

Gervais 9 - 12 School
ATHLETE & ACTIVITIES HANDBOOK



9-12
300 E Douglas Ave
PO Box 195
Gervais, OR 97026
503.792.3803

TIM BOWMAN - ATHLETIC DIRECTOR

KEN STOTT - PRINCIPAL

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ATHLETE & ACTIVITIES HANDBOOK

The purpose of athletic/activity a program is to promote student health, teach good sportsmanship, and develop friendly relations with other schools. The Oregon School Activities Association (OSAA) shall administer all interscholastic athletic/activities programs in grades six through twelve. Gervais School District #1, however, maintains final authority regarding the implementation of its athletic/activity programs. The GSD promises to uphold the rules and regulations set forth by the District and by the OSAA. The GSD also encourages participation by all students. The Gervais School District is proud of its programs. Our coaches, administrators, teachers, students and community expect participants to consistently follow the program guidelines, to have good attendance records, to be neat and clean in appearance and to behave in an appropriate manner at all times. The guidelines set forth in these rules have been established as a minimum code for athletes and approved GHS club members. These will include all sport athletes, Aguilas de Oro, FBLA, FFA, Student Council, HCOP, NHS, and any other approved GHS clubs. The coach and/or advisor in conjunction with the building administration will administer these rules. These rules do not supersede the district's student discipline policy and administrative rules.

The following guidelines have been established for student and parent approval before any student can represent Gervais School District in activities and or athletics:

For the purposes of brevity the term “student, athlete, participant” will refer to all athletes and approved GHS activity participants.

Length of Agreement

This District rule is in effect from the first day a student begins participation in a high school sport or activity and throughout the remainder of the student attendance in the Gervais School District. It is in effect 24 hours a day, seven days a week.

Review Board

In the event of disciplinary action against a participant, he/she may ask for a hearing before the Review Board. The purpose of the Review Board is to hear appeals concerning the discipline of student participants. Any decision made by the review board may be appealed to the Principal. The members of the Review Board can

include head coaches, Athletic Director, administrator and activities director.

Ejections

All ejected players must go before the school board at its next scheduled meeting and discuss their behavior with the board. All players will pay \$50.00 to the high school for their first ejection. A player's second ejection will result in the player paying the entire fine imposed by the OSAA and being removed from the team for the remainder of the season. Failure to pay will result in removal from any following sport until the fine is paid.

Medical Guidelines for students participating in athletics

1. A physical on a certified OSAA form is required for each participant freshman and junior year, beginning the first year of High School sports participation.
2. After a major injury or significant illness requiring a doctor's treatment a participant will be required to submit a physician's clearance before resuming practice.

GHS ATHLETIC/ACTIVITY PARTICIPATION AGREEMENT

Gervais High School Academic Eligibility Requirements

In addition to the Oregon School Activities Association (OSAA) minimum eligibility requirements, participating students are required to pass all classes. All student athletes will be subject to grade checks every two weeks of the school year. Dates for these grade checks will be given at the beginning of each season. Grade checks will be done on Fridays or the last day of the week. The result of the grade check will take place on the following Monday or 1st day of the week. Grade checks for all athletes and approved GHS club members will be screened on Mondays of each week by the athletic department. Club advisors will be responsible for their grade checks every two weeks as well. (Extenuating circumstances may be considered by administration) A student whose grade in any class drops to an “F” during 1st grade check will be put on probation. * They will have a two week probation period until all the students grades’ are returned to passing or the next grade check whichever comes first. If a grade in another class drops to an “F” during probation the probation will continue until all grades are passing. At the end of that two-week probation period and if the student-athlete has not returned their

grade to passing, or another grade has turned to an "F" that student athlete will become ineligible. This ineligible period will last two weeks until the following Monday of the next grade check date. * If at the end of the ineligible period the student athlete has still not returned his/her grade to passing he/she will be suspended for the remainder of that season. * If at or during this two week probation period or ineligible period the student has returned to passing he/she will be eligible to participate on the following contest.

(If an "F" occurs at the end of the trimester the student athlete is suspended for 1 week for every "F" of games at the start of athletic competition. After the suspension is served OSAA and GHS grade check rules apply, and will be followed.)

Student whose grade in any class drops to an "F" will receive the following consequences.

1. They will have a two-week probation period to return all grades to passing.
2. If at the end of that two-week probation period the student-athlete has not returned their grade(s) to passing or has an "F" in any other class that student athlete will become ineligible.
3. This ineligible period will last two weeks until the following Monday of the next grade check date.
4. If at the end of the ineligible period the student athlete has still not returned his/her grade to passing he/she will be suspended for the remainder of that season and the next two seasons they participate in. Consideration will be given as to the students ability to pass the class i.e. is the student choosing not to do the work or is the student legitimately unable to do the work.
5. If at or during the end of the two week probation period or ineligible period the student has returned all to passing he/she will be eligible to participate in the following contest.

Steps:

1 st Grade Check	F Grade = Probation 2 Weeks (Can compete, can practice)
2 nd Grade Check	F Grade = Ineligibility 2 Weeks (Cannot compete, can practice)
3 rd Grade Check	F Grade = Remove From Team

**Athletes will be given a letter if they are placed on probation, become ineligible, or are removed from a team or activity for academic reasons.
(This letter should be returned to the office after**

being signed by the athlete and parent/guardian)

Facilities and Equipment Use

1. Participants are expected to immediately report any equipment that needs to be repaired to a coach or advisor.
2. Equipment or clothing lost or damaged will be billed to the athlete at replacement cost.
3. All participants are expected to help keep the locker rooms and playing fields clean at home and on trips.
4. Participants will take their books and homework to the dressing room before 4:00 PM. After practice, athletes will leave promptly unless supervised.
5. Participants will limit physical activity in the dressing room in order to avoid injuries.
6. Participants are asked not to bring valuables to the locker room. The participant assumes responsibility for all lost or stolen articles.
7. Equipment will be used in a safe manner as intended by the manufacturer.

Lettering and Awards

1. An athlete at Gervais High School will receive a letter if they have participated in at least half of the scheduled varsity contests or at the discretion of the varsity coach or serve on the varsity team in some capacity (i.e. manager, statistician, etc.) In regards to wrestling, a wrestler will letter if they fulfill the above-mentioned requirement or qualify for the state-wrestling tournament.
2. Only one letter (block "G") will be awarded to each qualified varsity participant and manager. Emblems will be awarded for each varsity letter in each sport. Certificates will be awarded to all junior varsity participants, scorekeepers, and statisticians as designated by the coach/advisor.

Practice Sessions

1. Practice sessions will comply with OSAA guidelines.
2. Practices will be conducted outside of school hours and run no later than 9:30 PM on school nights.
3. Practices may be held on weekends at the discretion of the coach.
4. Injured and/or ill participants who are unable to take part in practice sessions are expected to attend practice unless excused by the coach.
5. If school is not held due to weather conditions or other emergency situations no practices will be held and no contests will be played.

Wednesday Early Release Practices

- If a coach is starting practice by 2:15 pm then the coach is responsible for his/her student-athletes after school until practice starts.
- If practice is starting by 3:30 pm then all student-athletes are expected to remain on campus and be in Lab 1 or Lab 2 by 2:15.
- If practice starts after 3:30 pm then student-athletes are released to the custody of their parents until practice begins.

GHS ATHLETIC/ACTIVITY PARTICIPATION AGREEMENT

Student Managers, Scorekeepers and Statisticians

1. Will be appointed by the coach/advisor.
2. Will care for all equipment and perform duties as assigned by the coach/advisor.
3. Will be treated courteously by all teams' members.
4. Will complete and sign an Athletic/Activities Participation Agreement.

Team Rules

1. A copy of the Athletic/Activity Participation Agreement and individual team expectations will be given to each participant and parent. It will be explained at the mandatory pre-season team meeting ***which will include parents.***
2. Coaches will also review and discuss the Athletic Participation agreement with the participants during an early season team meeting.

Transportation

The Athletic Director or Activities Director will arrange transportation. Participants will ride to and from practices and contests in school approved transportation. Coaches / Advisors may grant permission for students to leave an event given the following conditions:

- A. A request in writing from the parent or guardian has been filed with the Athletic Director/Activities Director prior to the event.
- B. A written parent request is given to the Coach / Advisor the day of the event.
- C. Student is signed out with Coach / Advisor at conclusion of event.
- D. A phone call is not a reasonable means of request.
- E. A student that has been removed from the bus during the day will not be allowed to ride the bus for sporting events or school activities.

Dual Participation

Participants will only be allowed to participate in one school sponsored sport during the same season unless a mutual written agreement has been made by affected coaches, the athlete, parents, and administration.

Quitting a Team

If an athlete quits a team or is found academically ineligible during the season, they will become ineligible to compete for any other team for the remainder of the current season and the next season.

Criminal Behavior

The admission of facts which constitute a criminal offense, or conviction of a criminal offense, either felony or misdemeanor, (excluding minor traffic violations), may result in suspension from participation for a maximum of six (6) weeks from the date of admission or conviction, or the beginning of the competition season. A second offense will result in suspension from all athletic and activity programs for one calendar year.

Suspension Out of School

Students cannot participate in interscholastic practices, activities or competitive events for the duration of an out-of-school suspension. The accumulation of two (2) out of school suspensions during a sport season will result in dismissal from the squad for the duration of the sport season. ASB and class officers who acquire (2) out of school suspensions will be dismissed for the remainder of the year.

In-School Suspension

In-school suspension shall result in denial of participation in competition events and/or practice, unless the student athlete attends, fully participates, and completes the in-school suspension requirements.

Detention

An athlete with any unserved detentions will not be eligible for any athletic activity (practice, game, match, etc.) until all such detentions have been cleared.

GHS ATHLETIC/ACTIVITY PARTICIPATION AGREEMENT

Behavior

Participants are expected to model exemplary behavior. Students in violation of a severe disciplinary infraction or who establish a pattern of noncompliance as defined by the student code of conduct or the athletic and

activities handbook will have the incident(s) reviewed by the administration. The administrative review may result in discipline up to and including being declared ineligible to participate in district activities for a length of time to be determined by the administration. Student athletes or officers who use threats or threatening actions against others; who use profane or obscene language directed at school employees, coaches, fans, other players, team members or officials; who use any actions or words considered insubordinate to coaches, advisors, or who use actions or words that bring discredit to the team or GHS, may be suspended from the team or office held at the discretion of the Coach, Activities Director, Athletic Director, and Principal.

Attendance

Student-Athletes must be in **ALL** of their scheduled classes on each day of competition OR practice. Failure to attend all scheduled classes will result in a loss of participation for the day. For all weekend competitions students must be in attendance all day Friday. Exceptions to these guidelines (doctor/dental appointments) must be pre-arranged and approved through the main office. A note from the doctor or dentist will be required upon return to school. If any class period is missed due to illness, the student-athlete will not be able to compete or practice on that day. Family requests and emergencies do not automatically count as excused absences. Students are responsible for any school work missed.

Time spent on a school-sponsored field trip is not counted as an absence. A religious holiday does not count as an absence. Coaches may appeal an individual case to the GHS Athletic Director, Principal or Assistant Principal. Irregular attendance may be reviewed by the administration at any time and could result in a loss of eligibility.

Flagrant Fouls and/or Unsportsmanlike Penalties

Athletes who receive a flagrant foul or an unsportsmanlike penalty must be removed for the remainder of the game. The coach will discuss the incident with the athlete and determine how many games the athlete will be suspended for. Multiple Flagrant Fouls and/or Unsportsmanlike Penalties will result in removal from his/her team.

Athletic Suspension

During suspension periods, the participant will be required to practice and to sit on the team bench in street clothes at all games. The Head

Coach may waive this requirement. All athletes who are suspended at the end of their sport season, or late in the season, and are unable to complete their suspension time in that sport will continue their suspension time at the beginning of the next sport season in which they compete. Athletes who choose to drop the sport rather than complete the assigned suspension period will serve the suspension over the next two (2) sport seasons in which they compete. Possession of

Illegal Substances

No student involved in an interscholastic athletic/activity program shall knowingly possess, use, transmit or be under the influence of alcohol, a tobacco product, performance enhancing drugs, inhalants, look-a-like drugs, or controlled substances of any kind (except as prescribed by a medical professional). See Student Discipline Policy JG-AR.

In the Presence of Illegal Substances

Any athlete, club member, or officer who finds himself/herself in the company of persons who illegally use, possess, transmit or are under the influence of alcohol, controlled substances, inhalants or performance enhancing drugs, (i.e. frequenting places, areas, or sites where drugs and/or alcohol are present) is expected to leave immediately. Failure to leave will result in the violation of this administrative rule. The consequences will then be considered to be the same as those for possession, use or transmission of controlled substances as stated in policy JG-AR.

Participation Turn-Out Dead Lines

The Turnout deadlines have been set by coaches to encourage student athletes to make a decision to participate. This will allow coaches to obtain an accurate number of participants for their sports program. An exception will be made for students that enroll in the district after a deadline has passed; but is otherwise eligible in accordance with OSAA eligibility requirements.

GHS ATHLETIC/ACTIVITY PARTICIPATION AGREEMENT

Substance Abuse Disciplinary Action Plan

The possession, use or transmittal of alcohol, a tobacco product, performance enhancing drugs, inhalants or controlled substances, a determination by a school official that a student-athlete used either alcohol, tobacco, performance enhancing drugs, or controlled

substances, or a determination that an athlete did not leave the company of those who were using, will subject the student-athlete to the following consequences in addition to school disciplinary procedure book.

FIRST OFFENSE: THREE WEEKS SUSPENSION

Suspension will be from activities, or participation in interscholastic athletic competition from the date possession, use, or transmission became known to a school official. By agreement among the coach, staff and Athletic Director, the student athlete must attend all practice sessions and undergo a current drug assessment. The student must also undergo a drug test and/or screening. They will follow the recommendations from the assessment report including participation in an approved community alcohol or other drug education program. Pre-season practice time will not be considered as part of the suspension time. Reinstatement of the student to the athletic or activity program is contingent upon the student complying with any written recommendations made by a substance abuse counselor, or other appropriate person, and the athletic/activity director's approval for reinstatement in the program. Successful completion of any recommendations by a substance abuse counselor or other appropriate official will be evaluated and approved by the Athletic Director and principal. Failure to comply with the recommendations following a first offense will result in the imposition of a sanction under **SECOND OFFENSE** of the Disciplinary Action Plan.

SECOND OFFENSE: ONE CALENDAR YEAR SUSPENSION

Suspension from participation in scholastic athletic competition for ONE CALENDAR YEAR from the date the possession, use, transmission, or being under the influence became known to a school official. The student-athlete must also undergo a drug test. The athlete will follow the recommendations from the assessment report including participation in an approved community alcohol or other drug education program. Reinstatement of the student or athlete to a program is contingent upon the student complying with any written recommendations made by a substance abuse counselor, or other appropriate person, and the Athletic Director's approval for reinstatement in the program. Successful completion of any recommendations by a substance abuse counselor or other appropriate official will be evaluated and approved by the Athletic Director. Failure to comply with the recommendations following a second offense

will result in the imposition of a sanction under **THIRD OFFENSE** of the Student Discipline Policy.

THIRD OFFENSE & SUBSEQUENT OFFENSES:

Full suspension from all programs for an additional calendar year for each offense.

Voluntary Assistance Request (V.A.R.)

There may be no disciplinary consequences under this agreement if, prior to investigation or apprehension for an offense involving the use of alcohol, a tobacco product, a performance enhancing drug, inhalant or a controlled substance, a student voluntarily requests assistance from school officials. The intent of V.A.R. is to assist the student who truly has a long-term drug/alcohol problem. A student may use this self-referral process once in his/her high school career. Should a student face a second offense, he or she would face the consequences listed in the Disciplinary Action Plan.