

La Grande High School TIGERS



Athletics and Activities
2023-2024

LA GRANDE HIGH SCHOOL VISION STATEMENT

LHS Tigers R.O.A.R.

Relationships, Opportunities, Achievement & Readiness

La Grande High School TIGERS!

Athletic Director: Darren Goodman
(541)663-3305

Athletics Secretary: Holli Needham
(541)663-3301

Head Coaches/Advisors:

Fall Sports:

Football

Volleyball

Cross Country

Girls Soccer

Boys Soccer

Cheerleading

Dalton Sheets

Melinda Becker-Bisenius

Alma Crow

Chris Gianandrea

Kaleb Rainsberry

Kimberly Westenskow

Winter Sports:

Girls Basketball

Boys Basketball

Girls Wrestling

Boys Wrestling

Swim

Brian Wright

Shawn Brooks

Krystal Fabricante

Klel Carson

Cheyenne Maszk

Spring Sports:

Track

Softball

Baseball

Girls Golf

Boys Golf

Tennis

Matt Wolcott

Walt Anderson

Parker McKinley

Bill Waldrop

Ricky Gloria

Mark Carollo

Advisors:

Choir Director

Band Director

FBLA Advisor

FFA Advisor

FCCLA Advisor

NHS Advisor

Mock Trial

Yearbook Advisor

Senior Class Advisor

Kevin Durfee

Alex Justice

Mark Carollo

Chelsey Sharp

Rhonda Calhoon

Pat DesJardin

Liz Becker

Garrett Dixon

Kristy Moore

OSAA Sports Seasons

2023 - 2024

Fall Sports

First Practice Date
August 14, 2023

Winter Sports

First Practice Date
November 13, 2023

Spring Sports

First Practice Date
February 26, 2023

WELCOME TO THE ATHLETICS & ACTIVITIES PROGRAMS AT LA GRANDE HIGH SCHOOL!

We encourage students to participate in extracurricular activities during their high school careers. Parents are urged to support and encourage their students in academic, activity and athletic pursuits.

Philosophy

The purpose of the athletics and activities programs is to provide wholesome experiences for students to develop good habits and attitudes toward both themselves and today's society. Athletics/Activities are considered an integral part of our total educational process. They promote the development of self-discipline and high academic/athletic expectations.

Although participation in athletics and activities is a privilege and is voluntary, the individual is of prime importance. Our programs offer our students the opportunity to learn some critical life skills. These include working cooperatively in groups, goal setting, developing self-discipline, developing loyalty, good work habits and learning how to persevere in the face of adversity and setbacks.

Research indicates that a student involved in extracurricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after High School. We hope the information provided in this booklet makes both your child's and your experience with the La Grande High School Athletics and Activities programs less stressful and more enjoyable.

Expectations

Athletic Department

- Works to provide quality coaches and advisors who understand our athletic philosophy and value all of the individuals on their teams.
- Works cooperatively with other schools to provide appropriate competition for our students.
- Is aware of and enforces the rules and regulations of the OSAA and the La Grande School District.

Participant

- Takes responsibility for clearance and eligibility.
- Treats coaches, officials, teammates and opponents with respect.
- Puts forth his/her best effort in practices and contests.
- Attends all practices and contests unless the coach/advisor has granted permission, in a clear and timely manner, to be absent.
- Conducts himself/herself in a manner that brings credit to LHS.
- Remember that participation in athletics/activities is a privilege, not a right. Unacceptable conduct may result in a student forfeiting the privilege to participate.

Coach/Advisor

- Treats other coaches, players, officials and parents with respect.
- Follows OSAA, La Grande School District and La Grande High School policies and philosophies.
- Prepares his/her team to the best of their ability.
- Is fair and impartial in dealing with the students in his/her program.
- Makes himself/herself available to answer questions or discuss issues with students/parents. These meetings should not be immediately before or after a practice or a contest.

Parent

- Treats other parents, athletes, coaches and officials, with respect.
- Respects the decisions and judgments of the coaches and officials even though the parent may not agree with the decision.
- Sets an appointment to talk with the coach about questions or issues. Does not approach the coach immediately before, during or after a practice or a contest.
- Supports, encourages and does whatever he/she can to allow his/ her athlete to attend practices fully prepared.
- Does not put pressure on son/daughter to win or be an all-star.
- Remains positive in his/her comments about his/her own student, other students, the coach and the program.

Getting Ready to Participate

Paperwork and Fees

The following paperwork is to be completed online through TouchBase:

<https://or-lagrande.intouchrecepting.com/signin>.

- Athletic Permission form, questions regarding eligibility and signatures that the athlete and parent have read, understand and accept the Interscholastic Athletic Rules and Regulations.
- Emergency Contact form, must have insurance information and emergency contact information should a parent not be available. Both athlete and parent must sign.
- Concussion Information Sheet. Both Athlete and Parent must sign.
- Physical exam form, completed and signed by a physician, physician assistant, nurse practitioner or licensed chiropractic physician.
 - **State law now requires a physical every two years.**
- Sports participation fee paid.
 - All past fees on record are paid or cleared.

Sports/Activities Participation Fees:

- \$75.00 per sport
- \$30.00 per activity
- \$375.00 limit per family per year
- Checks should be payable to La Grande High School.
- Scholarships may be available. See Mrs. Needham for an application.
- The sports/activity fee must be paid before the student participates in

practice/tryouts/activities. If the student does not make the team, or decides not to participate before competition begins, then the fee will be refunded. **Fees can be paid online at the same time as registering for the selected sport, or brought to the LHS Main Office**

Eligibility Rules:

- La Grande High School is a member of Oregon School Activities Association (OSAA) and abides by all of its rules and policies.
- The OSAA requires a student to be enrolled in at least 5 of 7 classes (2.5 credits) at LHS during the sports season.
- OSAA requires students to be making satisfactory progress towards graduation. Students must have at least 10 credits at the start of their Junior year and 17 credits going into their senior year on a state diploma to be eligible to participate in OSAA activities/ athletics. Students receiving an Oregon Diploma must have 12 (Junior year) and 18 (Senior year) credits respectively.
- The OSAA requires a student to have passed 5 classes (2.5 credits) the previous semester.
- La Grande High School will run weekly grade reports for all extra curricular activities. LHS requires a student to currently pass all 7 classes with a grade of D or higher.
 - Should a student have a failing grade, they will be placed on probation for 1 week.
 - If the grade has not been brought up to a D or higher by the next grade check the athlete will be ineligible to compete until the grade is a D or higher.
- Grade checks will be completed by students every Monday by 3:30 and turned in to Mrs. Needham in the front office. Students will continue to practice but not compete if they are failing. Late or incomplete grade checks will result in not participating in the event.
 - **Forged grade checks will result in a two event suspension.**
- The OSAA allows home-schooled students to participate if they live within the La Grande School District boundaries and have passed the standardized test given by the ESD in the spring of the school year with the minimum required score.
 - Home school students must be registered with the local ESD by the 1st day of school. Students must be tested by August 15 of each school year. Private school athletes may participate if their school is an associate member of OSAA.
- The OSAA requires students to reside in the school district boundaries to be eligible to participate at LHS. There are few exceptions. Please contact the Athletic Director if you do not reside in the La Grande School District boundaries and wish to participate at La Grande High School.
- Any student who reaches age 19 before August 15 is not eligible by OSAA regulations.
- Students must have medical insurance coverage to participate in athletics. La Grande High School DOES NOT provide accident or health insurance coverage for students. Parents are responsible for providing insurance coverage. Student medical insurance policies are available for purchase through the school district.

Information and forms are available in the school office.

- LHS athletes are expected to abide by all the La Grande School District policies, the LHS Rules and Regulations regarding conduct, alcohol and substance abuse, and to display good sportsmanship during your athletic event/or activity and while in attendance at any other activity.
 - **Ineligible athletes can not practice or play in contests while they are ineligible.**

OSAA requirements may vary depending on the number of courses taken and the number of courses failed. Contact the Athletic Director's office (663-3305) for additional information.

La Grande High School Interscholastic Athletic/Activities Rules and Regulations

The purpose of the Athletic/Activities Rules and Regulations is to establish behavioral guidelines for eligible students who choose to represent the La Grande School District in athletics or activities. The following rules are in addition to all other La Grande School District policies, procedures and rules relating to student conduct.

When you sign the Athletics/Activities Permission Form, you are indicating that you have read the Interscholastic Rules and Regulations, and agree to abide by them.

Communication

Parenting, coaching and advising 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 to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach/advisor of your child's program.

Communication you should expect from your child's coach/ advisor:

- Philosophy of the coach/advisor.
- Expectations the coach/advisor has for your child as well as all the players/students.
- Locations and times of all practices and contests.
- Team requirements, i.e., practices, special equipment, out-of- season conditioning.
- Procedure followed should your child be injured during participation. Discipline that may result in the denial of your child's participation.

Communication coaches/advisors expect from parents:

- Concerns expressed directly to the coach/advisor. Parents should never engage and/or criticize other players/students in a negative or demeaning way.
- Notification of any schedule conflict well in advance.
- Specific concerns with regard to a coach's/advisors philosophy and/ or expectations.

How, When and Why to Communicate with a Coach/Advisor

An understanding of the following guidelines for obtaining information must be followed to ensure that communication is done professionally and positively rather than confrontationally.

- If your question ultimately has to do with playing time or game strategy, keep it to yourself. Otherwise, follow these steps to success:
- If appropriate, talk with your student about your question. What is your student's perspective? Can your student solve the problem?
- Set up a meeting with the coach/advisor if you still have questions. This should be an information meeting where you ask questions, listen and have a discussion. Remember that the coach/advisor makes decisions for the good of the team based on practice, ability, attitude, and chemistry.
- If questions remain, set up a meeting with the athletic director/ administrator, coach/advisor and yourself.

Guidelines for meetings:

- The conversation must be in a professional manner with regard to both language and conduct.
- Everyone gets a chance to talk, but everyone must listen as well.
- Emotional control by all parties is imperative.
- Meetings must not occur on game/contest days and are held only by appointment.
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Please do not attempt to confront a coach/advisor before or after a contest or practice. These can be emotional times for both the parent and the coach/advisor. A meeting of this nature does not promote resolution.

Appropriate concerns to discuss with coaches/advisors:

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

Issues not appropriate to discuss with coaches/advisor:

- Playing/participation time
- Team strategy
- Other student-athletes
- Concerns or negative feelings about other student participants

Example topics:

- How would you evaluate my child in terms of his playing skills?
- Does my student work hard and have a positive attitude at practice?
- What areas does he/she need to improve in?
- Do you have some drills we could use to make these improvements?
- Is my student a positive addition to the team? Is there something I can do to help you?

To make an appointment, follow this procedure:

- Call the coach/advisor to set up an appointment or leave a message for the coach/advisor in the main office at La Grande High School at (541)663-3301 and a meeting will be arranged.
- If the coach cannot be reached, call the Athletic Office at (541)663-3301 to arrange a meeting.

Attendance Expectations for Participants

- In order to participate in practice or a contest, La Grande School District requires the student to be in attendance at school all day the date of the contest or practice (all day Friday in the case of Saturday contests).
- Students with unserved lunch detentions will not be allowed to participate in practice or contests until the lunch detentions have been served.
 - Exceptions must be cleared through the Athletic Director, attendance office, the principal or his representative. Possible exceptions may be for medical, dental, family emergencies, or pre-arranged absences.
- Students are expected to be in school and on time the day following an athletic/club event.
- Students returning home from an event after 12:00 AM on a school night will be allotted eight hours to rest from the time of return to the high school.
 - The coach/advisor shall inform staff of the late arrival time and the periods the students will be excused.
 - Unless there are extenuating circumstances, if more than the allotted class periods are missed the student will not be allowed to practice or participate in an athletic competition/club activity on that same day.

School Suspension

A student who is suspended from school for disciplinary reasons will not be allowed to participate in any other supervised extra-curricular athletic/club activity during the period of suspension.

Conduct

Vandalism, shoplifting or theft, hazing, harassment, or any other activity which endangers the health, safety, or property of others will cause suspension or removal from a team/club. The student is expected to conduct himself/herself in a manner that brings credit to La Grande High School. Participation on a team/club is a privilege, not a right. Unacceptable conduct will result in the student forfeiting the privilege to participate. Before being reinstated to the team/club, a conference with the Athletic Director/Administrator is required. Reinstatement may also be subject to a parent conference.

Changing Sports within Season

An athlete that quits a team during the first two weeks of practice can transfer to another in-season or preseason LHS team only with the agreement of all coaches concerned and the Athletic Director.

Uniforms and Equipment

No athlete will be allowed to participate in a sport until all previously issued equipment in a prior sport has been returned or restitution is made.

Training Rules and Behavioral Standards

Each head coach and advisor of a LHS athletic and activities program will determine training rules and behavioral standards

Policy for Handling Injured Athletes

Communication is critical in the handling of injured athletes. It is imperative that communication take place promptly and thoroughly.

- All athletic injuries will be reported the Athletic Trainer (ATC) by the coaching staff
- During practices and home games the athletic trainer makes the final decision in regard to injury assessment, treatment, and clearance to resume participation. The Head Coach is responsible in situations there the ATC is not present.

The ATC will create a database for injured athletes. An injured athlete is defined as an athlete who missed a complete practice or more due to injury. The database will include athlete's name, date of injury, type of injury, treatment received, and clearance to participate. Athletes can not return to practice from injury without the clearance of the ATC.

Transportation

- All students will be transported to and from competitions as provided by the school district. Exceptions must be cleared through the Athletic Director, attendance office, the principal or a representative, for transportation to an event. Possible exceptions may be for medical, dental, family emergencies, or pre arranged absences. All arrangements for transporting students to an event by parents must be made in advance with the Athletic Director and coach.
- Students may ride home with their parents or guardians, by checking out with the coach.
 - **Students are NOT allowed to ride home with anyone other than their parents or guardians, unless prior arrangements, and in very rare circumstances, have been made with the Athletic Director.**

Under no circumstances may one student participant transport another student participant—not even with parent permission.

Bus Seating Expectations

- Due to issues in the past, all supervisors (coaches, teachers, advisors, parents) and students are expected to follow these seating procedures when on bus trips:
- During daylight hours, supervisors may allow male and female students to sit across the aisle from each other if they so choose. If the ratio of adults to students is 10 to 1 or less, supervisors may allow “gender specific” seating (e.g. two boys in one seat, two girls in one seat behind them).

- After daylight hours, supervisors are expected to separate male and female students and should do so in a front/back manner (e.g. boys in front, girls in back).
- Supervisors should sit in the middle and back of the bus in order to properly monitor student behavior.
- Supervisors should ensure that even though many students may be sleeping on the bus, enough adults remain awake to provide proper supervision.
- The basic expectation for bus trips is that supervisors will provide adequate supervision and that students will behave appropriately. Any inappropriate behaviors will be subject to disciplinary action.

Alcohol, Tobacco and Substance Abuse Policies

Substance Abuse Regulations

- The athletic/activities department of the La Grande School District will not condone substance abuse and will consider the following to be major violations during a sports/club season.
- No participant may be involved in and/or associated with the use, possession and/or distribution of illegal drugs, alcohol or tobacco.
- No participant may be involved in the abuse or illegal distribution of legal drugs (steroids, cough syrup, asthma inhalers, inhalants, etc.)
- No participant may attend or remain at parties or other functions where alcohol or drugs are being used. When a participant discovers that drugs or alcohol are present or being used, they must promptly remove themselves from the premises.
- The observation of a coach, teacher, or administrator, investigative evidence, the report of a police officer, and/or admission of a violation by an athlete is sufficient evidence for suspension.
- Suspended students are ineligible to practice or participate in contests/activities during their suspension.

Violations of this regulation are defined as:

First Violation: Drugs and Alcohol

- Any violation of the regulation regarding drugs and alcohol anytime during the sports or activity season in which the student is participating will result in immediate suspension from athletic /activities for all of that sports/activity season.
- The participant will be required to attend a substance abuse assessment/evaluation with any LHS-approved, licensed professional. The assessment will be designed to evaluate substance abuse and will be fulfilled by the participant at the participant or parent/ guardians expense.
- A conference including the participant, parent/guardian, and Athletic Director/Advisor will be held before the student is allowed to participate in another program. The purpose of the conference is to determine if the student has fulfilled the obligation to participate in, attend and complete a substance abuse program.

- If a participant chooses not to have the assessment and/or follow the approved program, they will not be allowed to re-enter the athletic/activity program until they follow the recommendations.
- This regulation is in effect throughout the calendar year, including the summer months, when under the supervision of LHS coaches or sponsored programs.

Second Violation: Drugs and Alcohol

- A second violation of the regulation regarding drugs and alcohol anytime during the sports/activity season in which the student is participating will result in suspension from all LHS sponsored athletic/activity programs (including practice) for one calendar year (12 months).
- During the suspension the participant must complete an approved substance abuse program, agree to submit to an initial drug test and subsequent random testing at reinstatement. Any costs associated with the approved substance abuse program and testing will be the responsibility of the participant or parent/guardian.
- A conference including the participant, parent/guardian, and Athletic Director/advisor will be held before the student is allowed to participate in another program. The purpose of the conference is to determine if the student has fulfilled the obligation to participate in and attend and complete a substance abuse program.
- If a student chooses not to have the assessment and/or follow the prescribed program they will not be allowed to re-enter the athletic/ activity program until they follow the recommendations.
 - A positive test constitutes a third violation.
 - Activities with fewer than 3 competitions a year will be dealt with on a case by case basis.

Third Violation: Drugs and Alcohol

A third violation of the Drug and Alcohol rules will result in suspension from all LHS sponsored athletic programs for the remainder of the athlete's tenure at La Grande High School.

Tobacco Violation

First violation:

- Any violation of the substance abuse regulation regarding tobacco anytime during the sports/activity season in which the student is participating will result in immediate suspension from athletic/ activities for not less than 25% of that sports/activity season.
- Students may be required to attend an accredited tobacco cessation program and/or be referred to Union County Juvenile Court.
- Once enrolled the student must prove to the Athletic Director/ advisor that they are making satisfactory progress toward completion of the cessation program in order to remain in the program.
- The student will continue to attend all practice sessions.

Second violation:

- A second violation of the regulation regarding tobacco anytime during the sports/activity season in which the student is participating will result in immediate suspension from athletics/activities for all of that season.
- Students may be required to attend an accredited tobacco cessation program and/or be referred to Union County Juvenile Court.
- Once enrolled the student must prove to the Athletic Director/ advisor that they are making satisfactory progress toward completion of the cessation program in order to remain in the program.
- A conference including the student, parent/guardian, and Athletic Director will be held before the student is allowed to participate in another program. The purpose of the conference is to determine if the student has fulfilled the obligation to participate in, attend and complete the tobacco cessation program.
- If a student chooses not to have the assessment and/or follow the prescribed program they will not be allowed to re-enter the athletic/ activity program until they follow the recommendations.

Third Violation:

- Removal from all school athletic/activity programs for one calendar year (12 months).
- During the suspension, the student may be required to complete an accredited tobacco cessation program.
- The student may also be referred to Union County Juvenile Court.
- Reinstatement of the student for a subsequent athletic/activity program is contingent upon approval by the building principal or designee.
- A conference including the student, parent/guardian, and Athletic Director/advisor will be held before the student is allowed to participate in another sports/activity program. The purpose of the conference is to determine if the student has fulfilled the obligation to participate in, attend and complete the tobacco cessation program.
- If a student chooses not to have the assessment and/or follow the prescribed program they will not be allowed to re-enter the athletic/ activity program until they follow the requirements.
- If a student chooses not to have the assessment and /or follow the prescribed program they will not be allowed to re-enter the athletic or activity program until they follow the requirements.

Fourth Violation:

A fourth violation of the Tobacco Policy will result in suspension from all LHS sponsored athletic/activity programs for the remainder of the students tenure at La Grande High School.

Athletic/Activity Appeals Committee (AAC) and Due Process

- If a student is suspended or removed from a sport/activity as a result of disciplinary action, they may appeal the decision to the AAC by filing a written notice of appeal with the principal within ten (10) days of the notice of disciplinary action by the principal or his/her designee.
- The AAC, composed of the principal, Athletic Director or advisor, a head coach, a counselor, and two members of the La Grande community, will hear the appeal.
 - The principal or his representative will appoint the two community members.
- The student has the right to have representation and will be given the opportunity to present their case to the AAC.
- The AAC shall hold a hearing within ten (10) days of the written notice of appeal.
- The AAC shall make its decision within five (5) days of the hearing.
- The decision of the AAC is final.