



Athletic Handbook

2020-2021

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Pleasant Hill Athletics

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Message to Parents and Student Athletes

This handbook is made available to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. We are pleased with your interest in the athletic program. We believe that a comprehensive program of student activities is vital to the educational development of our students. Participating in an athletic program is a privilege. As an athlete, you are held to higher standards in the classroom, on the field, and in the community. You are representing many people, including past athletes, your family, the community, the school, your coaches, and fellow athletes. Your involvement in athletics can be very rewarding.

As an athlete, you have to carry yourself with tremendous pride. Your actions constantly reflect on others. You must realize that you are a role model for the younger members of the community. As an athlete, you have an opportunity to set a good example for those who follow you. As students elect to participate, there are many questions that both you and your son/daughter may have regarding the athletic program.

The purpose of this handbook is to answer as many questions about the policies of the program as possible (i.e. keep students and parents as informed as possible in order to assist in making the athletic experience a positive one for our student athletes). We are hopeful that this handbook will be of assistance to you as your child participates in the athletic program.

Respectfully,

Erik Hoberg, District Athletic Director

Joe Neill, MS Athletic Director

Jordan Goschie, MS Athletic Director

ROLES WE SERVE

District Athletic Director:

The Athletic Director is responsible for administering the Athletic Program at the Pleasant Hill School District. Duties include but are not limited to evaluating, hiring and training coaches, coordinating the athletic budget, scheduling games and coordinate practice schedules with head coach of each sport. Other duties include: maintain, organize, and administer the overall athletic program and ensure compliance with OSAA, conference and school policies, rules and regulations, approving and scheduling transportation and officials, conflict resolution, and overseeing all aspects of the Department of Athletics. Additionally, he/she or designee, will attend and supervise athletic events, manage athletics related communication material and media relations, and assist in other areas as needed.

The District Athletic Director will advise the superintendent, principal, staff, teams, coaches, and parents of any changes and communicate the needs of the Athletic Department to the administration, booster club, and PHHS School Board.

The Athletic Director must also be a positive representative of the Pleasant Hill School District and the Athletic Department. Additionally, he/she will attend and supervise athletic events, manage athletics related communication material and media relations, and assist in other areas as needed.

Coaches:

Coaches are responsible for creating a fun, safe, and challenging environment in which student-athletes will receive a high level of instruction and competition. The coach is also responsible for confirming game and bus schedules, turning in a roster prior to the season, distributing and collecting uniforms and equipment, completing game, injury and/or incident reports, and communicating with parents. Coaches must also ensure that student-athletes are exhibiting good behavior on and off the field/court.

Coaches are expected to be a positive representative of the Pleasant Hill School District and the Athletic Department. This includes ensuring that the coaches conduct themselves in a manner that will bring honor and respect to our teams and school. They are expected to make decisions based on the collective interest of the team, while also developing each student-athlete to his/her fullest potential. The coach must be clear in expectations and available to student-athletes for positive mentorship on and off the field/court. They are expected to maintain high personal standards, motivate the players, and promote sportsmanship at all times.

Student-Athlete:

The student-athlete is expected to be a positive addition to the Pleasant Hill Athletic Department. If a student-athlete must discuss an issue with the coach, they must communicate in a respectful manner to try to find a solution. If a solution is not reached, the Athletic Director may assist. Student-Athletes will be representing Pleasant Hill on and off the playing court/field and are expected to conduct themselves in a manner that will reflect positively upon our program and school. Student-Athletes are expected to be respectful and exhibit good behavior in class, in practice, in games and in the community. If a student-athlete fails to conduct himself/herself in a

manner that will bring honor and respect to our teams and school, he/she may be subject to penalties, which may include game suspensions, ineligibility, or dismissal from the team.

Parents:

Parents play a vital role in the Pleasant Hill Athletics Program. Parents model attitudes and behavior for their children. We invite all parents to attend home and away games, support the team, and encourage their children to practice and play hard.

We are so appreciative of the assistance parents provide for their children in their athletic endeavors, whether driving them to an athletic event, volunteering to serve athletics as a member of the Booster Club, and sacrificing family time to accommodate athletic schedules. We also appreciate the support parents provide our coaches in their efforts to create a valuable athletic experience for all participants. It is important for parents to be mindful of and respect what the coaches are trying to do by avoiding interference or public criticism, especially in front of their children, other teammates, or community members.

In regards to games, parents are expected to conduct themselves in a manner that will bring honor and respect to our teams and school. At no time should a parent display inappropriate behavior toward an official, coach, administrator or student-athlete.

ATHLETIC OPPORTUNITIES

High School	Middle School (7 th & 8 th)
Fall	Fall
Football	Football
Soccer	Volleyball
Volleyball	Cross Country
Cross Country	
Cheerleading	
Winter	Winter
Wrestling	Basketball
Basketball	
Cheerleading	
Competition Cheer	
Spring	Spring
Baseball	Track & Field
Softball	
Track & Field	

*High School teams may separate into JV2, Junior Varsity and Varsity teams depending on the number of participants in each sport.

*Middle School Teams may separate into A and B Teams depending on the number of participants in each sport.

ATHLETIC TRAINING PROCEDURES

Duties The athletic trainer works under the supervision of the HS Principal and District Athletic Director.

The duties consist of but are not limited to:

- Evaluating new/old injuries.
- Providing treatment procedures appropriate for the student athlete's injury.
- Documenting all procedures and injuries.
- Taping/bracing injured athletes for practice/games.
- Providing first aid for athletic injuries.
- Referring injured athletes to a physician.
- Maintaining an athletic training facility and medical supplies.
- Educating student athletes and coaches regarding the injury.
- Preventing injuries: educating athletes and coaches, proper hydration/nutrition, proper equipment, safe playing fields.
- Communicating with the athlete's parents, coaches, and doctors to assure all are informed on the status/prognosis of an injury.
- Administering Impact Concussion Testing
- Emergency Action Plans (EAPs)

Illness & Injury

All injuries should be reported to the Athletic Trainer and Head Coach at the time they occur so further injury can be avoided. If you are injured, remember the following:

1. Tell the Athletic Trainer and Head Coach that you are injured before leaving the court/floor
2. No matter how small the injury, get treatment
3. No one shall miss practice without the Athletic Trainer's permission
4. Student-athletes are expected to attend team practices each day they attend school
5. A second notice from the doctor should be given to the coach to end physical restrictions
6. Anyone who becomes sick, nauseated, dizzy, and/or very hot should notify the Athletic Trainer and/or coach immediately.

Doctor's Notes

Any time the student athlete is under a doctor's care for: illness, school related injury, non-school related injury, it should be brought to the attention of the athletic trainer and the school nurse.

A note from the doctor needs to consist of:

- Diagnosis
- Recommended treatment / rehabilitation
- Physical education / athletic restrictions (if any)
- Date of next appointment (if any)
- Date of clearance (if any)

This will be required before the athlete will be permitted to return to participation.

Implied Consent

In the event of an athlete being injured, the athlete and parent agree to treatment for injuries by the certified athletic trainer, coach, athletic director, emergency response personnel, or qualified health care provider. The athlete and parent are to be honest and not withhold information concerning symptoms or previous injuries.

Equipment

Medical kits will be distributed to each coach for all sports and levels. All equipment issued to an athlete from the training room is the responsibility of that athlete. When an athlete is no longer in need of the equipment, it should be returned to the athletic trainer immediately. Any athlete who does not return his/her equipment will be required to pay to have it replaced

CONFERENCE AND STATE AFFILIATIONS

The High School Athletics Program competes in the Oregon School Activities Association (OSAA). The Oregon School Activities Association believes that interscholastic activities programs are essential to the education of youth, and therefore are an integral part of the school curriculum. The values of high school activities and their impact upon the lives of Americans are immeasurable. Not only do interscholastic activities benefit and directly influence participants, but they also instill pride and unifying spirit among students, fans, schools and communities throughout the nation.

The public and non-public high schools of Oregon voluntarily agreed to form the Oregon School Activities Association for the following purposes:

- (a) to formulate and make policies to promote high ideals of citizenship, fair competition, sportsmanship and teamwork which will complement the member schools' curriculum programs;
- (b) to foster uniformity to standards in interscholastic activity competition;
- (c) to organize, develop, direct and regulate an interscholastic activity program which is equitable and will guide and promote the health and physical welfare of all participants.

Pleasant Hill High School competes as a 3A school and is a member of the Mountain Valley Conference. The athletic department abides by the rules and procedures set forth by the Constitution and Standard Operating Procedures of the Mountain Valley Conference. Schools in the MVC include Creswell, Harrisburg, La Pine, and Santiam Christian.

The OSAA has established Special Districts for many of our athletic teams. The athletic department abides by rules and procedures set forth by the Standard Operating Procedures of each Special District.

ATHLETIC BOOSTER CLUB

The Athletic Booster Club is a volunteer organization made up of dedicated and service-oriented parents who are committed to offering their time and energy to promote school and athletic spirit, support Pleasant Hill athletic teams and ensure that every athletic event is a success. In addition to volunteering time, the Booster Club also provides funds to enhance all sports teams. The Pleasant Hill student-athletes and coaches directly benefit from the volunteer and financial

support of the Booster Club and we encourage ALL parents of Pleasant Hill student-athletes to join. If you would like to join or would like more information on the Pleasant Hill Booster Club, please visit their website: <http://www.pleasanthilloregon.com>

Athletic Department Policies

The Pleasant Hill School District Board and Pleasant Hill High School believe extracurricular activities are necessary to supplement the curriculum of the school, and to provide meaningful and educational experiences for each student. Since participation in athletics is voluntary and all groups must exist within a framework of certain policies rules, and regulations, the Athletic Department has developed the following policies:

All athletes must abide by all regular school policies outlined in the Student Handbook, the athletic department's Code of Conduct, Oregon School's Activities Association regulations, and the Mountain Valley Conference constitution and standard operating procedures.

- All athletes must adhere to these policies during the full duration of the season, including all conditioning sessions and post-season competitions.
- All athletes shall abide by all regular school policies and by the district policies and regulations in regards to suspensions, expulsions, and removals. Student athletes shall understand that suspension from school will result in suspension from participation, while expulsion from school will result in forfeiture of the student's right to participate in athletics.

CITIZENSHIP

Membership in an athletic/activity program is an honor that should be carefully guarded. The privilege of competing in athletics/activities carries added responsibility for each participant, a privilege that may be forfeited for conduct that is detrimental to the team, school, or program in general.

As a participant in an extra-curricular school program, a student's behavior on campus, in the community, during competitions, and at other schools reflects not only on the student, but on the program and school as well.

What does it look like to be a First Class Citizen?

- We will be Courteous, Polite, Helpful, and Sincere. We will say "Please" and "Thank you" religiously. We will model polite and courteous behavior at school and around town. We will open and hold doors for those coming and going.
- We will offer to give a helping hand to those who look as though they need it.
- We will show the utmost respect to parents, teachers, coaches, and adult community members. We will refer to them as Mr./Mrs./Ms./Coach.
- We will dress with pride.
- We will live the concept of "Pay It Forward" (doing something because it is the right thing to do) by adopting program projects and not expecting anything in return.
- We will be sincere with our good nature. Really want to help. Really mean our "pleases and thank you's." We want to be good people and take pride in being such as part of this athletic program.
- We will work diligently at keeping the school clean and safe.
- Our language and PDA's will be appropriate.

SCHOLAR

Success is a full time endeavor. Successful people find ways to get the job done in all areas of their lives. This is because success is a mentality, an attitude. Very rarely do we find a person whom we would call “successful” in only one specific area. Typically, these people are dedicated family members, good thinkers, hard workers, and **committed to finishing the job**. These traits will span over many, perhaps all areas of life. Our dedication to the classroom says much about our dedication to other endeavors. Can we be disciplined enough to finish what needs to be done even if we have to struggle through the process?

What does it look like to be a First Class Student?

- We will attend every class and be on time.
- We will complete every assignment.
- We will seek assistance if we need it.
- We will greet our teachers every day.
- We will participate in class activities and be engaged in all lessons.
- We will be committed to and set the example for excellence.

ATHLETICS

A first class athlete goes hard all the time, never takes a drill or play off. They do things **the right way every time**. Doing things right and with every bit of effort we have with every rep we take will ensure that when the time comes to perform in competition, our mind and muscles will perform at a level that reflects preparation. If we all trust that each member of the team will take care of our individual responsibilities with maximum effort, we can minimize thinking on the field and just play.

What does it look like to be a First Class Athlete?

- Family, school, and team first – Lose “Yourself”
- Committed to improving – practice and compete with a purpose, every drill, every rep “all in.”
- We owe it to ourselves to be the best we can be, take advantage of every opportunity, weight room, practice, and attacking the fundamentals.
- We will leave it all on the court, floor, field, mat, pool, course, and weight room.
- Right Now! Sense of urgency and purpose.
- Be on time and clean up after ourselves.

DISCRIMINATORY HARRASSMENT AND BULLYING

Discriminatory harassment and bullying behavior will not be tolerated. Discrimination is defined as (OAR 581-021-0045(1)(a) “any act that unreasonably differentiates treatment, intended or unintended, or any act that is fair in form but discriminatory in operation, either of which is based on age, disability, national origin, race, color, marital status, religion, sex, and sexual orientation.” Harassing conduct may take many forms, including verbal acts and name-calling; graphic and written statements, which include use of cell phones or the internet; or other conduct that may be physically threatening, harmful, or humiliating. Examples include but are not limited to hazing, intimidation, bullying, cyberbullying or menacing employees, self or others. Harassment does not have to include intent to harm, be directed at a specific target, or involve

repeated incidents. Harassment creates a hostile environment when the conduct is sufficiently severe, pervasive or persistent, so as to interfere with or limit the ability to participate in or benefit from the services, activities, or opportunities offered by a school. This includes the use of, or engagement in, abusive verbal expression or physical conduct, especially if that conduct interferes with the performance of students, staff, event officials or sponsors of interscholastic activities.

SPECTATOR CONDUCT

OSAA Handbook Rule 3.4

The following expectations regarding spectator conduct at all OSAA sanctioned events, including regular and postseason competition are provided. Those violating or threatening to violate the following Association rules or site management spectator conduct expectations, may be ejected from the premises, issued a trespass citation, excluded from sanctioned activities temporarily or permanently and/or referred to law enforcement officials.

3.4.1 All cheers, comments, and actions shall be in direct support of one's team. No cheers, comments, or actions shall be directed at one's opponent or contest officials. Some examples of unacceptable conduct include but are not limited to: disrespecting players by name, number or position; negative cheers or chants; throwing objects on the playing surface; use of derogatory or racially explicit language; discriminatory harassment or conduct that creates a hostile environment that is disruptive to the educational environment.

3.4.2 Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in racially/culturally insensitive action.

HAZING

Hazing, a form of harassment whether it be physical or verbal, will not be condoned by a victim, a coach, staff, family, school administrator, fellow student and especially team members. Any student found to have committed an act of harassment against any student in the district, including team members, will be faced with disciplinary action, which may include suspension from their team and from school. Team members are fully expected to notify a coach or other school official if any such behavior is observed. School employees who fail to enforce this policy or any violation of the Pleasant Hill School District Policy may be subject to disciplinary action.

Criminal acts, violence, intimidation or discrimination, whether at school or in the community, will not be tolerated and may be cause for disciplinary action up to and including suspension/dismissal from the program (see consequences outlined later in this section). Please refer to board policy JBA, Sexual Harassment of Students, and JFCF, Hazing/Harassment/Threats.

In the case of legal investigations by law enforcement officials related to criminal acts, the school officials will work with law enforcement officials to determine an appropriate course of action based on evidence provided.

ACADEMIC REQUIREMENTS

The objective of the academic eligibility rule is to complement PHS school curriculum programs in recognition of the fact that interscholastic activity programs are an extension of the classroom. Academic standards help ensure a balance between activities and academic performance, promote the objective of graduation from high school, ensure that student participants are representing the academic mission of Pleasant Hill, and allow the use of interscholastic participation as a motivator for academic excellence.

To be eligible to participate in interscholastic activities, grades 7-12, all students will be required to meet certain standards established by the Oregon School Activities Association (OSAA) and the Pleasant Hill Athletic Department.

OSAA Academic Requirements:

An eligible student is one who is enrolled in school, attending regularly and who during the immediate preceding semester was enrolled in school, attended regularly and passed subjects equivalent to at least **five credits** of work. For purposes of athletic eligibility, a unit of credit shall be as defined in the State Board of Education's minimum requirements for high school graduation.

In addition to the specific credit requirement, to be scholastically eligible, a student must be making satisfactory progress towards the school's graduation requirements by earning a minimum quantity of credits prior to the start of the specified year.

Minimum Satisfactory Progress Requirements

Required Prior to Year 2 – 4.5 credits

Required Prior to Year 3 – 10 credits

Required Prior to Year 4 – 17 Credits

Pleasant Hill Athletic Department Requirements

In Season Progress Reports:

Student-athletes are required to maintain at least a 2.0 GPA (current grading period) and failing no more than **one** class. Grades will be checked at 3-week intervals throughout the school year. Athletes who do not meet the academic requirements at the 3-week interval will be placed on academic probation and must improve to a 2.0 GPA, failing no more than one class, or making significant progress to remain eligible.

Consequences: An athlete who fails to meet the tri-weekly standards will be placed on academic probation. He/she will have one week to achieve the academic standards. If, at the end of the one-week probationary period he/she is not meeting the standard, they will be declared academically ineligible until the standards are met.

He/she will be expected to practice and will be subject to all team rules and regulations unless otherwise directed by the coach and/or Director of Athletics.

Students for whom an Individualized Plan (IEP) or 504 Plan is on file, at the time he/she would be declared ineligible under the above standards, shall automatically be afforded a review of their case. The principal, Athletic Director, and the student's special education teacher shall conduct the review. This review committee shall have the right to waive the eligibility requirement if, in their professional judgment, the student is meeting their IEP goals and has made a reasonable effort to meet the standard.

Appeals Procedure

Any student disciplined under the Academic Eligibility Policy may appeal the decision. To appeal an academic eligibility decision, the student must follow the procedures outlined below:

- The student or parent may file a written appeal of the decision regarding the case within 5 school days of the decision being issued by the athletic director and head coach.
- The appeal must include rationale for requesting the appeal (i.e. new information to be considered, erroneous facts in the original case decision, etc.)
- A review of the case will be conducted by a review board (consisting of two uninvolved head coaches and the principal) within 5 school days of the appeal being filed provided grounds for appeal are appropriate and merit review.
- The review board will report their findings to the originator of the appeal with their recommendation for action (i.e. overturned, upheld, modified, etc.)

If the problem is not resolved to the satisfaction of the student and/or parent at the building level, this process can be repeated with direction of an appeal to the Superintendent's office.

ATTENDANCE

Coaches will receive a daily attendance sheet for their teams at or around 2:30 pm. Any student whose name is on this sheet is *not eligible* to participate that day unless otherwise specified by the Athletic Director.

- Attendance in all classes the day of practice or a contest is a prerequisite to participation.
- **Being late to class** is considered a violation and may prohibit a student-athlete from participation in practice.
- **PRE-EXCUSED** absences THROUGH THE ATTENDANCE OFFICE for school activities or doctor's appointments are acceptable. ***Any other reason must be Pre-Excused through personal contact with the Athletic Director.***
- There may be "special" circumstances that may only be excused by the Principal, Vice Principal/Athletic Director. Please contact the Athletic Director immediately PRIOR TO PARTICIPATION if you feel you have a "special" circumstance.
- Tardies and missing school any day will have consequences regarding participation in that days practice or game.
- Athletes are not allowed the three day grace period to get excuses to attendance office.

Athletes must attend and be on time to **ALL** their classes on a school day, or have an excused absence, on the day of an event to be eligible to practice or compete. (ex. If an athlete is late or skips a class during the day, which are deemed unexcused, they will be ineligible to participate that day). Athletes who remain home ill on a school day must be back in school for afternoon classes to be eligible to practice or compete.

SUBSTANCE ABUSE POLICY

Pleasant Hill School District recognizes that substance abuse and the problems associated with it are becoming increasingly commonplace in our society. We also recognize that in many instances a student's involvement with alcohol or other drugs can lead to the diseases of alcoholism and other chemical addictions. It is our belief that prevention, early intervention, and appropriate referral are necessary to provide students the opportunity to succeed in the classroom.

Pleasant Hill School District also recognizes that student involvement in school with alcohol or other drugs will be destructive to self or others, causing problems in their daily lives. Where the capacity to make responsible decisions regarding alcohol and other drug use has been reduced or compromised, prompt and appropriate intervention can help those students involved.

Pleasant Hill School District regards alcohol and other drug addictions as a medical problem severely affecting behavior. Our primary purpose is to identify and document any behavior that would be considered problematic to the student's effectiveness on campus and which appears to impair that student's health.

Pleasant Hill School District believes that along with the community, the school has a role to play in helping students make responsible decisions about the use of alcohol and drugs. Therefore, we wish to cooperate with the community in acting as a resource to students, parents, and other teachers. It is our intent to act as educator, identifier, and referring agent. It is our hope that this will promote the safety, health, and well-being of our students.

Training Rules

Participants are prohibited from selling, possessing or using tobacco, vaping, alcoholic beverages, illegal drugs, "lookalike drugs," inhalants, and narcotics on or off campus at any time.

In addition, participating students who are in the presence of other students or individuals in violation of this policy are expected to take all reasonable actions necessary to leave the premises immediately where such illegal activity is occurring, even if the participating student is not using or possessing or distributing alcoholic beverages, illegal drugs or paraphernalia.

Failure to leave the premises when such violations occur will be considered an infraction of the policy and the appropriate consequences will be applied.

The prohibition of tobacco, alcohol, and illegal drugs applies to all student athletes, on and off campus, throughout the **entire calendar year**.

Note: All other training rules such as those involving misconduct on the field, courts, or in the dressing room, use of profane language, missing practice, or other types of behavior involving conduct during the season, will be set and enforced by the coach in charge of that team. It is the responsibility of the head coach of each sport to assure that J.V. teams abide by the same rules. In the event of any disagreement among the coaches in a sport, the head coach's decision is final.

Reporting Violations

The use or possession of drugs, tobacco or alcoholic beverages by any student athlete must be reported to the principal, assistant principal or athletic director who will initiate appropriate action.

Determination of Violations

The principal (or the designee of the principal) will make the determination of whether a prohibited substance violation has occurred.

Consequences of Violations

A compliance committee consisting of the team member's head coach, the Athletic Director, and the Principal will determine consequences for substance violations. The committee will be guided (but not bound) by the disciplinary actions listed below:

- * 16 hours of school and community service.
- * Non-participation in a determined number of contests.
- * Non-participation in practices for a determined period of time.
- * Formal apology to the team.
- * Mandatory evaluation, participation or counseling in an approved substance abuse program.
- * Prohibition from attending the school's social functions or co-curricular events for a determined period of time.
- * Dismissal from the team.

A second violation in the same academic year will result in immediate dismissal from the team and athletic ineligibility for the remainder of the year.

Appeals

Students who wish to appeal the decision of the Compliance Committee must submit a written request for a hearing to the Superintendent of Schools within three school days.

Request for Assistance

Student-athletes will not be disciplined for requesting substance abuse assistance if such requests are made prior to the administration's knowledge of substance violations. In these cases, the student will be directed to an appropriate treatment program and required to abide by all team training rules.

EXPECTATIONS OF PARTICIPANTS IN ATHLETICS / ACTIVITIES

The following regulations pertain to athletic/activity participation:

- No student may participate in more than one athletic/activity during any one-sport season unless approval has been obtained from both coaches/advisors of the respective sports or activities, as well as administration.
- Athletes who quit one sport may not enter another sport in that season without the consent of both coaches involved and the athletic/activity director. Athletes removed from an athletic team because of disciplinary action may not turn out for another team in that season.
- All students must meet academic requirements. See "Academic Requirements" for details.
- Students are to **exhibit appropriate behavior** at all times.

- Students are required to be at every practice unless the coach/advisor has excused them prior to practice. Athletes must practice and condition sufficiently to prepare for a sport before being allowed to compete in that sport. In accordance with OSAA policies, students turning out for football must have nine (9) days of practice prior to competing in a game.
- **Appropriate care** must be taken of all equipment, school facilities, and properties. Athletes shall be held financially responsible for the replacement cost from any damages or losses resulting from their negligence. All equipment shall be cleaned and returned within one week of the end of any athletic season. Failure to do so may result in removal or denial from participation in current and/or future athletic programs until the above conditions are met.
- **Cell phone and camera use** is forbidden in locker room and bathroom areas for privacy reasons. Use of cell phones or cameras in these areas may result in removal from athletic participation and/or disciplinary action.
- Athletes may not accept any articles or awards for athletic skills during the school year other than the school awards or OSAA sanctioned awards.
- Students must **maintain emotional control** at all times. Any displays of misconduct, unsportsmanlike actions, or use of profanity in practices, competition, or on campus, will result in disciplinary action.
- **Optional Lay-Off:** Athletes, in working with their coaches, may have up to one calendar week layoff between the end of a sport season and the beginning of a new sport season. Athletes must communicate to their varsity coach their plan in exercising this option.
- Students are to exhibit appropriate behavior at all times. Violation of local ordinances may result in disciplinary action.
- It is the policy of the OSAA that any program/team with an ejected student-athlete or coach will be assessed a \$50 fine (increasing incrementally with subsequent ejections). **It is the policy and practice at PHHS that any ejected player or coach bear the financial responsibility for the fines assessed by the OSAA. In addition, further consequences may be issued by Pleasant Hill High School depending on the details of the incident.**

ATHLETIC / ACTIVITY CLEARANCE

Students desiring to participate in athletics/activities must obtain clearance from the athletic/activity secretary **before** participating in any practice or activity.

- Athletic registration must be completed using the athletic website (www.billiesathletics.com). Go to Register My Athlete.
- **If the student-athlete does not complete the required registration including signed athletic participation rules, they will not be allowed to participate in try-outs or practices.**
- **Participation in athletics/activities is not required.**

The student must meet the following requirements before participation in competition is allowed:

- Complete online athletic registration. (Includes parent permission, insurance and emergency contact information).
- A copy of a current physical examination.
- Meet one of the following pay-to-participate requirements that follow:
 - Pay your fee in full.

- Apply for a needs-based Community Service Hours Scholarship (must also make a Payment Arrangement Contract with this option)
- Make Payment Arrangements.

Scholarship eligibility is based on an individual qualifying for the Federal Free and Reduced Lunch Program, as well as other special circumstances. All forms and payment contracts can be obtained through the athletic/activity office. *(It is our belief that ALL families and students can find a way to make the financial sacrifices necessary for their child to participate in athletics and activities. A sliding fee scale may be assessed based on the family's current situation, combined with the Community Service Scholarship.)*

- Meet academic eligibility standards (grades checked by school office).
- Have returned all equipment issued in previous sport(s) or have paid for item(s) not returned.
- Complete an Impact assessment as part of our concussion safety monitoring program.
- Obtain a current student identification card.

PAY-TO-PARTICIPATE POLICY

A participation fee of \$150 per student (\$100 for MS) each season for OSAA sanctioned sports will be charged. Individual HS students will pay a maximum sport participation fee of \$300 per school year. Families with high school students in several OSAA sports will pay a maximum of \$450 per family/per year. No student will be allowed to participate in any event until they have met the requirements of the pay-to-participate fee policy.

1. **All athletic/activity fees must be paid in full, or a pay-to-participate partial scholarship granted prior to participation in any athletic/activity program sponsored by the Pleasant Hill School District.** The school will develop a system to assess/collect participation fees in accordance with district guidelines.
2. Fee reimbursement will be made on the following conditions:
 - Students who are not selected for the team by the coaching/advisory staff prior to the first regularly scheduled season contest will be reimbursed in full.
 - Those students, who quit the team for any reason prior to the 1st contest, will be reimbursed on a pro-rated basis by dividing the entire season into weeks.
 - No refunds will be issued for students quitting a team beyond the 1st competition week.

TEAM SELECTION / CUT PROCESS

In order to provide a quality athletic/activity program in which students can participate under optimum conditions, it is sometimes necessary to limit the total number of participants on a team. The head coach, in cooperation with the athletic/activity director, will determine the participation limit for each team. Reasons for limiting the number of participants may include safety, funding, OSAA requirements, and the need to provide the best possible teaching/learning environment for students.

Choosing the members of any particular team is the sole responsibility of the coach/advisor of that team. The coach/advisor must choose the team members in conformity with the philosophy of the athletic/activity program. The need for limitation of the number of participants on a team may vary from one sport/activity to another. Criteria and procedure for the selection/cuts will be available in writing for students and parents prior to and during the first week of practice or

tryouts. In the event that a student is cut from a team, he/she will be informed in person by the coach/advisor in a timely manner.

TRANSPORTATION

On all activities held away from school, students will ride to and from the activities on school transportation. Students may ride home with only their parents. Exceptions are with the use of the “Single Trip Parental Consent Form”. These are required for a student athlete to ride home from an event with a parent/guardian other than his or her own. These forms need to be turned into the HS Principal prior to leaving for an away contest. These forms can be found on the athletic website or in the HS office. One slip is required for each event.

CLASSWORK

On occasion when student-athletes must miss class to participate in scheduled athletic events, they are responsible for turning in class work that is due that day and they are responsible for making up any missed work in a timely fashion. If a student-athlete arrives home late from an athletic contest or misses class the day before a test due to an athletic contest, it is at the teacher’s discretion to allow the student-athlete to test at an alternative time. If the student-athlete must leave class early on a testing day due to an athletic contest, it is the responsibility of the student-athlete to reschedule the test for a date that is agreed upon by the student-athlete and teacher.

PRACTICE AND GAME CANCELLATION

In the event that the coach must cancel a practice, it is the responsibility of the coach and/or Athletic Director to notify the team and parents. Inclement weather does not determine whether practice will be held—the coach makes the determination. When available, indoor facilities may be used to hold practice in these circumstances. If changes are made in the practice schedule, parents and student-athletes will be notified as soon as possible.

In most cases, it is the responsibility of the host school to make decisions regarding game cancellations. When hosting an event, we will make every effort to make cancellation decisions by 2:00pm on the day of the event.

When a game is cancelled, the coach may choose to hold a practice in its place. If the coach chooses to hold a practice in place of the cancelled game, he/she will communicate this information to the parents and student-athletes as soon as possible.

To get updated information, sign up for ALERTS on our webpage: www.billiesathletics.com

CHANNELS OF COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each role, we are better able to accept the actions of the other and able to provide greater benefit to your children. As parents, when your child becomes involved in the athletic/activity program at Pleasant Hill High School, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach/advisor of your child’s team.

Communication you should expect from your child's Coach/Advisor:

- Philosophy of the coach/advisor.
- Expectations the coach/advisor has for your child as well as all the participants.
- Locations and times of all practices and contests.
- Requirements, I.E. fees, paperwork, special equipment, off-season conditioning.
- Procedure should your child be injured during participation.
- Discipline resulting in the denial of your child's participation.

Communication Coaches/Advisors expect from Parents:

- Athlete absences need to be communicated to the coach as soon as possible.
- Concerns expressed directly to the coach during appropriate times, preferably from the student-athlete first.
- Notification of any schedule conflicts – at least 24 hours in advance.
- Specific concerns in regard to a coach's philosophy and/or expectations.
- Written or visual notification of athletes riding home with parents and personal contact before leaving the site.

As your child becomes involved in the programs at Pleasant Hill, they will experience some of the most rewarding moments of their lives. It is important to understand there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach/advisor is encouraged.

Appropriate concerns to discuss with Coaches/Advisors:

- The treatment of your child: Mentally and Physically.
- Questions asking how your child can improve.
- Concerns about your child's behavior or attitude.

It is difficult to accept that your child is not playing as much as you may have hoped. Coaches/advisors are professionals and they make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach/advisor. Other things such as those listed next, must be left to the discretion of the coach/advisor.

Issues not appropriate to discuss with Coaches/Advisors:

- Playing time
- Game strategy
- Other student-participants

There are situations that may require a conference between the coach/advisor and the student-athlete and/or parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Parent Meeting

The coaches for each sport during the three sports seasons (Fall, Winter, Spring) will hold a parent meeting prior to the first game in each sport. Parents are encouraged to be in attendance.

The meeting will allow parents to meet the coach for their student-athletes sport, ask questions, and receive all information pertinent to the season.

Communication Tools

Coaches will communicate regularly with parents and student-athletes in person, via email or by phone. The coach will provide a contact number for parents and student-athletes to use in the case of an emergency ONLY.

Concerns or Issues

Step 1: One of the greatest opportunities for student-athletes is learning skills for effective conflict resolution. When there is a concern, student-athletes are encouraged to speak with their coach directly. It can be very satisfying for all parties involved when student-athletes and coach are able to find mutually agreeable solutions for an issue that they are preempting to resolve.

Step 2: If the coach and student-athlete are unable to resolve the issue together, then parents may contact the coach. If a parent has a concern to discuss with the coach, the parent should contact the coach at an appropriate time for both parties.

An upset parent should wait at least 24 hours before approaching a coach or parent after and athletic event. Under no circumstances should a parent approach a coach or another parent in a harsh manner or immediately before, during, or immediately after a practice or a game. Taking this time to reflect on the situation, as well as honest and respectful communication should allow for more effective dialogue, ensuring a more successful experience for everyone.

It is not appropriate for a parent to request feedback from the coach about team strategy (including playing time), play calling, or other student-athletes. It is appropriate for a parent to contact the coach with concerns about their son/daughter's behavior, their skill development, and for physical treatment advice.

Step 3: If the discussion with the coach does not resolve the issue, parents and coaches may contact the Athletic Director to discuss the situation.

Step 4: If the Athletic Director is unable to provide a satisfactory resolution, the parent may contact the High School Principal, Randy Fisher.

If you have a concern to discuss with a Coach/Advisor, the procedure you should follow:

- A student-athlete can make a conference request in person, via email, or by voicemail.
- Call to set up an appointment with the coach/advisor. Pleasant Hill High School's phone number is 541-747-4541. Ask to leave a voice mail or message for the coach/advisor. Email is also effective in setting up an appointment.

- For any off-campus coaches/advisors, call the Athletic Office (541-736-0706) to leave a message with the best time and place to reach you.

What can a parent do if the meeting with the Coach/Advisor did not provide a satisfactory resolution?

- Call and set up an appointment with the Athletic/Activity Director to discuss the situation. The Athletic/Activity Director may select any of the following procedures for a conference.
 - Athlete and Athletic/Activity Director (AD)
 - Coach/Advisor and AD
 - Athlete, Coach/Advisor and AD
 - Athlete, Parent and AD
 - Athlete, Parent, Coach/Advisor, and AD
- At this meeting, the appropriate next step can be determined.

ATHLETIC CONTRACT: PARENT

As a parent who is also committed to the education, maturity and athletic success of your child, we encourage you to make a formal commitment as described below. Our partnership together will increase the likelihood of a successful season, regardless of the final win/loss record of the team.

PARENT'S COMMITMENT

I understand that as a parent I play a vital role in the development of my child's athletic ability and character, and therefore in the success of the Pleasant Hill School District's Athletic Program. Recognizing this role, I therefore commit to the following:

- Be positive role model so that through my own actions I can help to make sure that my child has the best athletic experience possible.
- Be a "team" fan, not a "my kid" fan.
- Weigh what my child says in any controversy, and work with coaches and/or athletic department to gather all the facts.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Be respectful of all officials' decisions.
- Not instruct my child before or after a game, because it may conflict with the coach's plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the sport.
- Recognize and show appreciation for an outstanding play by either team.
- Help my child learn that success is experience in the development of his/her skills, and that he/she can feel positive about their skill development during the season, regardless of the team's record.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if I have a concern. I will respect the coach by following the designated chain of command.
- Support the alcohol, tobacco and other drug-free policies of our school by refraining from the use of any such substances before and during athletic contests. I will also support my child and hold him/her accountable for their commitment to non-use of substances, improper behavior inside and outside of school including hazing, harassment and bullying as outlined in the Athletic Code.

ATHLETIC TRAINING RULES NOTE

Athletic teams may establish rules of conduct and consequences for misconduct that are stricter than those for students in general. If a training rule violation is also a violation of the Student Code of Conduct, the consequences specified by the district may apply in addition to any consequences specified by the team.

The *Athletic Training Rules* do not replace any student rights or responsibilities set forth in the general provisions of this handbook or in the policies of the Pleasant Hill School District.

ATHLETIC WEBSITE

All athletic information will be posted on the Pleasant Hill Athletic website:

<http://www.billiesathletics.com>

The information found on the website will include: sports schedules, team pages, facility schedules, PHHS Athletic Forms, OSAA Athletic Forms, Coaches information, and other Athletic Department information pertinent to athletics at Pleasant Hill HS

THANK YOU

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Your child will learn values such as hard work, time management, teamwork, sportsmanship, personal advocacy, interpersonal relationships, honesty, and striving for success.

Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

We hope the information provided within this booklet makes a more enjoyable, less stressful experience with the school athletic/activity programs for both you and your child. With your help and positive support of the staff at Pleasant Hill High School, the experience will be rewarding for all.

Erik Hoberg
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