

St Helens High School Athletic Policy



Revised May 2019

ATHLETIC REGISTRATION AND CLEARANCE

The administration must clear students before they can participate in athletic programs. The student must complete the following procedures in order to participate in practices and contests:

1. **Pay User Fee;** \$150 per sport season, \$300 maximum per athlete per school year.

A. Students must pay **ALL** outstanding fees and fines before the bookkeeper can process the current season user fee. Uniforms will not be issued and students will not be able to compete in contests until all user fees and fines are paid in full.

Uniforms will not be issued and students will not be able to compete in contests or receive their varsity letter/emblem until all user fees and fines are paid in full. Uniform fees will be assessed when a student is added to the roster. Uniforms will be returned to the coach at the conclusion of the last contest of the season. The coach will let the bookkeeper know that the uniform/gear that was issued to the student has been returned and the fee will be removed.

B. Refunds will only be given to athletes for the following reasons:

- Student is cut from team by coaching staff during try out process = Full Refund
- Season ending illness/injury = 50% Refund if illness/injury occurs during first ½ of season.
- NO REFUND will be given if a student quits, is removed from the team for disciplinary reasons, or fails to meet St Helens High School and OSAA academic standards at any time during the season.
- **Note: If a student quits a sport during the season, they will not be eligible to participate in activities of another school sport until the current sport season has ended, or they have talked to and have written permission from the coach of the previous sport.**

2. **Physical Examination Record**

A. Students must have on file in the athletic office a record of a current physical examination. All current and incoming freshmen, juniors, and first time participants at St Helens High School need a physical examination on file, **dated after June 15th**. Physical examinations are valid for two years.

B. Students must complete the ImpACT Concussion Test, free of charge, administered by the athletic department.

3. **Register @ Family ID.**

4. **Academic Eligibility Clearance** (see Academic Eligibility)

ACADEMIC ELIGIBILITY

1. Meet **OSAA Credit eligibility** requirements (see OSAA Academic Requirements)

2. Meet **SHHS eligibility** requirements:

A. Passed 5 of 7 classes at the end of the previous grading period.

B. If a student falls below passing requirements at grade check, they will be placed on academic probation. (See Academic Probation).

C. Academic Eligibility standards will apply at the end of each final grading period (semester grades) to determine eligibility for the upcoming season

*** It is recommended that students enroll in more than the minimum number of classes each semester to ensure they meet satisfactory progress towards graduation requirements, outlined on the chart below.**

OSAA Academic Requirements:

In addition to the specific credit requirements identified in OSAA Handbook Rule 8.1 to be scholastically eligible, a student must also be making satisfactory progress toward St Helens High School's graduation requirements by earning the minimum number of credits during the specified school year, as indicated on the chart below.

OSAA Minimum Satisfactory Progress Toward Graduation Requirements	
Credits to Graduate	24
Credits per Year	6
Credits earned prior to grade 10	4.5
Credits earned prior to grade 11	10
Credits earned prior to grade 12	17

Note: *Participants in athletic programs sanctioned by the OSAA who do not meet OSAA Satisfactory Progress toward Graduation Requirements are, by OSAA, ineligible for the entire year and may not represent the school until credits have been recovered and recorded on the official transcript. Participants who do not pass the required number of classes the previous semester are ineligible for that entire semester and may not participate or represent the school until the next official grading period has been completed and grades have officially been posted. Students may not practice if they do not meet OSAA academic standards unless an appeal is granted by the athletic director and submitted to the OSAA for their approval.*

GRADE CHECKS

Grade checks will be conducted once during the athletic competition season.

Fall = approximately 4-5 weeks after school starts

Winter = approximately 4 weeks after first contest and correlates with the end of Semester 1.

Spring = approximately 4 weeks after first contest

If a student falls below passing requirements at grade check, they will be placed on academic probation. (See Academic Probation).

ACADEMIC PROBATION

1. An academic probation form will be signed by the student, parent, coach and athletic director.
Students will have three days to return the signed probation form to the athletic director in order to continue participating in their sport.
2. Students will be encouraged to attend all study hall/tutor sessions until their grades meet the passing requirements.
3. Students are eligible to participate in or attend ANY contest until the end of the semester, regardless of status at the time of the grade check.

STUDENT ATTENDANCE

Students must be present at school the entire regular academic day of a game, event, or practice in order to participate in that game/event/practice. ANY unexcused absences will result in the student not participating in the game/event/practice that day. Two or more unexcused tardies will result in the student not participating in the game/event/practice that day. Students participating in events that extend late into the evening must attend all classes the following day or they will be ineligible for that day's events. Any absence, with the exception of illness, must be prearranged with the school in order to be considered excused to allow the student to participate in a game/event/practice that day. The athletic director, activities director, or an administrator will handle emergency circumstances.

St. Helens School District Approved Excused Absences:

Student illness

- Illness of an immediate family member**
- Legal/Court Obligations**
- Religious Observation**
- Family emergency or bereavement**
- School-sponsored Activity**
- Medical Appointments**

SUSPENSION

Students under suspension from school are not eligible to practice, participate in contests, or represent the school in any manner while under suspension. Students returning from suspension may face further participation limitations as a result of missed practice, lack of conditioning, etc.

ATHLETIC BEHAVIOR STANDARDS

Membership in an athletic program is an honor that should be carefully guarded. The privilege of competing in athletic events at St Helens High School carries added responsibilities for each participant. This privilege may be forfeited for conduct that is detrimental to the team, school, or program. The student's behavior on campus, in the community, and at other schools reflects not only on the student, but on the program and the school as well. Criminal acts, violence, intimidation, or discrimination, whether at school, in the community, or elsewhere, will not be tolerated and may be cause for disciplinary action up to and including suspension/dismissal from the program.

Participants in athletic/activities at St Helens High School shall represent themselves, the school, and the community with high moral standards and positive actions, as follows:

In the Competition Arena, the student:

- A. ...is under control at all times and exhibits poise and composure, regardless of the situation.

- B. ...is respectful to officials and opponents.
- C. ...is modest in victory and gracious in defeat.
- D. ...does not use profanity in any situation.

At school and in the community, the student:

- A. ...works hard to promote pride with other students.
- B. ...displays appropriate appearance, language, and behavior in front of staff, fellow students, and community members.
- C. ...shall not become involved with illegal activities or the police, including theft, and vandalism.

In the Classroom, the student:

- A. ...meets the academic standards of St Helens High School and the OSAA.
- B. ...is respectful to teachers and fellow students.
- C. ...maintains a good attendance record, as mandated by the St Helens School District.
- D. ...maintains a good attendance record at practice, as mandated by the coaching staff.

On School Sponsored Trips, the student:

- A. ...is an ambassador for his/her home, school, and community and will act accordingly.
- B. ...dresses appropriately for the event and in good taste.
- C. ...refrains from misconduct while traveling to and from the event. Disruptive behavior or other forms of misbehavior will not be tolerated.
- D. ...remains with the team at all times while attending away events.

Note: *Students who violate athletic behavioral standards will be disciplined as outlined in the student handbook and may also be suspended from competition/practice in their athletic program.*

EJECTIONS

By OSAA rule, there will be a mandatory one-game/contest suspension and a monetary fine assessed to all students who are ejected from any OSAA sanctioned competition. If the ejection was flagrant or malicious in any way, the student may receive more than the OSAA required suspension. The head coach, athletic director, and the principal will meet to discuss whether or not the consequence should be greater than the OSAA requirement. The unsportsmanlike act may result in multiple game/contest suspensions or disqualification from further participation during that athletic season. Ejected student athletes will be held financially responsible for fees associated with ejections (not to exceed \$50.00).

TRANSPORTATION

The athletic director, or administration will make all arrangements for athletic travel. School buses are the primary means of transportation. Students are required to travel to all athletic contests with their team. Emergencies may necessitate other arrangements to be requested and approved through the athletic department. Parents may transport their own students' home from an event after signing them out from the designated coach on site. A student may only be allowed to ride home from an event with another students' parent with a pre-arranged note from their parent, signed by the athletic director. Prior written approval will need to include their student's name, parents name that student will be riding home with, place from where their student will be leaving, parent's signature, and date and must be submitted at least four (4) working days before the event. The parent driver must have proof of current auto liability insurance on file with the district, in accordance to SHSD Board Policy EEAE-AR. One copy

of the note will be held on file, and a copy will be given to the student for the designated coach at the event site.

SUBSTANCE ABUSE

Athletic participants at St Helens High School shall not possess, use, sell, or provide alcohol, tobacco, or illegal/unauthorized/performance enhancing drugs or related paraphernalia at **any time during the calendar year**. Athletic participants also agree not to be present where unlawful use of alcohol or drugs may occur **at any time during the calendar year**. Any student who attends a party function, gathering, etc. where there is the presence or use of illegal/unauthorized drugs or alcohol and does not leave that party immediately, will be subject to the same consequences listed below. School administration will actively investigate and give due process to students involved. Appropriate disciplinary action will be taken in accordance with the St. Helens School District Student and Family Handbook, in addition to the consequences below.

DISCRIMINATORY HARASSMENT and BULLYING

The student/athlete will represent St. Helens High School in a socially acceptable manner at all school sanctioned events, whether home or away. The student/athlete will treat others fairly and respectfully, as well as refrain from any forms of discrimination, harassment or bullying based on an individual's age, disability, national origin, race, color, marital status, religion, sex and sexual orientation. Appropriate disciplinary action will be taken in accordance with the St. Helens School District Student and Family Handbook, in addition to the consequences below.

Individuals, while attending SHHS, who violate these behavior rules, will be subject to the consequences listed below, in addition to those outlined in the SHSD Student and Family Handbook:
FIRST OFFENSE:

1. Suspension from participation for a period of four (4) contest weeks (a contest week is any week that has a scheduled contest or an activity-based equivalency). In the event that there are not four (4) contest weeks remaining in the season, the count will resume with the first contest or activity of the next season/year in which the student participates. The suspension may be reduced to two (2) weeks if the student complies with interventions and/or administration recommendations. With the permission of the head coach or advisor, the athletic director and the administrators, the student may participate in practices and attend contests during the suspension.
2. As a condition of reinstatement to fully represent the school and compete in contests, a student who has violated the district alcohol/drug/tobacco policy must submit verification of the completion of a substance abuse education or treatment program AND meet with parent or guardian, administration, athletic director/activity director prior to reinstatement.
3. Upon completion of the above procedure, the student may submit a written petition to the principal or designee for the **possible reduction of suspension after no less than two (2) weeks**.

SECOND OFFENSE:

1. Participants in athletic programs who are in violation of the substance abuse and/or discriminatory policy for the second time in their high school career will lose participation and representation privileges for no less than one (1) calendar year.
2. Students who violate the policy for the second time will not be granted the opportunity to appeal for suspension reduction.

THIRD OFFENSE:

1. Students in violation of the substance abuse and/or discriminatory policy for the third time in their high school career **WILL LOSE ALL PRIVILEGES** to participate and represent the school in athletic programs or activities for the **REMAINDER OF THEIR ENROLLMENT** at St Helens High School.
2. Expulsion from Athletic participation at St. Helens High School subject to periodic review by the administrative team comprised of the Principal, Vice Principal, Athletic Director and Certified Prevention Specialist.

Note: *Any student who illegally uses, possesses, transmits, or is under the influence of alcohol or drugs, including performance enhancing drugs while a participant at a St Helens High School sponsored athletic event or activity will automatically be suspended from participation in all athletic events, practices and activities pending review by the administrative team.*

CONCUSSION MANAGEMENT IN ATHLETICS

A concussion is defined as mild traumatic brain injury that interferes with normal brain function. It is usually caused by a blow to the head, but may occur with a whiplash injury, or when the head strikes the ground or other object. Consciousness may be lost due to a concussion but does not need to occur for the injury to be considered a concussion. Each concussion is unique and can cause multiple symptoms that may appear immediately or develop over the following days or weeks. Symptoms may be subtle and difficult to fully recognize. Common concussive symptoms include:

- Headache Confusion Nausea Poor Balance Poor Sleep
- Blurred Vision Sensitivity to Light and Sound Difficulty Concentrating Dizziness
- Slowed Thought Process Lack of Energy Mood Changes Difficulty with Memory

Current research has illustrated that there is an increased risk of a second concussion after the first has occurred. That risk is significantly increased if the athlete returns to normal competition before all of their symptoms have resolved. Additional research has shown multiple concussions can be linked to increased risk for depression and permanent cognitive problems later in life, particularly in high school age students whose brains are still developing. In light of these research findings, St Helens High School will take a conservative approach to concussion management and return to play policies.

CONCUSSION MANAGEMENT POLICY

1. **Pre-Participation:** All freshmen, juniors, and first year participants in athletics at St Helens High School will take a baseline ImpACT concussion test, free of charge to the student and administered by the athletic department. The ImpACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a brain injury measurement tool for student athletes who have sustained a traumatic brain injury (concussion). Through a series of computerized test, ImpACT identifies subtle changes in brain function, post-injury condition, and monitors recovery. By

comparing baseline (pre-injury) and post-injury results, IMPACT can help physicians determine the extent of damage following a concussion. For more information about IMPACT testing, please visit <http://impacttest.com/>

2. **Evaluation:** Any student athlete suspected of having sustained a concussion during the course of a game, practice, or athletic contest will be evaluated by the coaching staff. This initial sideline evaluation will include testing things such as memory, balance, coordination, cognition, and awareness. **If symptoms of a concussion are present, the student athlete will be withheld from competition and monitored. They will not be allowed to return to activity the same day per Oregon state law (OAR 581-022-0421). If there is any loss of consciousness, the student athlete will be withheld from competition that day and referred to a medical doctor for further evaluation.** The parent or guardian will be notified as soon as possible and informed of the injury, along with recommendations for concussion management.
3. **Return to Play:** Return to play will be gradual, step by step process and will be monitored by the coaching staff. All coaches are required to keep current with trainings that include (a) how to recognize the signs and symptoms of a concussion; (b) strategies to reduce the risk of concussions; (c) how to seek proper medical treatment for a person suspected of having a concussion; and (d) determination of when the athlete may safely return to athletic competition or training.

Student athletes may NOT return to participate in an athletic event or training until the following conditions have been met:

- A. *The student no longer exhibits signs, symptoms or behaviors consistent with a concussion; and*
- B. *The student receives a medical release form from a healthcare professional.*

FOR THE PARENT

COMMON QUESTIONS AND CONCERNS

Q. My child has paid the \$150 user fee to participate in a sport and she is not getting enough playing time. What can I do?

A. *The user fee allows our school to provide a robust and high quality athletic program and is not related to the amount of play time. Part of being a participant in high school athletics is the development of self-advocacy skills and teamwork. If students have concerns about playing time, we encourage them to speak to their coach to discuss ways they can improve or increase their playing time. If you continue to have concerns, please contact the athletic director and/or school principal for assistance*

Q. My child is on free and reduced lunch status and we cannot afford to pay the \$150 user fee. Is there financial assistance available for us?

A. *Yes, a student that has been approved for free and reduced lunch will have their athletic fee reduced to \$75. There are also scholarships available to assist with athletic fees. Please see the Athletic Director for information.*

Q. I am concerned about the way the coach treats and talks to my child. I feel that if I discuss this with the coach, the situation will get worse. Should I speak to the athletic director instead?

A. *We want to ensure that your child has a positive experience in athletics. First, encourage your child to advocate for themselves and speak to the coach directly. If this does not address the situation, then model the appropriate behavior and immediately make an appointment for you AND your child to speak to the coach directly. The athletic director will mediate another meeting with you, your child, and the coach if some resolution has not been reached.*

Q. Is it appropriate to make an appointment with the coach without my child present?

A. *Ideally, it is much more beneficial for all parties to continue to work together so that the student athlete has a positive experience. It is preferred that you and your child meet with the coach at the same time so that your child can practice self-advocacy skills. There may be a time during the meeting that you will want your child to step out, and that is appropriate, but please urge their involvement as much as possible.*

Q. My child is on a team, has a great attitude, is a great student, and rarely gets to play. There is another person on the team who gets into trouble in class, has a poor attitude, and gets to play in every game. Why is my child being treated so unfairly?

A. *This is one of the toughest areas for coaches to address. This may not be a situation in which your child is being treated unfairly. It may be a situation where the coach is trying to work with the other student athlete who has some issues that you or your child knows nothing about. Without a doubt, coaches are faced with difficult decisions every day. Each student athlete will be treated individually and only the coach can make those types of decisions. The best advice you can give your child is to continue to work hard and keep a positive attitude. Guide your child back to their own participation and see if there are other ways that your child can contribute to the team, including being a positive role model for their teammates.*

Q. I attend every one of my child's games. I am embarrassed and offended by the comments and behavior that some of the other parents display towards the coaches, officials, and even other players. What can I do?

A. *An athletic contest can be a very emotional experience for all involved but it is important for the adults to model the appropriate behavior for the sake of their children. An adult who is willing to remind other parents of the correct way to behave at an athletic contest is modeling the leadership skills that our student athletes need. Be courageous and be willing to take a stand for what is right. If you are uncomfortable doing this, please contact the athletic director or an administrator immediately.*

PARENT/COACH RELATIONSHIP AND COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit and a better experience for our children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach.

Communication Parents should expect from the Coach:

- ✓ Philosophy of the coach.
- ✓ Expectations the coach has for each student athlete as well as for the team, as a whole.
- ✓ Locations and times of all practices, contests, and events.
- ✓ Team requirements; fees, special equipment, off-season conditioning/activities.
- ✓ Procedures should your child be injured during participation.
- ✓ Discipline, which results in loss of your child's participation.

Communication Coaches should expect from Parents:

- ✓ Concerns expressed directly to the coach first, not other parents, players, the athletic director, or administration.
- ✓ Notification of any schedule conflicts as far in advance as possible.
- ✓ Specific concern in regard to a coach's philosophy/expectations. If there is a situation that requires a conference between the coach, parent, and student athlete, it is important that both parties (coach and parent/student) have a clear understanding of the other's position. Always call to make an appointment with the coach and inform him or her of the concerns intended to be discussed. PLEASE DO NOT CONTACT THE ATHLETIC DEPARTMENT OR ADMINISTRATION WITHOUT CONTACTING THE COACH FIRST.

GUIDELINES FOR A POSITIVE ATHLETIC EXPERIENCE

TO THE PARENTS:

- Attend as many games/competitions as possible
- Be a model, not a critic. Model appropriate behavior, poise, and positive attitude.
- Attend preseason team/athletic department parent meetings.
- Do everything possible to make the athletic experience positive for your child and others.
- View the game with team goals in mind.
- Attempt to relieve competitive pressure, not increase it.
- Encourage multiple-sport participation and the enrichment that comes from playing other sports and working with other coaches and teammates.

- Release your child to the coach and the team.
- Look upon opponents as friends involved in striving for the same, positive experience.
- Accept the judgment of the officials and coaches and always remain in control of your emotions.
- Accept the results of each game and do not allow your athlete or yourself to make excuses.
- Demonstrate winning and losing with dignity and character.
- Encourage and support athletes who make mistakes while giving their best effort.
- Remind athletes and yourself to keep both victory and defeat in perspective.
- Be a good listener.
- Accept the goals, role, and achievements of your child.
- Have FUN watching your child and the team play. After all, it is a game and should be FUN.

TO THE STUDENT ATHLETES:

- PLAY THE GAME FOR FUN.
- Be gracious when you win and graceful when you lose.
- Respect and abide by the rules of the game.
- Put the team ahead of yourself in every situation.
- Accept decisions made by coaches, officials, and those in authority.
- Demonstrate respect for your opponents, coaches, officials, fans, and teammates.
- Be accountable for your own actions.
- Develop a teachable spirit that allows you to take correction positively.
- Accept and embrace the discipline required in athletics because it benefits the team.
- Develop a feeling of pride based on shared joy of the team, not from arrogance or selfishness.
- BE A MODEL OF CHARACTER.

PLAYING TIME

Playing time is the sole responsibility of the coach of the team. The coach is in the best position to determine the amount of time an athlete competes and should be based on his/her decision of the athlete's ability/skill, attitude, practice, and team contributions.

IT IS NOT APPROPRIATE to talk to the coach about your child's playing time. It needs to be the responsibility of the student athlete to communicate with the coach to better understand their role on the team and what they need to do in order to change that role and possibly increase playing time.

STUDENT ATHLETE, COACH, OFFICIAL, OR PARENT-SPECTATOR

WHAT IS YOUR ROLE?

YOU ONLY HAVE ONE

Part of the successful experience for our student athletes involves the relationship between the parent, the student athlete, and the coach. The involvement of parents in their child's athletic experience is crucial. To make the most out of it, parents are asked to be involved in the following ways:

1. Identify Reasons for Student Athlete Participation

Parents are encouraged to ask themselves the following questions:

Why do you want your child to play?

What will be a successful season for you, as a parent-spectator?

What are your goals for the team?

What do you think child's role will be on the team?

Once parents have answered these questions, they should ask their child the following questions and listen carefully to what they have to say:

Why are you playing?

How do you define a 'successful' season?

What goals do you have for yourself?

What goals do you have for the team?

What do you think your role will be on the team?

Parents should then compare their own answers to those of their child's. If both sets of expectations are the same, that's fantastic. However, if the expectations are different, and they could easily be completely different, then the PARENT needs to change their expectations and accept their child's, without question.

2. Release Your Child

Parents are encouraged to 'release' their son or daughter to the game, the program, and to their coaches. Parents should always stay close to the situation and make an effort to get to know their child's coach. Once parents are no longer concerned with their child's safety, the best thing a parent can do is to release them to the caretakers of their child's sport. The earlier in the child's career that they are able to do this, the better it is for their child's development and growth.

If a problem is perceived or witnessed, parents are requested to **encourage their child to communicate with their coach directly** prior to the parent talking to the coach. **Empower your child to advocate for themselves.** This gives the student athlete the opportunity to take responsibility for his or her own participation and growth. If this does not address the concern, parents are encouraged to make an appointment with their child and the coach directly with appropriate concerns.

Concerns that are appropriate to discuss with your child's coach:

- ✓ Mental and physical treatment of the student athlete by the coaches or teammates.
- ✓ Suggestions to help the student athlete improve athletically
- ✓ Concerns about the student's behavior

Concerns that are NOT appropriate to discuss with your child's coach:

- ✓ Playing time.
- ✓ Team strategy or play calling.
- ✓ Other team members.

By releasing their child to the game and to their coaches, parents are allowing them to take responsibility for a facet of their life that will benefit fit them as they grow and mature. As all individuals do, they will experience both failures and successes. There is no better arena than athletics for student athletes to learn how to handle both.

3. Model Proper Behavior Throughout the Season

Parents are to consider the following **red flags** that indicate that they have NOT released their child to the game, the program, and to the coaches:

- Continuing to live the parent's own athletic dream through their child.
- Taking even partial credit when their child has done well.
- Trying to solve all of their child's athletic-related problems.

This is a tough one. Many adults find it easy to see solutions in athletic situations and it is painful to watch their child struggle through them. Athletics is a great opportunity to allow kids to learn to solve problems on their own.

- ❑ Continuing to coach from the sidelines, in the car, at home, etc. Instead, the parent's responsibility is to encourage all participants and let the coach be the sole voice.
- ❑ Having their child looking into the stands for approval or out of fear.
- ❑ Taking everything too seriously to the point where parents are nervous about the outcome of their child's contest, have difficulty bouncing back after a child's team suffers defeat, making mental notes during the game so advice can be given at the conclusion of the game to the coach or child, becoming verbally critical of an official. The worst thing that can happen when parents take their child's game too seriously is when their own child avoids them after the game or are embarrassed about their parent's reactions and involvement.

4. Model Proper Behavior During and After Contests

In order to help the performance of both the student athletes and their teammates, the most important contribution a parent can make during a game is to model appropriate behavior and positive attitude.

Just like the coaches, parents should model poise and character throughout the contest. It is encouraged to model enthusiastic support for ALL the student athletes on the team. Don't single out your own child.

Parents should focus on the team and the team goals. By focusing on the team the adults are able to take the focus off their own child as well as take the focus off of the things that are out of their control such as the score, the officials, the play calling, and playing conditions.

Parents DO NOT have the right to interact with game officials AT ANY TIME.

Parents should allow the **coaches to coach, the officials to officiate, and the competitors to compete.**

After the game, especially in defeat, what the athlete needs the most is a supportive parent and not a coach. They need reflective listeners who can focus them on the 'bigger picture.'

HAVE FUN WATCHING YOUR CHILD EXPERIENCE ATHLETICS. KEEP IT IN PERSPECTIVE. IT'S A GAME.

