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## **INTERSCHOLASTIC ATHLETICS**

### **General**

All Student Athletes shall have current physical examination form on file with the Athletic Director **PRIOR** to participation in practices and contests. According to ASD policy JHCA, a licensed health practitioner must have approved all athletes for participation. All new athletes and students in grades 5, 7, 9 and 11 are required to get a physical.

All Student Athletes, including managers and Statisticians, must have permission forms and proof of insurance on file with the Athletic Director before participating in practices or contests. Low cost insurance is available through the school office.

Student Athletes will be issued uniforms and sport specific equipment that is the property of the school district. The athlete is responsible for the reasonable care and safekeeping of all items issued to them during the sport season. At the end of the sport season, all district property must be returned to the coach of the sport. Equipment for the next season will not be distributed until all sports equipment from the previous season has been returned.

### **Academic Eligibility**

Achievement and growth in academics is fundamental to a successful athletic experience. In addition to OSAA requirements, the Alsea School District Eligibility policy sets a minimum standard that student-athletes must achieve in order to remain in “good standing” for continued participation. The coaches, athletic director and administrators support and will honor higher standards set forth by parents for their children.

#### **OSAA Academic Eligibility Policy**

- See Appendix A: ASAA Rule 8
- The OSAA Academic Eligibility Policy is also available online at [www.osaa.org](http://www.osaa.org), complete with a useful “Frequently Asked Questions” section.

#### **Alsea Academic Eligibility Policy Procedures:**

- Weekly grade checks are run on the first day of school each week, usually Monday, at approximately 12:00 PM for all students.
- For Middle School students, weekly grade checks start over at the beginning of each quarter. The first weekly check will begin at the completion of the second week of each quarter and continue weekly through the end of the quarter.
- For High School students, grades are cumulative throughout the entire semester. Report cards are generated at the end of each quarter and each semester.

#### **Good Academic Standing**

Students are in good academic standing if each of the following apply:

- All grades of a “C” or above on the previous semester’s report card.

- Maintain a 70% in each class on all grade checks during the current semester.

#### Academic Watch List:

Students are placed on the academic watch list if any of the following apply:

- Any grade lower than a “C” on the previous semester’s report card.
- A G.P.A. lower than 2.00 on the previous semester’s report card.
- A grade below 70% in any class on a weekly grade report.

#### Academically Ineligible:

- Students on the academic watch list who have a grade below 65% on a weekly grade check will be ineligible to participate in games/activities until a weekly grade check shows them to be above 65% in all classes.
- Students who receive a failing grade the previous semester will be ineligible the following semester until a weekly grade check shows them to be above 65% in all classes.

#### School Attendance

- Student athletes are expected to be at school, on time, every day.
- Absences: Student-athletes who are absent from one or more classes will not be allowed to participate in athletic activities on that day. School policy defines an absence as missing more than 10 minutes of class. Any suspension, in or out of school, is considered an absence under this policy.
- Exceptions:
  - School sponsored functions: Student athletes who miss class due to a school sponsored function such as a field trip may participate in the day the trip occurs.
  - Pre-arranged: Student-athletes may participate if they are pre-arranged by their parents with the attendance office on the day previous to the absence. All pre-arranged absences must be approved by the principal or his designee.
  - Emergencies: Student-athletes may participate on the day of an absence if the absence is due to an emergency. All emergency excuses will be granted by the principal or his designee.
  - Chronic absences or tardies by student/athletes may result in a referral to the superintendent.

#### Transportation

- Student-athletes shall travel to and from away contests in district provided transportation. Any student-athlete not riding the bus will be ineligible to participate in the contest unless specifically exempted by the athletic director, principal **or designee**. In the event an athlete needs to make alternative transportation arrangements to away contests, please make them at least 24 hours in advance when possible.
- With the permission of the principal, athletic director, or coach, a player may be released only to a parent or guardian after away contests, unless prior arrangements have been made.
- **Parents must sign their children out with the bus driver before leaving with their children.**

- Permission to ride home with anyone other than the parent/guardian must be obtained in the office from the principal or designee before the bus leaves for the contest. Athletes must present a note from the parent/guardian to the principal requesting permission to ride home with someone other than the parent/guardian. The note and authorization from the office must be presented to the coach or bus driver before the bus departs for the trip.
- The district is not responsible for student-athletes who are released to their parent/guardian's care or ride home in transportation arranged by the parents in accordance with this rule.
- Coaches will contact the Alsea School Athletic Hotline after each away contest and report the results of the contests and an estimated time of arrival. Coaches will call the hotline upon leaving from the restaurant, or if the team is not stopping to eat, upon leaving the school where the game was played. Parents/guardians should expect to pick up their student-athletes from school at the approximate time or have made other arrangements for their children's transportation from school to home.
- The coach or assistant coach shall accompany the team at all times on trips away from school. A building administrator, athletic director or designee shall also attend away high school contests. Moreover, the coach or the designee is responsible for ensuring that student-athletes are picked up by a parent/guardian or someone designated by the parent/guardian upon return to the school. In any case, a student-athlete shall not be left unattended while awaiting transportation to their home.
- Should injuries occur during an extra-curricular activity, the staff member supervising is responsible to assess the situation, and if needed, refer the player to any medical personnel that may be present. If the student is in need of medical attention that cannot be administered on site, the coach will attempt to contact parents immediately. (Staff member/designee will have emergency contact numbers and copies of the health history forms) If neither parent nor other emergency contact can be reached, the staff member/designee will use his or her best judgment regarding the transportation of the injured player to the nearest appropriate medical facility. School personnel or a designee thereof will accompany the player to medical facilities and, if unsuccessful thus far, continue to attempt to reach parents.

## **BEHAVIOR**

This Co-Curricular Behavior Policy applies to all students participating in, or attending extracurricular activities, including, but not limited to athletics, cheerleading, adjudicated music competitions, speech and debate competitions, theatrical productions, choir, and band/orchestra concerts, dances, class trips, National Honor Society, and Student Council.

Publicly representing the Alsea School District in these co-curricular activities is a privilege. The school, coaching staff, and advisors have very high expectations for the behavior of participants.

It is expected that student-athletes will not engage in any behavior on or off campus, that bring discredit on himself/herself, the team, or the school.

Frequent or severe violations of school rules or policies will result in a conference with the athletic director, principal and coach to determine continued eligibility of the athlete.

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### **Off-season Behavior**

Being a student-athlete involves a high degree of commitment and responsibility. Coaches and teammates are trusting student-athletes to fulfill their responsibilities as a member of the team. Offseason behavior gives clues to character and the commitment of players to their teammates and to athletics in general.

Athletic competition is often as much a test of character as it is a test of ability. Your trustworthiness as a member of a team shows in your off-season behavior as well as your in-season behavior.

Student-athletes are expected to display the highest level of sportsmanship and conduct, to and from contests; before and after competitions; during practices; and on trips.

Flagrant or frequent displays of unsportsmanlike conduct will result in a conference with the athletic director, principal, and coach to determine continued eligibility of the athlete.

### **TOBACCO, DRUGS AND ALCOHOL**

School Board Policies regarding student use of alcohol, drugs and tobacco explain the consequences for student possession, use, sale or distribution of alcohol, any unlawful drug, drug paraphernalia, or any substance purported to be a drug, including misuse of nonprescription drugs, behavior altering substances, or misuse of a drug prescribed by a licensed medical practitioner on school premises, including buses, or at any school sponsored activity, including preseason or post season activities.

This policy applies to student drug, alcohol, and tobacco possession, use, sale or distribution off school premises or out of school-sponsored activity sites. This policy applies 24 hours a day, 7 days a week from the first day of school in the fall throughout the last day of school, inclusive of activities in the spring. Days before school starts in the fall, when preseason athletic practices are underway are included for athletes.

A student engaging in extracurricular activities will be disciplined under this policy when it can be reasonably determined by the District. The District will discipline students under this policy irrespective of whether or not Juvenile or Criminal Justice authorities have otherwise sanctioned the student.

#### **FIRST OFFENSE:**

Any athlete who is reprimanded due to a substance abuse infraction for tobacco, alcohol, or drugs will be given a one week suspension from all contests. They may participate in practice, but not in contests. They must also complete a research paper and present their research in front of the school board as outlined by the administration. The School Board shall decide if any other consequences will be incurred.

#### **SECOND OFFENSE:**

1. A third party drug and alcohol evaluation must be performed by a competent professional. The District must be able to confirm the appointment before the student may return to the extracurricular activity. The students must follow the drug and alcohol evaluation recommendations in order to continue participation in the extracurricular activity. (This requirement does not apply to tobacco violations. Please see below)

*Tobacco violation:* The student must meet with the school health nurse or a representative from the County Health Department to review current health hazards associated with tobacco use. The District must be able to confirm the appointment before the student may return to the activity.

2. A two week suspension from the extracurricular activity(ies) identified in this policy will be instituted from the date the infraction is noted by the District. ***The Athlete is required to participate in practice and attendance at contests is required. However, player will not be allowed to participate in a contest or dress in uniform. They must sit with the team.***

#### THIRD OFFENSE:

The consequence will be a one calendar year suspension from any form of competition for any sport. The suspension will begin on the date the infraction is noted by the district.

#### **Honesty Clause**

Any athlete who comes forward and admits his/her violation on a first offense prior to being caught, reported or cited has the option to write a research paper and make a presentation as outlined by the administration and coaches in lieu of suspension.

**Subsequent offenses will result in a ban from any sport for the remainder of the athlete's attendance at the Alsea School.**

**Middle School Students who have received any of the infractions above, and who keep a clean record for two consecutive years will be cleared of all offenses.**

#### **Practices**

Full participation in a minimum of five (5) days of practice for ALL sports (unless league rules or the school calendar prevents the possibility of 5 days of practice) will be required before an athlete is allowed to compete in a scheduled event. An exception may be made in any sport (except Football) for any athlete that turns out for a sport within one week of his/her final participation in a sport the previous athletic season or has the prior approval of the athletic director and principal.

Coaches and athletes are required to adhere to the following practice model.

##### A. Football

1. All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and an athlete's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS's Heat Acclimatization and Heat Illness Prevention Position

Statement. While the risk of Heat Illness is greatly dependent upon weather conditions, the fundamentals in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and minimize injury risk in any setting.

2. Teams shall have two weeks of practice prior to playing in a jamboree and three weeks practice prior to playing in an interscholastic contest.
3. Students may participate in double practice sessions per day, but not on consecutive days.
  - a. Single Practice Session. No single practice session shall be longer than three hours, including warm - up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
  - b. Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours total of practice, including warm - up and cool down. No single practice session shall be longer than three hours, including warm - up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, student - athletes may not engage in other physical activities (e.g., weight training, etc.).
4. At the beginning of football practice each year, every student shall be required to have two days of helmet only practices. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes and helmets. No other pads (e.g. shoulder, knee, thigh, hip, and rib) are to be worn. During helmet only practice no full contact drills or other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
5. The second practice session on Day 1 and Day 3 of practice shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
6. Following two days of helmet only practices, students may wear helmets and shoulder pads on Day 3. On this day, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. No other pads (e.g., knee, thigh, hip and rib) are to be worn. During helmet / shoulder pad practice, no full contact drills or other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies during helmet / shoulder pad practice. However, it is strongly recommended that any such contact be carefully controlled.
7. Following two days of helmet only and one day of helmet / shoulder pad practices, a student may participate in a contact practice. During a contact practice the remainder of the football gear as described in the NFHS Football Rules Book may be worn and activity is not restricted with regard to contact. A school shall not permit an individual to participate in a contact practice unless that individual has had at least two days of helmet only and one day of helmet/shoulder pad practice. Contact with another person on the fourth and fifth days should be controlled.
8. A student may practice for no more than six consecutive days without a rest day. A rest day must be complete rest – no organized team activity is allowed. 9) A student shall

become eligible to participate in a jamboree or interscholastic contest after completing a minimum of nine days of actual on - field practice.

#### B. Cross Country, Soccer, Volleyball

1. All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and an athlete's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of Heat Illness is greatly dependent upon weather conditions, the fundamentals in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and minimize injury risk in any setting.
2. Students may participate in double practice sessions per day, but not on consecutive days.
  - a. Single Practice Session. No single practice session shall be longer than three hours, including warm - up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
  - b. Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours total of practice, including warm - up and cool down. No single practice session shall be longer than three hours, including warm - up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, student - athletes may not engage in other physical activities (e.g., weight training, etc.).
3. The second practice session on Day 1 and Day 3 of practice shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
4. A student may practice for no more than six consecutive days without a rest day. A rest day must be complete rest – no organized team activity is allowed.

#### C. All other sports (Cheerleading, Swimming, Wrestling, Basketball, Dance/Drill, Golf, Tennis, Track & Field, Baseball, Softball)

1. All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and an athlete's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of Heat Illness is greatly dependent upon weather conditions, the fundamentals in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and minimize injury risk in any setting.
2. A student may practice for no more than six consecutive days without a rest day. A rest day must be complete rest – no organized team activity is allowed.
  - All practice for interscholastic sports will normally be limited to two hours on school days, and conducted outside of regular school hours under the supervision of the assigned coach. Practices on non-school days may be longer as long as they are within any applicable OSAA rules.

- Athletes sustaining injuries in practices or games that require treatment from a healthcare professional must report the nature of the injury to their coach and provide a doctor's note regarding the diagnosis/prognosis and any instruction. A doctor's and/or parent/guardian release written release must be given to the head coach prior to the player returning to participation in either practice or competition. Coaches may, at their discretion, request a doctor's examination or release if, in their professional judgment, an athlete is not ready to return to competition.
- Coaches are responsible for ensuring that all student-athletes have left the building after practice. If no personnel are in the building, coaches are responsible for ensuring that the building is properly secured,(doors and windows checked and locked, and alarms set).

### **Switching Sports-in season**

- Student-athletes may only switch sports in season with the unanimous approval of a committee including the athletic director, principal, and both coaches involved. Students may use this option only one time per year.

### **Team Rules**

- District policy addresses the minimum level of expectations that apply to all student-athletes. Coaches may supplement this policy with Team Rules that may be stricter or address issues not included in the district rules. These Team Rules are written by the coaching staff, approved by the athletic director and principal and are considered an extension of the district athletic rules.
  - The intent of team rules shall be for guiding and enhancing the athlete toward a successful experience within the philosophy of the school activity.
  - Team Rules will include, but are not limited to the following topics: Coaching or team philosophy, expectations regarding academics, practice, nutrition, dress code, injuries, equipment or clothing needs and care, tryouts, potential risks and issues specific to their sport.
  - Team rules and consequences will be given and explained to the student athlete and their parents prior to the first contest of the season at a parent orientation meeting via a parent/player packet.
  - Student athletes and their parents must sign a form prior to the first contest indicating that they have read the rules and consequences outlined in the parent/player packet and that they acknowledge them.
  - Team rules will be kept on file in the Athletic Directors office.

Parents or student-athletes wishing to register a complaint or concern should follow the steps listed below:

- First meet with the coach. If the issue is not resolved continue with the next step.
- Meet with the Athletic Director. (Nicole Davis 541-207-2772)
- Meet with the Principal. (Marc Thielman 509-220-5310)
- Contact a board member for advice on the situation.