

McKay High School Athletic Department



Parent/Guardian/Student-Athlete Handbook

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To Parents/Guardians of McKay High School Student-Athletes:

The McKay High School Athletic Department offers many challenging and rewarding experiences for your student, and for you as well. Our coaching staff and administration firmly believe that you are an integral part of your student's development and success. Your attitude, encouragement and dedication to the programs in which your student participates will greatly affect how your student reacts to the pressures and demands of the team and being a student-athlete. It is up to all of us to ensure that each and every day, every one of our students are given the best possible environment in which to grow not only as an athlete, but more importantly, as a young person entering adulthood. If your student stays involved in co-curriculars at McKay High School, it is inevitable that what they take away from this experience will last a lifetime. It is our hope that, with your help, those experiences will be positive and rewarding.

Education-based athletics are tough. There are many benefits to participating while being a student in the classroom too. One of the most important is that it allows young people to become better athletes and better citizens. All of the students on McKay High School teams will learn things about themselves that they never knew, and conquer challenges which they thought they could never overcome. The positive effects of hard work, strength of character, giving back, and overcoming adversity will remain with them the rest of their lives. Our department's core values are scholarship, leadership, and competition. Our district mission is: All students graduate and are prepared for a successful life.

Students learn a lot as they learn sport. Very seldom does someone jump in and immediately have a successful experience or win/loss record. Teaching young people to deal with losing is a very important reality in life. They find it is not easy to get to the top. It takes a lot of hard work and commitment. It also takes a lot of courage and self-discipline, two qualities we emphasize. When a student steps out to compete, they are relied upon by teammates. They risk adversity in front of their teammates, their family, and their friends. Yet, all student-athletes develop the courage to take that risk repeatedly and focus on **effort vs outcome**. Similarly, our students develop the self-discipline to work hard and maintain their intensity every day, so that they may excel in the classroom and on the fields, courts, track, pool, courses and mats.

While being on a team is difficult and takes hard work, the young people involved learn they will be rewarded. Students realize hard work can make good things happen, and they carry this with them even when their days of competition are over.

Our teams are considered FAMILIES - parents, coaches, alumni, fans, managers, and, above all, our students – with each member having his or her own place in that family. To make this family work, we must all come together for the benefit of your students and their teammates.

Thank you for teaming with the Athletic Department to work together to help your child work at the systems that help them reach their goals. We know that each student will become a better person for being in our programs.

Go Scots!
Chelsea Lofstedt
Assistant Principal & Athletic Director

MCKAY HIGH SCHOOL - ADMINISTRATIVE TEAM / STAFF

McKay High School - 503-399-3080

Name	Position	Extension
Ranae Quiring	Principal	501101
Chelsea Lofstedt	Athletic Director AP	501361
Craig King	Assistant Principal	501109
Donnie Kim	Assistant Principal	501108
Antonio Mercado	Assistant Principal	501110
Mari Vasquez	Assistant Principal	501105
Joanna Rubio	Athletic Secretary	501362
Jackson Spencer	Athletic Trainer	501785
Ana Camacho	Bookkeeper	501210

McKay High School is a member of the Mid-Willamette Conference (MWC).

School	Colors	Mascot
Central High School	Red, White, Black	Panthers
Corvallis High School	Columbia Blue, Navy, White	Spartans
Crescent Valley High School	Cardinal, Gold, Black	Raiders
Dallas High School	Beaver Orange, Black	Dragons
Lebanon High School	Red, Royal Blue	Warriors
Silverton High School	Orange, Black, Silver	Foxes
South Albany High School	Red, Gray	Red Hawks
West Albany High School	Navy, Vegas Gold, Gray	Bulldogs
Woodburn High School	Royal Blue, White	Bulldogs



McKay High School Athletic Department

MISSION

The McKay High School Athletic Department will develop a community of Commitment, Respect, Education, Discipline, Integrity and Teamwork by:

- Increasing participation in athletics
- Supporting higher academic performance
- Removing attendance barriers
- Fostering a culture that encourages and retains coaches and athletes
- Making the athletic programs a durable source of pride for the student population, student-athletes, alumni, and the community of McKay.

Core Values

1. Scholarship
2. Leadership
3. Competition

Aims and Objectives

- Student-athletes are regular attenders (90%)
- Increase Athletic Programs earning Academic All State
- Increase participation in multiple sports
- Athletes are leaders in and visible members of the school and community through positive representation and interaction
- Create and maintain a cohesive coaching community
- Student-athletes take pride in their programs by participating in all team events

VISION

McKay High School is a community center, where students, families, and community members come to learn, compete, and grow together. We believe in going out into our community to model character and integrity and give back to those who support our students in graduating prepared for a successful life.

ATHLETIC DIRECTOR'S PHILOSOPHY

Interscholastic athletics, activities, and co-curriculars are an integral part of education. They provide an environment where students may develop and refine professional skills, leadership skills, relationships, and citizenship. My role as Assistant Principal and Athletic Director is to lead the coaches, directors, and advisors to becoming role models of scholarship, leadership, and competition for students. I must demonstrate empathy, good character, leadership, and mentorship.

GOALS

- Develop students academically and support them to graduate high school college and career ready.
- Develop student leaders who model citizenship and integrity.
- Serve others first and give back to our community at large.
- Provide as many co-curricular opportunities for as many students as possible.
- Develop school spirit, morale, and loyalty.
- Develop competitive student-athletes by providing quality coaches and facilities.
- Model the principles of teamwork, commitment, sportsmanship, social responsibility, and resilience and instill these principles within each student.
- Support and provide equitable opportunities for students.

MCKAY HIGH SCHOOL ATHLETIC DEPARTMENT CORE VALUES

Leadership

We are leaders who model citizenship and integrity. We commit to serving others first, being seen doing the right thing, and being a part of something bigger than ourselves.

Scholarship

We are students first. We commit to making classes our first priority, and to our growth as students. We will graduate college and career ready.

Competitiveness

We will always compete. We commit to improving every day while learning lessons that exist in excellence and adversity.

SALEM KEIZER SCHOOL DISTRICT ATHLETICS

Salem Keizer School District's athletic programs focus on excellence in academics, leadership, character development, and competition as a vital part of the education experience. The District has high expectations for the behavior and performance of the students participating in athletics. Participation in District sponsored co-curricular athletic programs is a privilege, not a right, and is contingent upon the student's academic standing, attendance, and ability to abide by the behavior standards set forth in this handbook and Oregon School Activities Association (OSAA).

MCKAY HIGH SCHOOL ATHLETIC DEPARTMENT EXPECTATIONS

All parents/guardians and students in a program should be familiar with the policies set forth in this handbook and by your specific program's coaching staff.

Participation:

1. Prior to participating in a sport for the first time, the student-athlete and their parents or legal guardian are required to sign the High School Student-Athlete Agreement Statement on FamilyID. By their signatures, the student-athlete and parent agree that the student-athlete shall comply with and abide by the terms and conditions of the policy.
2. The signed agreement remains in effect for all subsequent years that the student participates in a District sponsored athletic program.
3. Student-athletes will adhere to the expectations for participation, as outlined in this handbook, from the first day of OSAA designated fall season practices until the final day of the school year annually, throughout the student's school career, twenty-four (24) hours per day, both while at, and away from, school.
4. The expectation set forth in the above mentioned code of conduct are a minimum set of standards for athletes participating in a District sponsored athletic program and do not supersede the District's student discipline policy and procedure.
5. Students participating in athletics should expect discipline consequences to be applied from both the student discipline policy and the above mentioned policy. Additionally, the policy does not necessarily reflect OSAA policies, which may have additional consequences.

Academic Standing:

1. To be eligible to participate in a sport, the student-athlete must maintain a 2.0 GPA on each progress report during the semester in which they are participating and meet OSAA's academic eligibility which require that the student-athlete:
 - a. Has passed a minimum five (5) classes the semester immediately prior to participation.
 - b. Is making satisfactory progress toward graduation.
 - c. Is enrolled in and passing a minimum of five (5) classes during the semester in which they are participating.
2. Any athlete not maintaining the standards outlined above, may be assigned by the coach or school administrator to a supervised study program and required to submit a weekly grade check demonstrating improvement.
 - a. Any athlete submitting a weekly grade check indicating worsening grades may be deemed ineligible to participate by a school administrator until the

student-athlete can demonstrate a minimum 2.0 GPA and a passing grade for all classes.

- b. Unexcused absences from the supervised study program may result in a school administrator suspending the student-athlete from participation in contests and/or removing the student-athlete from athletic program(s).
- c. Student-athletes who fail to abide and comply with the criteria outlined in this section of the handbook may be deemed ineligible to participate in athletic program(s) by the school administrator.

Attendance:

1. Student-athletes are expected to be on time and attend all classes during the school day in order to participate in any athletic function occurring on the same day.
2. Student-athletes absent or tardy during the school day may not participate in athletics that day with the exception of absences proactively excused by school administration.
3. Chronic unexcused absences and/or tardiness may result in suspension from contests and/or removal from athletic programs.
4. If an attendance infraction is reported after the student-athlete participated in an athletic function, a suspension may occur at a date to be determined by school officials.

Behavior Standards:

1. Student-athletes must represent McKay High School in a manner worthy of school and community pride. Behavior that results in dishonor to the student, team, coach/leaders, school, or district will not be tolerated and consequences will be administered.
2. A student-athlete's discipline record stays with them throughout their high school career and consequences will be administered as outlined in "Consequences" section below in this handbook, regardless if the student transfers between Salem-Keizer high schools or transfers into a Salem-Keizer high school from out of the district.
3. Student-athletes are expected to comply with district policies and procedures, school rules, and expectations both at and away from school and at all school sponsored activities. Offenses and their consequences are defined in the District's student discipline policy and procedure and include:
 - a. Possession, selling, distribution, buying, use of, or being under the influence of an alcoholic beverage; inhalants, including solvents, and other dangerous substances; or any other drug as defined by but not necessarily limited to the Uniform Controlled Substance Act, ORS 475.005; possession of paraphernalia, possession of look-alikes being represented as being a controlled substance(s), and/or misuse of prescription or non-prescription drugs; smoking, possessing, selling, buying, transmitting, distributing, or otherwise using tobacco products; physical assault of another person; aggressive behavior; threats (written, verbal, or conduct); harassment; intimidation; bullying; sexual harassment; racism; possessing, transmitting, selling, or displaying a weapon or look-alike weapon;

unauthorized absences; any act or attempted act of fire-setting; misuse of computer networks and internet; property damage; theft; and nonpayment of fees, fines, and/or restitution for damaged or lost property.

4. Student-athletes found in violation of District's student discipline policy and procedure and/or school rules will be held accountable for their actions as per the consequences outlined in the student discipline policy and procedure. In addition, the coach or school administrator may determine that the student-athlete will have additional consequences as outlined in this Handbook.
5. Student-athletes who initiate a complaint or otherwise report sexual harassment or sexual assault covered by Administrative Policy HUM-A029 or who participate in an investigation may not be disciplined for violations of the district's drug and alcohol policies that occurred in connection with the reported sexual harassment or sexual assault and that were discovered because of the report or investigation unless the student gave another person alcohol or drugs without the person's knowledge and with the intent of causing the person to become incapacitated and vulnerable to the prohibited conduct.
6. Student-athletes who, either in school or away from school, have acted in a manner that constitutes a criminal offense, (excluding minor traffic violations), may be suspended from participation and/or removed from athletic program(s).
7. Student-athletes who find themselves in the presence of persons who are illegally using, possessing, selling, buying, transmitting, distributing, or otherwise using or under the influence of alcohol, inhalants, or any other drug as defined by District's student discipline policy and procedure shall immediately remove themselves from the presence of all persons and places involved and immediately contact their parents and notify their head coach within 24 hours.

Consequences:

1. School administrators will work with coaches to investigate alleged violations of this handbook and when warranted, the coach or administrator will use the consequences set forth in this handbook as the minimum set of consequences for student-athletes who violate the behavior standards delineated in this policy.
2. Student-athletes who are dishonest or withhold information regarding violations and or investigations of any part of this policy may be suspended or removed from athletic programs. Student-athletes who are found to be dishonest at any point in the related investigatory process are also not eligible for the minimum consequences delineated in this policy.
3. Athletic fees will not be reimbursed for athletes suspended/removed from programs.
4. School Consequences:
 - a. Student-athletes who are suspended from school or serve an in-school suspension, for any reason, shall not participate in athletics during their suspension.

- b. The accumulation of two suspensions from school during one sport season may result in suspension and/or removal from the program for the duration of the season at the discretion of the school administration.

5. Athletic Consequences:

- a. Student-athletes who violate the behavior standards for tobacco, alcohol, and drugs as outlined in “Behavior Standards” above of this handbook are subject to the following athletic consequences, in addition to school disciplinary consequences:
 - i. The first offense during the student-athlete’s high school career will result in a 21 calendar day suspension from participation in athletics. However, if the student-athlete was honest throughout the investigatory process and took ownership for their behavior, they may be eligible for a 14 calendar day suspension from participation in athletics, provided they also successfully complete the 3rd Millennium coursework related to their offense.
 - ii. The second offense during the student-athlete’s high school career will result in a 42 calendar day suspension from participation in athletics.
 - iii. The third offense during the student-athlete’s high school career shall result in permanent termination of the student-athlete’s ability to participate in the District’s athletic program.
- b. Reinstatement to the athletic program for a student-athlete who violates the behavior standards for tobacco, alcohol, and drugs as outlined in “Behavior Standards” above in this handbook is contingent upon
 - i. Completion of a current drug/alcohol assessment at a licensed agency offering assessments;
 - ii. Compliance with all written recommendations made by a substance abuse counselor or other appropriate person;
 - iii. Ability to provide appropriate written documentation from the licensed agency who conducted the assessment;
 - iv. Completion of the athletic participation suspension;
 - v. Completion of all requirements of school diversion consequences; and the athletic director’s approval.

6. Serving Suspensions:

- a. In Season: A student-athlete suspended while currently participating in a sport will begin their suspension upon notification of the violation or upon the first playable date of the sport season, whichever comes later.

- b. Out of Season: A student-athlete suspended while out of season will begin their suspension upon the first playable date of the athlete's next season of participation in a sport.
- c. Suspensions from athletic participation must be served in their entirety and the student-athlete must complete the current season.
- d. The suspended student-athlete must stay in good standing behaviorally with the athletic program for the remainder of the season in order to successfully complete their suspension.
- e. Student-athletes who are suspended and/or removed from an athletic program shall not participate in another athletic program for the remainder of the season in which they were suspended and/or removed.

Due Process:

1. If a student-athlete faces disciplinary action, which may result in suspension or dismissal from an athletic team, the following due process will occur:
 - a. The administrator will meet with the student and inform him/her of the reasons for the disciplinary action. The student-athlete will have the opportunity to present their version of the facts as they pertain to the situation.
 - b. The administrator will notify the student-athlete's parents of the situation and any disciplinary action(s) to be administered.
2. If the parent wishes to appeal the disciplinary consequence(s), the following process applies:
 - a. The parents shall first meet directly with the athletic director in an attempt to resolve the situation.
 - b. If unable to resolve the issue, the parent may request the principal review the decision. This request must be submitted in writing to the principal within two (2) school days from the date the parent is notified of the athletic director's decision.
 - c. Upon receipt of the written appeal the principal, or their designee, will investigate the situation, provide the athlete with an opportunity to present their version of the facts, and shall respond to the appeal.
 - d. If unable to resolve the issue with the principal or their designee, the parent may request the Superintendent review the decision. This request must be submitted in writing to the Superintendent within two (2) school days from the date the parent is notified of the principal's decision.
 - e. The Superintendent or their designee shall designate a hearings officer to hear the case. The hearings officer shall hold a hearing and render a decision.
 - f. The hearings officer's decision shall be final.

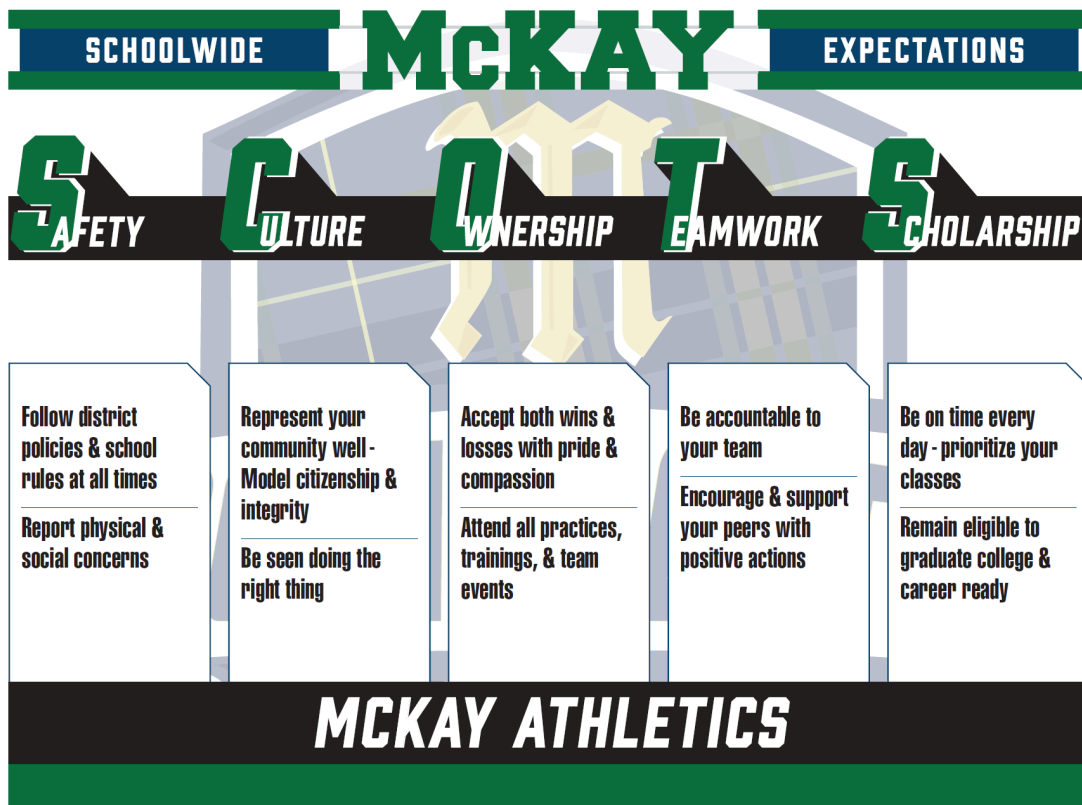
3. With local school administrative approval, the student-athlete may be allowed to continue to attend practices/team functions but shall not participate in athletic contests during the appeal process.

ROLE OF THE STUDENT-ATHLETE

It is important that student-athletes have the desire to graduate with the highest grades they are capable of achieving, to be the best person they can be, to be the best athlete they can be, and to be a part of a championship team.

1. **Student-athletes want to graduate with the highest grades they are capable of achieving.** Student-athletes are responsible to themselves, their parents/guardians, and the team to strive for the highest grades possible.
2. **Student-athletes want to be the best person they can be.** Student-athletes must understand that they represent themselves, their family, their program, and the McKay High School Athletic Department. They may be the only student-athlete from McKay High School that some people will ever know. Their character and leadership is a direct reflection of our program. There are many benefits that go along with being a part of our program. With those benefits, student-athletes will be held accountable for their actions. We will help student-athletes become the best they can be in life and in competition.
3. **Student-athletes want to be the best athlete they can be.** Coaches see what student-athletes can and should be and will guide them to achieve their maximum potential. Coaches can attempt to motivate student-athletes, but the most effective motivation comes from within. Our coaching staff will encourage student-athletes to strive for nothing less than their best.
4. **Student-athletes want to be a part of a championship team.** Everything about our programs are designed to produce champions in life and in competition. Student-athletes will be expected to practice, compete, and have the discipline of a champion on a championship team.

EXPECTATIONS OF STUDENT-ATHLETES



Safety

1. **Follow district policies and school rules at all times.** Participation in athletics is a privilege and not a right; therefore, reasonable rules and regulations related to athletics in Salem-Keizer School District have been established for all students who choose to participate.
2. **Report physical and social concerns.** All injuries should be reported to the coach and athletic trainer immediately. Any visit to a doctor for treatment of a sport-related injury must be reported to the athletic trainer/coach. A note clearing the athlete for activity must be provided upon return to the team.

Every student should feel safe, welcome, and fully included in their school community. Concerns about mental wellness, suicide, bullying, harassment, etc. should be reported to the coach and Athletic Director immediately.

3. **Security.** It is the coaches responsibility to provide each student-athlete a safe location for their belongings. It is the student-athlete's responsibility to secure their belongings in that location.

Culture

1. **Represent your community well - Model citizenship and integrity.** McKay High School student-athletes will show respect to all. Treat others as they would like to be treated.

This includes fellow student-athletes, coaches, fans, administrators, referees, etc. Team members are expected to act as a single unit, supporting and encouraging each other before, during and after each competition and practice. During competitions, student-athletes should remember they are part of a team and represent their community, and should act accordingly.

2. **Be seen doing the right thing.** Student-athletes will respect our practice facilities and equipment and the facilities to which we travel and in which we compete. In the weight room, student-athletes will always clean up after themselves and use the equipment in a proper manner. In the locker room student-athletes will clean up after themselves. Student-athletes are expected to keep the facilities clean and to participate in any setting up or breaking down of equipment.

Ownership

1. **Accept both wins and losses with pride and compassion.** McKay High School strives to be a S.T.A.R. School. To meet the S.T.A.R. (Safety, Tolerance, Acceptance, Respect) school standards set by the OSAA, a school must implement event management strategies with the intention of providing the safest and most welcoming environment to all who attend OSAA sanctioned events. This means:
 - a. Participants
 - i. Accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
 - ii. Demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
 - iii. Win and lose graciously.
 - iv. Cheer for your team, not against your opponent.
 - v. Congratulate opponents in a sincere manner following either victory or defeat.
 - vi. If a discriminatory incident occurs, report the incident to a coach, administrator or an official.
 - b. Parents/Guardians
 - i. Cheer positively to support their team and not cheer negatively against the opponent.
 - ii. Show respect for the game officials and their decisions.
 - iii. Applaud all participants' efforts whether they win or lose.
 - iv. If you witness an act of a discriminatory nature, please report it to event management
2. **Accountability.** McKay High School student-athletes are expected to hold themselves accountable for their own actions, efforts, grades, conduct, successes and failures – NOT their parents, teachers, friends, siblings, etc. Excuses and passing blame are not part of the McKay High School Athletic Department. If they are not willing to take responsibility for themselves in all facets of their life, it will be impossible for them to reach their highest potential.

3. **Attend all practices, training, and team events.** Student-athletes are expected to attend all practices and competitions prepared and on time unless otherwise instructed by the coaches. In order to be “on time” to practice, student-athletes should be in the locker room (or designated area for your team) no less than 10 minutes before practice to change, prepare, etc. *Please schedule appointments around training and competition schedules to the best of your ability.*
4. Be coachable. The success of our athletics department is built upon student-athletes who listen to the coaching staff. If a coach is trying to coach and student-athletes make excuses, they will never be able to stretch their boundaries. If student-athletes truly wish to be the best they can be, it is essential to listen to the coaching staff, discuss any reservations and consider their advice.

Teamwork

1. **Be accountable to your team.** If student-athletes do not have the discipline to follow the team rules and the guidelines set forth by the coaching staff, they are going to hold themselves and the team back. No one person is bigger than the program or their teammates.
2. Return all issued equipment. Any uniforms or equipment issued to the student-athletes are to be returned at the conclusion of the season. If they are not returned at the conclusion of the season in a timely manner, the parents/guardians of the student-athlete will be responsible for paying for these items. Team t-shirts, socks or hats if provided, do not need to be returned.
3. **Encourage and support your peers with positive actions.** Student-athletes will show interest in the contest by enthusiastically cheering and applauding the performance of all teams. They will show respect for officials, coaches, student-athletes and spectators.

Scholarship

1. **Be on time every day - prioritize your classes.** Student-athletes are expected to attend all of their classes every day. An unexcused absence for any part of the school day prohibits them from participation in practice or competition that day. (Medical appointments are exceptions.)
 - a. If a student-athlete is going to be late or miss practice for any reason, including extra help or school absence, they will communicate that to their designated coach before the practice begins. We expect these communications to come from the student-athlete, not their parents/guardians. Any unexcused tardy or absence from practice may result in the student-athlete being held out of competition.
 - b. If a student-athlete is injured, they still must be on time to practice and dressed down unless informed otherwise by coaching staff. If appropriate, the coaches will give the student-athlete an alternative workout that will not affect their injury. If a student-athlete is unable to do any physical activity, they still must

attend practice, dress down, and should encourage their teammates (unless otherwise told by the coach).

2. **Remain eligible to graduate college and career ready.** There are two expectations concerning your work in the classroom.
 - a. **ACCOUNTABILITY.** Each student-athlete will be responsible for the work that their teacher asks them to complete.
 - b. **RESPONSIBILITY.** Each student-athlete is responsible for their actions in the classroom. If they break school or classroom rules, they must accept the consequences. The coaching staff will support any consequences from the school or teacher.

DROPPING/QUITTING A SPORT

It is the belief of the McKay High School Athletic Department that student-athletes should finish what they begin. A student-athlete may not quit one sport to play another sport. The following procedures should be followed in order to drop/quit a sport:

1. Examine the situation before a decision is made.
2. Talk to the coach to see if a solution can be reached. (A parent conference may be required).
3. If the decision to quit is made by a student-athlete, they must check out of the sport through the Athletic Director and Head Coach.

All clothing/equipment issued to the student-athlete must be returned in the same shape as it was when it was issued to the student-athlete. Payment for any lost or damaged clothing and equipment will be required. This matter must be resolved before a student-athlete begins participating in their next sport.

A student-athlete that decides to quit one sport to join another must wait until the first sport has completed its season before they are allowed to participate in competition, unless released by the Head Coach of the sport they quit.

Coaches in conjunction with the Athletic Director, reserve the right to prohibit any athlete from joining a team or sport if that athlete has routinely failed to complete seasons in other sports that they have started, whether due to conduct, attitude, or poor academic performance. Routinely quitting sports may result in dismissal from the athletic program.

TEAM TRAVEL

All regular school transportation rules and regulations apply when on an athletic trip. *All student-athletes should ride the transportation provided by McKay High School to and from all competitions.* The approval of the administration or Head Coach must be obtained for a student-athlete to return home with their parent/guardian.

Student-athletes are expected to remain in attendance at all competitions until all individuals/teams in the program have finished competition.

PLAYING TIME/STARTERS

Student-athletes and parents should understand that all decisions regarding an individual student-athlete's playing time will be made by the coaching staff based on their opinion of what is best for the team and in-line with the philosophy and values of the Athletic Department. No single athlete is more important than the team.

Starting line-ups will likely change competition to competition. The coaching staff will determine the starters for each competition. It is important for student-athletes to understand how coaches will decide the starting positions. The following points will influence the coaches' decisions on starting positions on any given day.

1. **Performance.** Talent and performance in practice will not alone determine starting position. If a student-athlete is not performing well in practice, but is performing better in competition, that student-athlete may get the starting position. The coaching staff has the final say in all starting positions.
2. **Practice.** Preference will be given to those who consistently hustle and remain focused and on-task in practice daily. Drilling quickly and at full intensity, only working on the designated skill/position and giving the appropriate reactions and resistance to your teammates play a big part in helping the coaches decide who the starters should be. If you move slowly while drilling, appear low-energy or low-intensity or talk in between reps, do not expect to get the starting position.
3. **Attitude.** The athletics seasons can be demanding. The best way to make it through the ups and downs of the season is to keep a positive and optimistic attitude. The coaching staff will look at a student-athlete's work ethic and attitude throughout the season when determining the starting positions.
4. **Dependability.** Members of the team depend on each other for many reasons. A student-athlete's physical, mental and behavioral dependability can be taken into account when determining a starter.
5. **Contribution to the overall team.** Most sports require both a team and individual effort. The coaches will communicate with the student-athletes what is expected of each student-athlete to help the team. Team members must be willing to play where it will most benefit the team.

6. **Sportsmanship.** Most people's only contact with our teams is on competition day. Unsportsmanlike behavior is a bad reflection on the entire program. A lack of sportsmanship can be a determining factor in the final decision on who gets a starting position.
7. **Mental toughness.** For a student-athlete to be able to compete at a high level, he/she must be able to display mental toughness on a consistent basis. A student-athlete's level of mental toughness may be weighed when determining the starting position.
8. **Being Coachable.** Student-athletes must follow the team's rules and guidelines. A student-athlete's willingness to follow team rules and guidelines may come into play when solidifying a starting position.

Student-athletes are expected to be available to compete at all weekday competitions and at the weekend scheduled competitions chosen for them by the coaching staff. Any conflict should be discussed with the coaching staff by the student-athlete as early as possible.

- The coaching staff will make the decisions about which competitions a student-athlete will compete and at what level they will compete based on the coaching staff's opinion of what's best for the program.
- If a student-athlete is not at practice the day before a competition, they may not be allowed to compete the next day. This is not a negative consequence for the student-athlete, but rather an opportunity for another student-athlete who was at practice.

DUAL-SPORT PARTICIPATION

Rationale:

McKay High School seeks to provide an inclusive, equitable and quality interscholastic athletic program for all high school students. Some student-athletes have skills and abilities with a desire to contribute to more than one athletic team in a particular athletic season.

Procedures:

Student-athletes may be allowed to participate in two interscholastic sports during the same season. Student-athletes wishing to participate will need to obtain an application form from the athletic director and follow the guidelines established by the athletic department involving dual sport participation.

ROLE OF THE PARENT/GUARDIAN

Promoting A Positive Athletic Experience: The Parent's Guide

Adapted From: Greg Dale, Ph.D., Mental Training Coach, Duke University

1. Be the best supporter and role model you can be. You, as parents/guardians, will have a bigger influence on your child's life than anyone else.
2. Communicate with your student-athlete and find out their goals in the sport. These goals may be different from what you want. Intrinsic motivation is much stronger than extrinsic motivation!
3. Let them know that anything worth achieving is going to take a lot of hard work.
4. Support your student-athlete and be realistic in their ability and skill level and encourage them to strive to higher levels. **DON'T** compare your student-athlete to others!
5. Show unconditional love and support for your student-athlete **NO MATTER** how they perform! Realize that nobody loses on purpose.
6. Let the coaches coach. The worst thing we can have is a confused student-athlete.
7. Encourage your student-athlete to be a leader. Let **them** communicate with the coaches and let **them** make decisions.
8. Do not make excuses for your student-athlete.
9. Game Day Rules
 - a. Passionately cheer and support your student-athlete and the team.
 - b. Please stay out of the competition area.
 - c. While in the stands, be positive. Do not yell criticisms or do anything to draw attention away from the student-athletes and toward you.
 - d. While your student-athlete is competing, please do not make an effort for the student-athlete to focus on you rather than the coach. Once again, we do not want a confused student-athlete.
 - e. Please refrain from yelling derogatory comments to the officials, fans, or anyone else involved in the event.
 - f. Let the coaches talk with officials. Berating an official has never led to a positive reaction.
 - g. Let the coaches coach and please do not interfere with coaches during competition.
 - h. Support the coach's decisions and any disciplinary actions by the coaches.

EXPECTATIONS OF PARENTS/GUARDIANS

1. As a parent/guardian of a McKay High School student-athlete, it is important to acknowledge that you are a role model for your student-athlete. Remember that education-based school athletics are an extension of the McKay High School academic mission, and serve educational, developmental, and health purposes in the life of your student-athlete. As a parent/guardian, you must show respect for all players, coaches, officials, and supporters of your student-athlete and participating institutions. You accept and understand that the spirit of fair play and good sportsmanship is expected at all athletic events on and off campus. It is your responsibility to be a model of integrity and good sportsmanship.
2. Take ownership of your part in the team's expectations. Make sure your student-athlete attends every function, workout and practice, prepared and on time.
3. Monitor your student-athletes's academic progress and make sure they complete their assignments on time. A typical high school student will have homework or something to study each night.
4. Respect all rules, guidelines and consequences set forth by the coaching staff.
5. During competitions, please stay in the stands and cheer on all members of the team until the competition is over. Be the parent that student-athletes feel is safe and accepting, win or lose.
6. Consider joining the McKay Athletic Booster Club. The organization's purposes are to support and promote athletics at McKay High School by fostering an atmosphere that is consistent with the educational philosophy of McKay High School, and to assist McKay High School in providing extracurricular athletic opportunities for all students, and all sports, so that every student will have the opportunity not only to succeed in the classroom, but also on the athletic fields.
7. If you have any questions or concerns about your team, please communicate with your coach first. The Athletic Director second if necessary, and the principal third. Please email the coach and set-up a time to speak. ***Please do not approach the coaching staff with a problem directly before, during or after competition or practice.*** Please be aware that the coaching staff will not discuss matters of other athletes. At the appropriate time, the head coach will be available to discuss, in a civil manner, the philosophy behind the policies and ways that we can improve your student-athlete's performance in the classroom or in competition.

COMMUNICATION GUIDELINES

Our Philosophy

- Athletic achievement requires sincere commitment from all student-athletes, parents/guardians, coaches, and administrators. For all of us to be successful, effective communication must occur.
- The McKay High School Athletic Department and administration believe strongly in being accessible to parents and supportive of the coaching staff.
- We are continually attempting to improve communication with the students and parents/guardians. For our programs to be successful, it is necessary that everyone understand the focus and direction of the program.

Expectations

1. It is reasonable to expect your student-athlete's coach to inform you:
 - a. When and where practices and contests are held.
 - b. Their coaching philosophy.
 - c. About the expectations they have for all student-athletes on the team as well as your individual student-athlete.
 - d. What is required to be a part of the team, i.e., fees, special equipment, off-season conditioning, lettering requirements, etc.
 - e. If your student-athlete is injured during participation in a practice or competition.
 - f. Whenever any disciplinary action results in your student-athlete being denied participation in a practice or competition.
2. Typical concerns of parents that are **appropriate** to discuss with a coach are:
 - a. Any unhealthy mental or physical strain you detect in your student-athlete at home when it affects their academic performance.
 - b. How you can contribute to your student-athlete's skill improvement and development.
 - c. Any dramatic changes you detect in your student-athlete's behavior.
3. It is **Inappropriate** to discuss with a coach:
 - a. Playing time
 - b. Team strategy or play calling.
 - c. Other student-athletes.
4. Coaches often need parents/guardians to tell them:
 - a. Any specific health concerns about your student-athlete expressed directly and informally to the head coach at a mutually convenient time.
 - b. Notification of any schedule conflicts well in advance.
 - c. Your commitment to the program, and how you plan to make a contribution to the program's success. For example, one way is to be sure your student-athlete is at practice each day on time and to ensure your student-athlete gets enough rest and nutrition at home.

- d. Strategies that have worked for you in contributing to your student-athletes success in the past.
 5. If you have a concern to discuss with a coach, what procedure should you follow?
 - a. Follow the below "Conflict Resolution Procedure."
 - b. Make an appointment with the coach. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be emotional times for both the parent and the coach and these occasions do not promote objective analysis of the situation. Please observe a 24 hour cooling off period.
 - c. If the coach cannot be reached, call the Athletic Director to set up a meeting.
 6. What should you do if the meeting with the coach does not result in a resolution to the problem?
 - a. Follow the below "Conflict Resolution Procedure."
 - b. Call and set up an appointment with the Athletic Director to discuss the situation.
 - c. At this meeting the appropriate next step can be determined.
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CONFLICT RESOLUTION

In the event that either a student-athlete or their parent/guardian has a concern with events or situations that may have occurred during the season, the following resolution process is to be followed. (Please allow for the 24 hour cooling off period and schedule a meeting after the event in which there is a concern.):

1. The student-athlete schedules a meeting with the coach to discuss the concern. If the issue is not resolved, move to step two (2).
2. The student-athlete and their parent/guardian will schedule a meeting with the coach to discuss the concern. If the issue is not resolved, move to step three (3).
3. The student-athlete and their parent/guardian will schedule a meeting with the Athletic Director to discuss the concern. If the issue is not resolved, move to step four (4).
4. The student-athlete and their parent/guardian will schedule a meeting with the Principal to discuss the concern. If the issue is not resolved, move to step four (5).
5. The student-athlete and their parent/guardian will schedule a meeting with the Director of High Schools to discuss the concern.

***In the event that the concern involves an assault of any type, the parent/guardian and student-athlete should immediately go to step three (3).**

SPORTSMANSHIP

OSAA Sportsmanship Statement

Interscholastic activities are an integral part of the educational curriculum and experience. High school activities promote the character development of participants, enhance the educational mission and promote civility in society. Therefore, student-athletes, coaches, spectators and all others associated with high school activities programs and events should adhere to the fundamental values of respect, fairness, honesty, and responsibility. These values should be established as a priority among all OSAA member high schools.

It is the responsibility of each member high school to establish policies for sportsmanship and ethical conduct consistent with the educational mission and goals of that school and to continually educate students, coaches, teachers, parents, and all involved about those policies.

Parents / Guardians / Spectators

- Respect both players and fans of opposing teams.
- Be a role model! Don't harass or trash talk opponents or officials before, during or after a contest.
- Recognize and support the efforts of coaches, officials, leagues, and school administrators.
- Support your child/peer with positive actions and encouragement.
- Respect the officials' judgment and interpretation of the rules.
- Accept both victory and defeat with pride and compassion.
- Applaud all participants' efforts – win or lose.

YOUR ACTIONS SPEAK LOUDER THAN WORDS

Student-Athletes

- Treat opponents with respect.
- Exercise self-control.
- Display modesty in victory and graciousness in defeat.
- Accept the judgment of the officials without complaint or unnecessary gestures.
- Congratulate the opponents in a sincere manner following victory or defeat.
- Accept the responsibility and privilege of representing your school and community.

PLAY FAIR

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ACKNOWLEDGEMENT

By filling out the below I acknowledge I have been given the McKay High School Athletic Department Parent/Guardian/Athlete Handbook.

STUDENT-ATHLETE'S NAME: _____

Parent/Guardian _____
Print Name

Phone _____

Email _____

Parent/Guardian _____
Print Name

Phone _____

Email _____

PARENT/GUARDIAN'S SIGNATURE:

DATE: _____

[INS - F001 Athlete Agreement, High School.pdf](#)

[INS - A014 Athlete Expectations High School.pdf](#)