

# **SIUSLAW HIGH SCHOOL VIKINGS**



**ATHLETIC HANDBOOK  
2023-2024**

**If you think you are beaten,  
you are.**

**If you think you dare not,  
you can't.**

**It's almost a cinch,  
you won't.**

**If you think you'll lose, you're lost;  
for out in the world we find  
success begins  
with an individual's will –  
it's all in the state of mind.**

**Life's battles don't always go  
to the stronger or faster person;  
but sooner or later  
the person who wins  
is the one who thinks they can.**

## **TABLE OF CONTENTS**

<b>ATHLETIC STAFF</b>	<b>3</b>
<b>STATEMENT OF PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS</b>	<b>4</b>
<b>ATHLETIC POLICIES AND STANDARDS OF CONDUCT</b>	<b>4</b>
<b>PRACTICE HOURS</b>	<b>5</b>
<b>ATHLETIC PRACTICES OR MEETINGS ON WEEKENDS</b>	<b>5</b>
<b>STUDENT INSURANCE</b>	<b>5</b>
<b>OFFICIAL OSAA STARTING PRACTICE DATES</b>	<b>6</b>
<b>REGULAR SEASON DATES – from OSAA calendar</b>	<b>6</b>
<b>ELIGIBILITY REQUIREMENTS</b>	<b>6</b>
<b>ASB MEMBERSHIP REQUIREMENT</b>	<b>7</b>
<b>TRANSFER STUDENTS</b>	<b>7</b>
<b>PHYSICAL EXAMINATION REQUIRED FOR ATHLETIC PARTICIPATION</b>	<b>7</b>
<b>ATHLETIC PARTICIPATION FEE</b>	<b>7</b>
<b>ATHLETIC PARTICIPATION FEE – Refunds</b>	<b>7</b>
<b>HOME SCHOOL STUDENTS</b>	<b>8</b>
<b>STUDENT DRUG TESTING POLICY JFCI/JFCI-AR</b>	<b>8</b>
<b>APPEAL PROCESS – STUDENT DRUG TESTING POLICY</b>	<b>11</b>
<b>DUE PROCESS</b>	<b>11</b>
<b>OFF-SEASON CONDITIONING</b>	<b>11</b>
<b>INDIVIDUAL SPORT RULES</b>	<b>11</b>
<b>APPEARANCE OF THE ATHLETE</b>	<b>11</b>
<b>DRESS ON TRIPS OUT OF TOWN</b>	<b>12</b>
<b>MEALS ON TRIPS</b>	<b>12</b>
<b>RIDING THE BUS</b>	<b>12</b>
<b>CHANGING OF SPORT DURING SEASONS</b>	<b>12</b>
<b>PARTICIPATION IN TWO SPORTS IN ONE SPORT SEASON</b>	<b>12</b>
<b>ATTENDANCE AND PARTICIPATION IN ATHLETICS</b>	<b>12</b>
<b>CLEATS</b>	<b>13</b>
<b>ATHLETIC EQUIPMENT</b>	<b>13</b>
<b>THEFT OF SCHOOL / NON-SCHOOL MATERIAL</b>	<b>13</b>
<b>DAMAGE TO SCHOOL</b>	<b>13</b>
<b>COMPLETION OF SPORT SEASON</b>	<b>14</b>
<b>SIUSLAW VIKING ATHLETICS PARENT PLEDGE</b>	<b>14</b>

District and school policy, administrative rule, and handbook citations may be revised at any time as a result of School Board, Oregon School Boards Association, Oregon Revised Statute, Oregon Administrative Rule changes or case law arising from court action. Revisions will be reposted after passage of any such action.

## **ATHLETIC STAFF**

Mike Harklerode – Principal  
Bev Scott – Assistant Principal  
Chris Johnson – Athletic Director

### **FALL**

#### **FOOTBALL**

Head Coach: Sam Johnson  
Assistants: Sean Campbell, Jeff Gray,  
Andy Johnson, Jackson Johnson, Nick Johnson,  
Greg Reynolds, John Rose,

#### **VOLLEYBALL**

Head Coach: Ashlee Cole  
Assistants: Amanda Richards, Kim Stinger

#### **CROSS COUNTRY**

Head Coach: Chris Johnson  
Assistants: Jack Butler, Jennifer Federov, Amy Flora

#### **CHEERLEADING**

Head Coach: Teri Straley  
Assistants: Desteny Johnson

#### **BOYS SOCCER**

Head Coach: Londi Tomaro  
Assistants: Tanner Borgnino, Nyra Campbell  
Justin Linton, Robbie Wright

#### **PEP BAND**

Director: Edward Restivo

#### **GIRLS SOCCER**

Head Coach: Amy Tregoning  
Assistants: John Rogerson

### **WINTER**

#### **BOYS BASKETBALL**

Head Coach: Dylan Perry  
Assistants: Nick Johnson

#### **GIRLS BASKETBALL**

Head Coach: Aaron McNeill  
Assistant: Sara Truax

#### **WRESTLING**

Head Coach: Neil Wartnik  
Assistants: Stecher Buss, Ron Mann,  
Sara Mann, Shawn Mann, Ken Smith

### **SPRING**

#### **BASEBALL**

Head Coach: Open  
Assistants: Jim Baxter, Dan Rankin

#### **SOFTBALL**

Head Coach: Brian  
Assistant: Open

#### **TRACK & FIELD**

Head Coach: Chris Johnson  
Assistants: Dave Anderson, Max Perry, Snake Ulrich,  
Amy Flora, Doug Pierce

## **STATEMENT OF PHILOSOPHY INTERSCHOLASTIC ATHLETICS**

We believe that the program of interscholastic athletics is an integral part of the total educational structure. Although participation in the program of interscholastic athletics is voluntary, the individual is of prime importance. We believe that participants should have varied sports experiences; commensurate with their interests and abilities, and that they should have complete freedom of choice in selecting activities.

We believe that the coaches of athletic activities must assume a major role in the molding of youth in their charge. The coach must instill in their players the belief that athletics develop self-confidence, respect for rules, lasting friendships, and positive response to discipline. The coach must expose them to the value of teamwork, and communicate the ability that teamwork is essential to be successful, to be humble in victory, and to learn from defeat. Coaches must insist upon ethical behavior and good citizenship not only on the athletic field/court, but also in school, in the classroom, in the home, and in the community. In summary, the coach must want all players to be successful as much as possible and to make them realize through athletics some of the important rules of life.

The primary aims for interscholastic athletics are development of desirable traits in the individual, optimal participation, and fulfillment of competitive desires. Winning of championships should transpire as an outgrowth of ethical coaching and competition.

### **PURPOSE**

The purpose of the program of interscholastic athletics is to promote, direct, and conduct interscholastic athletics in such a manner as to further the aims of general education, promote friendly relations with other schools, to encourage participation by as many students as possible, and to teach good sportsmanship and fair play.

## **ATHLETIC POLICIES AND STANDARDS OF CONDUCT GENERAL GUIDELINES FOR THE INTERSCHOLASTIC ATHLETIC PROGRAMS OF SCHOOL DISTRICT 97J**

The interscholastic athletics program of School District 97J is an accepted and significant phase of modern education. It is to be administered in accordance with the best practices employed in a modern system of education. The total program of athletics shall be conducted in accordance with the rules and regulations of the Oregon School Activities Association, the policies and regulations set forth by the Board of Directors and the Administration of the school district, and the standard operating procedures of the Sky-Em League.

The interscholastic athletic program is designed for, and should contribute to, the physical growth and development, good physical condition, healthful habits, efficient teamwork, proper standards of conduct, desirable citizenship, and favorable social behavior of the participants.

The athletic program is only one of many school activities and therefore is under the same administration and control as the rest of the school's programs. The students taking part in the program are expected to conduct themselves in an exemplary manner because they perform in public as representatives of the school.

Athletic contests are to be a culmination of ethical and educationally sound instruction methods employed by the coaches and demonstrated by the team members.

The health and welfare of the participants is a primary consideration in conducting the program of athletics. Adequate physical examination, insurance coverage, and supervision of recovery time from illness or injury must be provided. Length of practice sessions, number of practices, number of games and strenuous trips should be carefully planned with due consideration of the age of the students and the physical, emotional, and academic demands upon the participants.

### **Guidelines Regarding Discrimination and Harassment**

Coaches have an obligation and responsibility to ensure that students are neither subjected to, nor participate in discriminatory acts, including harassment. Coaches must take action to halt all discriminatory acts which they witness or which are brought to their attention. Students are not to be discriminated against based on race, religion, gender, disabilities, sexual orientation, socio-economic status, or national origin. Any form of hazing will be considered harassment.

Any student who is subject to harassment or discrimination should immediately notify their coach. The Athletic Director should be notified if the coach is the subject of the complaint. Coaches notified of a complaint will notify the Athletic Director.

Students are encouraged to file a formal complaint if they feel they are victims of harassment or discrimination. The athletic director or appropriate administrator will investigate all complaints promptly and thoroughly, and will protect the privacy and due process rights of both the person making the complaint and the alleged offender.

### **PRACTICE HOURS**

Practice hours for respective sports will be established by the head coach of that sport in conjunction with the Athletic Director.

### **ATHLETIC PRACTICES OR MEETINGS ON WEEKENDS**

The following procedure was adopted by the school board. Parents having any questions concerning this procedure should call the high school office, 541.997.3448.

Weekend practices should be discouraged; however, Saturday and Sunday practice or meetings will be allowed for varsity teams by the Siuslaw School District under the following guidelines.

1. All practices and meetings shall be voluntary for both student athletes and coaches.
  - a. An excuse will not be required of either student athletes or coaches, nor shall they be disciplined or harassed because of their absence.
  - b. Coaches will not be demoted or released from their assigned position because of absence from weekend practice.
2. All practices and meetings will be of reasonable length and not last beyond 9 p.m.
3. At the start of each sport season, the coach shall file with the Principal and Athletic Director, in writing, his/her schedule and reasons for weekend practices one week (7 calendar days) after practice for his/her sport commences. The schedule shall be reviewed and approved by the building administrator before becoming final.
4. This policy does not apply to state play-offs to which the various athletic teams or individuals might be selected or regularly scheduled games/tournaments.

### **STUDENT INSURANCE**

The Oregon School Activities Association requires that all students be covered by accident insurance in order to compete in interscholastic activities. The parent and student have a choice in this matter in that they may either purchase school insurance or be covered by their own private policy. If you plan to use your own private policy, be sure that it does not exclude interscholastic activities as many of them do. Individuals who choose this option must file with the Athletic Director a slip stating the name of the insurance company and the policy number.

School insurance is offered through Student Protection Program represented by Coast Insurance Agency in Florence. The rates vary and are subject to change without notice. Insurance information and packets are available in the main office or the Athletics Page on the High School Website.

Any questions concerning the coverage and limitations of student athletic insurance should be directed to Coast Insurance, 541.997.3455.

## OFFICIAL OSAA STARTING PRACTICE DATES

Football, Cross Country, Soccer & Volleyball August

15 Boys & Girls Basketball, Wrestling

November 14

Baseball, Softball, Golf, Track

February 27

**These dates are subject to change. Changes can be found on our school website.**

## REGULAR SEASON DATES – from OSAA calendar

Volleyball August 14 – October 21

Football August 14 – October 28

Cross Country August 14 – October 28

Cheerleading August 14 – February 16

Soccer August 14 – October 25

Boys Basketball November 13 – February 17

Girls Basketball November 13 – February 17

Wrestling November 13 – February 17

Baseball February 27– May 16

Softball February 27– May 16

Golf February 26–May 7

Track February 27– May 11

**These dates are subject to change. Changes can be found on our school website.**

School facilities and coaching staff for practice sessions will only be available on or after the above dates. All athletes beginning practice on these dates must be approved through Family ID by the Athletic Director.

## ELIGIBILITY REQUIREMENTS

**In order for any athlete to be eligible to turn out for a sport the following requirements must be met:**

- A. Reading of the Siuslaw High School Athletic Handbook.
- B. Current [OSAA physical form](#).
- C. Completion [Family ID](#) Registration.
- D. *Verification of academic eligibility – for all OSAA competitions*
  - a. *Minimum cumulative credits towards graduation*
    - i. The student athlete or activity scholar, in order to compete in athletics/activities, must pass a MINIMUM of five (5) regular subjects every semester, and be making satisfactory progress toward graduation. The following minimum credits are required before the start of each year to be on track to graduate:
      1. Sophomores 4.5 credits
      2. Juniors 10.0 credits
      3. Seniors 17.0 credits
- E. Verification of fee payment – Participation and ASB.
- F. Verification of residence status within the district.
- G. Completion of the Siuslaw High School Athletic Participation Permit which serves as a statement of compliance that acknowledges the school procedures/practices listed in the Athletic Handbook, and the inherent risk of injury in athletic participation.
- H. Participate in random Student Drug Testing ([Policy JFCIA](#)).

**Once the above has been completed and verified on Family ID, the athlete/parent will then be notified on Family ID. Coaches will get daily reports. NO ATHLETE MAY PARTICIPATE IN ANY PRACTICE OR COMPETITION UNTIL ALL ELEMENTS OF ELIGIBILITY HAVE BEEN SATISFIED.**

**These academics standards also apply to non-athletic OSAA competition, such as extracurricular, co-curricular and district-sponsored programs.**

Failure to meet these requirements means that the student athlete would be unable to compete in interscholastic activities. Approved summer school/credit recovery and correspondence courses may be used to meet the eligibility requirements for athletic participation at Siuslaw High School.

Students on an IEP / 504 Plan or who are receiving Special Education services must be meeting all conditions of their individualized plan as noted by their case manager and passing 5 classes to maintain eligibility. Due to the fact that most of these students are graded PASS / NO PASS, the grade point average requirement would not apply to these students.

## **ASB MEMBERSHIP REQUIREMENT**

The student government at Siuslaw High School also requires anyone who takes part in any extracurricular activity to be a member of the student body. This requires the purchase of a student body card (\$20).

## **TRANSFER STUDENTS**

Must meet all the individual eligibility requirements and must have an official prior school transcript in the school office before they can participate in a game, match or meet. For the transfer student to be immediately eligible at least one parent must reside in the Siuslaw School District. In addition, all league/state waivers for eligibility must be met in order for the athlete to be successful for eligibility.

## **PHYSICAL EXAMINATION REQUIRED FOR ATHLETIC PARTICIPATION**

All 9th and 11th grade students participating in athletics shall be required to have a physical examination, and students new to the district or participating in athletics for the first time would be required to submit evidence of a recent physical examination. This must be done before the athlete can take part in any formal practice sessions. The OSAA physical form is available in the high school main office or online at [www.siuslaw.k12.or.us](http://www.siuslaw.k12.or.us) on the athletics page.

1. Parents are to be encouraged, but not required, to have their student undergo an annual physical.
2. Students who have had either a serious injury or illness during the previous year should be strongly recommended to have a physical exam before re-entering athletic competition.
3. Students who have a history of poor physical health shall be required to have an annual physical examination.
4. Coaches shall require a written release from the doctor upon return of a participant regarding recent injury. It shall be filed with the Athletic Director.

## **ATHLETIC PARTICIPATION FEE**

Fees for participating in the sports program will be \$100 per sport per season. This is in addition to the \$25 ASD membership fee. Scholarships and other payment arrangements can be coordinated with the Athletic Director. Students must be paid in full before they can participate in the next sport. Unpaid balances cannot be carried from school year to school year and added to a student's "Senior Bill." Parents/athletes whom pay the fee for 2 sporting seasons will get the 3<sup>rd</sup> season free (within the same school year) of the athletic participation fee. This is only available to each individual athlete. It is not a family wide cap. The participation fee allows students to participate; it does not guarantee playing time.

~~Athletic fees are subject to change. Please visit the school website for updates.~~

## **ATHLETIC PARTICIPATION FEE—Refunds**

The participation fee allows students to participate; it does not guarantee playing time. The following schedule is set if athletic participation fees are to be refunded:

1. ~~For all student-athletes that are paying full fees\* and quit a team and turn in all equipment prior to the first scheduled contest, a full refund will be issued.~~  
~~\*Scholarship students will be refunded their partial payment.~~
2. ~~For all student-athletes that are paying full fees\* and quit a team and turn in all equipment after the first scheduled contest, a refund of 50%, or \$50 will be issued.~~  
~~\*Scholarship students will not be refunded any money; their scholarship award will be credited back to the scholarship account.~~



- ~~3. Any student athlete that quits the team after the fourth scheduled contest will not receive a refund and forfeit their participation fees.~~
- ~~4. Any student athlete that is injured in practice or competition and cannot complete the season as determined by a physician and subsequent medical examination and clearance may be issued a partial refund or credit.~~
  - ~~a. Injuries in first half of season – Full credit towards next sport season or 50% refund.~~
  - ~~b. Injuries in second half of season – 50% credit towards next sport season, no refund.~~

## HOME SCHOOL STUDENTS

The OSAA has stated that home school students must register with the local School District by August 15 to qualify as an eligible home school student for that year. They must have passing test scores.

## STUDENT DRUG TESTING POLICY JFCI/JFCI-AR

Specific references and definitions related to the Athletic & Activity Substance Abuse Policy are an application of the following Siuslaw School District policy and administrative rules:

- Policy JFC – Student Conduct
- Policy JFCG/KGC/GBK – Tobacco and Inhalant-Free Environment
- Policy JFCG-AR – Use of Tobacco
- Policy JFCH – Alcohol
- Policy JFCH/JFCI-AR – Use of Alcohol and Drugs
- Policy JFCI – Substance/Drug Abuse
- Policy JFCIA/JFCIA-AR – Student Drug Testing – Extracurricular Activity Participants

The use of tobacco, alcohol, or illegal drugs is prohibited. No student involved in OSAA extracurricular, OSAA co-curricular and district-sponsored activities shall knowingly possess, use, sell, supply or be under the influence of alcohol, a tobacco product, performance enhancing drug, inhalants or controlled substance of any kind. This policy shall be in effect 24 hours a day from the first day an athlete or activity participant signs the participation agreement throughout the remainder of that school year and all of their subsequent high school years. Student-athletes and activity participants are expected to maintain the policy standard during any school-sponsored activity outside the established school calendar (i.e., summer camps, competitions or events).

**Participation in OSAA extracurricular or OSAA co-curricular activities sponsored by the Siuslaw School District is not required; it is a privilege.** Students choosing to participate in OSAA extracurricular, OSAA co-curricular and district-sponsored activities are prohibited from knowingly attending or remaining at events where individuals are engaged in breaking the law by possessing, using, delivering, and/or selling alcohol, marijuana, and/or other illegal substances. These events include, but are not limited to parties and group gatherings. It is the student's responsibility to immediately remove himself or herself from the party or group gathering as soon as the student or activity participant becomes aware that alcohol, marijuana, and/or illegal substances are being possessed, used, delivered, or sold in violation of the laws of the state of Oregon. **The student should inform their parent or guardian immediately and report the incident to a Coach, Athletic director or Administrator at the start of the next school day. The student does not need to report on others in attendance.**

The Siuslaw School District recognizes a student cannot be responsible for the misbehavior of other individuals; however, it is the student's responsibility to avoid associating with individuals engaging in illegal activities. Students that knowingly transport others to or from such an illegal event are in violation of the policy; being a 'designated driver' is a concept for those of legal age and status. Students will be found in violation of this policy by knowingly attending or remaining at such an event and attendance at such an event will be treated as a first, second or third offense, depending on any previous violations of the athletic and activity policy by the student.

"School year" is defined as the first date in August when practices may commence, defined annually by the OSAA, through the end of the school calendar established by the Board of Directors.

"Co-curricular" activities are those which take place during the school day and are associated with a curricular program.

"Extracurricular" activities are those which take place outside the school day and are not associated with a curricular program.

“Illegal drug” is any drug which an individual may not sell, possess, use, distribute or purchase under state law, or as defined in schedules I through V of the Controlled Substances Act (21 U.S.C. § 812) including, but not limited to, marijuana, cocaine, opiates, amphetamines and phencyclidine (PCP). As used in this policy, “illegal drug” also means possession, use, sale or supply of prescription and nonprescription medication - in violation of Board policy JHCD - Administering Non-Injectable Medicines to Students and accompanying administrative regulation [and JHCDA - Administering Injectable Medicines to Students]. “Illegal drug” shall also include alcohol.”

### **Testing**

Siuslaw School District believes that student safety is paramount in building positive extracurricular, co-curricular and other district-sponsored programs. Because of this belief, all students involved in OSAA extracurricular, OSAA co-curricular and other district-sponsored programs may be tested for illegal substances. This includes all students involved in OSAA competitions, leadership and other possible activities.

Students who participate in OSAA extracurricular, OSAA co-curricular and other district-sponsored programs may be tested randomly during the season. Random testing will be conducted periodically throughout the entire season, from the opening of practice through the conclusion of games, contests or festivals. Selection for random testing will be by lottery from a pool of all current participating students in OSAA extracurricular, OSAA co-curricular and other district-sponsored programs in the district at the time of the drawing.

The Superintendent shall take reasonable steps to assure the integrity, confidentiality and random nature of the selection process including, but not limited to, assuring that:

1. The names of all current participating students will be in the pool for testing;
2. The pool of names for testing is entered into a spreadsheet;
3. Spreadsheet line numbers are selected via an on-line random number generator;
4. The random number generation and spreadsheet cross-referencing process will be observed by at least two adults.

These tests will be swab or urine analysis (UA) that will be given by Administrators and/or their designee. Samples will be collected on the same day the student is selected for testing or, if the student is absent on that day, on the day of the student’s return to school. If a student is unable to produce a sample at any particular time, the student will be allowed to return later that same day to provide the sample. All students selected for testing will be given the option of providing samples in private. Sample containers will be labeled and sealed by the participant. After completion, each participant will bring the container to the test administrator who will take it and place the container on a table and keep it private from other participants.

The test will be for one or more illegal drugs. The superintendent shall decide prior to selection of students which illegal drugs shall be screened. Samples will not be screened for the presence of any substance other than an illegal drug or for the existence of any physical condition other than drug intoxication.

Parents will always be contacted if their child has a positive result on any test.

Students who refuse to provide a sample will be considered to have tested positive and will be subject to the procedures listed below.

1. A violation of the Athletic & Activity Substance Abuse Policy will be established by one or more of the following criteria:
  - a. Self-Admission (consequence may be reduced by one-half)
  - b. Positive result on a drug screening test
  - c. Police Report
  - d. Coach, teacher, or staff observation
  - e. Preponderance of evidence (testimony of others, verified social media posts, etc.)
2. Violations: Each consecutive school year, participants will re-affirm their knowledge of the Athletic & Activity Substance Abuse Policy during registration for the upcoming extracurricular and co-curricular seasons and activities.

- a. Any violation, in season or out of season, will accumulate during an athlete's four-year high school career. Every subsequent violation moves the athlete down to the next step.
- b. All suspensions from participation will coincide with the OSAA sporting calendar. Out of season violation consequences will take effect during the next sport season in which the athlete participates.
- c. Any violation of the athletic substance abuse policy will be dealt with separate from any legal procedures, formal or informal.
- d. Any drug and/or alcohol violation during the regular school day will be considered a violation of the Athletic Substance Abuse Policy (violations of policies: JFC, JFCG/KGC/GBK, JFCG-AR, JFCH, JFCH/JFCI-AR, JFCI, JFCIA/JFCIA-AR).
- e. Reports containing materials of a vague origin and/or indeterminate time frame, fall outside of policy guidelines or are not relevant to the current activity may be set aside by Administration. The validity of such materials will be at the determined by the Administrator receiving the initial report, and then confirmed if the building level decision is appealed to the Superintendent.
- f. Materials related to evidence of violations, substantiated or alleged, are archived separate from regular student discipline records so that if these materials surface again, as in the case of reposted social media entries, old photographs, or cached images from internet postings, etc., that they cannot be used to generate a new violation based on a previously decided or closed incident.

### 3. Consequences:

- a. First Offense
  - i. Notify student and parent/guardian.
  - ii. A 14 calendar day suspension from participation in all athletic games, competitions and activities. (Must attend all practice sessions.)
  - iii. Attend mandatory follow-up sessions with the student, parent/guardian, school counselor, Administrator and Athletic Director. Reinstatement of the student into the activity is contingent upon the student complying with recommendations presented and having clean UA's throughout the 14 calendar day suspension. UA's will be conducted on or near day 7 and day 14 of the suspension period. Failure to comply with the recommendations will be treated as a second offense.
  - iv. Submit to drug testing at any time during the remainder of the season.
- b. Second Offense
  - i. Notify student and parent/guardian.
  - ii. Full suspension from participation in all athletic games, competitions and activities for 45 calendar days. (Must attend all practice sessions.) However, students may still participate in the following school year's activities with the Principal, Athletic Director and school counselor's unanimous approval.
  - iii. Attend mandatory follow-up sessions with the student, parent/guardian, school counselor, Administrator and Athletic Director. Reinstatement of the student into the activity is contingent upon the student complying with recommendations presented and having clean UAs throughout the 45 calendar day suspension. UAs will be conducted on or near day 14, day 28 and day 45 of the suspension period. Failure to comply with the recommendations will be treated as a third offense.
  - iv. Submit to drug testing at any time during the remainder of the season.
- c. Third Offense
 

Full suspension from all extracurricular activities and district sponsored programs for the remainder of the school year and the following school year per OSAA calendar. However, students may still participate in the following school year's activities with the Principal, Athletic Director and school counselor's unanimous approval.

## **APPEAL PROCESS – STUDENT DRUG TESTING POLICY**

A student who has been determined to be in violation of the district's Athletic & Activity Substance Abuse Policy shall have the right to appeal the high school building level decision to the Superintendent or his/her designee. The student will remain ineligible to participate for athletic contests and/or extracurricular competitions or festivals pending the appeal, but will continue to practice with the team, squad or group during the process of the appeal.

1. Appeals of drug testing infractions will be conducted as per policy JFCIA-AR, as listed:
  - a. The student may voluntarily disclose use of prescription medication which may have affected the outcome of the test; when verified, the test results will be set aside.
  - b. The student or parent may request within 72 hours of a positive test notification that a second test, at their expense, be conducted at a certified testing lab or medical facility. If the second sample is negative, the student and parent will be notified and no further action will be taken. If the sample tests positive, the first test result and violation will be upheld.
  - c. A student who has been determined to be in violation of the district's drug testing policy shall have the right to appeal the decision to the Superintendent or his/her designee. The appeal must be submitted to the Superintendent, in writing, within five calendar days following the meeting with the Principal. The student will remain ineligible to participate in athletics contests and/or extracurricular activities competitions or festivals pending the appeal, but will continue to practice with the team, squad or group during the process of the appeal. The Superintendent or his/her designee will determine whether the original finding was justified.
  - d. If dissatisfied with the Superintendent's decision, the student may appeal to the Board by providing notice within five calendar days of the Superintendent's decision.
2. Appeals of all other infractions, not related to drug testing, of the Athletic & Activity Substance Abuse Policy shall have the right to appeal the building level decision to the Superintendent or his/her designee, as listed:
  - a. The student and parent will be notified of the violation by the building Administrator or his/her designee.
  - b. The appeal must be submitted to the Superintendent, in writing, within five calendar days following the meeting with the building Administrator or his/her designee. The Superintendent or his/her designee will determine whether the original finding was justified.
  - c. If dissatisfied with the Superintendent's decision, the student may appeal to the Board by providing notice within five calendar days of the superintendent's decision.

## **DUE PROCESS**

Athletes charged with any violation of the preceding athletic policies will be dealt with following the same due process procedures as outlined in the Siuslaw High Student Handbook.

## **OFF-SEASON CONDITIONING**

Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running and/or calisthenics. The gym may be open after school for weight training and conditioning only. There are no number requirements for open gym. The participants will be allowed in the gym as long as they are not a distraction to the in-season practices going on, have permission from the coach who is practicing, and/or another coach or supervisor is present.

## **INDIVIDUAL SPORT RULES**

Rules that pertain specifically to each sport will be issued by the head coach of that sport. Such rules will be used in conjunction with the overall athletic policies. A copy of these rules will be given to the Principal and the Athletic Director prior to the start of the season.

## **APPEARANCE OF THE ATHLETE**

Each head coach reserves the right to determine the type of grooming for the athletes in the sport he or she directs. They feel this is necessary as certain types of sports and their various equipment or lack of it demand different styles of grooming. Head coaches, at the start of the season, with assistants, will determine the standard to be followed. Both the athletes and their parents will be informed of these standards.

## **DRESS ON TRIPS OUT OF TOWN**

Athletes may be expected to present themselves in a neat, clean manner for trips out of town. Generally speaking, washable pants, shirt, sweater or jacket will be acceptable for the athletes traveling to and from games. Coaches may request specific dress for certain trips depending upon activities. This is at the discretion of the coach and will be made known before each game of the season so all will know what is expected of them.

## **MEALS ON TRIPS**

The athletic program at the high school is supported almost solely by gate receipts with some help from the school budget, making it impossible to provide athletes with meals on athletic trips. Meals will be provided only when the competition is sponsored by the OSAA. Therefore, unless otherwise notified, the athlete should plan to furnish his/her own spending money for meals (or bring lunch/dinner) and other necessities when traveling.

## **TRAVEL AND TRANSPORTATION**

All athletes must ride the bus to a contest except under extenuating circumstances, which must first have prior approval by Principal or his/her designee. All athletes must ride the bus home from sporting contests unless arrangements have been made with the coaching staff. The coaches would prefer to know who will not be riding back before leaving on the trip. The coaches would prefer that the athlete ride the bus as a team member at all times, unless it would be a hardship on the parents. Athletes will only be released to a parent after contact is made with the coach at the game site. Notes are not acceptable.

- If a student has been suspended from riding the bus to and from school this means that he/she may NOT ride an athletic bus to any sporting event during the suspension period.
- If students plan to travel with a parent/guardian to a game, arrangements need to be made with the Principal 24 hours in advance. The driver must also be an approved volunteer, and insurance must be provided through the district office.
- Parents will be as prompt as possible when picking students up after competitions. Coaches are not responsible for transporting athletes in their personal vehicles.
- If a team returns from a competition after 12:00 AM, the players are excused from their 1st period class the following day.

## **CHANGING OF SPORT DURING SEASONS**

Once a sport season begins, athletes will not be allowed to change from one sport to another (football to cross country, basketball to wrestling, etc.) unless they have met together with both coaches of the sports involved and the Athletic Director, and they agree the change would benefit the student athlete and the athletic program.

## **PARTICIPATION IN TWO SPORTS IN ONE SPORT SEASON**

An athlete may be allowed to participate in two sports during a sport season as long as there is an agreement between the athlete's coaches about how they are going to share the individual athlete in regards to practices and contests. The athlete, coaches involved, and Athletic Director will meet prior to the student participating in practice or in a contest. If there is a conflict, the athlete will only be allowed to participate in one sport if a suitable arrangement cannot be made.

## **ATTENDANCE AND PARTICIPATION IN ATHLETICS**

All athletes at Siuslaw High School are expected to attend all classes. The Athletic Director will receive daily a list from the attendance secretary of all athletes who have missed a class or classes. It will be the Athletic Director's responsibility to determine whether a student is excused or unexcused. An athlete will not be allowed to practice or participate in a sporting activity on a day in which he/she is not in COMPLETE ATTENDANCE UNLESS A SPECIAL SITUATION EXISTS AS DETERMINED BY THE ATHLETIC DIRECTOR. The penalty for unexcused absences from school or class will be:

1. On the day of the game the athlete will miss the game or contest.
2. If a student is deemed truant from school on Friday he/she will not be allowed to participate in an athletic competition/practice on that day and, if applicable, Saturday of the same week.

## **CLEATS**

Cleats will not be allowed in the locker room, gym, weight room, track or main building at any time.

## **ATHLETIC EQUIPMENT**

At the beginning of each sport season each athlete is assigned athletic uniforms and equipment for the individual sport. The equipment belongs to the school and is only loaned to the athlete. He/she is responsible for its care and is expected to return it at the end of the season (or whenever he or she terminates) with only normal wear and tear. If the equipment or uniforms are not returned, the individual athlete will be charged for the lost equipment, and not allowed to turn out for another sport until the matter is cleared up. Siuslaw athletic equipment is NOT to be worn by any student other than in practice, games, or special "game day" situations.

## **THEFT OF SCHOOL / NON-SCHOOL MATERIAL**

Any athlete who steals, wears, or is in the possession of unauthorized athletic gear from Siuslaw High School or any other school will be dealt with severely and the authorities will be notified. This includes theft from stores during athletic trips and theft of an athletic team's fundraising material.

1. On the first offense a hearing will be held between athlete, parents, in-sport coach, Principal and/or Athletic Director. A 7-calendar-day suspension from participation in all athletic games, competitions and activities. (Must attend all practice sessions.) If the violation occurs in his/her off-season, the suspension will begin on the first week of practice of his/her next sport season.
2. On the second offense a hearing will be held between athlete, parent, in-sport coach, Principal and/or Athletic Director. The athlete will not be allowed further participation in his/her current in-season sport. If the offense occurs in the off-season, the athlete will not be allowed to participate in his/her next sport season.
3. The third offense, in a calendar year will result in a hearing as in Step 1 and the athlete will not be allowed to participate in any sport for the remainder of the year.

Where any violation by the athlete is severe, the initial step under 1 may be waived and corrective action in accordance with step 2 may be taken. The athlete and parent(s) are reserved all the rights of due process given under the law.

Any athlete who is present during a theft of school/non-school material who does not immediately report the incident to their coach, Athletic Director, and/or building Administrator will be dealt with same as above as if they were the individual committing the act.

## **DAMAGE TO SCHOOL**

Vandalism to Siuslaw High School or any other school's building or equipment by Siuslaw athletes could result in disciplinary action against Siuslaw High School by the OSAA. The penalty for vandalism will be severe.

1. On the first offense a hearing will be held between athlete, parents, in-sport coach, Principal and/or Athletic Director. A 7-calendar-day suspension from participation in all athletic games, competitions and activities. (Must attend all practice sessions.) If the violation occurs in his/her off-season, the suspension will begin on the first week of practice of his/her next sport season.
2. On the second offense a hearing will be held between athlete, parent, in-sport coach, Principal and/or Athletic Director. The athlete will not be allowed further participation in his/her current in-season sport. If the offense occurs in the off-season, the athlete will not be allowed to participate in his/her next sport season.
3. The third offense, in a calendar year will result in a hearing as in Step 1 and the athlete will not be allowed to participate in any sport for the remainder of the year.

Where any violation by the athlete is severe, the initial step under 1 may be waived and corrective action in accordance with step 2 may be taken. The athlete and parent(s) are reserved all the rights of due process given under the law.

Any athlete who is present during vandalism of school/non-school material who does not immediately report the incident to their coach, Athletic Director, and/or building Administrator will be dealt with same as above as if they were the individual committing the act.



## COMPLETION OF SPORT SEASON

For any athlete to receive a varsity letter, awards, and athletic certificate, he/she must participate the entire sport season including any post-season play, unless extenuating circumstances prevent them from doing so or in the case of a head coach establishing specific criteria prior to the start of a sporting season.

## SIUSLAW VIKING ATHLETIC PARENT PLEDGE

1. I pledge to be committed to my student athlete's education, to make sure my student attends school and maintains a discipline of completing quality assignments on a daily basis. My student athlete's education is, and always will be, a number one priority.
2. I pledge to get my student athlete to practice and games on time. I understand that it can be embarrassing for my student athlete to be late and that I may be putting my student at risk by not providing adequate time for warm up. This shows respect for the team, the coaching staff, and my student athlete.
3. I pledge to use positive encouragement to support my student athlete. Athletes do their best when their "Emotional Tank" is full. I understand that less than 1% of youth sports participants receive college scholarships and that **the top three reasons kids play sports are 1) to have fun, 2) to make new friends, and 3) to learn new skills**. I understand that the game is for the players, and I will keep sports in the proper perspective.
4. I pledge to reinforce the Siuslaw Athletics program philosophy with my student athlete. Our philosophy is giving maximum effort, learning and improvement, and bouncing back from mistakes. Winners are people who make maximum effort, continue to learn and improve, and do not let mistakes or fear of making mistakes stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that children are born with different abilities and that the true measure is not how my student athlete compares to others but how my student athlete is doing in comparison to his/her/their best ability.
5. I pledge to "Be a good fan!" I understand the importance of setting a good example for my student athlete. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, officials, and the media. I understand that officials are human and make mistakes. If an official makes a "bad" call against my team, I will "be a good fan" and encourage my team.
6. I pledge to understand the coaching staff will not be available to talk to parents at any time about playing time or player positions. Student athletes are encouraged to speak directly with coaches to foster athletic responsibility in learning and improving. Parents may call, email, or schedule an appointment to discuss or clarify any issue other than playing time or player positions.
7. I pledge to refrain from yelling out instructions to my student athlete. I understand that this is the coach's job. I understand that games are hectic at times for student athletes trying to deal with fast-paced action and respond to opponents, teammates, and coaches. I will limit my comments during the game to encouraging my student athlete and other players for both teams.
8. I pledge to refrain from making negative comments about my student athlete's coach in my student athlete's presence. I understand that that this plants an unconstructive seed in my student athlete's head that can negatively influence my student athlete's motivation and overall experience.

***I will honor the SHS Siuslaw Viking Parent Athletic Pledge in my words and actions.***

**By agreeing to the terms in FamilyID/Arbiter Sports when registering your student athlete, parents agree to follow the Siuslaw Viking Parent Athletic Pledge as well as the other items in this Siuslaw High School Athletic Handbook.**