



2020-2021



# Lowell School District Student-Athlete and Parent Handbook

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## **Important!**

The required athletic forms were provided at registration. The forms must be completed and submitted to the school's athletic secretary (Cindy Neet) prior to the first practice. A student-athlete will not be allowed to practice until all of the forms are submitted. If you need another form, you may pick up additional forms in the main office at Lowell High School or Lundy Elementary School.

# Lowell School District Athletic Code

## I. ATHLETIC GOALS AND OBJECTIVES

- A. **Goal** - The student shall become an effective citizen in a democratic society.
- B. **Objectives** – To work with others in a democratic society, a person must develop self-discipline, respect for authority, and a spirit of hard work and sacrifice. A student-athlete must place the team and its objectives higher than personal desires.
  - 1. **To Be Successful** – Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication.
  - 2. **Sportsmanship** – A student-athlete must learn to accept both success and defeat like a true sportsman, knowing we have done our best. We must learn to treat others, as we would have others treat us. We will develop desirable social traits, including emotional control, honesty, cooperation and dependability.
  - 3. **To Improve** – Continual personal and social improvement is essential to good citizenship. As a student-athlete, you must establish a goal and constantly try to reach that goal. You should try to better yourself in the skills involved and in those characteristics set forth as being desirable.
  - 4. **Rewarding** – It is necessary for us to acknowledge all of the personal rewards we derive from athletics, and to give sufficiently of ourselves in order to preserve and improve the program.
  - 5. **Develop Desirable Personal Health Habits** – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits and to develop a desire to maintain this level of physical fitness after formal competition has been completed.

## II. ATHLETIC CODE OF CONDUCT

The conduct of a student-athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

- A. **On the Field** – in the area of athletic competition, a student-athlete will not use profanity or illegal tactics, and will learn quickly that losing is also part of the game. A student-athlete should be gracious at all times whether in victory or defeat.

- B. **In the Classroom** – A student-athlete is expected to demonstrate success in the classroom as well as in the arena of competition. A student-athlete must develop time management skills that provide sufficient time and energy to achieve acceptable grades as well as participate in the required activities associated with the sport in which the athlete is participating. A student-athlete shall demonstrate good citizenship; give respectful attention to classroom activities, fellow students and staff. A student-athlete shall maintain a good attendance record without instances of truancy.
- C. **On Campus** – The way we act and look on campus is of great importance. Student-athletes should be leaders and exhibit traits that will inspire fellow students to follow the example of student-athletes.
- D. **As Visiting Student-Athletes** – The manner in which we conduct ourselves as well as our appearance when traveling is of great importance. Student-athletes are representing the Lowell School District and their respective schools; therefore, student-athletes shall act and dress accordingly.
- E. **Participation** – Athletics is a voluntary activity. Participation is not a graduation requirement; therefore, being on an athletic team is a privilege, which must be earned. That privilege comes with responsibilities to maintain the established standards of conduct of the Lowell School District, both on and off the field, as defined in Board Policy, Athletic Codes of Conduct, Oregon School Activity Association and Student Handbook.
- F. **Athletics as Part of the Educational Program** – Athletics are just one of many parts of the educational program provided to students. The reason students attend school is to learn; consequently, academics always come first. Academic eligibility may also be lost because of poor attendance and or citizenship. Participating in athletics and being a member of a team will require an athlete to make choices that place priorities on academic success and team commitment.
- G. **Team Membership** – Student-athletes learn many skills to play their chosen sport, but the most important skill that must be learned is teamwork. To be successful, every member of the team must work together to make the whole greater than the sum of the parts.
- H. **Prepared to Play** – Student-athletes should come to practice on time, ready to listen and ready to learn. Student-athletes should be prepared physically and mentally for the season including training in the pre-season and taking care of their body and mind at all times.
- I. **Conduct During Competition** – Student-athletes shall demonstrate respect towards their teammates, coaches, opponents, fans and officials at all times. Student-athletes shall play by the rules at all times.

- J. **Hazing and Bullying and Harassment** – Hazing is defined as humiliating or dangerous initiation tasks. Bullying and harassment is defined as repeated unwanted behavior or using intimidation against another. There is zero tolerance for any form of hazing, bullying and harassment. Participating in these activities will lead to being removed from a team and sport.
- K. **Sportsmanship** – Athletics means more than competition between individuals and/or teams representing different schools. It is a means of learning the lessons of life. Winning and losing are part of competition and should be done with modesty in victory and graciousness in defeat.

**Any Violation of the Athletic Code of Conduct may result in discipline and / or suspension from contests and practices.**

**If a student-athlete is dismissed from a team, he/she shall not participate in another sport until the sport from which he/she was dismissed has concluded.**

### **III. REQUIREMENTS FOR PARTICIPATION**

A student-athlete is eligible to participate in a sport once the following items have been completed:

1. Completion of the Athletic Participation/Parental Consent/Physical Exam Form/Insurance forms.
2. Completion of the Annual Voluntary Field Trip Waiver Form.
3. Signed District Athletic Policy Form.
4. Concussion School Informed Consent Form.

### **IV. ELIGIBILITY FOR EXTRACURRICULAR ACTIVITIES**

Student-athletes who represent the Lowell School District (LOWELL SCHOOL DISTRICT) in any sport sanctioned by the Oregon State Activity Association (OSAA) or any district comprehensive school or their respective associated student body (ASB) must comply with eligibility rules of the LOWELL SCHOOL DISTRICT and OSAA. All students participating in extra-curricular activities approved by the principal, must meet the same eligibility requirements as student-athletes.

An extracurricular activity is not part of the regular school curriculum, is not graded and does not offer credit. Examples of such activities shall include, but are not limited to, student government, public performances of music, dance, drama and speech events, law enforcement events and trips, spirit leaders, dances, junior/senior prom, and club activities, field trips and competition.

**A. Eligibility standards:**

1. Student must have passed at least five classes the preceding semester (OSAA Requirement).
2. Student must be considered "on track for graduation" to be eligible to participate in competition (OSAA Requirement).
3. During the season, a student with any F or D grades will be required to attend after school study hall Monday – Thursday until all grades are passing at a C level. He/she will be eligible to practice with the team as long as he/she is attending after school study hall.
4. A fulltime student no passing five classes for three consecutive weeks will lose eligibility for the following week.

Note: The dates for new semester eligibility are listed on the district website under the district calendar tab.

The Lowell School District Governing Board also requires students in athletics or activities to be satisfactorily progressing toward the District's graduation requirements in order to participate in athletics. Satisfactory progress is hereby defined (by OSAA) as the ability to graduate with one's class within conventional timelines, i.e. eight consecutive semesters from freshman entrance, including summer sessions.

Note: All incoming freshman will be given eligibility. Ninth grade students who fail to maintain their eligibility will remain ineligible during the remainder of their freshman year.

**B. Attendance Eligibility**

A student will be ruled eligible to participate in their given sport if and only if:

1. The student athlete must be in attendance for a full day of school or have a prearranged absence in order to participate in the daily practice or contest.
2. An unexcused absence from school is a mandatory unexcused absence from practice or competition.

## V. CONFLICTS IN EXTRACURRICULAR ACTIVITIES

An individual student who attempts to participate in more than one activity simultaneously will undoubtedly, be in a position of conflict of obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities; and to this end, will attempt to schedule events in a manner so as to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being careful not to belong to too many activities in which conflicts are bound to occur. The student also has the responsibility to notify faculty advisors/coaches involved immediately when a conflict occurs.

When conflicts do arise, the staff sponsors will meet to work out a solution so that a student is not in a "no-win" situation. If a solution cannot be reached then the principal will have to make the decision based on the following:

- A. The relative importance of each event.
- B. The importance of each event to the student.
- C. The relative contribution the student can make to or gain from the experience.
- D. How long each event has been scheduled.
- E. Input from the parents.

Once the decision has been made and the student has followed the decision, they will not be penalized in any way by the staff sponsor. If it becomes obvious that a student cannot fulfill the prearranged obligation of a school activity, they shall withdraw from the activity.

## VI. NON-USE OF ALCOHOL, TOBACCO OR CONTROLLED SUBSTANCES

(Including the Use of Steroids)

In order for a student-athlete to achieve both team and personal goals, and to be a positive role model, possessing or using alcohol, unauthorized controlled drugs or other substances, or tobacco products is unacceptable at any time. The term "any time" includes during the school year (not just the season of the sport) and out of school as well as at school-sponsored events. **If a student-athlete uses, possesses or is found to be under the influence of any of the aforementioned substances, the student will be suspended from athletic participation for a one week period (5 school days) from the date that this information is received.**

A second time violation will result in dismissal from the student's current sport for the remainder of the season (including playoffs.) **Drug and alcohol counseling will be required before the student will be able to join the "next season" sport.**

A third time violation will result **in suspension from all athletic participation for one calendar year (365 days).**



These athletic code requirements are minimums. Each coach may require stricter standards if he/she chooses to do so as long as the school district approves of the stricter requirements.

## VII. ATHLETIC DEPARTMENT POLICIES

**A. Dropping or Transferring Sports** – On occasion, a student-athlete may find it necessary to drop or quit a sport. If this does occur, the student-athlete is required to adhere to the following procedures:

1. Talk with the coach of the team and then the varsity head coach.
2. Report the situation to the Athletic Director.
3. Check in all equipment.

If a student-athlete wishes to change or quit or participate in dual sports during the season, he/she must receive approval from both coaches concerned and the Athletic Director. Failure to follow these procedures in dropping, quitting or changing sports can result in the loss of all athletic privileges. No student-athlete who has dropped a sport may practice or compete in another sport until all events in the dropped sport, including playoffs, have been completed (Unless released by the coach of the team the athlete dropped).

**B. Equipment** – School equipment checked out to the student-athlete is his/her responsibility. He/she is expected to keep equipment clean and in good condition. Loss or damage of any equipment is the athlete's financial obligation. A student-athlete must turn in all uniforms and equipment for one sport before being issued a uniform or equipment for the next sport.

**C. Missing Practice** – A student-athlete should always consult his/her coach before missing practice or leaving campus. Missing practice or a game without a valid reason will be dealt with at the discretion of the coach. It is the student-athlete's responsibility to inform the coach prior to the event the student-athlete will miss.

**D. Travel** – All student-athletes must travel to athletic contests with the team on LOWELL SCHOOL DISTRICT-provided transportation. Student-athletes will remain with their team and under the supervision of the coach while attending away contests. Student-athletes must return from contests on LOWELL SCHOOL DISTRICT-provided transportation unless riding home with the student's own parent or guardian. All district transportation rules will be followed. Students may ride home with other adults provided that the parents have made contact with the AD or Principal, and a written request is received and approved by either the AD or the Principal prior to the contest.

E. **Awards** – All athletic letters and awards are up to the discretion of team’s head coach.

**Football Head Coach: Pat Todd.** Phone: 541-221-5612

Varsity letter requirements: Start one or more games, play in four varsity games, and/or don’t miss a practice.

**Cross Country Head Coach: Jill Chapman** Phone: 541-815-6880

Varsity letter requirements: No unexcused absences for meets or practices, at least one personal record during the season, any missed practices or meets made up and shared with the coach on a fitness tracker/GPS, and no academic, behavioral, or athletic code violations.

**Volleyball Head Coach: Kristen Prenevost** Phone: 541-729-3256

Varsity letter requirements:

All players on varsity or swing teams at the end of the season are eligible to receive a chenille letter. Each player is only eligible to be given one during their high school careers regardless of the number or sports/seasons they play. Additional letters can be purchased at players’ personal expense.

Varsity letter pins can be earned each season. In order to get one, a player will need to be fully or primarily varsity at the end of the season (i.e., playing no more than one game of JV on joint playdates). Players must also have missed three or fewer events including games, practices, and tournaments.

**Wrestling Head Coach: Lincoln Casarez** Phone: 541-953-4240

Varsity letter requirements: Be a member of the “100% Club”, which means no missed practices (makeup for missed practices is possible) and a signed “effort card” from teachers distributed by head coach.

**Head Boys Basketball Coach: Kory Roberts** Phone: 541-912-4924

Varsity letter requirements: Athlete will play in 12 quarters total for the season or perfect attendance at practices and games.

**Head Girls Basketball Coach: Daniele McCallum** Phone: 541-914-2626

Varsity letter requirements: Be a member of the varsity team from the beginning of the season to the end.

**Head Track and Field Coach: Brian Chittim**

Phone: 541-729-9818

Varsity letter requirements: To obtain a varsity letter in track and field you don't have to be a super athlete. All you have to do is show commitment and do your best. I have devised a point system in which there are a number of ways to obtain points. You must have **100 Points** to letter. The point system is as follows:

Each practice and meet attended = 1 pt

Each Personal Best in a meet = 5 pts

Total individual points scored in a meet for team = ? pts

Qualify for State = 10 pts per event

**Baseball Head Coach: Kody Eidenschink**

Phone: 541-870-5585

Varsity letter requirements: Player plays in 14 innings defensively or 10 at-bats during a season.

**Softball Head Coach: Mark Gonzales**

Phone: 541-337-7140

Varsity letter requirements: Play will starts in one varsity game, plays in at least half of a varsity game, or has perfect attendance at practice and games.

### **VIII. "CHAIN OF COMMAND"**

There are times when questions or conflicts arise either between student-athletes, student-athlete and coach, and/or parent and coach. The athletic department believes that most conflicts can be resolved quickly and fairly if the appropriate parties meet to discuss the issue. When conflicts do occur, there is an appropriate chain of command to be followed:

- A. Player to Coach
- B. Player to Head Coach
- C. Parent to Head Coach
- D. Player/Parent to Athletic Director
- E. Parent/Player to Principal
- F. Player/Parent to Superintendent or the Superintendent's designee.
- G. Player/Parent Lowell School District Governing Board

## **IX. PARENT CONDUCT**

Parents want their student-athletes to be successful on and off the field of competition. The athletic department strives to mesh the needs of the individual with the goals and objectives of the athletic department and its teams. Each student-athlete is given an opportunity to become a member of a team and to improve his/her individual skills. It is important that parents understand that effort does not always equate with skills. It is the coach's determination based on experience, observation at practice and the needs of the team as to who starts, plays, and plays in which position and substitutes.

Coaches are not able to discuss with any parent information or opinions about other student-athletes.

## **X. TRANSFER FROM ONE SCHOOL TO ANOTHER SCHOOL**

Once a student establishes residency at a school, LOWELL SCHOOL DISTRICT regulations must be completed BEFORE a transferring student can compete in athletics at his/her new school of attendance. All incoming transfer students MUST meet with the athletic director to complete LOWELL SCHOOL DISTRICT and OSAA eligibility determination procedures.

### **Lowell School District Code of Ethics**

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a friendly relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of individual players.



