



Athletics & Activities Handbook 2023-24

Olympian Values

Sprague Athletics is committed to excellence in all areas. Our student athletes display Olympian values during their classes, practices and games. Sprague Olympian values focus on honor, integrity, discipline, commitment, loyalty and determination. Sprague athletic programs use sports as a method to assist our students to grow into productive, socially conscious members of society who desire success for all. Student athletes who choose to wear Sprague jersey's do so knowing they will compete with class and reflect the great tradition of Sprague athletics.

What athletics and activities are offered at Sprague?

Fall Sports: Football, Soccer, Volleyball, Cross-Country

Winter Sports: Basketball, Swimming, Wrestling

Spring Sports: Baseball, Softball, Tennis, Golf, Track and Field

OSAA Activities: Dance, Cheer, Band, Choir, Orchestra, Speech and Debate

When do practices start?

The first official practice date for Fall sports is August 14th, 2023.

The first official practice date for Winter sports is November 13th, 2023.

The first official practice date for Spring sports is February 26th, 2024.

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

Athletic Opportunities for Students

There are many different activities at Sprague High School. We encourage our students to take advantage of all the extracurricular opportunities at Sprague. The sports information listed in this booklet pertain to the OSAA/Salem-Keizer School District sponsored athletic programs. Other club athletic teams include racquetball, water polo, lacrosse, bowling, and equestrian. Please remember that these club advisors and coaches are not school employees. Their funds are neither provided nor managed by the district accounting system. Coaches are not hired or evaluated by school personnel and the athletic department does not oversee their programs. Contact the Activities Director or the club advisor/coach for information on those programs.

The following pages will provide a brief overview of each sport offered at Sprague as well as the sports' head coaches name and contact information.

FOOTBALL We field Varsity, JV and Freshman football teams. The JV team typically consists of sophomores and juniors while only freshmen play on the Freshmen team. It is possible that an athlete could play on both the JV and the Varsity team during a week as football players are allowed five (5) quarters of competition per week with an ability to play 6 quarters. Practices are held daily after school.

Head Coach: AJ Robinson (robinson_aj@salkeiz.k12.or.us)

VOLLEYBALL Varsity, Junior Varsity and Freshman volleyball teams are offered. The squad size is usually 12 to 15 players per team and there is a selection/cut process. Practices are held daily after school in the gym area and there are usually a minimum of 2-3 matches per week and some weekend tournaments.

Head Coach: Anne Olsen (olsen_anne@salkeiz.k12.or.us)

SOCCER Varsity, JV squads are formed for both girls and boys. Squad sizes are typically 18 to 22 players per team and a selection/cut process is used. Practices are held daily after school at Skyline Park.

Girls Head Coach: Francisco Martinez Cruz (martinezcruz_francisco@salkeiz.k12.or.us)

Boys Head Coach: Dwaine Richards (dwaine_richards@salkeiz.k12.or.us)

CROSS COUNTRY

Sprague fields a varsity and a junior varsity cross country team for both boys and girls and there are no cuts. Practices are held at Skyline Park daily after school and meets are held weekly.

Home meets are held at Bush Park. Varsity and JV line-ups are open to freshmen through seniors and team selection takes place weekly, according to the previous meet and to participant's performance in practice.

Head Coach: Tracy Kalar (Kalar_tracy@salkeiz.k12.or.us)

CHEERLEADING Varsity and JV cheerleading squads are typically formed. Tryouts are held in the spring and cuts are sometimes made. Practices are held during the summer, daily after school and sometimes in the evening. Participants cheer at all home and some away football and basketball games, as well as at selected cheerleading competitions.

Head Coach: Sarie Scott (scott_sarie@salkeiz.k12.or.us)

WRESTLING Sprague Participates in Varsity, JV, and novice wrestling. We've also added girls wrestling. Athletes are typically not cut. Practices are held daily after school in the wrestling room. One to two meets are usually held per week. Participants wrestle each other varsity spots during practice time each week. Home meets are held in the Sprague High main gym.

Head Coach: A.J. Antillon (antillon_antonio@salkeiz.k12.or.us)

BASKETBALL Sprague typically offers a Varsity, JV and Freshmen basketball teams for both girls and boys. The squad sizes are usually 12 players per team and there is a selection/cut process. It is possible that an athlete could play on both the varsity and the JV team during an evening. A basketball player is allowed five (5) quarters of playing time per play date. Generally, there are two games per week.

Boys Head Coach: Jordan Graneto (graneto_jordan@salkeiz.k12.or.us)

Girl's Head Coach: Kevan Hanson (hanson_kevan@salkeiz.k12.or.us)

SWIMMING There is usually a varsity and junior varsity swim team for both boys and girls. A selection/cut process usually will not be done, unless a large number of swimmers becomes a safety concern. Practices are held at Salem Tennis and Swim Club and home meets have been held at the Kroc Center. Practice time is rescheduled each year among Salem schools. Generally, there is one meet per week.

Head Coach: Kate Mathews (mathews_katherine@salkeiz.k12.or.us)

DANCE TEAM Sprague typically offers a varsity and junior varsity dance team. There is a tryout in the spring and cuts are sometimes made. For district and state competitions, dancers with the most experience are chosen to compete and all others compete locally. Participants sometimes dance at half-time during football and basketball games. Practices are held daily.

Head Coach: Vernita Reyna (reyna_vernita@salkeiz.k12.or.us)

BASEBALL There is usually a Varsity, JV and Freshmen baseball teams. Squad size is usually 16 to 18 players per team, and there is a selection/cut process. Practices are held daily after school at Skyline Park. Games usually occur twice a week with home games at our two fields.

Head Coach: Luke Buchheit (buchheit_luke@salkeiz.k12.or.us)

TRACK & FIELD There is usually a Varsity and JV competition for both boys and girls. Practices and home meets are held on our track. Generally there is one meet per week.

Head Coach: Brent Charles (charles_brent@salkeiz.k12.or.us)

SOFTBALL There is usually a Varsity and JV softball team. Squads usually consist of 12 to 15 players, and a selection/cut process is used. Practices are held daily. Practices and home games are held at our two fields. Games usually occur twice a week, sometimes three times due to weather makeups.

Head Coach: Madisen Hughes (hughes_madisen@salkeiz.k12.or.us)

GOLF There is a varsity team for both girls and boys golf. Squads usually consist of 10 to 12 players. A selection/cut process is used. **Sprague's home course is Creekside Golf Club.** Practices are held daily at Creekside or Illahee golf course. Matches are usually once a week.

Boys Head Coach: TBD

Girls Head Coach: Connie Peters (peters_sarah@salkeiz.k12.or.us)

TENNIS

There is a varsity tennis team for both girls and boys. The selection/cut process for the varsity team is accomplished through practice competitions. Practices and home matches are held at Sprague High Schools courts.

Boys Head Coach: Gary Wheeler (wheeler_gary@salkeiz.k12.or.us)

Girls Head Coach: Jennifer Schmelling (schmelling_jennifer@salkeiz.k12.or.us.com)

ATHLETICS PARTICIPATION

Clearance for athletic participation is determined by the athletic director and athletic office staff. This is communicated to his/her coach through the FamilyID site. **NO CLEARANCE, NO PRACTICE, NO EXCEPTIONS!** The roster lets the coach know that the following has occurred:

1. An **athletic participation registration on Family ID** has been filled out online and electronically signed by the student and parent/guardian.
2. A **valid physical** is on file at Sprague. Physicals are good for two years and must not expire prior to the end of the sport season. The forms must be signed and dated by the student, parent, and health care provider.
3. An **insurance company name and policy number** has been provided. School insurance purchase forms are available in the athletic office.
4. A **student athletic agreement** is signed by student and parent/guardian.

SIGNING UP FOR SPORTS

Register by clicking on this link:

<https://www.familyid.com/organizations/sprague-high-school>

- To find your program, click on the link provided by the Organization above and select the registration form under the word **Programs**.
- Next click on the blue **Register Now** and scroll, if necessary, to the **Create Account/Log-In** buttons. If this is your first time using FamilyID, click **Create Account. Log In**, if you already have a FamilyID account.
- **Create a secure** FamilyID account by entering the account owner's First and Last name (parent/guardian), E-mail address and password. Select **I Agree** to the FamilyID Terms of Service. Then click **Create Account**. You will receive an email with a link to activate your new account. (If you don't see the email, check your Email filters (spam, junk, etc.).
- Click on the link in your activation Email, which will log you in to FamilyID.com
- Once in the registration form, complete the information requested. All fields with a red* are required to have an answer.
- Click the **Continue** button when your form is complete.
- Review your registration summary.
- **The Charge for the 23-24 school year is \$125.00 for the first sport, \$75 for the second sport and if a student chooses to play a third season, then the fee is waived.** Options (Sprague Bookkeeper OR online payment through Salem Keizer School District <https://skpay.salkeiz.k12.or.us/>)
- Click the green **Submit** button. After selecting 'Submit', the registration will be complete. You will receive a completion email from FamilyID confirming your registration.

TRYOUTS

Due to the nature of some sports, it is sometimes necessary to limit team size, and in doing so, conduct a tryout process that may result in some players not having a spot on the team, or to be "cut." Players, parents, and fans should understand that determining who

makes the team, and who does not, is one of the most grueling decisions a coach makes over the course of a season. Athletes are most often evaluated on the following variables when trying out:

**Athletic Ability/Potential * Ability to Fill a Role on the Team
Academics/Character * Fundamental Skills * Coachability**

In the event an athlete does not make a particular team the athlete may join another team during the same season within one week of their previous tryout (i.e., volleyball player changes to soccer). However, if the athlete is removed from another team for behavioral reasons the athlete will forgo participating in athletics the remainder of that sport season. Additionally, if an athlete quits another team, they may not participate or train with another team until the beginning of the next sports season.

PRACTICES

Most practice sessions will be held after school but due to demand and limits on facilities, some practices may be conducted in the morning, some in the evening and some on Saturday's. No practices or team functions (et.al.) will be held on Sundays without athletic director approval. Practices on In-Service days may vary but will usually be held beyond normal hours of school as teachers that coach must work during the day. Playoff circumstances may also dictate deviation from normal practice scheduling and will be approved by the athletic director prior to any deviation.

EXPECTATIONS OF SALEM-KEIZER ATHLETES

Players **ejected** from contests for behavioral reasons will be required to **pay all OSAA Associated fees/fines** as well as serve a suspension from the contest.

Salem-Keizer athletes are expected to:

- Maintain an academic standing equal to their ability.
- Attend school and classes on time.
- Maintain excellent physical condition throughout the season.
- Avoid the use of alcohol, drugs, and tobacco products.
- Follow coaches' instructions as to diet, rest, and sleep.
- Respect the rules of the contest and those who administer them.
- Report all injuries to coach & athletic trainers.
- Care for their equipment and return all equipment at the end of the season.

EXPECTATIONS OF SALEM-KEIZER ATHLETES (Continued)

- Promote good sportsmanship and citizenship in the school and community.
- Report all injuries to coaches and athletic trainers.
- Care for their equipment and return all equipment at the end of the season.
- Maintain positive and timely communication with respective coaches.

In addition to the SKSD's expectations for athletes, Sprague and each sport may have additional expectations for student athletes in regard to academic, behavioral, substance use and attendance. Please refer back through this handbook regarding Sprague's expectations and consult the head coach of your respective sport for information regarding that program's expectations.

****All athletes and parents are strongly encouraged to read the Agreement Scenario.**

STUDENT/ATHLETE AGREEMENT SCENARIO

Salem-Keizer School Board policy requires student athletes and their parents to sign an agreement regarding drug, alcohol, and tobacco use or possession before being allowed to participate in any athletic program provided by the district. This rule pertains to athletes who use, possess, transmit, or are under the influence of alcohol, tobacco, or controlled drugs, or are in the presence of others using such substances. This provision states an athlete in the presence of others is expected to “leave within a reasonable period of time.” Reasonable period of time does not refer to a specific number of minutes, but to what actions the athlete took when they realized their environment. In the investigation of a possible violation, the administration will look at what the athlete did immediately after the discovery of the activity, who did he/she call, where did he/she go, and the approximate time that elapsed before leaving the scene. No athlete will be disciplined if it is determined that they did everything within their control to leave in a reasonable period of time.

Scenario:

Alice, Betty, Joe, and Bill are at Dan’s sixteenth birthday party in Dan’s parents’ home. Dan’s parents have gone to a friends’ home to play cards and are expecting Dan and his guests to watch videos. During the evening, five of Dan’s friends from another high school crash the party and bring beer. Dan allows the five party crashers to remain, and the beer is opened and some of the kids start drinking. Alice and Betty, who are athletes, realize that their athletic eligibility is in jeopardy and immediately call Alice’s mother to come and get them. The girls go outside and wait for Alice’s mother to arrive. Joe, who is also an athlete, decides he wants to finish the video and goes upstairs to Dan’s room to be away from the party. Bill, who is not an athlete, remains at the party and enjoys a few beers. Dan, who is an athlete, does not drink any beer.

In this scenario, the school is most likely to take the following actions: Alice and Betty did leave in a reasonable period of time and will not receive athletic suspensions. Joe will receive athletic suspension because he did not make any attempt to leave the premises. Going into another room does not constitute leaving for a reasonable period of time. Bill, who is not an athlete, cannot receive discipline from school. Dan could not leave his own home and did not drink, but did allow the beer party to happen, therefore will receive an athletic suspension.

OSAA SPONSORED SPORTS ELIGIBILITY

An eligible student is one who is currently enrolled in school, attending regularly and passing (5) accredited classes (2.5 credits) and who, during the immediate preceding semester, was enrolled in school, attended regularly and **PASSED (5)** accredited classes. Additionally, a student-athlete must prove progress toward graduation by passing at least 4.5 credits at the end of their freshman year, 10 after their sophomore year and 17 by the end of their junior year. Additional eligibility requirements may be assigned at the beginning of the school year. Any exception to this policy must be made through a hardship request to the Oregon Schools Activities Association. See the Athletic Director for hardship information.

Students not passing 5 classes (2.5 credits) the previous semester are ineligible for participation in sports the following semester. Additionally, students not passing 5 classes equally 2.5 credits during regular grade checks (progress reporting periods) will also become immediately ineligible for participation until which time they resume passing the 5 classes. Students may use summer school as an extension of the 2nd semester to assist them in maintaining their academic eligibility.

Other eligibility rules:

1. If a student moves into the Sprague district, his/her parents or legal guardians must live in the same household as he/she does. While extenuating circumstances may apply that do not permit the student athlete to live with the parent, please consult with the athletic director prior to making a transfer that does not involve the student athlete's parents residing in the Sprague attendance area.
2. A student who enters ninth grade for the first time is eligible if he/she lives in the Sprague High School attendance area or has an approved In-District Transfer to Sprague.
3. Once a student enters grade nine, they may compete for eight consecutive semesters.
4. A student who turns 19 before August 15th shall be ineligible for competition.
5. An athlete's grades are checked frequently during each sport season. If an athlete has lower than a "C" in any class they will be monitored academically on a weekly basis and may be assigned a mandatory study table if their grades include one or more "F's, or do not improve. Once placed on the weekly monitoring program an athlete may be removed from play if they do not make weekly progress in improving their grades.

ATTENDANCE

Attendance at school is mandated by law, thus, student-athletes must be in attendance and on time to all classes. Failure to attend a class and frequent tardiness may result in removal from competitions and/or removal from the team. It is the policy of the Salem-Keizer School District that students must attend school for at least a half day, in order to participate in extracurricular activities such as athletics. Participants and parents should understand that consequences for non-attendance may not necessarily be applied the day of the absence but may involve removal from future contests and/or the team altogether. Furthermore, athletes returning late from distant trips are required to attend ALL classes the following day. Similar to school attendance at all practices, team meetings, team functions (et. al.) are mandatory with membership on a team. Exceptions to this policy will be handled by the head coach and/or athletic director, based upon the given circumstances.

PLAYING TIME

Playing time at the high school level is quite different than it was in the middle school or elementary years. Up until high school most sports were "participation" based, in which all players participated in all games. At the high school level, and particularly the 5A & 6A level become much more competitive and deciding who does or does not play becomes much more critical in determining the success of the team and program. Thus, playing time on Sprague teams is exclusively determined by the coaches of our teams. Similar to the tryout criteria, coaches most often consider the following when determining who plays and who does not:

**Athletic Ability/Potential * Ability to Fill a Role on the Team
Academics/Character * Fundamental Skills * Coachability**

LETTERING

Each Sport has its own lettering policy. At the beginning of the season coaches explain their lettering policy to their teams. If you have any specific questions, please ask the head coach. At the end of each season, each coach will plan and conduct their own award ceremony.

ACADEMICS

Sprague High School's academic expectations for student-athletes is that they will maintain all A's, B's, or C's as grades. Student-Athletes who do not maintain a 2.0 GPA during

the current semester will be placed on Academic Probation and be restricted from competition until such time the individual improves his or her grades to reflect a minimum 2.0 GPA Student-athletes receiving a D, F, NP, or INC in any course will be placed on "Academic Watch." Academic Watch requires the student-athlete to pick up a weekly grade card in the athletic office and submit it by Thursday afternoon of each week. The grade card will have spaces for all classes, all letter grades, and all percentage grades. Students will be expected to raise deficient grades weekly until which time they have all A's, B's, or C's. Each Head Coach is responsible for monitoring the academic progress of each program's student-athletes. As such, head coaches are free to assign student-athletes to mandatory study sessions. **Failure to attend these mandatory sessions may result in the restriction from contests and/or removal from the team.**

TRANSPORTATION OF STUDENTS

Sprague is responsible for transporting athletes to and from all athletic events outside of the Salem-Keizer School District. The athletes will be required to use this transportation unless arrangements have been made through the athletic director prior to the event. Sprague will provide transportation on a limited basis within the SKSD. Check with your coach to understand the travel arrangements prior to competition.

° Athletes may ride home after the event with their parents only if that parent has given written permission on file with the athletic office and made personal contact with the coach.

° Athletes are not allowed to drive themselves to any contest held outside of the Salem-Keizer School District and are **NEVER** allowed to drive other students.

NOTE: Permission is generally only granted for rides with immediate family members or a parent of a team member.

Supporting Sprague Athletics

There are many entities that support Sprague student-athletes in a variety of ways. While most funding comes from Salem-Keizer Public Schools in the form of general funds, participation fees, and gate receipts, the Sprague Booster Club, the Sprague region of Salem, and the fundraising efforts of our coaching staff and parents all contribute to the outstanding athletic opportunities we afford our students.

The Sprague High School Booster Club

Sprague High School's Athletic Booster Club prides itself on providing fundraised dollars that support all student-athletes at Sprague High School. Raising thousands of dollars per year, the Boosters have assisted in capital improvement projects such as the turf field at Oly Stadium, the softball dugouts, scoreboards, weight room, providing scholarships for students, and much, much more.

The primary source of revenue for the booster club is through the sales of concessions at Sprague contests, and the endless volunteer hours they receive from their members that staff those concession stands. To get involved please attend a Booster Club meeting on the 2nd Wednesday of each month at 7:00 p.m. in the Oly Forum at Sprague High or contact the athletic office.

Sport Specific Fundraisers

Most of Sprague's athletic teams raise money during the course of the year to better their program and their athlete's experience. Under the direction of the head coach, these funds

are deposited directly into a sport specific account with our bookkeeper and go directly to supporting the teams that raised the funds. To help raise money for a particular sport, please contact that sports' head coach.

PLAYOFFS

Sprague has a proud history of participating in many athletic play-off contests. Our success is respected statewide. The OSAA determines how many teams from each league will be involved in the state playoff in each sport. They draw up the playoff brackets and assign leagues before each season begins. All revenue collected from OSAA playoffs goes back to the OSAA with the schools involved in the playoffs reimbursed for some of their expenses.

The Parents, Coaches, and Athletes Roles

In High School Athletics

It is the role of the coach to provide a safe, positive, growth oriented and competitive setting for students interested in athletics to develop skills and attributes that are both sport specific, and lifelong in nature. In essence, it is the coach's job to coach. It is the role of the athlete to heed the coach's direction; mentally, emotionally, physically, and spiritually giving their best effort at all times. In essence, it is the athlete's job to perform. It is the parent's role to nurture their child while attending to their nutritional and developmental needs. In essence, it is the parent's role to parent. We appreciate the role of the parents as they support their student athlete, and we ask that all parents follow the Ten Commandments of Sports for Parents (see below).

Central Valley Conference Event Admission

	Any Game Attached to a Varsity Contest	JV/FR Football
Adults	\$8.00	\$5.00
CVC students with ASB card and team is playing	Free	Free
High School Students w/o ASB card or from a school NOT playing	\$6.00	\$4.00
K-8 Students	\$5.00	\$3.00
Seniors (60+ with ID)	Free	Free

**** Passes accepted: OSAA, OACA Gold Card, and CVC. ****

All Season Sports Pass—Family – \$175.00

(Admits a family of two adults and all children through 8th grade; all events-all year)

Two cards-additional cards \$2.00 each.

All Season Sports Pass—Individual – \$75.00

(Admits an individual to all Sprague athletic events for the entire school year.

Fall Season Family Pass – \$85.00

(Admits a family of two adults and all children through 8th grade to all regular home athletic events.) Two cards-additional cards \$2.00 each.

Fall Season Individual Pass – \$50.00

(Admits one adult to all regular season athletic events.) One card.

Winter Season Family Pass – \$85.00

(Admits a family of two adults and all children through 8th grade to all regular home athletic events.) Two cards-additional cards \$2.00 each.

Winter Season Individual Pass – \$50.00

(Admits one adult to all regular season athletic events.) One card.

OSAA Playoffs: Determined by OSAA

CENTRAL VALLEY CONFERENCE HIGH SCHOOLS

MCNARY:	595 Chemawa Rd N Keizer, OR 97303	Phone: (503)399-3238
NORTH SALEM:	765 14th St NE Salem, OR 97301	Phone: (503) 399-3241
SOUTH SALEM:	1910 Church St. SE Salem, OR 97302	Phone: (503) 399-3252
SPRAGUE:	2373 Kuebler Rd S Salem, OR 97302	Phone: (503) 399-3261
WEST SALEM:	1776 Titan Dr NW Salem, OR 97304	Phone: (503) 399-5533

ATHLETIC TRADITION / COACHING STAFF

Athletic Tradition

Sprague High School is proud to boast an outstanding reputation of athletic and academic excellence. Steeped in tradition, the success of Sprague student-athletes has been supported through the athlete's work ethic and a coordinated network of key supporters including the student-athletes' families, the Sprague High staff, and the Sprague community at large. It is from this united effort of support that our student-athletes perform among the very best in the State of Oregon, constantly making us proud to be an "OLY!"

Coaching Staff

The Sprague High School Athletic Department is staffed by many of the best coaches in the State of Oregon. Led by recipients of many distinguished honors, such as district coaches of the year, state coaches of the year, and state championship coaches, our coaching staff is arguably one of the most accomplished coaching staff in the state.

Organizationally, the head coach of each sport is the person responsible for the program they supervise. Assistant coaches, working under the direction of our head coaches, fill various roles in support of the head coach and the implementation of the head coach's philosophy.

Athletic competition builds character and shapes lifetime attitudes. Sprague High School wants to reinforce and promote the principles of good sportsmanship which are **Commitment, integrity, and Loyalty.**

A good sport, whether an athlete, a coach, a parent, or a spectator, is a true leader in the community. As a member of our community, we ask for your commitment to reinforce these values with your behavior at our sporting events, and to remember that it is a reflection on our programs. We ask your assistance in upholding the highest degree of good sportsmanship by doing the following:

Respect the other team & fans.

Respect the athletes & coaches.

Respect the game officials.

Respect the school officials and event staff.

Inclement Weather or Other Emergency Closures Policy For Athletic Practice and Activities

On days when school is closed due to inclement weather or other emergency situations, no practice or activities will be held. This policy is made for the safety of our students.

This policy does not apply to a practice/activity on the Saturday following a day when school had to be closed for inclement weather or an emergency, nor does it include vacation days that follow such closure. However, the practice/activities will only be held on those days with approval from the district superintendent and consultation with the school principal and athletic director.

SPECTATOR EXPECTATIONS

Spectators will treat visiting teams and officials as though they are guests in your home. Do your best to make them feel safe and comfortable.

Spectators will refrain from any comments and chants that refer to sexual orientation, race, ethnicity, socio-economic status, physical characteristics, or use the name of athletes/officials in a derogatory manner.

Spectators will treat school personnel and game workers as though you are guests in their home. Do your best to behave in a gracious manner.

Chants should focus on the game at hand; avoid comments about the other crowd. Personal attacks on athletes or teams, and other games from the past.

Remember that the goal of the cheering section is to **lift up our team**; not to degrade our opponents or become the show ourselves.

Problem Solving Model - Due Process for All

When an athlete, parent or coach has a concern the first thing they should determine is who truly has the concern and whom to raise the concern with. Most often, concerns are a product of communication failure and in particular, elongated communication channels. Thus, to ensure that effective communication is occurring, the Sprague Athletic Department practices the following problem-solving model.

Concerns involving coaches and athletes should begin with a conference between the athlete and the coach. If the matter is still unresolved, a following meeting should occur including the athlete, coach, and parent. If still unresolved, a subsequent meeting will occur that will include aforementioned parties and the athletic director.

Please be advised that Sprague coaches are directed not to have meetings over concerns on game days and are counseled to have said meetings by appointment only. The coach's job is very busy and filled with an array of responsibilities, most of which are on tight timelines. Furthermore, athletics is a passionate, emotional industry. Thus, meeting when emotions run high and competitiveness is at a fervor, amidst the coach attending to his game day duties, most often results in unnecessary damage to relationships that only undermines the experience for the student-athlete.

A communication concern that is often brought forth by parents is the fear of retribution by the coach toward their child if the parent raises a concern. Behavior of this nature by any member of the Sprague coaching staff is considered heinous and completely inappropriate. Additionally, at times parents seem compelled to send anonymous letters/emails voicing concerns about a particular coach or program. Again, this does nothing to resolve the problem, improve the program, or provide a better experience for the student-athlete. Thus, parents, athletes, and coaches are encouraged to use the aforementioned problem-solving model in seeking resolution to concerns that will provide due process for all.

Oly Golden Rules for Parents

SPORTSMANSHIP

The OSAA and the Mountain Valley Conference have adopted sportsmanship expectations for fans and participants at sporting events. These expectations can result in severe sanctions against our school if it is deemed that Sprague fans or contestants behaved inappropriately. The sportsmanship expectations of both of these entities is simple; every person in attendance will treat all others in attendance in an appropriately, respectfully and in a professional manner. This includes, but is not limited to, the games contestants, officials, and the opposing school's fans.

Fans are to cheer as loudly and proudly for their team's efforts as they wish while refraining from addressing our opponent altogether (i.e., "Go Olys!" versus "Boo Rams!").

Furthermore, this boundary provides an opportunity for our Oly community to set the standard for sportsmanship by modeling exemplary behavior at all of our venues and contests. It allows us to focus our energies where they should be, **on the performance of our team and in support of their efforts.**

Regardless of our role, player, coach, or fan, we all too often get distracted with things beyond our control (e.g., officials, opposing fans/team, etc.) and we lose this focus, thus compromising the synergy we can create if we join forces with one focused goal: our team! Let this be our focus.

Sportsmanship Reminders and Suggestions:

Our ongoing goal as a school is to annually earn "Ejection Free School" recognition by the OSAA. This means we will have no ejections in any capacity during the course of the year.

Players Ejected from contests for behavioral reasons will be required to pay the associated OSAA fines.

Simply:

Cheer for our team only!

Find fun and unique ways to support our programs: decorations, goodie bags, recognition opportunities, new cheers for our team, coordinated efforts, etc. will help produce the OLY energy we seek!

We are all behavioral role models. Older kids to younger kids, adults to students, coaches to players, players to younger players, etc., know your sportsmanship responsibility and do your part to support it.

Remember, the **way you do some things reflects on the way you do all things!** If we focus on our team and supporting them, imagine how much better they will perform!

- Thou shall be sure your child knows that—win or lose, scared or hero—you love him/her, appreciate his/her efforts, and that you are not disappointed in him/her.
- Thou shall try your best to be completely honest about your child's athletic capability, his/her competitive attitude, his/her sportsmanship—and his/her actual skill level.
- Thou shall be helpful—but don't coach him/her on the way to the gym, track, court, field or pool—or on the way home.
- Thou shall teach your child to enjoy competition for competition's sake, remembering there are lessons to be learned in success and failure, as well as in competition itself.
- Thou shall not relive your athletic life through your child—or try to create an athletic career to replace the one that you never had.

- Thou shall not compete with the coach—remember, in many cases, the coach becomes a role model to the athletes; Understand that when a parent criticizes a coach's or his/her decisions it will have a negative impact on the athlete's performance.
- Thou shall not compare the skill, courage or attitudes of your child with that of other members of the squad or team—at least not in his/her hearing.
- Thou shall get to know the coach so that you can be sure that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to expose your child to his/her coaching, and that you understand them well enough to support them with your child.
- Always **remember that children tend to exaggerate**, both when praised and when critiqued. Temper your reaction when they bring home tales of woe—or tales of heroics.
- Thou shall make a point of understanding courage and the fact that it is relative. Some of us climb mountains but fear flight—some of us will want to fight but turn to jelly if a spider crawls nearby. **A child must learn:** courage is not absence of fear, but rather doing something in spite of fear.

Salem-Keizer Public Schools promotes equal opportunity for all individuals without regard to age, color, disability, marital status, national origin, race, religion or creed, sex or gender, sexual orientation, or veteran status.

Schedules, Facility Use, and Athletic Information:

<https://sprague.salkeiz.k12.or.us/athletics/>

<https://www.salemkeizerathletics.org/public/genie/1276/school/48/>

Questions or need information?

Contact Carrie Killip, Athletic Secretary
killip_carrie@salkeiz.k12.or.us

Contact Jim Miller, Athletic Director
miller_jim@salkeiz.k12.or.us



Last updated: 8/24/2023