



2021-2022
TEAM HANDBOOK

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Wenatchee GIRLS BOWLING TEAM HANDBOOK 2021-2022

Rules and Regulations

A. We will be consistent with the safety guidelines of the Wenatchee School District in regard to use and/or possession of alcohol, drugs, and tobacco.

1. Athlete's shall not use and/or be in possession of drugs, alcohol, or tobacco products.

B. All athletes are expected to meet the following expectations and obey all school rules and regulations

1. Maintain a satisfactory attendance record by attending all regularly scheduled classes unless appropriately approved.

2. Meet both WIAA and Wenatchee School District academic regulations

Student-Athletes in danger of failing will be required to attend study table. If performance doesn't improve, the coaching staff may suspend the player from the team.

3. Must attend all classes in order to practice or play in a game that day.

Exceptions include:

- Prearranged Absence
- Doctor related- A note from the doctor is required
- School Related
- Funeral

4. Attend all practices and other team events unless excused by a coach in advance.

5. Follow all written regulations established by coaching staff.

Expectations for Practice:

Practice is our opportunity to improve as a team and as an individual. Team members are expected to be ready to participate at the start of each practice. All practices will be held at Eastmont Lanes.

1. Be on time
2. Try your best to improve
3. Follow directions

4. Maintain a positive attitude
5. Use appropriate language and gestures
6. Observe athletic code of WHS
7. Keep up with school work and grades
8. Demonstrate good sportsmanship at all times
9. Attempt the skills being taught/be coachable
10. NO USE OF CELL PHONE OR ELECTRONIC DEVICES DURING PRACTICE
11. Wear clothing that is school appropriate. Bowlers should not wear Sweatshirts or Jackets during practice.

Remember, you compete as you practice!

Expectations for matches:

1. Be on time
2. Try your best to improve
3. Follow directions
4. Maintain a positive attitude
5. Use appropriate language and gestures
6. Observe athletic code of WHS
7. Demonstrate good sportsmanship at all times
8. Stay in bowling area during matches, no going up to talk to friends, family or others during the match in progress unless approved by coaching staff.
9. Wear your bowling shirt to all matches and **BLACK SLACKS**
10. Bring appropriate equipment provided by WHS to all matches
11. Use the fundamentals taught in practice
12. NO USE OF CELL PHONE OR ELECTRONIC DEVICES DURING MATCHES

Athletes will miss significant amounts of school time as Bowlers. All matches, home and away, require an out of school time around noon depending on the length of travel. Athletes need to be in communication with teachers to keep up on school work and grades.

During Practice or Matches

1. No horseplay in the bowling area, be aware of who is bowling and stay behind bowler.
2. Never put your hand in front of or behind your bowling ball while it is on the rack. Another ball coming along can pinch your hand and cause injury.
3. Do not leave the bowling center that we are bowling at for any reason.
4. If you are injured in any way, for example hand, wrist or finger, let the coaches know right away and do not continue to bowl.
5. If you step in water or liquid while wearing bowling shoes, do not attempt to bowl. You will stick to the lanes and could get injured. Please contact coach or get another pair of shoes.

Away Matches

1. Prior to leaving for the match, do not leave class early, check what the dismissal time is and make sure if you are in a class that you have gone to that class before heading out.

2. On the way to the match
 - a. While on the bus/suburban make sure that all your bowling bags, balls and shoes are loaded in a safe and warm area.
3. When we stop to eat always make sure you are with another bowler and/or coach. Never go alone.
 - a. Always use caution in walking to a designated eating spot
 - b. Do not walk away from our eating location for any reason
4. From any away match, everyone is expected to come back with the team. The only exception is if your parents have made arrangements with athletic office prior to departing from Wenatchee. Roll will be taken on the bus and we will always make sure that everyone that went with us is on the return trip
5. All garbage, trash, crumbs and food will need to be picked up from bus/vehicle before bowlers will be allowed to leave.

Team Selection

Teams will be based on average, effort, attitude, sportsmanship, leadership, eligibility and practice commitment. There are 4 bowlers that make up a team.

1. The girls with the highest average may not always start. Team unity and team spirit often has as much to do with winning as ability and average.
2. Varsity Starters will be determined by:
 - a. Willingness to adjust and adapt (coachability)
 - b. Attitude and effort
 - c. Attendance and punctuality
 - d. Average
 - e. Team building buy in

ACADEMICS:

Academics must be a priority. We will do everything we can to help you succeed academically while you are bowling, but you must put forth a legitimate effort.

1. Wenatchee School District's academic requirement: All semester final grades must be a passing grade (A,B, C, D). A failing or incomplete grade would terminate participation eligibility immediately for the remainder of the season. Each and every player must meet WIAA academic eligibility of passing at least four classes at each six week grading period. Student is ineligible until meeting academic standards.

Varsity Letter:

Players must have at least 3 full matches on Varsity to achieve a Varsity Letter for Bowling. 3 full games or game equal a full match participation. An exception may take place if a Varsity Bowler is injured and not able to participate in the minimum number of matches but has attended practice and matches.

The criteria for earning the Wenatchee High School varsity letter have been established by the members of the Wenatchee High School coaching staff and Athletic Department. The coaching staff believes that, for students at our school, earning a varsity letter should require evidence of commitment to team and expertise in sport. The criteria are set according to standards the coaching staff believes are high, yet reasonable. All coaches are invited to participate in the process of adopting and amending the criteria. Suggestions for change must

be recommended by a coach and are adopted only upon approval of a majority of the full coaching staff

1. GENERAL POLICIES THAT PERTAIN TO ALL SPORTS

- a. Varsity athletes who remain as members of the team in good standing throughout the full season are eligible to earn a varsity letter, subject to the provisions below and specific sport criteria as defined by the head coach and approval of the athletic director.
- b. Senior athletes who have participated in a given program (varsity or junior varsity) for at least three years shall receive a varsity letter.
- c. Injured athletes who meet the “playing time” criteria for the contests held up to the time of the injury may receive a letter.
- d. Managers who have held the position for at least two seasons in the same sport may earn a letter. Only those who, in the judgment of the coach, have made a significant commitment of time and effort shall be awarded the letter.
- e. In a sport where state tournament play is sponsored, athletes may letter if they have become a starter and play 75% of the quarters, innings, matches, or score team points in individual competition in tournament play regardless of other lettering criteria.
- f. In cases of extenuating circumstances, exceptions to the standards listed below are permitted with the approval of the coach and the athletic director.

Equipment needed:

We will provide shoes at no cost to the bowlers. There are bowling balls than can be used at the center. We will also try and provide bowling balls if they are available. Eastmont Lanes also provides excellent discounts if the bowlers want to purchase their own balls or shoes. Bowling shirts will be provided and are required to be worn at all matches. Bowlers are encouraged to wear shirts to school during match days.

ALL BOWLERS MUST WEAR BLACK DRESS SLACKS TO MATCHES!!

Bowlers will be responsible for any lost or damaged equipment that is not returned at the end of the season.

Attendance:

It is key that Bowlers attend all practices and be on time. If Bowlers can not make practices they need to contact coach before the start of practice. It is the bowlers responsibility and not the parents to do this.

2. First unexcused practice will result in a warning and meeting with coach
3. Second unexcused practice will result in 1 match suspension and meeting with coach and parents
4. Third Unexcused practice will result in 2 match suspension and possible removal from team

**Most Important Rule of All:
HAVE FUN!!!!**

**I _____, have fully read and understand the handbook for the
Wenatchee Girls Bowling Team 2020-2021 Season. I will do my best to follow all rules
and guidelines. I will represent Wenatchee High School, Wenatchee Girls Bowling and
my community the best I can for the 2020-2021 season.**

Bowler _____ Date _____

Parent _____ Date _____