



# Kent- Meridian Fall Sports Parent Meeting

## Welcome

## Go Royals !!



# Kent- Meridian Fall Sports Parent Meeting

## Fall Sports & Head Coaches

- Boys Tennis – Tim Scott
- Cheer – Jerry Spalti
- Cross Country – Jenny Appel
- Football – Justin Callander
- Girls Soccer – Nikole Cruz
- Girls Swim – Michael Dobner
- Golf – Craig Hanson
- Volleyball – Michael Christiansen



# Kent-Meridian Athletics Staff

KM Athletics Office Phone 253-373-7545

District Athletic Director – Dave Lutes

KM Principal – David Radford

KM Asst. Principal – Ron Ness

KM Athletic Director – Lisa Kelly

KM Athletic Secretary – Deb Cochran

KM Cashier – Carolyn Whitver

KM Athletic Trainer – Maegan Hopkins



# League – NPSL 4A

Website with all schedules: [www.npslathletics.org](http://www.npslathletics.org)



NPSL – North Puget Sound League 16 teams – 2 divisions

## Cascade Division

- Kent-Meridian, Kentridge, Kentwood, Kentlake, Tahoma, Hazen, Mt Rainier, Kennedy Catholic

## Olympic Division

- Auburn, Auburn Mountainview, Auburn Riverside, Decatur, Enumclaw, Thomas Jefferson, Todd Beamer, Federal Way



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The screenshot shows the NPSL Athletics website. At the top, there are two rows of school letters: Cascade Division (H, K, KM, KL, KR, KW, MR, T) and Olympic Division (A, AM, AR, D, E, EW, TJ, TB). Below these are links for Boys Sports (Football, Golf, Tennis, X-Country, Basketball, Swim & Dive, Wrestling) and Girls Sports (Cheer, Golf, Soccer, Swim & Dive, Volleyball, X-Country, Basketball, Dance & Drill, Gymnastics, Wrestling). A search bar is present with 'Kent Meridian (4A)' selected. At the bottom, there is a banner for Kaiser Permanente and a 'Subscribe' button. The footer features the Kent Meridian Royals High School logo and a Schlotzsky's logo with the tagline 'EVERY BITE LOTZ BETTER'.

Annotations on the screenshot:

- Click on the school letter to go to a specific school (pointing to the 'KM' letter in the Cascade Division row).
- Click on a sport to go to that sport (pointing to the 'Wrestling' link in the Boys Sports section).
- Click on the orange "subscribe" button to get emails and updates (pointing to the 'Subscribe' button).
- Thanks to our new sponsor, Schlotzsky's !! (pointing to the Schlotzsky's logo).



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<http://www.npslathletics.org/index.php?pid=0.53.131.10.320>

(link to VB home page)

## To view a team schedule:

- Choose that sport
- Scroll down the page
- Use the pull down arrow to choose the level (Varsity, JV, C team)
- On the scheduled date:
  - Click the venue to get directions to that place



## Academics & Grade Checks

Our main goal is to teach kids to be successful on and off the field/court in both life and in the classroom

We want them ALL to graduate!

We expect all athletes to behave in a respectful manner.

Coaches are here to help with that process.

To achieve that goal we have standards to follow !



## Academics & Grade Checks

**EVERY athlete's grades** are checked:

- at the beginning of each season,
- at mid-quarter and
- at the end of each quarter.

**\*\***If an athlete does not meet standard #1 or #2, they are placed on weekly grade checks. Ability to play each week is based on the grade check.





# Academics & Grade Checks

## Standard #1 (WIAA rule)

- No previous semester grades = not eligible at all
- Pass 5/6 classes in the previous semester
- Penalty – sit out the first 5 weeks of the school year
- First play date is Sept 24<sup>th</sup>
  - Monday after the 4<sup>th</sup> Saturday in Sept

## Standard #2 (KSD rule)

- Maintain a 2.0 GPA in either the previous semester or a 2.0 GPA for the Cumulative GPA
- Penalty – sit out the first 2 weeks of the grading period
- First play date is after they sit out one (1) contest.



# Athlete Code of Conduct

By filling out the online registration and agreeing to be a part of a KM team, athletes have agreed to the following guidelines:

- Follow all school rules & procedures while representing KM
- NOT use any tobacco products
- NOT use any illegal drugs (including marijuana)
- NOT use any alcohol
- NOT go to parties or be anywhere where drugs or alcohol are being used
- Report anyone if they have knowledge of athletes violating these rules

If found in violation, the penalties range from:

- Suspension from games
- Dismissal from the team, suspended from the season
- 1 year suspension from all sports



# Safety and Injuries

Athletic Trainer – Maegan Hopkins & ATI (across from Red Robin)

(Bud Bannon – teaches the sports med class @ KM and can help also)

- These services are provided by the district !!
- For any serious injuries, athletes will be assessed by the trainer
- She will notify you if your athlete needs to go to the doctor
- Some injuries (such as sprained ankles) can be treated by the trainer
- ALL head injuries must be assessed
  - Any concussion symptoms will result in the trainer using the return to play protocol – a minimum of 5 days, but it could be more
- If you take your child to the doctor, the doctor's orders must be followed



# Sportsmanship – League Rule

The NPSL League strongly emphasizes good sportsmanship at all contests.

As the Parent/Guardian you should:

- Be supportive your student/athlete
- Be supportive of the coach and his/her decisions
- Be supportive of all KM teams/groups
- Get involved in the booster group
- Stay silent if you disagree with an official's call (that's hard !)



# Sportsmanship – League Rule

The League strongly emphasizes good sportsmanship at all contests.

## Ejection Rule – for athletes, coaches and spectators !

If ejected from a contest, that person:

- sits out the remainder of that game
- Is suspended from the **next 2 games/contests**

To be reinstated, the ejected person must:

- Meet with the AD or principal
- Apply in writing to be reinstated
- Complete a NFHS sportsmanship course online
- Be approved by the NPSL discipline committee to return



# Parent, Athlete, Coach Relationships

One of the great teaching aspects of sports is that not everyone has the same role. Every athlete is important to the team regardless of playing time. Playing time should be addressed between the athlete and the coach.

If your athlete is unhappy for some reason, give them a chance to work it out with the team, other players and coach first. Encourage your athlete to talk to the coach. If an agreement is not reached, ask for a meeting with the coach. Never approach a coach before or after a game to talk about your athlete. Make an appointment for such discussions.



# Fees, ASB cards & ticket prices

Every athlete must purchase an ASB card - \$30

- They get into any KM home game free
- They get discounts on other items, such as prom, yearbook, etc...
- We have no sports fees to play !!

Ticket prices to attend games (any game that begins after 5pm)

- Adults & students without ASB \$6.00
- Students with ASB (Jr High and HS) \$4.00
- Elem Students and Seniors (62+) \$2.00



# Transportation Information

## Transportation & Budget cuts

- We may not have a bus to every event – priority to larger teams
- We do NOT get paid buses after 4pm to Kent, Tahoma or Auburn Mountainview schools.
- Some smaller teams will be using:
  - School vans
  - Parent/student/self transport
- District transportation form was one of the forms you signed on FamilyID to allow your student to be transported by various means.
  - If you have restrictions for your athlete:
    - Make sure your child knows
    - Make sure the coach knows





# NCAA Clearing House

<http://www.ncaa.org>

(main website)

[https://web3.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](https://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp)

(student registration)

Any athlete that plans to play at any college level must register on the NCAA clearing house website.

It is best to register during your 9<sup>th</sup> or 10<sup>th</sup> grade year.

Athletes must maintain a 2.3 GPA in the CORE classes !!

Check with your counselor to make sure you are taking NCAA approved courses.



## Sport Meetings

- Football - stay in cafeteria
- Volleyball - Room 150
- Cross Country - Room 151
- Girls Soccer - Room 152
- Girls Swim - Room 155
- Boys Tennis - Room 156
- Golf - Room 157
- Cheer - Already met this summer