

Sisters High School Athlete Code of Conduct & Activities Guidelines 2022-2023

The Sisters School District believes co-curricular activities can be an integral part of the education process. We believe each student should have equal opportunity to participate in a broad number of activities based on his/her own talents and interests. It is the intent of the District to provide entry-level activities to the broadest number of students. Participation in these programs is understood to be a privilege and not an inherent right of the student. Signing of the Co-curricular Participation Consent Form indicates knowledge of and willingness to abide by the established rules and regulations of the Sisters School District.

SISTERS SCHOOL DISTRICT AUTHORITY

The Sisters School District activities guidelines and other pertinent district policies govern all co-curricular activities. For purposes of clarification, co-curricular activities are divided into 1) athletic-related co-curricular activities and 2) non-athletic co-curricular activities. All policies contained in this document and other pertinent district policies apply to both participants in athletic-related activities during the sport season in which students participate and to participants in non-athletic related activities representing the Sisters School District at school-sponsored, on and off campus events.

STUDENT ELIGIBILITY

A. Parent/Student Responsibilities for Participation

- a. Physician's Clearance - A physician's clearance at grades 9 and 11 for sport activities must be on file with the Athletic Director or Principal.
 - i. **ALL medical issues whether serious or minor must be disclosed.**
- b. Permission Form - A permission form signed by a parent/legal guardian must be on file with the Athletic Director or Principal. This form:
 - i. States students and parent/legal guardian knowledge of the guidelines
 - ii. Gives parent/legal guardian transportation authorization
 - iii. Indicates parent/legal guardian's responsibility for health/accident insurance. **If a student does not have insurance, the parent may purchase school insurance. Forms are in the office.**
 - iv. Gives parent/legal guardian consent for emergency treatment
 - v. Acts as a hold harmless form
 - vi. **Pay to play fees**

PAY-TO-PARTICIPATE POLICY

There is no pay-to-participate fee for SSD Students but fees for some club sports are required. **Non SHS Students and Home School Athletes: \$300 per sport season, \$250 for a third SHS sport.**

- 1) Any required athletic fees must be paid in full prior to participation with the athletic program in the Sisters School District. **All athletes will also be required to purchase a Sisters High School ASB card each year.**
- 2) Fee reimbursement will be made on the following conditions:
 - a. Athletes who are cut or dismissed from participation with the team by the coaching staff prior to the first regularly scheduled contest will be reimbursed in full.
 - b. Those athletes who withdraw from participation with a team, for any reason, will be reimbursed on a prorated basis.

RECORDS: All records must be in order, and Family ID registration must be completed before the student is eligible to begin practice in any program.

Records/Forms/Signatures Required:

- OSAA Sports Physical and proof of insurance
- Pre-Participation Exam and Questionnaire
- Student Code of Conduct/Parent Communication Policy

- Athletic Clearance Agreement
- Athletic Consent for Medical Treatment/Disclosure of Medical Information
- Concussion Information/Impact Test Authorization
- Pay-to-Play paid in full if required (or arrangements made in athletic office)
- All Outstanding Fines and Fees paid/cleared

B. Student Requirements for Participation

- Attendance - In order to participate in a school-sponsored activity (including practice), students must attend all classes on the day of the school activity or on the last regular day of the week for weekend activities unless otherwise excused by the school.
- School Grade - Students in the eighth grade or below are ineligible for participation as members of high school athletic teams. This includes cheerleading, dance and all club sports. (eg: Alpine Ski, Lacrosse, etc.)
- Age - A student who becomes nineteen years of age before August 15 shall be ineligible for interscholastic competition.
- Practice - Athletic participants must have five separate days of practice (9 for football) before they are eligible to compete in a game or contest unless a waiver has been granted because of participation in a continuous activity.
- Participation Limits - A student may participate in interscholastic activities only during the first 8 Semesters/12 Trimesters of school after enrollment in the ninth grade.
- Recruitment / Undue Influence - Transfer from one school to another for athletic purposes because of undue influence by anyone connected directly or indirectly with the school shall cause a student to forfeit eligibility for at least one year from the date of enrollment.

C. Student Scholastic Eligibility for Participants

- Academic Progress
 - Eligibility is based on passing cumulative trimester grades.
 - Academic standing will be checked at the end of every third week throughout the trimester.
 - Probation begins the first day following grade checks.
 - Any student receiving a failing grade is on academic probation the first week.
 - If eligibility is not regained **and retained** in the calendar week, the student remains ineligible for the remainder of the three-week period.
- Personal Conduct - Classroom conduct may affect eligibility. Any misconduct affecting eligibility must be recorded in the principal's office.
- Enrollment - To be eligible during a school trimester for participation in interscholastic activities, a student must:
 - Be properly registered
 - Be carrying a minimum of **4/5** classes that lead to granting of credit towards graduation
 - A student **must pass four classes the trimester prior to participation in a sport**. If a student does not pass five classes the prior trimester, he/she is ineligible for the next trimester.

PARTICIPATION GUIDELINES FOR ACTIVITY

Sisters High School student-athletes must continually represent the community of Sisters and in so doing uphold the reputation of the school. While coaches may specify particular expectations for their athletes, the following policies are consistent throughout the athletic program. With administrative approval, coaches may establish additional training rules, schedules, curfews, etc., for each sport. **THESE POLICIES APPLY IN AND OUT OF SEASON, IN AND OUT OF SCHOOL, SUMMERTIME INCLUDED.** Any student caught lying in a discipline matter is subject to double the penalty of the offense.

A. Drug and Alcohol Policy

- a. Participants will not 1) use or possess alcohol, 2) use, sell, or possess any controlled substance (drugs), or 3) possess or use any tobacco /nicotine in any form including vaping and e-cigarettes **4) Athletes present where others are engaging in illegal activity, including the underage consumption of alcohol or the illegal use of drugs shall immediately leave and as soon as possible text or call their coach, A.D., or an administrator that they are leaving. Students in violation of these expectations are also subject to the consequences below.**
- b. First Offense - Participants will be suspended for 30% of season's contests or performances. Suspension starts immediately following the offense report. If the student is suspended from school during this time, he/she will not be allowed to practice. Upon return to school, participants will be required to attend all team meetings and practices. If there is no out of school suspension involved, students will attend practices and meeting until their suspension has been completed.

****Please note that the SHS Athletic Department suggests a drug and alcohol assessment be completed after the first offense at the student/athlete's own expense. If the student voluntarily agrees to this assessment, their suspension is reduced from 30% to 20% of the season's contests or performances.**

- c. Second Offense - : Suspended from athletics competitions for 100% of an activity season. Drug and alcohol assessment required prior to further participation. Student will continue to attend all practices and team meetings.
- d. Third Offense - Loss of all further eligibility in athletics for the remainder of that student's enrollment at Sisters High School. Following a third offense, a student may appeal before a Review Board named by the Principal.
 - **All suspensions will carryover from one season to the next.**
 - **All violations are accumulative over a participant's high school career.**
 - **Suspensions apply to all activities in which the student is currently enrolled.**
- e. Award winners will receive their awards at the conclusion of their suspension for the first offense only. Second and third offenders forfeit all awards earned during the sports season that the violation occurred.

B. Other Violations

- a. In addition to our drug and alcohol policy, suspension from an activity for a period of time to be determined by the Coach / Principal / Athletic Director shall result from any of the following violations in school or school sponsored activities:
 - i. Insubordination, obscene gestures or swearing
 - ii. Provocation
 - iii. Fighting - minimum guidelines are:
 1. First offense: three-day suspension
 2. Second offense: suspension for remainder of the season
 - iv. Vandalism and/or theft (**Suspended from team for length of school suspension**)
 - v. Skipping Class
 - vi. Hazing, initiation, or otherwise harassing an individual or group
 - vii. Cheating
 - viii. Misdemeanor or felony convictions
 - ix. Other disciplinary situations or actions that are contrary to our Outlaws Together Creed which may arise

C. Discipline

- a. Any student who is cut from a sport/activity for disciplinary reasons will not be eligible to practice or play another sport/activity during the same sport/activity season unless with administrative approval.

- b. Any student who is cut, quits, or wishes to participate in multiple sports/activities may not participate in a different sport/activity during that season without approval of both coaches and the administration.

Uniforms / Equipment and Fee Rules

- a. Student responsibility – Uniforms/equipment issued to a student are his/her responsibility for return or replacement.
- b. Penalty - If the uniforms/equipment are not returned, replaced, or paid for, the letter/award shall not be awarded nor any additional equipment be issued **for their next sport and participation will be denied.**
- c. **All Fees must be paid before a student starts their next sport.**

GENERAL ACTIVITIES POLICIES FOR SISTERS SCHOOL DISTRICT

A. Travel and Transportation

- a. Students traveling to or from all "away" District sponsored practices or contests must do so in school-approved vehicles, or with a parent / legal guardian, or with a designee **with prior written approval from the parent/legal guardian and administration approval.**
- b. Parents will be as prompt as possible dropping their child off and picking them up from practices and games. **Coaches are not required or responsible for transporting athletes in their own personal vehicles and should not be requested to do so.**
- c. **TEAM TRAVEL AND RETURN AFTER MIDNIGHT.** If teams return from an event after 12:00 AM the players are excused from their 1st period class.

B. Awards

- a. Written Guidelines - Athletes must complete the season in good standing to receive a letter. Written guidelines for earning letters will be provided at the beginning of each athletic season.
- b. Filing of Guidelines - These guidelines will be on file in the Athletic Director's office.

C. Team Selection

- a. Cut Policy - The Sisters School District allows for a cut policy in all high school sports' areas. Freshman will not be cut if there is a program specifically offered for freshman only. Criteria for selecting the team is determined by the coach of each sport.
- b. Criteria - These criteria should be well defined for aspiring athletes at the beginning of each season.

D. Participation

- a. Non-School Participation - Participation in organized non-school sport competitions while a student is a member of a school team in that sport shall cause a student-athlete to become ineligible for a period of time to be determined by the state association. However, a student may participate as an individual without loss of interscholastic eligibility.
- b. **Coaches will not schedule contests that interfere with the school day.**
- c. **Coaches will limit practice to 2.5 hours on days when there is school the next day.**
- d. **Some athletic contests involving SSD athletic teams may be livestreamed through various forms of media for both home and away contests by either SSD or the district in which we are participating.**

CONCLUDING STATEMENT

Activities guidelines will be reviewed and revised annually by the Sisters High School Athletic Department. Recommendations for inclusions or revisions are to be submitted to the building administration.

Sisters Outlaws – Social Media Guidelines

Social media has become engrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. As you begin participation in the Co-Curricular offerings in the Sisters School District we want to make sure you are aware of the social networking guidelines. We recognize and support the student-athlete's rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Sisters Outlaws is a **privilege not a right**. As a student-athlete, you represent the Sisters Public Schools and the entire community Sisters, and you are expected to portray yourself, your team, and the School District in a positive manner at all times.

Below are the Sisters School District social networking guidelines:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Sisters School District Co-Curricular Department will not tolerate disrespectful comments and behavior online. Specifically prohibited behaviors include but are not limited to:
 - *Derogatory language or remarks that may harm my teammates or coaches; other Sisters student athletes, teachers, faculty, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect our opponents.*
 - *Incriminating photos or statements depicting violence; hazing; sexual harassment; racism; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.*
 - *Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.*
 - *Making posts indicating knowledge of an unreported school or team violation.*

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come. Violation of these guidelines will result in a meeting between the coach, player, and administration and may result in a suspension from a number of practices/competitions/performances. Repeated offenses may result in removal from the team or activity.

SISTERS SCHOOL DISTRICT

Parent/Coach Communication Policy

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit 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 of your child's program.

Communication you should expect from your child's coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all players on the squad
3. Locations and time of all practices and contests
4. Team requirements, i.e. fees, special equipment, off-season conditioning
5. Procedure should your child be injured during participation
6. Discipline that results in the denial of your child's participation

Communication coaches expect from parents

1. Concerns expressed directly to the coach (after step #1 below)
2. Notification of any schedule conflicts well in advance
3. Specific concern in regard to a coach's philosophy and/or expectations

As your children become involved in the programs at Sisters High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

STEP #1 If a problem arises, encourage your student athlete to talk to their coach first. **The best gift we can give an athlete is the ability to advocate for themselves.**

Appropriate concerns for parents to discuss with coaches:

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

It is difficult to accept that your child is not playing as much as you may have hoped. **Coaches are professionals.** They make judgment decisions based on what they believe to be best for **all** student athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those on the following page, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategy
3. Play-calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

STEP #2 Parent procedure for discussing a concern with a coach:

- a. Call or email to set up an appointment with your coach.
- b. The Sisters High School Athletic Office telephone number is (541) 549-4050. If the coach cannot be reached call the Athletic Director, Gary Thorson. He will help set up a meeting for you.
- c. **Please do not confront a coach before or after a contest or practice.** These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Do everything possible to schedule meetings a minimum of **48 hours** after the event.

Step #3 What can you do if the meeting with the coach did not provide a satisfactory resolution?

- a. Call and set up an appointment with the Athletic Director to discuss the situation.
- b. At this meeting the appropriate next step can be determined.

Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood. By participating in athletics here at Sisters High School your child will learn values such as:

- Hard work
- Teamwork
- Sportsmanship
- Interpersonal relationship
- Handling adversity

Many of the character traits required to be a successful participant in athletic are exactly those that will promote a successful life after high school. We hope the information provided within this document makes both your child's and your experience with the Sisters High School Athletic program less stressful and more enjoyable. With your help and positive support of the staff at Sisters High School, the experience will be rewarding for all.

Outlaws Together Creed

- **Sportsmanship** - We will win with grace and lose with dignity.
- **Role Model** - We will act in a way that is a role model for how we want our players, parents, coaches, and spectators to behave.
- **Pride** - We know our actions represent our students, our school, and the entire community of Sisters. We will act in a manner that represents our community in a positive way, and we will encourage others to do the same.
- **Respect** - We welcome our opponents into our community and treat all opponents, fans, administrators and officials with courtesy.



Everyone at a game is one of the following:

Player, Coach, Official, or Spectator

It is wise to choose only one of those roles at a time.

Consequences for parents or community members who do not follow the Outlaws Together Creed, Codes of Conduct, and Parent Coach Communication Policy.

1st Offense: Warning by Coach or Athletic Director.

2nd Offense: Letter sent with prescriptive steps: Individual required to take NFHS Online coursework. Individual ban from competitions and practices may continue one week past completion of coursework.

3rd Offense: Letter sent with prescriptive steps: Individual required to take additional NFHS Online coursework. Individual banned from competitions and practices for the remainder of the activity season.

4th Offense: One year ban from competitions and practices from the date of the offense.