

# ***Madras High School Athletics Athlete/Parent Handbook***



*This handbook outlines the policies, procedures, and expectations of student athletes and parents while participating in the Madras High School co-curricular athletic program. It serves as a resource and guiding document for participatory families to use to better understand how MHS conducts its athletic program. Families are encouraged to consult their handbook when questions arise as it provides most common questions and answers families may have. Additional guidelines can be found in the 509J District policy manual, players handbook (distributed by coaches for each respective sport), and in the MHS Student Handbook. If families have specific concerns or questions still needing to be addressed, they are welcome to visit with their coach or the MHS Athletic Director.*

## **TABLE OF CONTENTS**

<b>MADRAS HIGH SCHOOL ATHLETIC DEPARTMENT PHILOSOPHY .....</b>	<b>3</b>
<b>DIVISION OF SKILL.....</b>	<b>4</b>
<b>MADRAS HIGH SCHOOL ATHLETIC PROGRAM GOALS.....</b>	<b>5</b>
<b>CO-CURRICULAR PROGRAM.....</b>	<b>5</b>
<b>GENERAL RULES FOR STUDENT ATHLETES.....</b>	<b>5</b>
<b>Eligibility Obligations.....</b>	<b>5</b>
<b>Behavior Expectations.....</b>	<b>6</b>

<b>First Violation (in MHS athletic career)</b> .....	7
<b>Second Violation (in MHS athletic career)</b> .....	8
<b>Third Violation (and any additional violations in MHS athletic career)</b> .....	8
<b>TRAVEL</b> .....	8
<b>SCHOOL ATTENDANCE</b> .....	8
<b>Practices</b> .....	8
<b>Game Day</b> .....	9
<b>NON-SEASON ATHLETIC PRACTICES/WORKOUTS</b> .....	9
<b>DUAL SPORT PARTICIPATION LIMITS</b> .....	9
<b>INSURANCE COVERAGE</b> .....	9
<b>ATHLETIC PROGRAM QUESTIONS OR CONCERNS</b> .....	10
<b>Contact Information</b> .....	10
<b>ATHLETIC PAPERWORK</b> .....	10
<b>UNIFORMS AND EQUIPMENT</b> .....	11
<b>Care and Cleaning</b> .....	11
<b>Uniform/Equipment Check-In</b> .....	11
<b>HAZING AND/OR HARASSMENT</b> .....	11
<b>POLICIES</b> .....	11
<b>SPORT SEASONS &amp; SPORTS OFFERED</b> .....	12

## MADRAS HIGH SCHOOL ATHLETIC DEPARTMENT MISSION STATEMENT

Madras High School athletic program offers a wide variety of co-curricular opportunities at Madras High School. We purposefully categorize Madras athletics as “co-curricular” not “extracurricular” because we believe interscholastic athletics to be an integral part of the teaching mission of our school. We believe our work is an extension of the classroom. Our student athletes will develop lifelong values preparing themselves for success as adults. Beyond wins and losses, our athletic department provides a safe program that clearly demonstrates that athletics are a positive and energizing means to advance the physical, emotional, intellectual, and moral development of student athletes.

# MADRAS HIGH SCHOOL ATHLETIC DEPARTMENT PHILOSOPHY

- MHS operates under the LEAD model: Loyalty, Effort, Attitude and Dedication – this is true of its staff and its programs.
- Students benefit from athletics through the opportunity to participate in a safe, controlled, learning environment.
- MHS supports athletic competition equally for all students to provide a chance to learn skills such as teamwork, sacrifice, leadership, respect, dedication, sportsmanship, goal setting, dealing with adversity, developing a hard work ethic, time management, living a healthy lifestyle, poise, and developing skills specific to sport.
- MHS encourages participation by as many students as possible because of its educational and recreational attributes. As a result, MHS athletic programs are operated in the best interest of the students without interference from outside influences.
- MHS recognizes that well-organized, energetic athletic programs add to school spirit and helps students, spectators, and participants develop pride in their school and their community; however, never should it be to the detriment of student health, safety, and social attitudes.
- MHS understands that participation in athletic programs provides teaching, reinforcement and refinement of a student’s personal growth. MHS invites and encourages all students to grow into adulthood by learning to compete at the appropriate skill level.

- MHS athletic programs maintain a competitive level of success with other schools State of Oregon. The athletes comprising these teams will be selected by an orderly selection process that is developed by each program's coaching staff.
- Varsity teams at MHS are encouraged to compete vigorously within the limits of student athlete abilities, availability of facilities, and coaching experience. Sub-varsity teams emphasize student participation, acquisition of athletic skills, and development of competitive experience.

MHS further encourages the development and promotion of sportsmanship, ethics and integrity in all phases of the educational process in all segments of the community, including administrators, participants, coaches, parents/guardians, fans, spirit groups, and support/booster groups.

## DIVISION OF SKILL

**Freshmen teams** are available for freshmen. The focus is on the development of individual and team skills, sportsmanship, and a positive learning experience.

**Junior Varsity 2 teams** may be available for all students in grades 9-11. (Not all athletic programs have this team option available). The focus is on the development of individual and team skills, sportsmanship and a positive learning experience.

**Junior Varsity teams** are an advanced developmental program available for students in grades 9-11. The focus at this level is to develop skills and athletes ability for varsity level participation in the years ahead. Exemplary sporting behavior (sportsmanship) is a high priority and winning is a goal.

**Varsity teams** are advanced programs for grades 9-12. Skills and ability are at the highest level for these teams. The athletes are the leaders of each program in and out of the athletic arena. Exemplary sporting behavior is a high priority and winning is a goal and a by-product of the program's overall success.

The coaching staff for each sport will develop and use a process to determine appropriate placement of athletes. If appropriate, based on the number of player positions and the number of athletes trying out for the team, the coaching staff will establish a tryout period for all interested athletes. At the end of tryouts, teams will be selected based on the process used and the athletes who participated in the tryouts. Once the tryout period has ended and teams have been selected, additional students will not be able to tryout or join the team except in unique circumstances (i.e. a new student to the district, returning injured athletes from previous season,

returning to school after prearranged absence during the tryout period or similar circumstances) the Athletic Director and/or Principal can allow students to tryout and/or join the team.

Grade level or past participation in the sport does not automatically guarantee placement onto a specific team or membership on a team. Based on circumstances and players performance, student-athletes can be moved from one team to another during the season or have playing time on two different leveled teams.

MHS's LEAD model – Loyalty, Effort, Attitude and Dedication – are the cornerstones upon which we build our success.

## **MADRAS HIGH SCHOOL ATHLETIC PROGRAM GOALS**

- To operate athletic programs in compliance with the Oregon Schools Activity Association (OSAA)
- To extend opportunities to all MHS students to participate in the athletic program
- To provide schedules that maintain an appropriate level of competition for all teams
- To emphasize the athlete is a student first and athlete second
- To continue to develop a diverse gender and minority presence in the athletic programs.

## **CO-CURRICULAR PROGRAM**

Since the athletic programs are considered to be extra-curricular and participation is voluntary, a higher standard of academic performance, community leadership, and behavior is expected of all participants during the OSAA calendar year.

Failure to meet the expectations outlined in this handbook, or by the coaches' handbook for each program, may result in disciplinary action leading up to and including loss of all participation privileges for all athletic programs during enrollment at MHS and/or expulsion from MHS.

Coaches can develop and request athletes to meet specific rules and regulations for participation in their program as they deem appropriate and approved by the Athletic Director and Building Principal. Any specific rules and regulations cannot circumvent school policies, OSAA rules and guidelines, or state, local & tribal law.

# GENERAL RULES FOR STUDENT ATHLETES

## Eligibility Obligations

To be eligible for MHS interscholastic athletics, students must meet each of the following requirements:

- 1) Meet or exceed OSAA minimum credit requirements; home schooled students are exempt from this requirement (*see OSAA Handbook for complete eligibility requirements*)
- 2) Conform to all OSAA rules and regulations; students have only eight consecutive semesters, or the equivalent, of unbroken high school athletic eligibility.

### Grade Expectations:

1. Students are not allowed to have a failing grade in any class for two consecutive weeks in order to participate in any athletic competition, extracurricular event, or field trip.
2. Starting the 2nd week of each quarter students will have their grades checked on Monday of each week..
  - a. Any student that has a failing grade in a class will have one (1) probationary week to get their grade to a passing grade.
  - b. Any student that has a failing grade in the same class for two (2) consecutive weeks will be ineligible for that week. The student will remain ineligible for the duration of the week.
  - c. Eligibility is reestablished once the student is no longer on the failing list.

### Attendance/Tardy Expectations:

1. If a student has an **unexcused** absence during the week of a competition or event they will not be eligible to participate.
2. When a student reaches ten (10) tardies during a quarter they will be ineligible for the next competition or event. For each tardy after ten (10) the student will be ineligible for the next competition or event.

### Additional Requirements:

- To be eligible for competition, students must have passed five credit bearing subjects the preceding semester.
- Be a full-time student enrolled at Madras High School, a registered home school, or eligible OSAA Associate Member school student (*consult OSAA handbook for eligibility criteria*).
- Complete required registration materials which include but are not limited to: a medical emergency card, a parent information sheet, an eligibility information sheet, and current physical form. (For teams participating in the Impact Concussion program, this form must also be completed before participation of any type.)
- Not reach age 19 prior to August 15 of the current school year.

## Behavior Expectations

Behavior expectations are in effect 24 hours a day, 7 days a week, during the OSAA calendar year, including events representing MHS outside of the OSAA calendar (i.e. camps, summer league, etc.). Student-athletes are required to comply with all rules outlined in the MHS Athletic Handbook, the MHS Student Handbook, the District Rights & Responsibilities Handbook and the Jefferson County School District Policies and Administrative rules. Violation of these expectations may result in the following disciplinary action:

- Assigned school consequences outlined in the MHS Student Handbook or district policy.
- Assigned team consequences as outlined in the sports Coaches Handbook.

At any time or at any location during the OSAA calendar year as defined by the OSAA, or events representing MHS outside of the OSAA calendar (i.e. camps, summer league, etc.), student athletes are prohibited from any form of possession, use, consumption or involvement with alcohol, tobacco, controlled or other intoxicating substances, substances which may be chemically addictive, or steroids or growth/performance enhancement substances. This includes, but is not limited to cigarettes, e-cigarettes, and marijuana of any kind.

In the fact finding of a possible violation, administration will consider what the athlete did immediately after his or her discovery of the activity, who he/she called, where he/she went, and approximate time period elapsed before leaving, before determining the appropriate course of action.

Any student-athlete found in the presence of any person illegally consuming, possessing, or transmitting alcohol, marijuana, or illegal drugs will be suspended from all participation.

Students who find themselves in this situation must do everything in their control to leave within a reasonable period of time. Reasonable period of time will ultimately be defined by the administration.

## First Violation (in MHS athletic career)

Athletic participation for the student will be suspended for one calendar year. The suspension may be moved into probationary status upon the successful enrollment into an alcohol/drug intervention program pursuant to Policy JFCI and JFCI-AR of this District. To start the probationary period, the student must meet with the principal or designee and show proof of enrollment of the intervention program. At that time, athletic participation for the student will be suspended for no less than 20% of the scheduled contests (rounded up and carries over sport seasons). If a student athlete were to complete 10% of the suspension during the originating sport season they would need to complete the remaining 10% of the new sport seasons contests before satisfying the 20% threshold. Contest suspensions due to this violation served before starting probationary period count towards the threshold.

During the suspension, the student athlete must practice with the team and sit on the bench, out of uniform, at all contests. Full participation may resume after the suspension period.

Violations occurring during the last two weeks of the season will result in loss of individual and/or team recognition awarded by the school and the student will be ineligible to participate in future contests until the 20% threshold has been met (carries over sport seasons). If a student athlete were to complete 10% of the suspension during the originating sport season they would need to complete the remaining 10% of the new sport seasons contests before satisfying the 20% threshold.

## **Second Violation (in MHS athletic career)**

Athletic participation for the student will be suspended for one calendar year. The suspension may be moved into probationary status upon the successful enrollment and completion of an alcohol/drug intervention program pursuant to Policy JFCI and JFCI-AR of this District. Students with two violations in the same sport season are not eligible for probationary status. To start the probationary period, the student must meet with the principal or designee and show proof of enrollment, after the suspension date, and completion of the intervention program. At that time, athletic participation for the student will be suspended for no less than 30% of the scheduled contests (rounded up and carries over sport seasons). If a student athlete were to complete 10% of the suspension during the originating sport season they would need to complete the remaining 20% of the new sport seasons contests before satisfying the 30% threshold. Contest suspensions due to this violation served before starting probationary period count towards the threshold. During the suspension, the student athlete must practice with the team and sit on the bench, out of uniform, at all contests. Full participation may resume after the suspension period.

Violations occurring during the last two weeks of the season will result in loss of individual and/or team recognition awarded by the school and the student will be ineligible to participate in future contests until the 30% threshold has been met (carries over sport seasons). If a student athlete were to complete 10% of the suspension during the originating sport season they would need to complete the remaining 20% of the new sport seasons contests before satisfying the 30% threshold.

## **Third Violation (and any additional violations in MHS athletic career)**

The student will be suspended from all extra-curricular programs for one calendar year.



# TRAVEL

Athletes are expected to travel to and return from all games on school provided transportation. If a student plans to return from a game with their parent/guardian, they will need to “sign-out” with the coach before departing the site.

If the athlete plans to return with anyone other than their parent/guardian, a “*Single Trip Permission Form*” needs to be completed and submitted to the athletic department 24 hours in advance of the contest. Forms are available in the office or on the athletic webpage.

# SCHOOL ATTENDANCE

## Practices

A student-athlete who misses practice must normally make prior arrangements with the head coach to be excused. A student athlete may check out of school through the office with a legitimate excuse such as illness or parent request and be excused from practice. But a pattern or back-to-back excused absences from practice could result in adjustments to playing time and/or additional requirements in practices as determined by the coach of the program.

Athletes are expected to be at practice each day they attend school. If an athlete is not able to attend a practice, they need to contact their coach BEFORE the practice begins. Attendance at school for at least half day is required for participation in practice. School related activities or appointments with prior approval are the exception to this rule.

## Game Day

A student athlete must attend school the entire day on the day of a contest in order to participate in that contest. A student assigned to *In School Suspension* on the day of a contest is not eligible to participate in the contest that day. A student, who is assigned lunch detention, must meet their obligation on the day of the contest unless they depart school before lunch for the contest. Exceptions may be made if the absence was due to a school activity or if the absence is approved by the Principal or designee. An unexcused absence from practice or an athletic contest will be cause for discipline. A consequence will be determined by the appropriate head coach and/or the Athletic Director after a conference with the student and whenever appropriate and possible, the parent/guardian.

# NON-SEASON ATHLETIC PRACTICES/WORKOUTS

OSAA has established rules which do not allow a coach from an “off season” program to hold practices and/or coach more than two (2) athletes from their team in the off-season on any given day. (Example: A basketball coach is not allowed to ‘coach’ or hold a practice with more than two (2) of their players during the fall and/or spring sports season).

# DUAL SPORT PARTICIPATION LIMITS

It is the belief at MHS that we have the honor of some special athletes who take part in our athletic program. As promoters of multi-sport athletes, an athlete who can benefit multiple sports in one sports season will be allowed to do so as long as both coaches, athletic director, and parents agree.

# INSURANCE COVERAGE

Neither MHS nor Jefferson County School District 509-J provides insurance for athletes participating in extracurricular programs. It is the responsibility of the parent/guardian to provide insurance coverage for their athlete(s).

# ATHLETIC PROGRAM QUESTIONS OR CONCERNS

During a sport season, should a parent have questions or concerns regarding the athletic team your student is participating, the following sequence of communication should be followed:

Step 1: Coach: Schedule a meeting with the coach of the team. Do not approach the coach after a practice or a game, rather schedule a time when everyone can prepare to answer questions.

Step 2: Athletic Director: If you do not feel the concern has been resolved or questions answered, schedule a time to speak with the Athletic Director.

Step 3: Principal: If the concern is still present, a meeting can be scheduled with the school Principal.

## Contact Information

Madras High School (541) 475-7265  
Athletic Secretary (541) 475-7265  
Athletic Director (541) 475-7265 ext. 2337

High School Web Page <https://www.jcsd.k12.or.us/schools/mhs/athletics/>

Oregon Schools Activities Association <http://www.osaa.org>

## ATHLETIC PAPERWORK

Before a student athlete can participate in organized practices and/or tryouts, they are required to have the following paperwork submitted to the athletic office:

- 1) Current physical (must not be over 2 years old)
- 2) Parent Permission form
- 3) Athletic policy/Parent Communication form
- 4) Eligibility form
- 5) Emergency Contact Card
- 6) Impact Concussion consent (In sports where the program is being implemented)
- 7) Athletic Trainer Consent to Treat

*Registration Forms are available on the athletic webpage (madras athletics.org).*

## UNIFORMS AND EQUIPMENT

### Care and Cleaning

Unless otherwise informed by the Head Coach of the program, student athletes are responsible to wash their uniforms after games. Please follow the directions below to help extend the life and appearance of the uniforms:

- Wash ONLY in COLD water.
- Hang or drip dry. DO NOT use a heated dryer as this will damage the lettering and numbers.

## **Uniform/Equipment Check-In**

Athletes are responsible for checking in (not dropping off) their gear to the coach directly upon the completion of the sport season. Athletes will not be allowed to participate in another sport season until all gear is accounted for or until all athletic fines for unaccounted gear is paid in full.

## **HAZING AND/OR HARASSMENT**

MHS has a zero-tolerance policy for hazing and harassment. As such, hazing and/or harassment of any form are prohibited by athletic teams or by individuals. Student athletes involved in hazing or harassment of any kind will be discipline. Hazing is defined as:

*Hazing can be defined as any act or ceremony which creates the risk of harm to the student or to any other party and that is committed as a form of initiation into a particular club or activity. Hazing includes, but is not limited to, activities that involve the risk of physical harm, whipping, branding, ingesting vile substances, sleep deprivation, over-exposure to heat or cold, restraint, nudity or kidnapping. Hazing could also include actions or simulations of a sexual nature, activities that subject a student to unreasonable embarrassment or shame, or activities that create a hostile, abusive or intimidating environment for the student.*

## **POLICIES**

The following section contains Jefferson County School District policies which pertain to the student athlete at MHS. Athletes are expected to review the referenced policies and direct any questions to the Athletic Director.

All Jefferson County School District 509-J policies can be requested or viewed using the following resources:

District webpage: <http://www.jcsd.k12.or.us>

# **SPORT SEASONS & SPORTS OFFERED**

Fall Sports- Boys Soccer

Girls Soccer

Football

Cross Country

Volleyball

Winter Sports- Boys Basketball

Girls Basketball

Swimming

Wrestling

Springs Sports- Baseball

Softball

Boys Tennis

Girls Tennis

Track