coach
- Notification of any schedule conflicts well in advance
- Specific issues regarding the philosophy or expectations of the coach
- Safety, harassment, or bullying issues

A school representative should expect communication on the following from parents:

- Safety, harassment, or bullying issues related to their player

Coach may not respond to or engage in conversations on the following topics:

- Playing time
- Strategy or play calling (X's and O's)
- Other student-athletes abilities or playing time

When it comes to the decisions, words, and actions of the Head Coach, I understand and believe the following two aspects:

1. The Head Coach cares about my student-athlete and desires him/her to be the best version of himself/herself. The Head Coach values my student-athlete regardless of the role he/she is asked to fill.
2. The Head Coach and his/her staff are thoughtful and thorough about the decisions they make and do what they think is best for the team. The Head

Coach and his/her staff are not motivated by anything besides helping the team be the best it can be.

If at any time I find myself feeling like the two statements above are not true, I will do the following:

1. Encourage my student-athlete to have a conversation with an Assistant Coach about areas of strength and improvement for the student-athlete. Student-athlete and Assistant Coach approach with a growth mindset focused on tangible improvements in practice over time, not playing time.
2. Encourage my student-athlete to have a conversation with the Head Coach about why he/she feels like he/she is not cared for or why he/she feels a decision was made for a reason other than what he thought was best for the team. I will help my son/daughter understand the importance of having a crucial conversation and the steps necessary for it to be effective.
3. After my son/daughter has had a crucial conversation and it does not bring understanding of viewpoints or resolution to the situation OR if the situation compromises the health or well-being of my student-athlete, I will call, text, or email the Head Coach immediately to set up a time for a face-to-face meeting. In the meantime, I will prepare for the conversation with humility, empathy, and optimism. During the conversation I will do my best to suspend judgment and understand my student-athlete as part of the team. I will do my best to come to an understanding of the whole team experience beyond minutes played in a game.
4. If both my son/daughter and my Crucial Conversation with the Head Coach does not bring an understanding of viewpoints or resolution to the situation, I will set up a time to have a crucial conversation with Mr. Gerig. If that conversation does not bring understanding of viewpoints or resolution to the situation, I will set up a meeting with Mr. Davis. I will make a good faith effort to bring my concerns following the chain of command as described with the goal to address specifically the areas described. I will not discuss other student-athletes and parents and their perceived treatment or experiences.
5. I will respect the confidentiality of the matter regarding my student-athlete. If another parent is discussing a concern to me, I will encourage them to consider having a crucial conversation.



JUNIOR HIGH PARTICIPATION

MIDDLE SCHOOL PHILOSOPHY ([from WIAA Handbook](#)) - Recognizing the unique developmental needs of the middle level student, the WIAA promotes activities that build student success through active participation, increased skill building, and positive sportsmanship.

Participation

- Emphasize participation over win/loss records
- Provide opportunities for everyone to participate
- Balance competition with cooperation
- Encourage lifelong participation in activities
- Emphasize having fun

Skill building

- Develop age appropriate skills
- Focus on fundamentals
- Develop skills as a foundation for improvement

Sportsmanship

- Develop a positive team attitude
- Encourage, cooperate and collaborate with peers
- Present positive adult role models that demonstrate self control and (mutual) respect

Middle School Coaches Shall Understand

- Students have varying levels of ability, and coaches need to present a developmentally appropriate program for students.
- Positive encouragement is the strongest tool for learning.
- Coaches should provide a safe environment for kids to "risk" and grow.
- Activities should be meaningful and fun.
- Fundamentals and practice are the building blocks for a successful athlete.
- Coaches are a key role model.
- Every team member's responsibility is to encourage one another.
- Today's superstar could be tomorrow's bench warmer and vice versa.
- The importance of commitment and responsibility

Junior High School Athletics Tryouts will be the first three days of practice and cuts will only be made if deemed necessary by the coaches for safety reasons. This only involves indoor sports such as Volleyball and Basketball.



HIGH SCHOOL PARTICIPATION

Students must be in attendance for at least 2 of 4 classes on school days to be eligible for practice or competition after school.

Only excused absences approved by the school principal can allow for participation without at least half of classes attended.

If students are excused due to illness, vacation or like reasons, they must still be in school for at least 2 periods to be eligible to participate that day. If students are excused due to a medical appointment, academic coursework, college visit or like reason, they are eligible that day. This decision will be with school administrators.

PRACTICES AND GAMES

1. Participants are expected to be punctual to practice. It is the student's responsibility to communicate any related tardiness directly to the Head Coach. A parent should only communicate a tardy in case of emergency.
2. Any athlete serving a suspension will not be permitted to take part in his/her sport program that day, including practice.
3. Any athlete serving a detention after school will complete the detention before reporting to practice or a game.
4. Whenever a schedule conflict arises involving a member of two teams, or a sports team and a required class activity, participation in "competition" will take priority over participation in practice. Dress rehearsals and performances for concerts, art shows, plays, musicals, etc. are considered competitions. However, even in excused absences, there could be natural consequences of missing a practice or game due to the nature of competitive athletics.

Students who are absent from class due to an athletic event are still required to turn in all work due the day of the event. It is the student's responsibility to submit the work that is due prior to leaving for early dismissal. It is also the student's responsibility to make prior arrangements with teachers if they miss any assessments (quiz or test) due to early dismissal.

Students who miss the entire day due to an athletic school event will be expected to have completed any assignment due the day after the event in all classes as well as be prepared to take any assessment scheduled for the next day. It is the responsibility of the student to get all assignments they will miss before leaving the school.



HIGH SCHOOL TEAM CUTS

High School Athletics is a great experience in terms of belonging to a team, dealing with adversity and being physically fit, however sometimes cuts are necessary. Historically King's has had very few cut sports, though at times it is necessary. Reasons for cuts can be the following:

- Sometimes budget limitations force us to limit numbers.
- Facilities might not be available for additional teams or participants on a team to provide appropriate space for play
- Because we believe in coaching every athlete, we might not have the coaches necessary to coach every athlete
- Students contribute to a necessary cut - arrive late, disrespectful toward coach or teammate, lack of commitment to the sport



LEVEL OF COMMITMENT

Sharing athletes and encouraging students to develop into a well-rounded person is an important part of our mission. We believe there are physical and psychological benefits to be well-rounded in general but also specifically in regard to athletics. Keeping a sport in perspective by not letting it take over your life, guarding against overuse injury or burnout and supporting all teams to help them be successful are good for athletes.

High School athletic teams practice every day after school and sometimes in the evening (depending on the sport). Athletes are expected to attend practice each day

and to coordinate their studies and schedules accordingly. Additionally, the length and intensity of practice will increase considerably compared with Junior High sports with most teams practicing for two hours daily.

Student-athletes cannot have regularly scheduled conflicts (piano lessons, club sports, etc.) outside of King's clubs and activities. That being said, we encourage all of our students to explore the gifts that God has given them and that includes participating in other activities which may conflict with athletics. We do our best to help navigate the conflicts that arise from participating in other school activities while also helping each athlete and family understand that too much commitment outside their sport may result in a reduced role.

If your child is involved with King's performing arts or speech and debate programs, there may be a conflict at some point during the school year with concerts, performances, and tournaments. We will work closely with all students to avoid as many of these conflicts as possible. If there does come a point in time when there is a conflict, the teachers and staff will work together to come up with a plan that is best for all groups involved.

King's will follow the WIAA Handbook with regard to special treatment related to practice and game attendance.

WIAA Handbook on Non-School Participation:

17.25.0 NON-SCHOOL PARTICIPATION: Students may participate on a non-school athletic team or teams or in a non-school athletic instruction program while also participating on a school team.

17.25.1 Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities. Some examples of special treatment or privileges include reduced practice times, special workouts, late arrivals, early dismissals or missing a practice or contest. Regular is defined as being no more than once per week.

17.25.2 Schools may allow, once during the season, a student to miss school practices or games for two or more consecutive days in order to participate on a non-school team or teams.

17.25.3 Students shall not compete in the uniform of the school at non-school events. School uniforms, football helmets and shoulder pads may be worn only during the WIAA season for that sport except during Washington State Coaches Association (WSCA) feeder or All-State contests.

NOTE: Uniforms are considered to be the school issued contest uniform (practice or shooting shirts are not classified as school uniforms) and are defined in the adopted

Rule Book for each specific sport. 17.25.3 Participation on a non-school team or program cannot be a requirement or condition of participation on a school team.

PENALTIES:

17.25.4.1 If a school gives students special treatment or privileges, the school must report the violation to its League to determine appropriate penalties.

17.25.4.2 Penalties assessed to the student for violating this rule are determined by the local school district.



PLAYING TIME

High School Teams

Playing time is at the discretion of the coach. At the varsity level, decisions around playing time are determined by several factors. Emphasis shifts from a participation philosophy to a more mature, competitive philosophy. Using our athletic mission statement and with uncompromising integrity, it becomes important to give all teams their best chance of succeeding. This will, in many cases, mean some players, due to various reasons, will see less playing time, or in some cases, no playing time in each event. We ask that all parents and students use the Crucial Conversations document to reference.

Junior High School Teams

Junior High School emphasizes participation and skill development while also trying to give the team opportunity for success. Absence from practice or a poor attitude displayed will influence participating in a contest. One goal for junior high teams is to generate enthusiasm and improved skills that can be transferred to later years.

Factors Affecting Playing Time

- The skill the player demonstrates and development of skills as the season progresses.
- The ability to function effectively as part of a team and to follow the game plan.
- The effort, attitude and seriousness devoted to practices and putting the team first.

- The way a player fits into the strongest combination of players.

Ways to Increase Playing Time

- Coaches notice intensity in practice, not occasional periods of intensity, but every day, every-minute intensity. To have a legitimate reason to talk to a coach about playing time, a player must bring to the talk a history of practicing with excellence. **Follow our Crucial Conversations Contract for more information.**
- Understand everything the team does, both offensively and defensively. A player cannot expect to play if the coach has doubts about his/her understanding.
- Develop knowledge of as many positions as possible. You never know when the opportunity may come, due to another player's injury, illness, or another reason.
- Want to play, whether for long or short periods of time. Stay mentally ready on the bench.
- If you are a player that comes off the bench, genuinely cheer for those who are playing. Team success also enhances opportunities for all players to get playing time.



ATHLETICS FACILITY USE PROTOCOLS

Priorities for facility and equipment use will show preference to those people or groups whose stated purpose are in line with mission of King's Schools. Priority of use shall be granted in the following order:

- a) King's Schools programs and activities
- b) King's connected programs and activities (Knight Hoops, for example)
- c) Requests by the Christian community
- d) Requests by the groups that align with our mission and values

King's will schedule approved requests on a first-come, first-served basis. Facility Usage Requests must be submitted twenty (20) days prior to the event.

King's Ministries maintains liability and property insurance on its facilities. However, King's School shall not be liable to insure the user for any personal injury or property damage caused by an act or omission of either the user or their guests. Groups and individuals not associated with King's or its ministries are required to provide their own liability insurance for events held on CRISTA property. User groups will be required to provide proof of liability coverage in the amount of \$1,000,000. Such insurance shall name CRISTA Ministries as an "additional insured." Proof of insurance shall be delivered to at the time of application. King's will not consider requests submitted without proof of insurance.

Sponsoring organizations and groups using school facilities shall provide sufficient, competent help and/or special supervision. The amount of adequate supervision shall be agreed upon at the time the Facility Usage Request is approved. The school may require a CRISTA representative to be on-site before, during, or after the event at the user's expense to provide assistance as needed.

King's expects all users to leave the building in the same, if not better, condition than it was in prior to their use. All groups using the facilities are responsible for cleaning up after their events and leaving the facility in pre-event condition. If custodial services are necessary, the school reserves the right to use its own custodian. Fees for the custodian will be assessed at an hourly rate and added to the final bill. Exceptions to the above must be pre-approved by administration. Large groups using the facility or events that last all day or several days are prone to consume custodial supplies over and above the normal stock. For this reason, an additional charge for custodial supplies will be assessed (to be quoted on a per case basis).

All school items used during an event must be cleaned and returned to their original places. Items that are damaged or broken must be reported to a school representative as soon as possible. The user shall be responsible for any damage that occurs during the use of the facilities and must pay for damage that occurs to the building, furniture, personal property, grounds, etc. The amount of damages shall be decided by administration and the bill for such shall be presented to the group using or occupying the facility during the time the loss or damage was sustained.

Users may not state or imply King's sponsorship or endorsement of their activities without the King's consent.

The filming or photography of activities or facilities on campus for external use purposes requires prior approval from Administration.

King's rules and regulations must be respected and followed by all users of facilities. These rules include but are not limited to the following:

- Users may not engage in activity that interferes with King's programs and freedom of movement by the campus community.
- Users must communicate with King's representatives in an appropriate, professional manner.
- Smoking of any kind is prohibited in all buildings.
- Alcoholic beverages may not be served or consumed in King's facilities
- Traffic and parking regulations are in effect at all times.
- Users who have become a nuisance may be asked to leave the premises and be prosecuted if they refuse to comply.
- King's may require users to maintain and provide evidence of adequate insurance coverage.
- Activities that generate outdoor noise are prohibited between the hours of 10 p.m. and 8 a.m.
- King's may impose additional or special restrictions on facility usage as needed.
- No one without an authorized purpose is permitted to be on school grounds.

Our facilities must remain locked with entry limited to only those who are authorized to hold keys/keycards/badges.



FINALFORMS

Our sport registration system is **FinalForms**. It is imperative that your son or daughter have a physical and all forms completed before the beginning of the school year online at <https://kingsschool-wa.finalforms.com/>

This includes acknowledgement of all permissions, and entry of necessary information. Parent(s) will need to **+ Add Sport** of their student prior to the school year. Registration is only for ONE sport per season.

A step-by-step guide to FinalForms registration can be found [HERE](#).



JUNIOR HIGH SCHOOL ELIGIBILITY

A student will become ineligible for participation in junior high school athletics if at any time their grade in **any** class drops below a C-. The student **will lose** their eligibility for only the first athletic game or match of the following week. They will be eligible to compete in all games or matches of the following week once their grade is a C- or higher. Families will be made aware of this situation with a communication that will go home on Friday of the previous week.

Also, to compete in a practice or a game each athlete must have attended at least half of the school day.

No athlete is allowed to participate in any interscholastic sport without a doctor's approval. Each athlete must have **8** practices (**or 12 for football**) before they can compete in a game or meet. All students must be cleared on FinalForms as well.

Questions should be directed to Junior High Athletic Director Jeff Wright:
jwright@kingsschools.org



HIGH SCHOOL ELIGIBILITY

Eligibility rules are detailed in the [WIAA Athletic Handbook](#)

- King's belongs to the Washington Interscholastic Activities Association (WIAA). King's and the WIAA consider participation in activities to be a privilege and not a right, therefore, certain standards of eligibility have been established.
- Payment: Athletic participation is included in the tuition payment this year. Items not included are purchases including any gear that students keep, team meals, and travel expenses.
- Prior to the start of the school year, ALL students and parents must sign all forms on their FinalForms account for clearance to participate:
 - Academic Standards for Athletics
 - Athletic Program Waiver
 - Crucial Conversations
 - Athletic Eligibility Agreement

- Athletic Transportation Agreement
- Knight Guide
- All other school forms

Student must also meet the following WIAA requirements for participation:

- Age requirements
 - Member of a School requirements
 - Amateur Status requirements
 - Valid and Cleared Physical Examination (Valid for 13 months)
 - Transfer Clearance
-
- At the start of the school year, all students need to have achieved a 2.3 GPA and no F's in the semester immediately prior to their respective season or they are on probation through the 4th Saturday in September. They are eligible to compete during this probation period.
 - Students and parents sign the Academic Standards for Athletics document through FinalForms. This includes grade check dates conducted by the Athletic Department. If a student fails the first grade check, they have until the next grade check to keep eligibility. 2 Failed grade checks in a row equals immediate ineligibility from all contests.
 - Student-Athletes who play when they have not met eligibility standards put their teams at risk of forfeiting games. Coaches who knowingly play ineligible athletes will be subject to disciplinary action.
 - All students must honor the Knight Guide Discipline Code to be eligible. It is their responsibility to know the Knight Guide Discipline Code that they have signed. Additionally, students can be suspended from competitions for inappropriate classroom behavior.
 - No student-athlete will be allowed to participate until all forms are completed on FinalForms.



ELIGIBILITY OF TRANSFER STUDENTS

The Transfer rules are detailed in the [WIAA Athletic Handbook](#)

- The WIAA does not grant eligibility when the transfer is based on athletic or academic motivations.
- Incoming freshman do not have to appeal their eligibility.
- Any student-athletes transferring from another high school without a corresponding change of address will be ineligible to play varsity athletics, unless they opt to sit out 40% of the maximum number of regular season contests in the sport they participate in. It does not matter if they previously were on varsity.
- Hardship appeals will be heard by District 2 of the WIAA prior to the season.
- The Athletic Director will help an incoming family with their eligibility case.

All eligibility cases and issues will be managed by the King's HS Athletic Director.



ELIGIBILITY OF INTERNATIONAL STUDENTS

The Eligibility of International Students is detailed in the [WIAA Athletic Handbook](#)

18.12.4 A student whose transfer is the result of participation in a one-year cultural or educational exchange experience with another country must file the WIAA Cultural Exchange Form with their WIAA District Eligibility Chairperson.

18.12.4.1 A student leaving this country for a one-year international exchange experience shall file the Cultural Exchange Form with their District Eligibility Chairperson prior to departure and will be eligible at their school of origin upon their return, provided all other rules of eligibility have been met.

18.12.4.2 A J-1 international exchange student coming to this country for a one-year cultural/educational experience is eligible at the varsity level for one year only in the school in which they have been placed, provided all other rules of eligibility have been met and the student has not graduated from the high school equivalent in their

home country. Graduated students cannot compete interscholastically at any level (i.e., varsity or sub-varsity). This rule may not be appealed.

18.12.4.3 F-1 Visa students enrolling are considered transfer students. Graduated students cannot compete interscholastically at any level (i.e., varsity or sub-varsity). This rule may not be appealed.

All eligibility cases and issues will be managed by the King's HS Athletic Director.



WINDOW OF TRANSFER

Key Update to the Transfer System

The updated rule is designed to explicitly distinguish between two pathways available to students who change schools (transfer) without a bona fide change of residence and the outcome for each respective pathway:

1. Accessing the WIAA Window of Transfer:

Students who utilize the WIAA-defined window of transfer automatically accept the associated period of ineligibility as outlined in the current rules. The period of ineligibility is defined as: the first 40% (rounded to the nearest whole number) of the maximum allowable contests, according to sport specific rules, in any sport the athlete played at the school level or club/community equivalent during the calendar year prior to their transfer.

2. Appealing a Period of Ineligibility Through the Hardship Process:

Students who wish to appeal any period of ineligibility must forgo access to the WIAA-defined window of transfer.

These students must instead engage in the hardship process, as specified under WIAA Handbook Rules 18.27.0 and 18.13.0.

By opting for the hardship process, students become subject to the eligibility determinations outlined in these hardship rules, which include a potential one-calendar-year ineligibility for varsity participation if their appeal is not granted.

Rationale for the Update

This clarification ensures that the amendment aligns with the principles of transparency and fairness while maintaining consistency with WIAA policies. By clearly delineating these two pathways, we aim to:

- Empower athletic directors and students / families to make informed decisions about their eligibility and transfer options.
- Streamline the administrative processes for schools and WIAA staff by reducing ambiguity.
- Reinforce the integrity of the transfer system by upholding established rules and procedures.

For More Information, please reference the [WIAA Athletic Handbook](#)



WIAA OUT-OF-SEASON, YEAR-ROUND CONDITIONING, OPEN GYM

If you have an open gym/field out-of-season, a coach or approved background-checked adult (preferred) must be present but is not allowed to coach. We do not want to cross this line. If there is any out-of-season coaching, the coach responsible will be disciplined by the school. The violation will also be reported to the Emerald Sound Conference, District 2, and the WIAA.

The WIAA rules are detailed in the [WIAA Athletic Handbook](#)

17.5.0 OUT-OF-SEASON - DEFINITION - Out-of-season is that time during which paid or volunteer coaches cannot coach present or future squad members.

HIGH SCHOOL - Out-of-season for all high school sports shall be from August 1 until the first day of the specific sport turnouts and from the final day of the state tournament in that classification for that sport until the conclusion of the final spring sport state tournament.

MIDDLE LEVEL - Out-of-season for middle level sports shall be from August 1 until the first day of the specific sport-until the conclusion of the final day of the middle level spring league schedule. Each specific sport season begins with the first practice day established by the league and concludes on the final day of the league schedule.

17.5.2 School sponsorship or promotion of practice and/or participation is restricted to the WIAA designated season for that sport.

A. ASB funds cannot be used for an out-of-season event.

B. School wide posting or distributing of information pertaining to a specific event or activity is permissible.

17.5.3 Practice shall be limited to each sports season as defined under each sport.

17.5.4 Use of school equipment, facilities and/or transportation is contingent upon local school district written policy.

A. School uniforms may be worn only during the WIAA season for that sport except during Washington State Coaches Association feeder or all state contests or WIAA Executive Board approved national events. NOTE: Uniforms are considered to be the school issued contest uniform (practice or shooting shirts are not classified as school uniforms) and are defined in the adopted rule book for each specific sport.

B. Football helmets and shoulder pads may be worn only during the WIAA season for that sport except as approved through the local school district policy.

17.5.5 Coaches may not transport current and/or prospective athletes to an out-of-season event in their particular sport

17.5.6 A coach of a school team (paid or volunteer) may coach only during the WIAA sport season.

17.5.7 DEFINITION OF COACHING

A. Coaching is defined as overseeing any regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season.

B. Coaching is further defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to their squad or part of their squad or have their squad or part of their squad engage in drills under the supervision of that coach, or from directions provided by that coach.

C. Any adult or non-school personnel coaching during a scheduled team practice or contest is considered to be a coach for that team.

17.5.8 PRESEASON MEETINGS

A. A coach may have one organizational meeting with the incoming freshmen or sophomores at each middle or junior high school or at the high school for students who are enrolled in the middle or junior high school whose attendance area is within the high school's attendance area to cover information that is not sport specific.

B. A coach may have two additional meetings with the squad prior to the opening day of practice to issue equipment, to explain to the participants such issues as insurance, physical examinations, season's plans, training regulations,

summer activities, leadership training, or any other pertinent information deemed necessary by the coach

C. This restriction does not apply to fundraising activities unless the fundraising activities include the students participating in skills that are specific to the sport being coached 1. Fundraising activities are subject to the approval and rules of the participating school districts and/or Association Student Body governments. 2. Participating in fundraising activities cannot be a requirement, incentive for, or a condition of participation on a team. D. Organization or implementation of the wrestling weight management program is not considered to be the one organizational meeting.

17.5.9 In the sport coached, a school coach may not sponsor, coach or direct activities which resemble out-of-season practices or contests to any student at that high school or any feeder school(s) for that high school in the school district except during the designated season for that sport until after the final spring WIAA tournament is completed (high school) or until after the completion of the final spring sports season (middle level.) A feeder school may be either grades seven and eight or grades seven, eight and nine.

A. A coach may coach their child at any time provided no other students who attend or feed into that school are involved, individually or as members of a team.

B. Following the completion of the school season for that sport, a school coach may coach high school seniors.

C. Public School District defined: The school district for public schools is defined by public school boundaries.

D. During the out-of-season time period, a private high school coach may not coach prospective middle level students. Prospective middle level students include: 1. Middle level students who attend a designated private feeder school owned and operated by the high school where the coach is contracted to coach; or 2. In the case where no designated private feeder school exists, middle level students who reside in the public school district where the private high school is located.

E. Exception: A coach, on an annual basis, may coach an individual(s) that has been invited to participate or has qualified for a national event which has been approved by the Association. The number of allowable practices, contests, and student athletes to be involved will be determined by the Association.

17.7.0 CONDITIONING - A member school may organize and supervise a conditioning program which may include weight training, running and exercising provided all of the following conditions are met:

17.7.1 Participation in conditioning cannot be a requirement, incentive for, or a condition of participation on a school team;

17.7.2 It is open and advertised to all students at that school; **17.7.3** Instruction in specific sports skills is not provided.

17.8.0 OPEN GYM - Schools may conduct open athletic facilities (gym, pools, field, and track) in the out-of-season if all of the following conditions are met:

17.8.1 The program is part of the school district organized recreational or activity program; and **17.8.2** Activities are open and advertised to all students at that school; and

17.8.3 No coaching or drilling of the athletes attending occurs; and

17.8.4 Supervision is provided by any individual approved by the school district; and

17.8.5 Participation in open gym cannot be a requirement or condition of participation on a school team.

17.8.6 Schools have two options in offering open gym: A. There is no reference to a specific sport and students have a choice of activities; or B. Provided all sports offered by the school have a scheduled time, sports specific open gym times are offered

Note: The King's Athletic Department allows coaches to attend open gyms to provide supervision and make equipment available. The coach cannot organize teams, teach any part of the game, leave practice notes or hold meetings at the end of the session. Coaches should observe from the stage or sideline and should in no way be coordinating activity. Any violation will be cause for discipline and is reported to the league and WIAA.



COACH and STUDENT COMMUNICATIONS

Coaches are only to communicate with athletes over email, FinalForms, Teams, or TeamSnap with other athletes or parents, and never one-on-one with direct texting. Communications should always remain professional and information based.

Coaches should not meet 1on1 with a student alone. A coach should invite another coach into the conversation if a private discussion is needed.



ATHLETIC SUPPORT COMMUNITY

King's is supported by the Athletic Support Community. These quarterly meetings seek to engage the King's community on upcoming events, Athletics news and information, and provide an opportunity for feedback on how to enhance our programs for all.

The King's Knight Pass is open to all King's family and community members. The cost is \$375 and includes 2 individual passes for admission to all King's non-playoff home games, 2 Athletic beanies and scarves, and a popcorn and drink punch card.

Knight Pass Membership can be purchased online at GoKingsKnights.com and picked up at an upcoming King's Athletics Football game. Knight Pass Membership dollars go directly back into King's Athletics!

In addition to the Knight Pass, we offer Signage Sponsorship and Season Sports Program Sponsorships. See GoKingsKnights.com for more information.

- The Athletic Support Community is an entity within the school lead by the Athletic Director. Members of the Athletic Department and Head Coaches are strongly encouraged to be present at quarterly meetings.
- The Athletic Support Community exists to support coaches and their programs with funds from three sources: Membership dues, Concessions, and Ad Sponsorships

- The Athletic Support Community plays a critical role with their volunteer work to financially support our teams.
- The staffing of concession stands is a primary fundraising opportunity for the Athletic Support Community. All programs benefit from these funds.
- Participants families in a King's sport are required to serve at least 3 times per family for each season they participate in. If at least 90% of families in a given sport serve 3 times, that team is awarded \$750 towards their program. Those funds must stay within their program.
 - Approved volunteer jobs include Concessions, Providing Team Meal, Scores Table, Team Parent, Ticket Taker
- Respective coaches and the Athletic Director will collaborate to find a suitable Team Rep prior to the school year.
- Each team is to be supported by the Athletic Support Community and therefore is obligated to provide volunteers to support King's Athletics. Each ASC representative should be present at all meetings.
- If necessary, your team may select two reps.
- The purpose of each ASC rep is to assist concessions, coordinate team meals, schedule and plan for postseason banquet, and provide Head Coach support throughout the season.



BRANDING AND STYLE GUIDELINES

To maintain and strengthen its brand, King's has developed a set of standards for its print and online communications, as well as athletic apparel. It promotes the clear and consistent use of these standards, thereby reinforcing King's identity as an exemplary Christian school with a common mission.

A consistent use of colors, logos, and font style provide a symbol of tradition, pride, strength, unity, and organization. The Athletic Department stipulates that all game day gear be limited to the colors, fonts, and logos that appear on this Athletic Style Guide.

Vendors for Team Gear (Uniforms, Warmups) - BSN Sports

- Working with the same vendor helps in establishing uniformity since he will be aware of our branding expectations and standards.

Vendors for Spirit Gear (Witty Wears online team store)

- Witty Wears 'Official King's Gear Store' will be our vender for most gear that is not directly related to team uniform.

Vendors for Camp shirts and Special Events may be used by Head Coaches with pre-approval by the Athletic Director

Approved Athletic Logos and Wordmarks



OFFICIAL ATHLETIC COLORS



CHAMPION RED
PMS 185
CMYK:15/100/100/0
HEX: #D2232A

WHITE
CMYK:0/0/0/0
HEX: #FFFFFF

VALOR GREY
PMS 423
CMYK:0/0/0/44
HEX: #9FA1A4

ACCENT COLORS



BLACK
CMYK:0/0/0/100
HEX: #000000

ARMOR GREY
PMS 425
CMYK:0/0/0/77
HEX: #5F6062

CHAINMAIL GREY
PMS 424
CMYK:0/0/0/61
HEX: #7E8083

TYPEFACE

BODY TEXT
Avenir

TITLES (5 weights of each style)

Redzone Regular

Redzone Cond

Redzone SemiExtd

Redzone Extd

NUMBERS (REDZONE BLACK REG WITH
OR WITHOUT STROKE)

123456789



UNIFORM AND EQUIPMENT PURCHASES

It is our goal to have our teams outfitted in high quality, attractive performance wear that is in good condition.

- Every effort must be made to properly launder team uniforms. Washing cold and without bleach will assist in avoiding color fading. The complete uniform and all equipment must be turned into the coach within 1 week of the last contest or as directed by the coach.
- The replacement value of any missing uniforms or equipment at the end of the season will be billed directly to the student who was responsible for the care of them.
- Each high school team is on a 3 year cycle for new uniforms, paid for by the school.



ATHLETIC UNIFORM POLICY

The student-athlete is fully responsible for the care of his/her school-issued athletic uniform. Athletic uniforms must be worn properly and completely and worn only for games. Any lost or damaged uniform will be paid for by that individual at a replacement cost. Uniforms that must be re-ordered outside of normal purchasing often cost much more because of the special ordering process.

The athlete is responsible for school-owned equipment that has been issued to him/her. It will be the financial responsibility of the athlete to pay the cost of lost or damaged equipment. Athletes are responsible for the uniform number they were assigned and should not trade uniforms.



PHOTO AND LIKENESS POLICY

King's students and coaches likenesses may appear on promotional material, social media or through www.kingsschools.org & www.gokingsknights.com. Please contact the athletic office if you would like to opt out of this specifically for your son or daughter. King's contracts our athletic team photos through Becca Howell Photography www.beccahowell.com and Media Day photos through Hunter Reeves Photography hunterreevesphotography.com. Our high school photography class will be taking action shots of student-athletes, along with pre-approved parent volunteer photographers.



HIGH SCHOOL ATHLETIC AWARDS

The following awards are given to student athletes. Generally, participating in half the contests of a varsity season earns a Varsity letter. However, varsity coaches of each program confirm letter awards based on participants contribution to the varsity team.

- Sub-varsity and varsity athletes receive a certificate of participation.
- All-Conference athletes receive a special certificate and honor.
- All student-athletes earning a 3.8 GPA or higher for the academic semester will receive a certificate and be invited to the Scholar Athlete Award Breakfast in September and June



ATHLETIC TRAINING

Certified Athletic Trainer

A licensed athletic trainer is contracted through IRG and available for athletes in the training room weekday afternoons as well as most home high school events. High school athletes are encouraged to visit the athletic trainer when there are questions about a medical situation including injury prevention, evaluation, treatment, and rehabilitation. Middle school athletes are encouraged to visit the athletic trainer for injury evaluation and referral as necessary. As always, parents are primarily

responsible for the medical treatment of their child and will be communicated to as such. Beyond care provided by our certified athletic trainer, families are financially responsible for the medical treatment of their child.

Referrals

Referrals will be made to an appropriate health care professional when the athletic trainer feels the injury needs further evaluation. It is important to note, any time an athlete seeks medical care for any reason (including but not limited to orthopedic injuries, illnesses and concussions) while in season, appropriate documentation and clearance allowing the athlete to continue participation must be signed by an MD, DO, NP or PA and given to the athletic trainer. Participation includes practices as well as competitions.

Mental Health

An athlete's mental health is an important part of their wellbeing. As student-athletes grow through middle school and high school, school can be stressful and students handle situations differently from each other. Significant change in mood, heightened emotional response, withdrawal, or difficulty with concentration could be indicators requiring additional mental health support. Concerns about mental health should be discussed with the athletic trainer to determine healthy next steps.

Nutrition

Athletes are expected to maintain proper care of their body including adequate sleep and proper diet. Athletes must be careful to individually take in a balanced amount of nutritional calories and fluids to replace what was used during practice or competition. Healthy foods such as whole grains, fruits & vegetables, and healthy sources of protein and fat are a better way of doing this compared with processed foods high in sugar. Water and sports drinks can help replace fluid and electrolyte loss.



CONCUSSION PROTOCOLS

WIAA POLICIES FOR THE MANAGEMENT OF CONCUSSION AND HEAD INJURY IN YOUTH SPORTS

An act relating to requiring the adoption of policies for the management of concussion and head injury in youth sports; amending RCW 4.24.660 and adding a new section to chapter 28A.600 RCW.

Each school district's board of directors shall work in concert with the Washington Interscholastic Activities Association (WIAA) to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parent(s)/guardian(s) of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition.

A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time. A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

CONCUSSION PROTOCOLS

Beginning with the 2015-16 school year, for contests of all levels - middle school, high school, varsity and sub-varsity - in which WOA (Washington Officials Association) registered officials are being used:

- At the pre-contest conference between the coach and officials, the official will ask the coach if he/she has a licensed healthcare provider that is authorized to evaluate possible concussions on-site.
- If the answer is yes, the health care provider must be on-site and able to be summoned to evaluate a potential concussion.
- If the team does have an approved health care provider with them and an official removes an athlete from play for possible concussion signs or

symptoms, that athlete could return to play provided they are cleared by that on-site health care provider.

- If the team does not have an approved healthcare provider available and the official removes an athlete from play for possible concussion signs or symptoms, that athlete will not be allowed to return to play during that contest.

Return to Play form can be accessed [HERE](#).



SUDDEN CARDIAC ARREST PROTOCOLS

PRCW 28A.600: The Washington Interscholastic Activities Association (WIAA) shall work with member schools' board of directors, a nonprofit organization that educates communities about sudden cardiac arrest in youth athletes, and the University of Washington medicine center for sports cardiology to develop and make available an [online pamphlet](#) that provides youth athletes, their parents or guardians, and coaches with information about sudden cardiac arrest. The online pamphlet must include information on the nature, risk, symptoms and warning signs, prevention, and treatment of sudden cardiac arrest. The online pamphlet shall be posted on the Office of the Superintendent of Public Instruction's website.

The Washington Interscholastic Activities Association (WIAA) shall work with member schools' board of directors, an organization that provides educational training for safe participation in athletic activity, and the University of Washington medicine center for sports cardiology to make available an existing online sudden cardiac arrest prevention program for coaches. On a yearly basis, prior to participating in an interscholastic athletic activity a sudden cardiac arrest form stating that the online pamphlet was reviewed shall be signed by the youth athlete and the athlete's parents and/or guardian and returned to the school. Every three years, prior to coaching an interscholastic athletic activity coaches shall complete the online sudden cardiac arrest prevention program described in this section. Coaches shall provide a certificate showing completion of the online sudden cardiac arrest prevention program to the school.



EMERGENCY ACTION PLAN

King's Athletics has enacted an emergency action plan. It can be reviewed [HERE](#).

Please contact 911 for any emergency immediately.

Non-emergencies on campus can contact CRISTA Security (24/7) **206-819-3000**



HAZING POLICY

Hazing is strictly prohibited in all forms. Any time a student is required by a teammate or coach to engage in a required activity designed to embarrass or initiate a teammate it will be considered hazing. While some students may be amused or unconcerned, we must protect those students who would feel humiliated or demeaned. All incidents, whether they be considered minor or significant, should be reported to Administration. Hazing tends to become a tradition that escalates, so we simply will not allow it to exist at any level. Teams should have positive, affirming traditions for team building rather than activities that are more likely to cause problems.

In its commitment to building character for life, King's stresses the values of fair competition and good sportsmanship. We expect all of our student athletes to follow the rules of fair play, to respect the decisions of officials and to treat their opponents as Christ would. The guidelines of the Emerald Sound Conferences will be followed at all school sponsored events, at home and away. Cheers and signs are to be positive and respectful, fans should be considerate and courteous, noisemakers of any kind are not allowed, and the throwing of objects is not allowed. No behavior will be tolerated that is immoral, disrespectful or vulgar in nature from anyone in attendance at a King's function. Administration and event management will determine if these guidelines are being followed. Failure to adhere to behavior expectations may result in a warning, an ejection from that contest, and/or a suspension of privileges to attend school activities for a specified period of time. Disciplinary action will be determined based on prior occurrences and/or the severity of the offense.



SOCIAL MEDIA POLICY

Social media such as X, Facebook, Instagram, Snapchat, Tik Tok, internet forums, blogs, and texting serve as powerful tools to communicate, develop community and positively impact our world, but they can be equally destructive. Student-athletes must portray themselves, every member of their team, their coaches, and King's at large in a positive uplifting manner at all times and in ways that meet both the letter and spirit of the guidelines in this Athletic Handbook. Profanity, drug references, indecent photos, and comments designed to harass/bully are examples of prohibited behavior using social media.

Participation in athletics is a privilege, not a right, and although the use of social media needs to follow government laws, student-athletes are held to an even higher standard. The consequences for not adhering to this policy will be at the discretion of the athletic director and administration. Social media posts also cannot be taken back and can be considered "public record" in many ways even though they were intended for a small audience. Student-athletes should consider their parents, college admissions directors, future employers and put God on display with their posts.



RIGHTS AND PRIVILEGES

An important lesson for athletes to learn through athletics is the difference between rights and privileges as it relates to team sports and specifically here at King's Schools. We desire to handle discipline in a redemptive fashion, however the good of the team is always the first consideration of the coach. Scripture is clear in giving positive parameters for the treatment of others and the expectations we are to have of student behavior. The Knight Guide has clear guidelines for student behavior and consequences. Please refer to it for more information.



TRANSPORTATION POLICY

King's is required to provide transportation to all away games. If a student is going home with their parent from a game, this must be communicated clearly to a coach. A student may go home with another family ONLY with written permission from both their parent and the parent taking them home.

Students are required to conduct themselves in a manner consistent with the values of King's Schools on all transportation vehicles and trips. Middle school athletes can typically expect bus transportation to all away games.

Parents are expected to arrange timely transportation for athletes following practices, whether it is by walking, biking or car pick-up. Coaches will not leave students waiting to be picked up. Specific communication about unique transportation arrangements will waive King's Schools (CRISTA Ministries) from responsibility.



COLLEGE ATHLETICS

Nearly eight million students currently participate in high school athletics in the U.S. Approximately 530,000 compete as NCAA athletes, and just a select few move on to compete at the professional or Olympic level.

The table below shows the total number of high school and college athletes for each sport, along with the estimated percentage of high school athletes who go on to compete at the NCAA level.



Estimated Probability of Competing in College Athletics

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Men						
Baseball	478,451	38,849	8.1%	2.4%	2.4%	3.2%
Basketball	537,438	19,213	3.6%	1.0%	1.0%	1.5%
Cross Country	240,201	14,787	6.2%	2.1%	1.7%	2.4%
Football	1,028,761	77,204	7.5%	3.0%	2.0%	2.5%
Golf	150,175	8,602	5.7%	1.9%	1.6%	2.2%
Ice Hockey	33,013	4,388	13.3%	5.0%	0.8%	7.5%
Lacrosse	111,108	16,030	14.4%	3.3%	3.2%	8.0%
Soccer	450,455	27,284	6.1%	1.4%	1.7%	2.9%
Swim & Dive	116,741	9,945	8.5%	3.3%	1.5%	3.7%
Tennis	158,306	7,549	4.8%	1.5%	1.1%	2.2%
Track & Field	604,983	31,278	5.2%	1.9%	1.4%	1.9%
Volleyball	77,287	2,933	3.8%	0.7%	0.8%	2.3%
Water Polo	21,289	1,156	5.4%	3.1%	0.9%	1.4%
Wrestling	259,431	8,309	3.2%	1.0%	0.8%	1.3%
Women						
Basketball	373,366	16,668	4.5%	1.4%	1.3%	1.8%
Cross Country	197,630	14,621	7.4%	2.9%	1.9%	2.6%
Field Hockey	52,962	6,456	12.2%	3.6%	1.9%	6.7%
Golf	80,970	5,733	7.1%	2.8%	2.0%	2.3%
Ice Hockey	8,601	2,888	33.6%	10.2%	2.1%	21.3%
Lacrosse	98,014	13,481	13.8%	4.3%	3.2%	6.3%
Soccer	377,838	29,959	7.9%	2.7%	2.2%	3.0%
Softball	344,952	21,646	6.3%	2.0%	1.9%	2.4%
Swim & Dive	140,711	13,259	9.4%	4.2%	1.6%	3.6%
Tennis	191,036	8,343	4.4%	1.5%	1.1%	1.9%
Track & Field	486,355	31,475	6.5%	2.8%	1.7%	2.0%
Volleyball	470,488	18,569	3.9%	1.2%	1.1%	1.6%
Water Polo	18,728	1,337	7.1%	4.4%	1.2%	1.6%

Sources: High school figures from the [2022-23 High School Athletics Participation Survey](#) conducted by the National Federation of State High School Associations; data from [club teams](#) not included. College numbers from the NCAA [2022-23 Sports Sponsorship and Participation Rates Report](#).

Last Updated: April 1, 2024

If the student-athlete plans to enroll in college as a freshman and wishes to participate in NCAA Division 1 or 2 sports, he/she must be certified by NCAA Initial Eligibility Clearinghouse and must meet academic guidelines. Please see the school guidance counselor or athletic director for more details. Helpful resources include: ncaa.org, eligibilitycenter.org, playnaia.org.

Contact King's College and Career Counselor **Dianna Fairchild** for more information dfairchild@kingssschools.org



DISCIPLINE CODE

All King's student-athletes are bound by the Discipline Code.

Please follow the Knight Guide for detailed information.



WEIGHT ROOM PROTOCOLS

Our renovated weight room is a blessing to our community. Because of this, groups are required to schedule time in the weight room prior to use and provide supervision. A supervisor can be a coach or school approved and background-checked adult.

1. **Authorized Supervision** - Students and athletes must always be supervised by a coach, teacher, or other adult staff member in the weight room. No exceptions to this. The supervisor must be in the weight room (not the gym) for proper supervision.
2. **Safe Environment** - Everyone is responsible for maintaining a safe and focused environment. There may be no more than **32 students (4 per rack) on the rack side of the weight room.**
3. **Share The Space** - All students and athletes are expected to work and share the space as a community. Being a part of a certain team, grade, or group does not give you priority to equipment or space unless your team is on the schedule. Alumni or students 18 & older do NOT have special weight room privileges and still required an authorized supervisor for use.
4. **Clean Equipment, Tidy Room** - Wipe down equipment or spaces after use. Keep the floors and walkways clear to keep everyone safe when moving throughout the weight room.

5. **No Food or Drink** - Leave all food and drink outside of the weight room. Water bottles are allowed inside the weight room.
6. **Appropriate Music & Noise Level** - If playing music in the weight room, no bleeped-out words, profanity laced music, or references to drug and alcohol. Keep music level down if there is a group in coaches office or gym.
7. **Wear Proper Workout Attire** - shirt and short/pants must be worn at all times with athletic footwear.

Weight Room use is a privilege, not a right and King's administration reserves the right to prohibit use at any time



LIGHTNING POLICY

When the possibility of lightning exists, use the following safety protocol:

- The Athletic Director will make the call if on site at Woolsey Stadium for any delays, postponements, or cancellations. If AD is not present, Head Coach will make the decision based on the following criteria
- If lightning occurs while at Woolsey Stadium, nearest shelter is Mike Martin Gym - ALL personal will move as quickly as possible if lightning is in the area
- Have a means of monitoring local weather forecasts and warnings.
- Designate a safe shelter for each venue.
- Use the Flash-to-Bang count to determine when to go to safety:
 - At a 10 second flash-to-bang ratio activities are halted.
 - **By the time the flash-to-bang count approaches five seconds all individuals should be already inside a safe structure.**
- Once activities have been suspended, wait at least **thirty minutes** following the last lightning flash prior to resuming an activity or returning outdoors.
- Each lightning strike resets the thirty minute timer. Example: If 25 minutes are lightning free, then a lightning bolt strikes nearby, the timer would be reset to another 30 minutes
- Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.

- Assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
- Observe the following basic first aid procedures in managing victims of a lightning strike:
 - Survey the scene for safety.
 - Activate local EMS.
 - Lightning victims do not 'carry a charge' and are safe to touch.
 - If necessary, move the victim with care to a safer location.
 - Evaluate airway, breathing, and circulation, and begin CPR if necessary.
 - Evaluate and treat for hypothermia, shock, fractures and/or burns.
 - All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.



SNOW POLICY

- Practices and contests may be held at the discretion of the Athletic Director. Absences under these conditions are always excused. Safe traveling is always the top priority in these circumstances.
- Day-of communications will be lead by the school principal and athletic director to the head coach and then to the team.
- After school activities are cancelled when a non-school day occurs at a public school. However, King's reserves the right to hold game contests even with school cancellations. Safety will be considered and decisions will be made in a timely manner.



HEAT INDEX POLICY

This guidance comes from the WIAA:

When the Heat Index meets or exceeds 70°F it is recommended that all schools provide at any practice or event, a method for rapidly cooling athletes experiencing heat illness. Approved methods include ice water immersion or tarp assisted cooling

with oscillation (TACO). Schools shall monitor the heat index for their geographic area prior to practices. Outlined below are the steps that each member school shall take in order to implement this policy.

NOTE: This policy applies to all WIAA sanctioned sports and activities in all seasons. Indoor activities where air conditioning is available are not bound by this policy.

DESIGNATE: Schools shall designate someone who will take the necessary steps to determine and record the heat index for your geographic area within one hour of the start of each team's practice and events. This is only necessary on days when the forecasted heat index is 85°F or higher. Depending on practice and event schedules, it is possible that the designated person will have to record the Heat Index multiple times on the same day.

CALCULATE: Within one hour of each team's practice on days when the forecasted heat index is 85°F or higher, the designated person shall utilize the WIAA Heat Index Calculator to determine the actual heat index.

RECORD: If the actual heat index is 85°F or higher, the designated person shall record it using the WIAA Heat Index Record or by printing out a copy to be kept at the school for inspection at the request of the WIAA. A separate record shall be kept for each sport at each level. Practice modification, as necessary, shall also be recorded. If the actual heat index is less than 85°F, no action is needed.

ACT: If the actual heat index is 95°F or higher, activity should be altered and/or eliminated using the following guidelines:

HEAT INDEX ≥ 105°F: DANGER

WIAA Recommendation: Stop all outside activity in practice and/or play and stop all inside activity if air conditioning is unavailable.

HEAT INDEX ≥ 100°F AND < 105°F: WARNING

WIAA Recommendation: Postpone practice to later in the day.

- Maximum of 4 hours of practice per day.
- Practice length a maximum of 2 hours, one practice shall be during a time of day with a lower heat index.
- Mandatory 3-hour recovery period between practices.
- Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts.
- Contact sports and activities with additional equipment - players are restricted to helmets, shoulder pads and shorts during practice. Other possible equipment removed if not involved in contact or necessary for safety.
- Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable.

- Provide unlimited amounts of water.
- Water shall always be available and athletes should be able to take in as much water as they desire.
- Watch/monitor athletes for necessary action.

HEAT INDEX \geq 95°F AND $<$ 100°F: CAUTION

WIAA Recommendation: Consider postponing practice to later in the day.

- Maximum of 4 hours of practice per day.
- Practice length a maximum of 2 hours.
- Mandatory 3-hour recovery period between practices.
- Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
- Provide unlimited amounts of water.
- Water shall always be available and athletes should be able to take in as much water as they desire.
- Watch/monitor athletes for necessary action.

HEAT INDEX \geq 80°F AND $<$ 95°F: NOTICE

- Maximum of 5 hours of practice per day in divided sessions.
- Provide unlimited amounts of water.
- Water should always be available and athletes should be able to take in as much water as they desire.
- Watch/monitor athletes for necessary action.
-

HEAT INDEX $<$ 80°F: SAFE FOR MOST PARTICIPANTS

- Maximum of 5 hours of practice per day in divided sessions.
- Provide unlimited amounts of water.
- Water shall always be available and athletes should be able to take in as much water as they desire.



AIR QUALITY POLICY

Air Quality is Particle Air Pollution. There is an Air Quality Index that provides a yardstick from 0-500 to help monitor activity. King's Schools will follow [WIAA guidelines regarding Air Quality](#). Decisions will be made by midday for practices and games and communicated to each team. The safety of all students, coaches, and fans will be the top priority with air quality related issues.

Check current and forecast air quality at [AirNow.gov](https://airnow.gov) or during wildfire smoke at wasmoke.blogspot.com

(See Appendix A)

The following public health recommendations are to protect children and youth (18 years and younger) from fine particle air pollution (PM2.5). Apply this guide to school, child care, athletic practices and games, before and after school programs, camps, field trips, and other outdoor programming and activities.

Outside Air Quality Index (AQI): PM2.5				
Activity Duration	Good (0-50 AQI)	Moderate (51-100 AQI)	Unhealthy for Sensitive Groups (101-150 AQI)	Unhealthy, Very Unhealthy, or Hazardous (≥151 AQI)
15 mins to 1 hour (e.g., recess, PE, classes typically held outside)	No restrictions.	Allow children and youth with health conditions to opt out or stay indoors. Limit intensity of activities for these children and youth if needed.	Limit to moderate intensity activities outside. For children and youth with health conditions, further limit intensity or move to an area with safer air quality if needed.	Cancel outdoor activity or move to an area with safer air quality, either indoors with filtered air or to a different location. Limit to light intensity activities indoors if indoor PM2.5 levels are elevated.
1-4 hours (e.g., athletic events and practices)	No restrictions.	Allow children and youth with health conditions to opt out or stay indoors. Limit intensity of activities for these children & youth if needed.	Limit to light intensity activities or to a 1-hour total duration with moderate intensity activities. If intensity level and time cannot be modified, consider canceling outdoor activity or move to an area with safer air quality, either indoors or to a different location. For children & youth with health conditions, further limit time or intensity if needed.	Cancel outdoor activity or move to an area with safer air quality, either indoors with filtered air or to a different location. Limit to light intensity activities indoors if indoor PM2.5 levels are elevated.
> 4 hours (e.g., outdoor school or programming, day camp, overnight camp)	No restrictions.	Move children and youth with health conditions to an area with safer air quality, either indoors or to a different location if needed. Allow children and youth without health conditions to opt out or stay indoors and limit intensity of activities.	Limit to light intensity activities and under 4-hr total duration. If intensity level and time cannot be modified, cancel outdoor activity, or move it to an area with safer air quality, either indoors or to a different location. For children and youth with health conditions, further limit time or intensity if needed.	Cancel outdoor activity or move to an area with safer air quality, either indoors with filtered air or to a different location. Limit to light intensity activities indoors if indoor PM2.5 levels are elevated.

ADDITIONAL CONSIDERATIONS

Close windows and doors when activities are moved indoors. Pay attention to heat.

Indoor air filtration can reduce elevated levels of indoor PM2.5. See Appendix C. To measure indoor PM2.5 levels, see Appendix B.

Consider time spent in transit in activity duration.

All children and youth 18 and younger are considered a sensitive group. Health conditions include but are not limited to asthma and other lung disease, heart disease, diabetes, and respiratory infection (e.g., RSV and pneumonia).