

LAKE OSWEGO SCHOOL DISTRICT

Student/Parent Athletic Handbook

2017-2018 School Year



Student/Parent Athletic Handbook

Athletic Departments

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Lake Oswego, OR 97034

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Table of Contents

	Page
Section 1: Athletic Code	2
Section 2: Citizenship Expectations	2
Section 3: Attendance Policy	2
Section 4: Athletic Clearance	2
Section 5: Insurance Requirements/Statement	3
Section 6: LOSD Academic Requirements	3
Section 7: Athletic Standards	3
Section 8: Substance Abuse	5
Section 9: Sportsmanship	6
Section 10: Optional Lay-Off	6
Section 11: Attendance at Practice	6
Section 12: Pay to Participate Policy	6
Section 13: Complaints against Coaches	7
Section 14: Parent and Student Appeals	7
Section 15: Transportation	7
Section 16: Practice and Contest Starting Dates	7
Section 17: Administration/Coaches Directory	8
Section 18: Teams Offered at LOSD High Schools	9
Section 19: Checklist for Athletic Participation	9
Section 20: Playing Time	9
Section 21: Equipment and Uniform Check In	9
Appendix A: Percentage Breakdown	10

SECTION 1: ATHLETIC CODE

This code establishes minimum expectations for athletics. The code will be administered by coaches/advisors in conjunction with the building administration. It is understood that participation in extracurricular activities and athletics is a privilege for students. Subsequently, the students representing LOSD are held to a higher standard than other students, and therefore, some policies may be more stringent than the Student Rights and Responsibilities Handbook issued to all students.

SECTION 2: CITIZENSHIP EXPECTATIONS

Membership in an athletic programs is an honor that should be carefully guarded. The privilege of competing in athletics also carries added responsibility for each participant. This privilege may be forfeited for conduct that is detrimental to the team, school, or program in general. As a member of a school program, behavior on campus, in the community, and at other schools, reflects not only on the student but on the program and school as well. Criminal acts, violence, intimidation or discrimination, **whether at school or in the community**, will not be tolerated and may be cause for immediate suspension from the program.

Behavior, dress, and grooming standards are at the discretion of each head coach. It is expected that coaches recognize athletes as representatives of the LOSD. Any violations of rules or regulations that result in suspension or dismissal of individuals from teams or from participating in games must be cleared with the school's Athletic Director.

SECTION 3: ATTENDANCE POLICY

Attendance at school for the entire day is a prerequisite for participation in contests or practices. School related activities or appointments with prior approval by the administration do not fall under this regulation. Emergency situations may be reviewed and determined by the Athletic Director.

SECTION 4: ATHLETIC CLEARANCE

A student must have an athletic clearance form issued from the athletic office. The athlete must be placed on the attendance roster prior to being issued any equipment and before beginning to practice. In order for an athlete to receive clearance from the athletic office, the athlete must have the following:

- 1) A physical on file in the athletic office every two years.
- 2) Physical must be on the required OSAA form.
- 3) Documented medical insurance coverage.
- 4) Parent/Guardian release signatures on all required forms.
- 5) Student and Parent signature regarding the athletic/activities policy student handbook. Policy handbooks are given to students at the time athletic clearance takes place.
- 6) Pay to participate receipt, or waiver information if applicable.

SECTION 5: INSURANCE REQUIREMENTS

Students participating in athletics are required to be covered by insurance. Due to the nature of the physical involvement in athletics, any athlete is subject to physical injury. There is always danger of a serious permanent injury or death to an athlete and these

accidents happen each year in school athletic programs in the United States. The Lake Oswego School's athletic programs are well conceived, carefully coached and well equipped. We are looking forward to a year that will allow our students to safely and successfully achieve their individual and team goals.

Although the School District believes that the risk involved in participation in athletic programs is well known, there have been instances in which students or parents have maintained that they have not been advised of the risk involved.

SECTION 6: LOSD ACADEMIC REQUIREMENTS

Student-athletes must meet the requirements of the OSAA to become eligible and to remain so. The OSAA requires that LOSD students must be enrolled in and passing 5 classes at all times. With block scheduling, the equivalent of 5 out of 8 semester classes is required. The OSAA and LOSD also require that a student-athlete must be making satisfactory progress toward the District's graduation requirements. Any exceptions to individual eligibility are defined in the OSAA handbook, under rule 8.1, 8.1.1, 8.1.2, 8.1.3, 8.1.4 and 8.2. The OSAA handbook is on file in each high school athletic office and can be reviewed on the internet at www.osaa.org

- A. Minimum Enrollment Requirement:** In accordance with OSAA rule 8.1.1 a student athlete in the Lake Oswego School District must be enrolled in a minimum five (5) classes and must be passing five (5) classes in order to be eligible for competition.
- B. Satisfactory Progress Toward Graduation in LOSD:** OSAA rule 8.1.2 states that 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 on the chart below for the specified year

LOSD Credits to Graduate	25
Credits Available Per Year	8

In order to remain eligible, the student athlete must earn AT LEAST the number of credits listed below by beginning of the academic year specified:

By the beginning of 10 th grade	4.5
By the beginning of 11 th grade	10.5
By the beginning of 12 th grade	17.5

Refer to OSAA handbook (rule 8.1.2) referenced above for more detailed information regarding the number of credits earned per year.

SECTION 7: ATHLETIC PROGRAM STANDARDS

Students must refrain from using alcohol, tobacco, and drugs.

A dangerous drug is defined as any drug obtained with or without a prescription that has been used in a potentially harmful manner. This includes, but is not limited to marijuana, cocaine, heroin, stimulants, depressants, hallucinogenic, and illegal performance-enhancing drugs.

The following guidelines have been established for students participating in high school athletic programs in the LOSD.

The use, possession and or distribution of tobacco, tobacco look alike products, alcohol, non-prescription drugs, or distribution of prescription drugs by any participant **will not be tolerated** in the interscholastic athletic program.

While the procedure below will be followed, LOSD may offer sports where student athletes have less than ideal supervision. With supervision in mind, parents/guardians may be asked to attend all practices and games to allow to have a student remain on a team after their first violation. This includes both regular school hours as well as non-school time. Violation of this rule will result in the following consequences:

A. First Violation: Alcohol/Drugs/Tobacco

Any participant incurring any infraction on school premises during school hours, away from school, on school or non-school days or at any school-sponsored sport will be subject to the same sanctions as any other student.

In Season

The student will be suspended from any interscholastic athletic practice or competition for the duration of any out-of-school suspension/expulsion. **A first violation will result in an athletic suspension from competitions for 10% of the season beginning with the first contest.** All calculations will be rounded up; for example 2.3 games will be three games missed.

Chemical Abuse Assessment

The student will be required to complete a chemical abuse assessment at the parent's expense from an approved outside assessor. The outside assessor will develop an individualized program to assist the student to become and remain drug/alcohol free. The student and parent(s) and or guardian(s) agree to follow the program developed by the outside assessor. The student will remain suspended from competition until the chemical abuse assessment has been administered. The student **will be required** to attend any practice sessions, team meetings, or competitions following the arrangement of his/her chemical assessment appointment. If a student has been suspended from school, they will not be able to participate in any school activities while suspended. Please see appendices at the end of the handbook for assessment centers.

B. Second Violation: Alcohol/Drugs/Tobacco

The District will follow the same procedure as set forth for a first violation including an additional assessment at the parent's expense, except that for a second violation (not in the same season/performance period); the suspension from interscholastic competition/performance will be for **25% of the season beginning with the first competition contest.** All calculations will be rounded up.

If it is the 2nd violation, the Administration office consequences will hold precedence over those stated here. If a student has committed an offense whereby they may be considered eligible for expulsion then the school administration's consequences will take precedence over those stated here.

C. Third violation: Alcohol/Drugs/Tobacco

The student-athlete will be removed from their current team and not be allowed to participate with any other athletic teams for 90 school days.

If the athlete does not have a third infraction, the cycle of violations for an athlete will start over after each beginning of next school year.

D. Association Violation

Any student participating in athletics who finds himself/herself in the company of others, who illegally possess, use, transmit, or are under the influence of alcohol, any form of dangerous drugs, or a controlled substance is expected to leave immediately (within a reasonable time frame – 20 minutes – time to secure a ride, safe transportation). Failure to do so will result in notification to parent/guardian and the possibility of the same consequences listed above in Section A above as determined by the Athletic Director. A second offense will result in discipline as if in violation of this policy. The only exception to this section of this policy would be when a parent/guardian accompanies a student to a family, social or cultural function where alcohol is served. However, students must refrain from personal use. Students who receive wine as part of a religious ceremony such as Holy Communion or Jewish Seder will not be penalized.

E. End of or Out-of-Season

If the student-athlete is nearing the end or is not currently in a season, a **first violation will result in an athletic suspension that follows the penalties for in-season violations except that the suspension will commence from the first contest date from the student's next season of participation.**

Any student athlete serving an athletic suspension will be required to attend and participate in all practices, team meetings and competition although they will not be permitted to actively participate in competitions.

F. Self-Reporting

Prior to being investigated or apprehended for a violation involving the use of alcohol, dangerous drugs or a controlled substance, the student may voluntarily request assistance from school officials. In the event of this self-reporting, there may be no disciplinary consequence imposed upon the student provided that:

- F.1** The report is independent and in advance of the investigation.
- F.2** The student completes a drug assessment and complies with their recommendations.
- F.3** Subsequent incidents of alcohol, dangerous drugs, or controlled substance use will result in a Second Violation.

G. Transfer of Violations

A student who transfers from one Lake Oswego School District High School to another will maintain accumulative offense status under this policy.

H. Law Enforcement

The LOSD will seek the assistance of the Lake Oswego Police Department as well as other law enforcement agencies to work together to provide a safe and drug/alcohol free environment to live in. The police agencies, in accordance with the state and federal laws, will work with our high school administrators to assist in the enforcement of this policy.

SECTION 8: SUBSTANCE ABUSE

When a coach or advisor becomes aware of a violation of the Athletic Policy Statement by a student, he/she must notify the Athletic Director immediately. The Athletic Director will complete the investigation and assess appropriate consequences as outlined by this handbook.

SECTION 9: SPORTSMANSHIP

Athletic contests should be conducted in an atmosphere that places maximum emphasis on good sportsmanship, positive relationships between schools, and the educational benefits of competition. Student athletes should compete under conditions which:

- 1) Provide a fair and equal opportunity for success.
- 2) Make maximum provisions for the safety of participants.
- 3) Provide for a broad sense of activities and a balance in competitive levels.
- 4) Preclude the embarrassment, humiliation, or demeaning of any team or individual.
- 5) Emphasize the highest possible level of professionalism and personal integrity on the part of all teachers, coaches and administrators involved.

SECTION 10: OPTIONAL LAY-OFF

Athletes may have the option of up to one week (calendar week) interval layoff between the end of a sport season and the beginning of a new sport season.

SECTION 11: ATTENDANCE AT CALLED PRACTICES

Athletes will attend all practices to be eligible for contests. If an absence is unavoidable, it is the responsibility of the athlete to notify his/her coach prior to the practice. Any athlete who is serving an out of school suspension **from school** will not be eligible for athletic practice or competition for the length of the suspension. **Athletes must be in attendance at school for the full school day to participate unless they have a prearranged absence (doctor, etc.) or clearance from the athletic office.**

If a school or the district is closed due to inclement weather, all practices and games will be cancelled. The only exception will be in the Assistant Superintendent/District Athletic Director grants permission to hold a practice or game.

SECTION 12: PAY-TO-PARTICIPATE POLICY

A fee established annually by the Board will be charged to each participant per sport, per season (\$300). Families with students in several sports will pay a maximum fee per year (\$1000) set annually by the Board.

Student Athletes who qualify for free and or reduced lunch may be eligible to waive the participation fee. This form is available from the school bookkeeper as well as the “Pacer HQ” Section on the athletic website lakeridgeathletics.com

- 1) All athletic fees must be paid in full, or a pay-to-participate waiver granted prior to participation with the athletic program in the LOSD.
- 2) Fee reimbursement will be made on the following conditions:
 - a. Athletes who are cut from participation with the team by the coaching staff prior to the first regularly scheduled league contest will be reimbursed in full.
 - b. Athletes who are dismissed from participation with the team by the coaching staff for disciplinary reasons will not be issued a refund.
 - c. Those athletes who withdraw from participation with a team, for any other reason, will be reimbursed on a prorated basis. The pro-rated basis will be to divide the season into fourths (1/4). Reimbursement will be made on the basis of any complete fourths remaining in the season or time frame.
- 3) Each high school will set up its own system of collecting fees. No student will be allowed to participate in any event until they have met the pay-to-participate fee.

SECTION 13: COMMUNICATION PLAN

Procedure

1. Athlete and Coach Meet
2. Athlete, Parent, and Coach Meet
3. Members of Step Two Will Meet with the Athletic Director
4. Members of Step Three Will Meet with the Principal
5. Members of Step Four Will Meet with the Superintendent of Schools or his/her designee

Please do NOT attempt to confront a coach before or after a contest or practice. The meeting to begin a grievance procedure must be scheduled on a mutually agreed-upon date.

SECTION 14: PARENT AND STUDENT APPEALS

The district encourages parents and students to appeal a rule or a procedure if they feel it has been unfairly enforced or if there are extenuating circumstances.

Coaches are expected to listen to such appeals with an open mind and with an understanding of and support for the value of such dialogue.

If an appeal is requested, the appeal procedure is as follows:

- 1) The appeal shall be in writing.
- 2) The initial meeting will be with the coach(es) of that particular sport.
- 3) If necessary, the next meeting will involve the student, parents, coaches, and the Athletic Director.
- 4) If a further review is desired, the principal will meet with the above parties to determine an outcome.
- 5) If not resolved, the final appeal will be to a district administrator assigned by the superintendent.

The district level decision is final and not subject to further appeal.

SECTION 15: TRANSPORTATION

Student athletic participants must be transported to and from another school in compliance with the transportation policy only.

Transportation Waiver:

Transportation waivers for parents to grant permission for their student to transport him or herself to a school sponsored athletic event, or to be transported by another student's parent, are available in the athletic office. This waiver must be completed at least 24 hours in advance of the event. A member of the coaching staff should accompany student-athletes on two-way bus trips. That school shall be responsible for acts of its school team, school groups or individuals while on trips, or while participating in any such event. If the district has provided transportation to an event, it is expected the student-athlete ride with the team to the event. Parents may transport their own children home from competitions after visual contact is made with the school representative at the event.

SECTION 16: PRACTICE AND CONTESTS STARTING DATES

During the **Association** year, practice in a sport shall not be held after the conclusion of a school's sport season in that sport as defined in OSAA Rule 6.1.6.

2017-2018

Fall Sports

Practice Starts

August 14

First Contest August 24; Football is August 31

Winter Sports

Practice Starts November 13

First Contest November 29

Spring Sports

Practice Starts February 26

First Contest March 12

**SECTION 17: ADMINISTRATION AND COACHES DIRECTORY
OREGON SCHOOL ACTIVITIES ASSOCIATION (OSAA) SPORTS**

Lake Oswego High School

Principal- Rollin Dickinson
Assistant Principal- Brian Crawford
Assistant Principal- Ryan Rosenau
AP/Athletic Director- Brigham Baker
Athletic Trainer- Ron Moore
Baseball- Jake Anders
Boys Basketball- Marshall Cho
Girls Basketball- Nya Mason
Cheer- Terrie Sheik
Cross Country- Eric Lider
Dance- Hayley Kauffman and Kendall Shepherd
Football- Steve Coury
Boys Golf- Jason Owens
Girls Golf- Daniel Kirkham
Girls Lacrosse- Lauren Anderson
Ski- Spencer Raymond
Boys Soccer- Fraser Morrison
Girls Soccer- Dominic Yambasu

Lakeridge High School

Principal- Jennifer Schiele
Assistant Principal- Desiree Fisher
Assistant Principal- John Parke
AP/Athletic Director- Terry Moore
Athletic Trainer- Kim Deaver
Baseball- Marco Tavera
Boys Basketball- Fred Gold
Girls Basketball- Jason Brown
Cheer- Christine Cooper
Cross Country- Scott Spear
Dance- Emily Armstrong
Football- Elvis Akpla
Boys Golf- Nelson Neal
Girls Golf- TBA
Girls Lacrosse- TBA
Ski- Erin Currie
Boys Soccer- Jason Bell
Girls Soccer- Karl Granlund

Softball- Chris Gobel
 Swimming-TBA
 Boys Tennis- Joe Marra
 Girls Tennis- Susan Branam
 Track- Vince Kinney
 Volleyball- Susan Denham
 Water Polo- Justine Kilsby
 Wrestling- Jeff Carpenter

Softball- Madison Collura
 Swimming- Derek Abbott
 Boys Tennis- Chuck Eidenschink
 Girls Tennis- Anna Lambert
 Track- Scott Spear
 Volleyball- Wendy Stammer
 Water Polo- Morgan Jones
 Wrestling- Brandon McDonald

LAKE OSWEGO COMMUNITY SCHOOL SPORTS

Lake Oswego High School

Rugby-
 Rowing- Kathryn Evans
 Equestrian-
 Boys Lacrosse- Rick Gruen
 Snowboarding- Dennis Cohns

Lakeridge High School

Rugby-
 Rowing- Kathryn Evans
 Equestrian-
 Boys Lacrosse- Curt Sheinin
 Snowboarding-

Three Rivers Conference Members:

Canby Cougars
 Lake Oswego Lakers
 Lakeridge Pacers
 Newberg Tigers
 Sherwood Bowmen
 St. Mary's Academy Blues
 Tigard Tigers
 Tualatin Timberwolves
 West Linn Lions

SECTION 18: ATHLETIC TEAMS OFFERED AT LOSD HIGH SCHOOLS

Fall

Cross Country	Varsity, JV
Cheer*	Varsity, JV
Dance*	Varsity
Football	Varsity, JV, Frosh
Soccer – Boys*	Varsity, JV, JV2
Soccer – Girls	Varsity, JV, JV2 - NO CUT (2017)
Volleyball	Varsity, JV, JV2 - NO CUT (2017)
Water Polo	Varsity, JV

Winter

Basketball – Boys*	Varsity, JV, Frosh, JV2
Basketball – Girls*	Varsity, JV, JV2
Cheer*	Varsity, JV
Dance*	Varsity
Swimming	Varsity, JV
Wrestling	Varsity, Novice
Ski	Varsity, JV

Spring

Baseball*	Varsity, JV, Frosh
Golf – Boys*	Varsity, JV
Golf – Girls*	Varsity, JV

Softball*	Varsity, JV, Frosh
Tennis – Boys*	Varsity, JV, JV2
Tennis – Girls*	Varsity, JV, JV2
Track	Varsity, JV

*Sports requiring tryouts

**All Sports listed here will be held to the standards of this handbook

SECTION 19: CHECKLIST FOR ATHLETIC PARTICIPATION

- o Must have passed 5 classes from previous semester
- o Must be enrolled in a minimum of 5 classes during the term of participation
- o Must have a physical on file in the athletic office on the OSAA School Sports Pre-Participation Examination form Part 1 by parent and Part 2 by a licensed physician every two years
- o Turn in completed LOSD Athletic Clearance Form
- o Have documented medical insurance coverage entered on the LOSD Athletic Clearance Form
- o Must have participation fee paid to the Bookkeeper (\$300)

All student athletes must be cleared prior to any participation through the bookkeeping and the athletic department.

SECTION 20: PLAYING TIME

While there is a \$300 participation fee, please do know this does not guarantee playing time in the sport. Below are some general guidelines in regard to playing time:

Freshman and JV Teams (this includes JV2 and Freshman 2 if available): An attempt will be made to play as many participants as possible. However, there may be specific situations where all participants may not play in every contest (safety issues, close contests, team rule infractions).

Varsity Teams: It is recognized that not all participants may play in every contest.

SECTION 21: EQUIPMENT AND UNIFORM CHECK IN

When students check out school district uniforms or gear, they are responsible for turning it in at the conclusion of the season. Students who have gear outstanding will not be allowed to participate in the next school season (example would be boys soccer to basketball) until all of the gear is turned in. This will include practice. For teams making playoffs and having longer seasons, coaches will have one week to collect and record inventory.

If a student has lost any uniform or gear, they will be billed for the amount and will have to pay that before they can participate in the next sport season.

APPENDIX A: PERCENTAGE BREAKDOWN

It is the goal of the athletic department in LOSD to create full schedules for all of our athletic teams. The numbers below will represent what a full schedule is, and how many games a student-athlete would be suspended for in the event of a violation. In the event a schedule is not full, the school will base the percentage off of the amount of games scheduled for that season.

Example: Baseball has 26 games and only 19 scheduled; a student in violation would be suspended for 1.9 games where we would round up to two, rather than serving a three game suspension with the 26 total number of games.

*Cheer and Dance will be based on how many school events they perform at, as well as their individual team events they have scheduled for the season. These will be set by the athletic director in the summer.

Sport	Full Season	10%	25%
Cross Country	14	2	4
Cheer*	TBA	TBA	TBA
Dance*	TBA	TBA	TBA
Football	9	1	3
Soccer – Boys*	14	2	4
Soccer – Girls*	14	2	4
Volleyball*	18	2	5
Basketball – Boys*	24	3	6
Basketball – Girls*	24	3	6
Swimming	12	2	3
Wrestling	14	2	3
Baseball*	26	3	7
Golf – Boys*	20 (9 Holes)	2 (9 Holes)	5 (9 Holes)
Golf – Girls*	20 (9 Holes)	2 (9 Holes)	5 (9 Holes)
Softball*	26	3	7
Tennis – Boys*	16	2	4
Tennis – Girls*	16	2	4
Track	12	2	3

*All percentages have been rounded up as mentioned in Section 6.

**Please note in golf, most matches are 18 Holes; if a suspension is for 5 nine hole rounds, this will count as three 18 hole matches.

***Cheer and Dance calculations will be set in the Summer after the Athletic Director gets their schedules and sets how many halftimes they are performing at.

****Students who participate on both JV and Varsity team (swing players) will sit out for both as their suspension. For example, in Football, a student would be ineligible for both games during the week they have been suspended. This would not allow a student to miss a JV game and play in a varsity game during the same week.

APPENDIX B: ADDITIONAL ASSESSMENT AND TREATMENT SERVICES

Chemical Abuse Assessment Center Locations (All cost are approximate and subject to change.)

Acadia Northwest- \$170
10101 SW Barbur Blvd
Portland, OR 97219
503-245-6262

Depaul Treatment Center
1312 SW Washington St
Portland, OR 97205
503-535-1181

Lifeworks NW- \$173
8770 SW Scoffins St
Portland, OR 97223
503-645-3581

Pac. Alc. & Drug Cnsl.- \$180
12950 SW Pacific Hwy
Portland, OR 97223
503-624-9545

Luis Rivas, MA- \$150
10920 SW Barbur Blvd
Portland, OR 97219
503-200-9399

Lifesteps

Allied Health Services, Tigard

Stacey Hatch
9860 SW Hall Blvd
Tigard, OR 97223
971-255-3276

Western Psychological Counseling Svcs.
9700 SW Beaverton-Hillsdale Hwy
Beaverton, OR 97005
503-626-9494

Kaiser Perm. Dept. of Addiction Medicine
3325 North Interstate Ave
Portland, OR 97227
503-249-3434

11945 SW Pacific Hwy, Suite 113
Tigard, OR 97223
503-684-8159

First Step Adolescent Center
120 Ste. N. Everest St
Newberg, OR 97132

Territorial Center
524 Main Street
Oregon City, OR 97045
Sliding Fee Scale