

Madras High School Athletics

Athlete/Parent Handbook



This handbook is provided to athletes and parents to assist them with questions on how Madras High School conducts its extra-curricular athletic program. This handbook offers information for student-athletes and parents of MHS expectations when student-athletes participate in one of our school sponsored sports programs. Our hope is for this handbook to answer questions you might have regarding the program, outline participation expectations and list possible outcomes should a behavior infraction occur. This handbook does not contain all of the guidelines of the athletic program, but helps to answer some of the most common questions. Additional guidelines can be found in district policies, players handbook distributed by the coaches for each sport and in the MHS Student Handbook. If after reading this handbook you have further questions, please do not hesitate to bring them to the attention of the coach for the sport you are participating or the MHS Athletic Director.

Madras High School Athletic Department Mission Statement

Madras High School athletic program will offer 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 will provide a safe program that clearly demonstrates that athletics is a positive and energizing means to advance the physical, emotional, intellectual, and moral development of our student athletes.

Madras High School Athletic Department Philosophy

Madras High School believes students will benefit from athletics through the opportunity to participate in a safe, controlled, learning environment. Madras High School will support athletic competition equally for boys and girls to provide a chance to learn skills in of 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. Because athletics are both educational and recreational, we encourage participation by as many students as possible. Our athletic programs will be operated in the best interest of the students without interference from outside influences. While Madras High School athletic department believes well-organized, energetic athletic programs adds to school spirit and helps students, spectators, and participants develop pride in their school and their community, we believe competition should not be detrimental to student health, safety and social attitudes.

Athletics are a means for personal growth. They teach, reinforce and refine attributes necessary for success in life. Madras High School invites all students to grow into adulthood by learning to compete at the appropriate skill level.

Madras High School believes that all aspects of a student-athletes life: academic, athletic, citizenship to the community, commitment, behavior and appearance will be exemplary and model excellence.

Madras High School athletic programs are to maintain a competitive level of success with other schools of our size in the 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 shall be encouraged to compete vigorously within the limits of student athlete abilities, availability of facilities, and coaching experience. Teams

below varsity level shall emphasize student participation, acquisition of athletic skills, and development of competitive experience.

Madras High School 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, 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 are available for all students freshman through junior. (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 programs 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 (*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.

All members of the Madras High School Athletic Department are dedicated to excellence. Integrity, commitment, sportsmanship and leadership are the cornerstones upon which we build our successes.

MADRAS HIGH SCHOOL ATHLETIC PROGRAM GOALS

- To operate athletic programs in full compliance with the Oregon Schools Activity Association (OSAA)
- To extend opportunities to ALL students to participate in our athletic program
- To provide schedules to 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, citizenship 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 up to the loss of all participation privileges for all athletic programs during enrollment at Madras High School and/or expulsion from Madras High School.

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 A.D. 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 Madras High School interscholastic athletics, students must meet each of the following requirements:

- 1) Meet or exceed OSAA minimum credit requirements

** This requirement does not apply to home schooled students.*

- 2) Conform to all OSAA rules and regulations

Students have only eight consecutive semesters, or the equivalent, of unbroken high school athletic eligibility.

3) Attend school regularly

Students may be ruled ineligible should they accumulate six or more days of unexcused absences in a semester. This does not include absences for approved school activities.

4) Pass five subjects (see Eligibility Matrix)

a. To be eligible for competition, students must have passed five credit bearing subjects the preceding semester. (see Eligibility Matrix)

b. Eligibility checks will also be done at the end of each 9 week grading period. During this grade check, a grade of NE is not passing. Students who are not passing five 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 following requirements:

(i) Ensure all grades meet eligibility criteria (see Eligibility Matrix)

(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 with the team to any contest that requires early release from instructional time unless prior academic arrangements have been made with the athletic director or administration.

(iv) At the end of the 6 day probationary period, if the student does not have 5 passing credit bearing grades, they may be ruled ineligible for the remainder of the semester. At any time during a period of ineligibility, the student is passing 5 credit bearing classes; the student may be eligible to fully participate in practices and contests.

5) Students with greater than any combination of 2 NYP/NE will be ineligible to compete in competitions until 5 letter grades are achieved (see Eligibility Matrix).

6) Be a student enrolled at Madras High School, a registered home school, charter school, or non-attending resident district student.

7) Complete a medical emergency card, a parent information sheet, an eligibility information sheet, a drug test release form and turn in athletic clearance card to head coach. (For teams participating in the Impact Concussion program, this form must also be completed before participation of any type.)

8) Not reach age 19 prior to August 15 of the current school year.

Behavior Expectations

Behavior expectations cover ALL school related activities/events during the OSAA calendar year, and events representing Madras High School outside of the OSAA calendar (ie. camps, summer league, etc.), the student-athletes are participating no matter their location or time. Student-athletes are required to comply with all rules outlined in the Madras High School Athletic Handbook, the Madras High School 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 Madras High School outside of the OSAA calendar (ie. 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.

In the fact finding of a possible violation, the administration will look at 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, to determine the appropriate course of action.

Any student-athlete found in the presence of any person illegally consuming, possessing, or transmitting alcohol 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.

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. 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.

ATHLETIC DRUG TESTING

All students in athletics at Madras High School are required to participate in the mandatory drug testing program. Throughout the students' season of participation, they could be randomly selected to provide a urine sample. The collection of samples and the testing is conducted by the St. Charles Madras staff at Madras High School and under the supervision of a school employee. Should an athlete miss the testing when they are selected, they will need to provide a sample at the earliest opportunity at Mt. View Hospital. If the athlete refuses to provide a sample in a timely manner, they will be treated as if they had a 'positive' test result. There is not a fee for the drug testing.

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 Madras High School 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 are in agreement.

INSURANCE COVERAGE

Neither Madras High School nor Jefferson County School District 509-J provides insurance for athletes participating in extra-curricular programs. It is the responsibility of the parents to provide insurance coverage.

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: Set a meeting with the coach of the team. You should not try to approach the coach after a practice or a game, but set a time when everyone will have time to answer all questions.

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

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

Pay To Play

Jefferson County has set a "Pay to Play" program to help fund the cost of the athletic programs. Athletes are required to pay a fee BEFORE they can compete in a game/contest. Once the fee is paid, it is not refundable unless the athlete is 'cut' from the program within the first two weeks.

The fee will be set by the school board and is \$65.00 for an individual athlete per sport and a maximum for an athlete/family of \$350.00 per year. Should an athlete or family have a financial hardship, they can contact the athletic office and request a waiver form to seek approval from the district office to have fees reduced or waived.

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.Consent for Random Drug testing form
- 6.Emergency Contact Card
- 7.Impact Concussion consent (In sports where the program is being implemented)

Forms are available on the athletic webpage or at the athletic office at MHS.

Uniform 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.

CONTACT INFORMATION

Madras High School	475.7265
Athletic Secretary-Misty Adams	475.7265 ex. 309
Athletic Director-Evan Brown	475.7265 ex. 312
High School Web Page	http://www.madrasathletics.org
Oregon Schools Activities Association	http://www.osaa.org

HAZING AND/OR HARASSMENT

Hazing and/or harassment of any form are prohibited by athletic teams or by individuals. Student/athletes involved in hazing or harassment 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 Madras High School. Athletes are expected to review the attached polices and direct any questions you might have to the Athletic Director.

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

Cindy Stanfield cstanfield@509j.net 541-475-6192

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

FALL SPORTS

Boys Soccer

Cross Country

Football

Girls Soccer

Volleyball

WINTER SPORTS

Boys Basketball

Cheerleading

Girls Basketball

Swimming

Wrestling

SPRING SPORTS

Baseball

Boys Tennis

Girls Tennis

Softball

Track

Athletic Eligibility Matrix

Madras High School

7 Letter Grades 6 Letter Grades 1 NE 6 Letter Grades 1 NYP 5 Letter Grades 2 NYPs 5 Letter Grades 1 NYP 1 NE 5 Letter Grades 2 NES Must have 5 letter grades to be in green zone	Eligible (per OSAA rule)
4 Letter Grades 3 NYPs 4 Letter Grades 2 NYPs 1 NE 4 Letter Grades 1 NYP 2 NEs Must pull NYPs up to a total of 5 letter grades to move from yellow zone into green zone	Not Eligible
3 or more NEs No possibility of attaining 5 letter grades	Not Eligible (per OSAA Rule)

Minimum Satisfactory Progress Requirements (OSAA)

Must have listed number of credits PRIOR to start of year

- 2014-15--4 Soph/9.5 Junior/16 Senior
- 2015-16--4.5 Soph/10 Junior/17 Senior

*No GPA requirement, "Letter" could also say "Proficient or higher"

There is upward mobility on the matrix from yellow zone to green zone.

There is no mobility out of the red zone.