

# ***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.*

## **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 “extra-curricular” 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.

## TABLE OF CONTENTS

<b>MADRAS HIGH SCHOOL ATHLETIC DEPARTMENT PHILOSOPHY</b>	<b>3</b>
<b>MADRAS HIGH SCHOOL ATHLETIC PROGRAM GOALS</b>	<b>3</b>
<b>CO-CURRICULAR PROGRAM</b>	<b>4</b>
<b>DIVISION OF SKILL</b>	<b>4</b>
<b>GENERAL RULES FOR STUDENT ATHLETES</b>	<b>5</b>
- ELIGIBILITY OBLIGATIONS	5
- GRADE EXPECTATIONS	5
- CONTACT INFORMATION	5
<b>BEHAVIOR EXPECTATIONS</b>	<b>6</b>
- HAZING AND HARASSMENT	7
<b>DRUG AND ALCOHOL EXPECTATIONS</b>	<b>7</b>
- FIRST VIOLATION (in MHS athletic career)	7
- SECOND VIOLATION (in MHS athletic career)	8
- THIRD VIOLATION (and any additional violations in MHS athletic career)	8
<b>TRAVEL</b>	<b>8</b>
<b>SCHOOL ATTENDANCE</b>	<b>9</b>
- PRACTICES	9
- GAME DAY	9
<b>NON-SEASON ATHLETIC PRACTICES/WORKOUTS</b>	<b>10</b>
<b>UNIFORMS AND EQUIPMENT</b>	<b>10</b>
- CARE AND CLEANING	11
- UNIFORM/EQUIPMENT CHECK-IN	11
<b>DUAL SPORT PARTICIPATION LIMITS</b>	<b>11</b>
<b>INSURANCE COVERAGE</b>	<b>11</b>
<b>ATHLETIC PROGRAM QUESTIONS OR CONCERNS</b>	<b>11</b>
<b>POLICIES</b>	<b>12</b>
<b>CONTACT INFORMATION</b>	<b>12</b>
<b>SPORT SEASONS &amp; SPORTS OFFERED</b>	<b>12</b>

## **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 compromising 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.

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

- Each athletic program should model the value of participation while balancing the teaching of competitiveness. The balance between participation and competition should be altered progressively from sub-varsity to varsity levels.
- Each athletic program should develop and improve positive citizenship traits among the program's participants.
- Each athletic program should emphasize the total educational curriculum to participants.
- Each athletic program should strive for the development of well-rounded individuals, capable of taking their place in modern society.

## 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.

## 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 pre-arranged 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.

## GENERAL RULES FOR STUDENT ATHLETES

### Eligibility Obligations

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

1. **Be on track for graduation** -. 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.
3. **Pass 5 classes** -To be eligible for competition, students must have passed five credit bearing subjects the preceding semester and a minimum GPA of 2.0.
  - a. Eligibility checks will also be done at the halfway point of each sport season. Students who are not passing six credit bearing subjects will be placed on academic probation for six consecutive school days from the point of notification. During the probation period the student must meet the following requirements:
    - i. Ensure all grades meet eligibility criteria (passing six credit bearing classes)
    - ii. Attend all practices unless he/she is working with a teacher or working to improve academic standing.
    - iii. The students will not be permitted to travel to any contests that require early release from instructional time.
    - iv. In the event the student athlete violates any of the terms of academic probation during or at the end of the probation period, he/she will be ruled ineligible for the remainder of the season.
  - b. Students who are not eligible for competition but have passed 5 out of 7 classes the preceding semester may turn out at the beginning of each sports season. They will be ineligible to compete in contests for the first 10% of the sports competition season and placed on Academic Probation. The student will be on Academic Probation for the duration of ineligibility. At the end of the Academic Probation the student must be passing six classes to have eligibility reinstated for the season. (See MHS Student Family-Athletic Handbook for up to date revisions and more information.)

### **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 **3rd** week of each quarter students will have their grades checked on Friday of each week at 2pm.
  - 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 the following week's activities starting that next Monday.
  - c. Eligibility is reestablished once the student is no longer on the failing list.
  - d. Students that are probationary or ineligible will be required to go to the athletic study hall from 3:15pm-4:00pm that will be held each day.

### **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*).

### **ATHLETIC REGISTRATION**

- Before a student athlete can participate in organized practices and/or tryouts, they are required to register online. Complete required registration materials which include but are not limited to: <https://students.arbitersports.com/organizations/madras-high-school>
  - 1) Parent Permission form/Emergency contact card
  - 2) Athletic policy/Parent Communication form
  - 3) Eligibility form
  - 4) SWAY Concussion consent/Athletic Trainer Consent to Treat

### **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.

## **Hazing and 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 have consequences. 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.*

## **Drug, Alcohol and Tobacco Violations**

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 carried 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).

### **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 carried 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).

### **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 Madras High School’s athletic webpage.



## ATTENDANCE

### School Attendance/Tardy

1. Students must attend all classes to be eligible to participate that day. Excused absences for doctor, dentist, family emergency, or funeral will be accepted.
2. 15 minutes late to a class is considered truant and not eligible for participation that day.

### Practice Attendance

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**

**Closed Period** . The Closed Period for out-of-season team sports begins on the first practice date of each Fall, Winter, and Spring season. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. The Closed Period shall last six weeks. During the six-week Closed Period, conditioning is the only activity allowed between out-of-season coaches and student(s) from their high school. Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.

**Open Period.** The Open Period for all out-of-season team sports begins on the first practice date of each season Monday following the six-week Closed Period and ends when the next OSAA defined season begins. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. Fundamental skill development with an unlimited number of the school's student-athletes is allowed for a maximum of six hours each week per program. All open facility times shall be included in the weekly limitation. It shall be a violation of the Practice Limitation Rule (6A, 5A, 4A) if there is any attempt by a coach during the Open Period to coach student-athletes from their high school in a contest in the activity they coach at that high school. For the purpose of this rule, a contest is any event (practice, scrimmage, game, etc.) that involves anyone other than the students at your high school. While boys' and girls' basketball (and soccer) are examples of the same sport, for the purpose of this rule they are considered different activities. Participation in Open Period fundamental skill development and/or conditioning must be optional. NOTE: The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.7. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.

**Summer Policy:** Summer activities under the direction of any person affiliated with the high school program, including practices, contests, weight training and conditioning, are permissible throughout the summer, excluding the defined Moratorium Week.

## **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 are paid in full.

## **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.

## **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:

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

## **Contact Information**

Madras High School	(541) 475-7265
Athletic Secretary	(541) 475-7265
Athletic Director	(541) 475-7265 ext. 2319
High School Web Page	<a href="https://www.jcsd.k12.or.us/schools/mhs/athletics/">https://www.jcsd.k12.or.us/schools/mhs/athletics/</a>
Oregon Schools Activities Association	<a href="http://www.osaa.org">http://www.osaa.org</a>

## **SPORT SEASONS & SPORTS OFFERED**

### **Fall Season**

Football  
Cross Country  
Boys Soccer  
Girls Soccer  
Girls Volleyball  
Cheer

### **Winter Season**

Boys Basketball  
Girls Basketball  
Boys Wrestling  
Girls Wrestling  
Swimming  
Cheer

### **Spring Season**

Track & Field  
Baseball  
Boys Golf  
Girls Golf  
Softball  
Boys Tennis  
Girls Tennis

Fall Sports – Boys Soccer  
Girls Soccer  
Football  
Cross Country  
Volleyball

Winter Sports – Boys Basketball  
Girls Basketball  
Swimming  
Boys Wrestling  
Girls Wrestling

Spring Sports – Baseball  
Softball  
Boys Tennis  
Girls Tennis

Boys Golf  
Girls Golf  
Track & Field