



South Albany Athletics & Activities

Booklet 2020-21

Our Purpose

South Albany High School offers multiple co-curricular athletics and activities through the OSAA as well as school sponsored clubs for the purpose of growing and developing our students. Research has shown a positive connection between student involvement and student success in high school and beyond. So we encourage ALL RedHawks to get involved in a sport, activity, or club!

What athletics and activities are offered at South Albany?

Fall Sports: cross-country, football, soccer, volleyball, & water polo (club)

Winter Sports: basketball, swimming, & wrestling

Spring Sports: baseball, golf, softball, tennis, track & field, & lacrosse (club)

OSAA Activities: band, choir, cheer & dance (tryouts in fall), & speech/debate

When do practices start?

The first official practice date for Fall sports is **August 17th, 2020**.

The first official practice date for Winter sports is **November 16th, 2020**.

The first official practice date for Spring sports is **March 1st, 2021**.

Check with individual sport coaches to see what off-season plans they have for their sport.

Who are our head coaches?

Fall Head Coaches:

Cross Country: Branson Bartlett
branson.bartlett@albany.k12.or.us

Football: Jeff Louber
jeff.louber@albany.k12.or.us

Cheer: Keya Mendez
coachkeya6@gmail.com

Volleyball: Kelle Angel
kelle.angel@albany.k12.or.us

Girls Soccer: Elyse Lipke
elyse.lipke@albany.k12.or.us

Boys Soccer: Sam Tweeton
sam.tweeton@albany.k12.or.us

Dance: Kristin Miller
kristinmillerdance@gmail.com

Water Polo: Scott Jackson
scott.jackson@albany.k12.or.us

Medical Coverage

Students involved in interscholastic activities or other physically demanding co-curricular activities are encouraged to carry personal medical or accidental insurance. Greater Albany Public Schools does not insure students for injuries that occur at school.

Academic Eligibility

The OSAA sets academic eligibility standards for all student-athletes in Oregon. At South, student-athletes must pass 5 of their 7 classes (worth 2.5 credits) the previous semester to be able to compete. Student-athletes must also be enrolled in and passing a minimum of 5 classes (worth 2.5 credits) the current semester of participation as well as be making satisfactory progress toward graduation. We have a two part grade monitoring program for all athletes. The grade monitoring begins at the beginning of the school year:

1. Any athlete failing to maintain 5 passing grades (worth 2.5 credits) on Monday at the time of grade checks is ineligible for one week. Grades are pulled @ 9 am on Monday.
2. Any athlete with a failing grade is required to attend athletic study table (every Wednesday during early release). Failure to attend athletic study table will make the athlete ineligible until the next Wednesday (one week).

Attendance

- Any athlete with an unexcused absence is ineligible to practice or compete for that day.
- Excused absences must be called into the attendance office prior to attendance reports being sent to coaches for the day (2:00 pm), or prior to the team's departure if that departure occurs before 2:00 pm. It is the responsibility of the parent/guardian to make sure that excused absences are recorded with the attendance office or their student athlete becomes ineligible for the day.
- Athletes must be in class for a minimum of $\frac{1}{2}$ their classes (if the $\frac{1}{2}$ day missed is excused to be eligible to practice or play. The only exception to this rule is school activities that cause a student to miss more than half their day.
- Any student-athlete who is out ill, for any part of the day, is ineligible to participate in practices or games that day.
- Any student-athlete who is suspended isn ineligible to participate in practices or games while suspended. If the suspension is an out of school suspension, students are not allowed to be on campus.
- Student-athletes must meet state attendance requirements to be eligible to participate.
- All absences need to be excused within three days.

Satisfactory Progress Toward Graduation

In attendance to the specific credit requirement identified in Rule 8.1.1., to be scholastically eligible, a student must be making satisfactory progress towards the school's graduation requirements by earning a minimum of the quantity of credits indicated below for the specified year:

Total Credits to Graduate: 24

Credits Per Year: 6

Prior to Grade 10: 4.5 credits earned

Prior to Grade 11: 10 credits earned

Prior to Grade 12: 17 credits earned

Athletic Code of Conduct

Students participating in athletic programs are expected to adhere to our athletic code. The code includes:

- Refraining from the use of drugs, alcohol, and tobacco
- Maintaining proper respect for others and their property
- Exhibiting appropriate behavior as outlined in the Student's Rights and Responsibilities Handbook
- All incoming freshmen are eligible for fall sports. However, at weekly grade checks, all student-athletes must be passing a minimum of 5 classes (individual coaches may have higher standards)
- A student will not be eligible to compete if they are not maintaining 5 passing classes worth 2.5 credits
- Failure to comply with the code will result in disciplinary action which could involve temporary or permanent suspension from participation

Drug/Alcohol/Tobacco Consequences

SAHS Athletic Code prohibits:

- Possession or use of drugs, alcohol, tobacco, or performance enhancing drugs.
- Being in the company or presence of person(s) who possess or are using drugs, alcohol, tobacco, or performance enhancing drugs. Student-athletes are expected to leave the company of these person (s) within a reasonable amount of time.

1st Offense: ineligible for 21 calendar days of competition (carries over to next sports season of participation)

2nd Offense: ineligible for 42 calendar days of competition (carries over to next sports season of participation)

3rd Offense: permanent loss of eligibility in high school sports

All Offenses: referral for assessment and compliance

What are the expectations of parents of South Albany Athletes?

- ❑ Be supportive of your child, his or her coaches, and the athletic program in general.
- ❑ South Albany has a statewide reputation for outstanding sportsmanship from our athletes and fans.
- ❑ Get involved--join the Booster Club and/or volunteer at the school in some way. Together we can create outstanding experiences for our kids!
- ❑ South Albany is a member of the Oregon School Activities Association and we follow their guidelines for sportsmanship:

OSAA State Rules: Spectator Conduct at OSAA Sanctioned Events

- A. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons, or glass containers. Spectators are required to wear shirts.
- B. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers, and air horns.
- C. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in racially/culturally insensitive action.
- D. All cheers, comments, and action shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor.
- E. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.

Communication Guidelines

Coach to Student-Athlete

Proper fundamentals & skills to succeed in the sport Expectations for success
Feedback on progress Conditions that may result in your denial of participation

Coach to Parent

Basic Philosophy Expectations of Student-Athletes Practice Times
Practice Locations Conditions that may result in your child's denial of participation

Parent to Coach

Notification of any schedule conflicts well in advance
Ways to help your child improve
Special concerns that involve your child expressed directly to the coach at the appropriate times

Issues Not Appropriate to Discuss with Coaches:

Playing Time Team Strategy
Play Calling Other Student-Athletes

Best Times to Meet or Talk with a Coach

Not before or after a game or practice
Email or call coach to discuss issue or set up a meeting

Research shows that student-athletes are more successful when parents do the following:

- Allow for time & space after contests
- Release them to the game
- View the game with the team's goals in mind
- Attempt to relieve the competitive pressure, not increase it
- Be an encourager
- Model poise & composure
- Let the coach coach
- Let the officials officiate
- Be a fan of the TEAM

Schedules, Facility Use, and Athletic Information:

<http://www.saredhawks.com>

You may also access the athletic web site through the school's main web page, by going to the departments tab and clicking on athletics at the top of the page. This is also where you can access forms and links required in order to participate in athletics.

<http://www.albany.k12.or.us/sahs>

Questions or need information:

Contact Amy Fraizer, Athletic Office Assistant

amy.fraizer@albany.k12.or.us

Contact Jason Platt, Athletic Director

jason.platt@albany.k12.or.us

541-967-4522

