

# 2009-2010

## Welcome To Philomath Athletics

This packet will provide you with the information on how to turn out for athletics at Philomath High School and the basic rules for athletic participation. It will also provide you with requirements necessary to stay academically eligible, the policies concerning substance/tobacco abuse and code of conduct and travel requirements. Questions concerning any of the rules and regulations should be addressed to your head coach. He/she will advise you of the proper action to solve your problems.

Philomath High School will do everything possible to allow all students to participate in interscholastic athletics; however, in certain cases where the number of athletes for a sport exceeds safety or regulated limits, it will be necessary to reduce the number of participants. Every effort will be made to provide opportunities, particularly at the Freshmen and J.V. levels, to help ensure the success of the varsity programs. Cuts or modifications will be made by considering the following:

- 1) Ability - Skill
- 2) Attitude
- 3) Coachability
- 4) Academic History
- 5) Attendance - Dependability

Participation at the high school level is on a competitive basis and not all athletes will receive the same amount of playing time. Playing time will be determined by the same criteria used in roster reduction as listed above.

Participating in athletics at Philomath High School is a privilege and an honor. Being a PHS athlete requires that you remember academics and attendance first, that you always represent the Warriors with good sportsmanship and integrity, and that you are willing to be dedicated and to give of yourself and your time for your team to be successful.

**PLEASE NOTE THAT THERE ARE NEW ELIGIBILITY RULES THIS YEAR. Please ready all the policies carefully and completely before signing the forms.**

### STEPS TO ACQUIRE A CLEARANCE/RELEASE CARD

You must have a signed clearance/release card prior to practicing for the first time.  
After you obtain your card, present it to your coach.

#### **You must bring/do the following:**

- ▶ Signed Annual Interval/Emergency Medical Authorization Form. You must have medical insurance to participate in athletics. If you do not have medical insurance, you may purchase insurance through a program offered through the school.
- ▶ Signed Transportation Form.
- ▶ Signed Athletic Communication Form.
- ▶ Acknowledgement Form signed by the parent/guardian and student/athlete.
- ▶ A completed current OSAA Physical Form (must be renewed every two years).
- ▶ New students to PHS must present a transcript from previous school.
- ▶ Pay the participation fee.
- ▶ Pay the Philomath High School Student Body Fee.

# GENERAL RULES FOR ATHLETIC PARTICIPATION

Head coaches will provide each athlete with a copy of their specific team rules.

- ⇒ Student athletes must be currently enrolled in and passing a minimum of four full trimester credit classes as mandated by the OSAA. Student/athletes must also have passed a minimum of four full credit classes the previous term to be OSAA eligible. Philomath High School also has its own academic eligibility requirements (see attached page). In addition, students must be making satisfactory progress toward graduation by earning a minimum quantity of credits prior to each grade as listed:

Prior to grade	10	11	12
Credits needed	4	9.5	16

- ⇒ Student athletes must have paid all past fees for lost uniforms, lost locks, equipment, spirit packs, etc. from their prior sport before being issued a clearance card for the next sport.
- ⇒ Locks may be rented for a \$5 deposit. The \$5 will be returned to the athlete when he/she returns the lock at the end of the season. Student athletes may not use their own locks—they will be removed.
- ⇒ Full participation in a minimum of nine (9) team practice days will be required before an athlete is allowed to compete in a scheduled event. Exceptions may be made for any athlete that turns out for a sport within one week of his/her final participation in a sport of the previous athletic season, changes sports during a season, or *has the prior approval of the athletic director*.
- ⇒ Each athlete must see the videotape, Sports Risk: You Be the Judge PRIOR to any contest and sign a release form that is kept in the activities office.
- ⇒ Athletes sustaining injuries in practices or games that require treatment after the athlete leaves school need to inform their coach upon their return. A doctor's and/or parent/guardian release must be given to the head coach prior to practicing or playing following the injury.
- ⇒ Dual sport contracts must be approved before dual participation is allowed. No student/athlete will be allowed to participate in more than two sports during the same sport season (exceptions for overlapping sports may be made with the approval of the Athletic Director).
- ⇒ **Student athletes must be in all of their scheduled classes on the day of competition OR a practice.** If they miss any class period due to illness, they will not be able to compete or practice on that day. Exceptions (doctor/dental appointments) must be prearranged (at least a day prior) and approved through the attendance office. If a team returns late from a contest, the following applies to their attendance the following day:
- If return up to **12:30 a.m.**, report to school for the **beginning of 1<sup>st</sup> period.**
  - If return between **12:30-1:30 a.m.**, report to school for the **beginning of 2<sup>nd</sup> period.**
  - If return between **1:30-2:30 a.m.**, report to school for the **beginning of 3<sup>rd</sup> period.**
  - If return after **2:30 a.m.**, report to school for the **beginning of 4<sup>th</sup> period.**
- If in the case of an emergency, the teachers will be sensitive to the students and allow them to make up the missed class assignment. If the activity is pre-determined to return back late, it is the responsibility of the student to **pre-arrange** for the class assignment they will miss.
- ⇒ Student athletes who are truant from school may be responsible for making up the missed time after school or during a practice time. Coaches may also reduce playing time in specific situations.
- ⇒ Student athletes must finish the season in good standing in order to receive school awards or any post season recognition.

Questions concerning any of the rules and regulations should be addressed to your head coach. He/she will advise you of the proper action to solve your problems.

# **ACADEMIC ELIGIBILITY POLICY FOR ATHLETICS/ACTIVITIES**

*(reference PSD-17 policy IGDJA-AR):*

## **ELIGIBILITY CRITERIA**

- To be eligible, a student-athlete at Philomath High School must be enrolled in the equivalent of at least four (4) full-time classes (two (2) credits as defined by PHS) during the trimester of participation and the trimester immediately preceding participation. The student may include college courses to reach this standard and is strongly advised to consult with his/her counselor to make sure this standard is met. In addition, students must be making satisfactory progress toward graduation by earning a minimum quantity of credits prior to each grade as follows; 4 credits prior to 10<sup>th</sup> grade, 9.5 credits prior to 11<sup>th</sup> grade, and 16 credits prior to 12<sup>th</sup> grade.
- There are two standards applied to a student-athlete's grades: one from OSAA and one from PHS. While similar, there are critical differences; the student-athlete and his/her parents/guardians are expected to be aware of these. Contact the athletic director if there are questions. The student-athlete must be eligible by both standards to be able to participate. Each standard has different sanctions. In cases in which there is a conflict, OSAA standards will take precedence over PHS standards.
- Student-athlete grades are checked twice during each grading period (trimester). Grading periods shall be defined mid-term and final grades due on dates determined by the school administration. These are the only grades that will determine a student-athlete's academic eligibility. For PHS, there are three eligibility conditions available for each student-athlete: "Eligible;" "Probationary;" and "Ineligible." Only final grades affect OSAA eligibility and there is no "Probationary" status; mid-term grades affect only PHS eligibility. Eligibility is determined when grades are posted, which will be no later than three (3) school days after the close of the grading period.

## **SANCTIONS FOR FAILING TO MEET ELIGIBILITY CRITERIA**

- **OSAA #1:** Student-athlete must have passed a minimum of the equivalent of four (4) full-time classes (as defined by PHS) at the final grade report. **SANCTION IF STANDARD NOT MET:** Student-athlete is ineligible until, at least, final grades are checked at the end of the next grading period. This means missing an entire trimester of participation.
- **OSAA #2:** Student-athlete must be making satisfactory progress toward graduation by earning a minimum quantity of credits prior to each grade as follows; 4 credits prior to 10<sup>th</sup> grade, 9.5 credits prior to 11<sup>th</sup> grade, and 16 credits prior to 12<sup>th</sup> grade. **SANCTION IF STANDARD NOT MET:** Student-athlete is ineligible until following school year. (At that time the following year standard must be met).
- **PHS:** Student-athlete must have passed a minimum of the equivalent of four (4) full-time classes (two (2) credits as defined by PHS) at each mid-term and final grade report and have a minimum grade point average of 2.00. **SANCTION IF STANDARD NOT MET:** As long as a student-athlete meets the standards, he/she is "eligible." The first time a student-athlete does not meet the standards – provided he/she still meets OSAA standards if final grades are being used – he/she will be "probationary." This allows the student-athlete to participate until the next grading report. At the end of the "probationary" period, the student-athlete will be returned to "eligible" if he/she meets standards but become "ineligible" if he/she does not. This means that he/she may not participate in competitions until, at least, grades are checked at the end of the next grading period. No student may be on "probationary" status for two or more consecutive grading period.
- **NOTES ON "I" OR "NG" GRADES:** These grades indicate circumstances as specified by the teacher that allow the student two (2) school weeks to bring the grade to a passing grade or it will, automatically, become a failing grade. As long as the student-athlete's other grades still meet the standards, student-athlete is eligible pending the clearance of these grades. If the other grades do not meet standards (i.e. only three passing grades), the student-athlete is ineligible pending the clearance of these grades.
- **PARTICIPATION & TRAVEL:** Despite being academically ineligible, a student-athlete is still able to participate with the team in practices and accompany the team in competitions at the discretion of the head coach. The student-athlete, however, may not travel with the team if the team leaves before the end of the school day. In such instances, a student-athlete who wishes to attend the competition and be with the team must adhere to usual travel rules at PHS.

## **LETTERING IMPLICATIONS:**

- Students having earned awards prior to participation suspensions (should the participation suspension encompass the remainder of the sport or activity season), shall be awarded their school awards on a private basis. No awards will be granted at the seasonal awards event. In order to receive any school awards, the suspended student must remain in good standing with the team or activity and complete all the requirements of attendance.
  - An individual is considered a student/athlete upon receipt of the initial clearance card in his/her respective school. Activity participation begins when the student registers with the advisor.
  - A form signed by the student and parent (indicating they have read the rules) will be returned to school before the student is allowed to participate in the sport or activity.

## **SUBSTANCE AND TOBACCO ABUSE POLICY FOR ATHLETIC PARTICIPATION**

### **RULE:**

**During the yearly athletic season\***, student athletes will not use, possess or sell: 1) Alcohol, 2) Controlled substances, or 3) Tobacco in any form nor be in attendance with others that are doing so. Student athletes known or cited for (regardless of plea) violation of any of the above will be subject to immediate suspension in accordance with the following policies. These rules apply to both on and off the school grounds.

### **FIRST OFFENSE FOR STUDENT/ATHLETES:**

Students will be subject to participation suspension for two calendar weeks which must include a minimum of one (1) interscholastic contest. If suspended from school the student will not be allowed to practice or participate in contests or meetings. Upon the return to school the student must attend all practices, meetings and home contests, for the remainder of the ten (10) day suspension.

While under participation suspension the student will not be allowed to travel with the team or group and at home contests or events the location of the student will be at the discretion of the head coach/advisor.

Students who violate rule #1 and/or #2 will be referred to the counseling department for implementation of the intervention program.

Students not abiding with the stipulations of the penalties will subject themselves to five (5) more days of participation suspension per violation.

The enforcement of above mentioned policy will extend one (1) calendar year from date of infraction. Multiple violations must be served consecutively (i.e. academic and code of conduct violations could not be served at the same time.) Violations do not carry over from middle school to high school. Award winners will receive their school team awards in private at the conclusion of their suspension for first offense only.

### **SECOND OFFENSE FOR STUDENT/ATHLETES:**

Students will be suspended for six (6) calendar weeks which must include a minimum of 50% of contests, referred to the counseling department for implementation of an intervention program and follow their recommendations or be removed from sport participation for the remainder of the school year for violation of rule #1 or #2. Violations of rule #3 carry a sport season dismissal.

### **THIRD OFFENSE FOR STUDENT/ATHLETES:**

Students will be suspended for three (3) sport seasons. For violations of rule #1 and/or #2, violators will also be referred to the counseling department for implementation of the intervention program and follow their recommendations in order to be reinstated after three sport seasons. Third offenders forfeit all school team awards.

**A form signed by the student and parent indicating they have read the rules will be returned to school before the student is allowed to participate in the sport.**

*\*The yearly athletic season is defined as the time period beginning with the designated OSAA first practice date of the fall season to the conclusion of the school year, (whether or not the student athlete is currently participating in a sport at the time of infraction.)*

## **CODE OF CONDUCT FOR ATHLETIC PARTICIPATION**

### **RULE:**

**During the yearly athletic season\***, student athletes who have been disciplined by the school administration resulting in out-of-school suspension for offenses such as but not limited to assault, theft, vandalism, and/or arson to school or personal properties or persons, will be immediately suspended from their teams or activities. In addition, student athletes who are cited or convicted of any of the above outside of school will be immediately suspended from their teams or activities.

### **FIRST OFFENSE FOR STUDENT/ATHLETES:**

Students will be subject to participation suspension for two calendar weeks which must include a minimum of one (1) interscholastic contest. If suspended from school the student will not be allowed to practice or participate in contests or meetings. Upon the return to school the student must attend all practices, meetings and home contests, for the remainder of the ten (10) day suspension.

While under participation suspension the student will not be allowed to travel with the team or group and at home contests or events the location of the student will be at the discretion of the head coach/advisor.

Students who violate rule #1 and/or #2 will be referred to the counseling department for implementation of the intervention program.

Students not abiding with the stipulations of the penalties will subject themselves to five (5) more days of participation suspension per violation.

The enforcement of above mentioned policy will extend one (1) calendar year from date of infraction. Multiple violations must be served consecutively (i.e. academic and code of conduct violations could not be served at the same time.) Violations do not carry over from middle school to high school. Award winners will receive their school team awards in private at the conclusion of their suspension for first offense only.

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Students will be suspended for six (6) calendar weeks which must include a minimum of 50% of contests. referred to the counseling department for implementation of an intervention program and follow their recommendations or be removed from sport participation for the remainder of the school year for violation of rule #1 or #2. Violations of rule #3 carry a sport season dismissal.

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**A form signed by the student and parent indicating they have read the rules will be returned to school before the student is allowed to participate in the sport.**

***\*The yearly athletic season is defined as the time period beginning with the designated OSAA first practice date of the fall season to the conclusion of the school year, (whether or not the student athlete is currently participating in a sport at the time of infraction.)***

### **EJECTION FROM CONTESTS**

Any student/athlete ejected from an athletic contest will miss the following contest (as per OSAA rules) and be required to do community service in lieu of payment to OSAA for the ejection fine. Community service must be arranged through the Athletic Office and be completed prior to their Sports Awards Night and/or the athlete beginning another sport. In addition, a written report of the situation of which the ejection occurred must be turned in to the Athletic Director within two school days. Further ejections may result in disciplinary action and/or removal from team.

## Philomath School District "Pay to Participate" 2009-2010

The Philomath School District Board of Directors approved the following fees for high school students who wish to participate in athletics:

First Sport (any season)	\$125
Second Sport (any season)	\$100
Third and Any Additional Sports (any season)	\$75

For example, an athlete who did not participate in a fall sport and then went out for a winter sport would pay \$125. If they then participated in a spring sport, that fee would be \$100. The purpose of the fee is to help offset the cost of athletics and help make it possible to continue with our present athletic programs.

Participation in athletics is an optional, co-curricular activity.

It is our intent that no student who meets the District and State eligibility requirements should be excluded from participation due to the financial inability of the student or parent/guardian to pay the fee.

However, in fairness to students and parents who do pay, a partial waiver of the fee for high school athletics may be approved for those who have unusual and extreme financial problems. The Philomath Booster Club has offered to grant waivers to students for whom the participation fee poses an extreme hardship. Forms to apply for a Booster Club grant may be obtained from the athletic office.

Payment of the participation fee provides no guarantee of playing time. It only assures that the student will be eligible to participate in the activity (practices, functions, etc.). Playing time is a coach's decision.

Refunds of the pay to participate fee will be granted only for certain circumstances. These conditions are as follows:

1. An athlete who is cut from a team will be eligible for a FULL REFUND.\*
2. An athlete who is out for a specific sport for the first time and quits a team within one week **may** be eligible for a FULL REFUND, depending on the circumstances.\*
3. An athlete who quits a team during the first two weeks of the Official Sports Season, as defined by the OSAA and the Philomath School District, may be eligible for a FIFTY PERCENT REFUND.\*
4. An athlete who chooses to quit a team after the first two weeks of the Official Sports Season for that activity, as defined by the OSAA and the Philomath School District, will NOT BE GIVEN A REFUND.
5. An athlete who is dismissed from a team for academic and/or disciplinary reasons will NOT BE GIVEN A REFUND.

All other instances and requests for refunds shall be considered on an individual basis.

**\* To receive a refund**, the student must request a form from the Athletic Office, complete the form including the coach's signature, and return it to the athletic office within two weeks of when his/her participation ended. NO REFUNDS will be authorized for students who have uniforms and/or equipment checked out, or who owe fines for lost and/or damaged equipment and/or uniforms.



## ATHLETIC COMMUNICATION FORM

Parenting and coaching can be both rewarding and challenging. We want to work in partnership with parents to provide the most rewarding experience possible for our athletes. When your child becomes involved in our programs, you have a right to understand what expectations are placed on your child and what we expect from parents. This begins with clear communication from the coach of your child's program.

### Communication you should expect from your child's coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as for all the players on the team.
3. Location and times of all practices and contests and timely notification of additions and changes.
4. Team requirements, i.e. expenses, special equipment, etc., and attendance at practice and games.
5. Procedures that will be used should your child be injured during participation.
6. Team rules and the consequences for breaking the rules up to and including denial of your child's participation in the sport.

### Communication Coaches Expect from Parents

1. Concerns expressed directly to the appropriate team level coach prior to contacting the head coach.
2. Notification of family schedule conflicts.
3. Specific concern in regard to a coach's philosophy and or expectations.

As your child becomes involved in the athletic program at Philomath High School, he or she will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the team level coach is encouraged.

### Appropriate concerns to Discuss with Coaches

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Coaches are professionals. They make decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those on the following list, must be left to the discretion of the coach.

### Issues not appropriate to discuss with coaches

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

Please do **not** attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. If you cannot reach a coach to set up an appointment, contact the Athletic Director, Steve Bennett, and he will set up a meeting for you.

*HELP YOUR ATHLETE-BEFORE, DURING AND AFTER COMPETITION*

#### **Before**

Know their goals, roles and needs, and accept them. Release them to the game, their coach and team.

#### **During**

Model poise, confidence and correct behavior. Focus on our team.

#### **After**

Give them all the time and space they need. Be a confidence builder.

*~Bruce Brown-Proactive Coaching~*

Athlete Name \_\_\_\_\_ Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(please print) (My signature indicates I've read and understand the communication expectations and guidelines)

# PHILOMATH SCHOOL DISTRICT ATHLETIC ACKNOWLEDGMENT FORM

**I have read and understand the following:**

1. General Rules for Athletic Participation
2. Academic Eligibility Policy *(new policies in 2009-2010)*
3. Substance and Tobacco Abuse Policy *(new policies in 2009-2010)*
4. Code of Conduct Policy *(new policies in 2009-2010)*
5. Pay to Participate Regulations
6. Athletic Communication Guidelines
7. Transportation Policy *(new policies in 2009-2010)*

In addition, I am aware of the competitive philosophy used at the high school level to determine team selections and playing time of individuals. My signature further indicates I have read and fully understand the policies, procedures, and regulations of the Philomath Schools, and I am aware of the consequences for any violation(s).

Please check one of the following:

- The student whose signature appears below lives with a parent that resides within the boundaries of the Philomath School District.
- The student whose signature appears below does not live with a parent that resides within the boundaries of the Philomath School District. (please give explanation below)

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Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Student/Athlete \_\_\_\_\_ Date \_\_\_\_\_



## TRANSPORTATION

Every effort will be made by the district to arrange and provide transportation for our away contests. Due to budgetary considerations, however, there will be instances where:

1. **The District will coordinate parent provided transportation of athletes. In this instance, the following will apply:**
  - Driver must be a parent of a Philomath athlete or a Philomath School District Employee.
  - Driver must have a completed PERMISSION FOR USE OF PRIVATE VEHICLE form on file in the Athletic Office.
  - Vehicle used to transport athletes must have seat belts and athletes must wear a seat belt at all times.
  - Students are never to ride alone with another adult unless that adult is their parent/guardian or special permission is pre-arranged through the office.
  - Students may not drive themselves to a contest unless special permission is pre-arranged directly with the principal. Students may NEVER transport other students (with the exception of immediate family members after special permission is pre-arranged.)
2. **Parents will need to self coordinate and provide athlete transportation. In this case, the District will not be involved in coordination of transportation in any way.**

We also require that every student have the following permission granted/permission denied form on file in the Athletic Office. This should be turned in with their clearance card materials.

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### DISTRICT COORDINATED TRANSPORTATION FORM

Student Name \_\_\_\_\_

Grade \_\_\_\_\_ School Year 2009-2010

- HAS** permission to be transported to and from athletic contests with a driver registered through the Athletic Department.
- DOES NOT HAVE** permission to be transported to and from athletic contests with a driver registered through the Athletic Department.

Parent/Guardian Signature \_\_\_\_\_

*This form must be turned in with the athlete's clearance card papers.*