



Athletic/Activity Handbook
Clara Brownell Middle School
Umatilla High School
2014/2015

The Umatilla School District does not discriminate on the basis of race, religion, color, national origin, disability, marital status or sex in providing education or access to benefits of education services, activities and programs in accordance with Title VI, Title VII, Title IX and other civil rights or discrimination issues; Section 504 of the Rehabilitation Act of 1973, as amended; and the Americans with Disabilities Act.

FIGHT SONG

On you Vikings, On you Vikings,
They deserve our praise,
We will fight with all our might,
For the good old UHS,
Win we must, our cause is just,
So listen to our plea,
Fight, fight for UHS and Victory.

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UMATILLA HIGH SCHOOL

ADMINISTRATION

Heidi Sipe
Scott Depew
Ryan Ferguson

Liz Durant
Andrew Traver

Superintendent
Principal
Vice-Principal
Athletic Director
CBMS Principal
CBMS Athletics

COACHING STAFF

FOOTBALL

Head Coach
Assistant Coach
Assistant Coach
Middle School Coach
Middle School Coach

Mike Mosher
Andrew Traver

Derrek Lete
Dan Durfey

VOLLEYBALL

Head Coach
Assistant Coach
Middle School Coach
Middle School Coach

Megan Olsen
Glen Philips
Tammy Wagner
Tracy Finck

CROSS COUNTRY

Head Coach
Assistant Coach

Josh Ego
Dani Forshee

BOYS SOCCER

Head Coach
Assistant Coach

Pedro Ortiz

GIRLS SOCCER

Head Coach
Assistant Coach

Tim Lee
Monty Williams

BOYS BASKETBALL

Head Coach
Assistant Coach
Middle School Coach
Middle School Coach

Derrek Lete
Shan West
Leeland Lafferty
Monty Williams

GIRLS BASKETBALL

Head Coach
Assistant Coach
Middle School Coach
Middle School Coach

Scott Bow
Ashley Borden
Jessica Vandever
Monty Williams

CHEERLEADING

Head Coach

Thalia Leon

BASEBALL

Head Coach

Corleone Lewis

TRACK

Head Coach
Assistant Coach
Assistant Coach
Middle School Coach
Middle School Coach
Middle School Coach

Kaycee Ferguson
Mike Mosher
Josh Ego
Andrew Traver
Tim Lee
Dani Forshee

TENNIS

Head Coach
Assistant Coach

Ashley Borden
Bill McAdams

SOFTBALL

Head Coach

Karina Campbell

DISTRICT PHILOSOPHY

Athletics are an integral part of the educational program, adding greatly to the interest and desire of the students to improve their physical abilities. Properly supervised competition helps students learn to cope with and solve the problems of life situations.

Athletic programs are selected on the basis of needs, interests and abilities of students, and will be organized in a manner appropriate to the students' physical and emotional maturity. The decision of a "cut" or "no cut" policy will be determined by the Athletic Director, Principal, and the head coach of the respective sport.

The objectives of interscholastic athletics are the development of desirable traits in the individual and the meeting of students' competitive needs in a constructive, growth-producing setting. Championships should result as an outgrowth of personal success and positive, ethical coaching. It is hoped that each participant will be motivated and trained to strive for success and to obtain his/her peak performance as an athlete and a team member.

It is expected that all participants and coaches will experience learning opportunities in self-discipline, emotional control and sportsmanship.

All persons involved in Umatilla athletics will:

- 1) Emphasize proper ideals of sportsmanship, conduct and fair play;
- 2) Stress the values derived from playing the game fairly;
- 3) Respect the integrity and judgment of officials;
- 4) **Adhere** to the rules of the game;
- 5) **Adhere** to the rules of the school district;
- 6) Encourage leadership, goal setting, initiative and good judgment;
- 7) Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individuals involved.

All UHS athletic programs operate under the rules and authority of the Oregon School Activities Association (OSAA).

ATHLETIC CODE OF CONDUCT

Because of the public nature of athletics and extracurricular activities sponsored by the Umatilla School District, students who participate in these activities are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their team, school, and community. Athletes are representatives of the Umatilla School District. It is only through the observance of high personal standards of conduct that individuals and teams can attain maximum achievement and set a positive role model for other students. When a student elects to participate in an extracurricular activity, he/she automatically sets himself/herself apart from the general student body. Since these activities are voluntary, participants are subject to rules and policies created by the Umatilla School District and coach/advisor of the activity, and are bound by these rules as long as they choose to participate. Failure to uphold the student and athletic codes set forth by the Umatilla School District may result in a student athlete being suspended or removed from their respective sport. Decisions of this nature will be made by building administration in conjunction with the head coach.

The following guidelines outline basic eligibility, Umatilla School District rules, and regulations of conduct. All students participating in activity programs must comply with these standards. The standards apply from the first legal practice date until the season ending awards event or the last contest, whichever is later. This policy is a minimum standard. Coaches have the right to formulate additional requirements of conduct for students under their supervision in cooperation with the Athletic Director.

STUDENT/ATHLETE CODE OF CONDUCT

The district has authority and control over a student at school during the regular school day, at any school-related activity, regardless of time or location and while being transported in district-provided transportation.

Students in violation of the student and athletic codes of conduct will be subject to discipline including detention, suspension, expulsion, removal from team, loss of playing time, and/or referral to law enforcement officials. If a student misses the bus due to disciplinary reasons, they may not be transported to the event for participation purposes.

Attention: The Umatilla School District will also follow policy JFCIA (Student Drug Testing - Extracurricular Activity Participants) should it be adopted.

PERSONAL CONDUCT RULES

The student athlete shall not:

- * Knowingly possess, use and/or sell alcohol, tobacco, or other controlled substances;
- * be present at a site where minors (under the age of 21) are consuming alcohol and/or illegal drugs;
- * be arrested and/or convicted of a felony or a serious misdemeanor.

CONSEQUENCES

1. **FIRST OFFENSE:** A group meeting shall be held with the athlete, parents, coaches, and the athletic director to discuss the incident. A substance abuse screening by a health care professional will be required at the athlete's expense when alcohol, tobacco, or other controlled substances are involved. The athlete will be suspended from contests for fourteen (14) calendar days beginning with the next contest at the level the player plays at in normal circumstances. The athlete will not be able to compete until the substance abuse screening has been completed (if required).
2. **SECOND OFFENSE:** Suspension of the athlete from participation on any athletic team for six school months. The athlete will be required to undergo a new substance abuse screening by a health care professional and will successfully complete any recommended rehabilitation (if required). Furthermore, the athlete will be subject to random drug and alcohol tests for one calendar year. Any test results indicating continued or increased chemical levels will constitute a third offense. Failure to adhere to the prescribed consequences will result in the athlete being suspended from participation on any athletic team until such time as all the conditions have been met. All expenses incurred in this process are the responsibility of the athlete.
3. **THIRD OFFENSE:** Suspension of the athlete from participation on any athletic team for the remainder of their high school eligibility.

MISCONDUCT

The head coach and his/her staff will handle the infractions of the program rules set forth by the coach. The head coach, athletic director, and/or principal will handle any student/athlete misconduct, which would bring discredit to the athlete, the team, or the school.

Consequences could be in the form of conditioning, loss of game time, suspension, and removal from the team. Accumulation of offenses will result in more extensive disciplinary action deemed appropriate by the coach, athletic director, and/or principal.

Student athletes who continually break the student code of conduct may be subject to loss of game time and/or suspension of athletic privileges. Decisions of this nature will be made by building administration in conjunction with the head coach.

ENFORCEMENT OF RULES

An administrator and the advisor or head coach of the affected activity or sport will be responsible for all decisions relating to disciplinary action resulting from violation of rules. **Coaches will keep daily accounts of players in violation of rule infractions.** Coaches will be notified of any school disciplinary action taken by the administration affecting student/athletes of the sport or activity.

DUE PROCESS

Students involved in school activities are entitled to due process. This requires that the student be notified of the rule prior to a violation and that the student is made aware of the consequences of a violation. A student is entitled to the right to be heard, to present witnesses and have oral/written notice of charges.

Procedure: A student who does not abide by the rules and regulations will be disciplined, suspended, or dismissed from the team. All actions leading to discipline, suspension, or dismissal will be based on factual knowledge, not hearsay.

Appeals: Any decision made may be appealed to athletic director, principal, superintendent, and/or eventually, to the Umatilla School District Board of Education by following Umatilla School District adopted appeal procedures.

PARTICIPATION POLICY

It is the objective of the Umatilla School District to provide a competitive team at the varsity level and it cannot be expected that all participants will be provided equal playing time. At the junior varsity and "C" level of participation, coaches shall attempt to provide all team members participation in competition during the athletic season.

Student athletes may turn out for a sport up until the first competition.

Student athletes may choose to switch sports within the first ten (10) days of practice. For example, if a student goes out for basketball and decides to wrestle instead, the switch has to be made by the 11th practice.

Students may elect to exercise a five school day grace period from the end of the regular season prior to entering their next sport. There is no grace period after post season play.

All practices are required unless prior arrangements have been made with the coaching staff (including practices during school breaks).

STUDENT ELIGIBILITY

All student athletes shall submit a parental/guardian authorization for emergency medical treatment in the event injury/illness of the student athlete in the absence of a parent/guardian. This must be on file before the student is allowed to participate in practice.

All student athletes must have passed **five** subjects the previous semester to be eligible. Students entering the 9th grade for the first time are not required to meet any academic standards for initial entry into the athletic program.

During the season, students must be enrolled in at least 5 classes. To maintain eligibility, students must be passing at least five classes and maintain a 2.0 GPA at the time eligibility is determined. The Athletic Director will run an eligibility list on **the last Friday of each month unless otherwise pre-determined**. The athletic director will verify student athletes' grades. Failure to meet the above academic standards will result in the student being ineligible to participate in competition for the week. Should a student athlete become ineligible, he/she will be given the opportunity to become eligible the following week. Practice for ineligible students will be at the coach's discretion. If an athlete is ineligible for more than three weeks during a season due to academic ineligibility, they may be removed from the team.

In some extenuating circumstances a teacher clearance or absences could allow an athlete to participate that determination will rest with the Athletic Director.

In some extenuating circumstances where the athlete is not taking more than five classes, the athletic director and/or principal may alter the grade requirements to meet only the OSAA eligibility requirement.

In addition to the specific credit requirements, to be academically eligible, a student must be making satisfactory progress towards the school's graduation requirements as determined by the local school administration.

All student athletes must have ten practices in the sport prior to interscholastic competition. In some circumstances the athletic director or principal can waive this rule. Should the previous sports season extend into postseason play the ten-practice rule may be waived by the athletic director for the next successive sport.

All student athletes are personally responsible for issued school equipment and will be required to pay for lost/damaged equipment. Student athletes will not be allowed to participate in any school activities/athletics until the lost or damaged equipment is paid for, or returned. **Additionally, student athletes will not be allowed to start the next athletic season until equipment from the previous season is turned in or full payment is received.**

ATTENDANCE-ABSENTEEISM

Student athletes are expected to attend class regularly. Failure to attend classes may result in suspension from participation in extracurricular activities. **Student/athletes suspended from school may not practice, and may not compete or travel with the team to games. Any athlete ineligible will not be allowed to travel with the team on away games.**

All absences must be pre-arranged through the athletic director or principal. **Student athletes with any unexcused absences in a day will not be allowed to participate in the next practice or contest.** If it is an emergency situation the athletic director or principal could excuse the absence. The athletic director will inform the coaches of student absences, which result in non-participation that day.

Student athletes who fail to dress down for physical education or weight training may not be allowed to participate in practice or contests that day.

OSAA FINES AND EJECTION RULE

When a student athlete/coach is ejected from an OSAA sanctioned event the school will be fined (\$75 or more). The ejected student or coach will be responsible for paying the fine. Each additional ejection by the same athlete throughout the course of the school year will increase the fine. The student athlete or coach will not be able to coach/participate until the fine has been paid.

SUSPENSION

Students suspended from school for disciplinary purposes may not attend practice nor participate in competitions during the discipline period. Students suspended and placed

in ISS who normally would be suspended from school may not practice or participate in any extracurricular activities during the suspension. Students placed in ISS for general purposes may practice and participate in all extracurricular activities.

TRANSFER RULES

Any transfer student/athlete who has been terminated from athletic participation for the remainder of their high school career in another district will remain under the same status at UHS. Any transfer student/athlete participating in athletics at the time of transfer will not be required to meet the ten-practice limitation if they have already completed the practice limitation.

TRANSPORTATION OF STUDENT/ATHLETES

An athlete being transported on district provided transportation is required to comply with the athletic code of conduct. Any student who fails to comply with the athletic code of conduct may be denied transportation services and shall be subject to disciplinary action. Students are to ride to and from "away" events in school transportation. In order to ride home with an adult in lieu of using school provided transportation a parental permission slip must be signed by the parent and approved by the athletic director or principal.

INSURANCE

Participants in athletics must have accident insurance coverage. The school district does not have, nor is required to have, personal injury coverage on students. It is the sole responsibility of the parent or guardian.

LOCKERS

Lockers and other district storage areas provided for student use remain under the jurisdiction of the district even when assigned to an individual student. The district reserves the right to inspect all lockers. A student has full responsibility for the security of the locker and is responsible for making certain it is locked and that the combination is not available to others. Valuables should never be stored in the student's locker. Lockers may be routinely inspected without prior notice to ensure no item which is prohibited on district premises is present, maintenance of proper sanitation, mechanical condition and safety and to reclaim district property including instructional materials.

MEDIA ACCESS TO STUDENTS

Media representatives may interview and photograph students involved in instructional programs and school activities, including athletic events. Information obtained directly from students does not require parental approval prior to publication.

Parents who do not want their student interviewed or photographed should direct their student accordingly.

PHYSICAL EXAMINATIONS

Middle school students are required to have a new physical examination every school year. All freshmen and juniors are required to have physical examinations prior to participating. Physical examinations must be performed by a physician, prior to athletic participation. Students shall not participate without a record of passing a physical examination on file with the district. The physical examination is the responsibility of the parent/student and is to be paid for by the parent/student. UHS does attempt to work with area physicians to arrange physicals at little or no cost to the student athlete.

Contact the school for additional information. Record of the examination must be submitted to the district and will be kept on file and reviewed by the coach prior to the start of any sport season.

VARSITY LETTERING REQUIREMENTS

In Soccer, the varsity letter "U" will be awarded to any member of the student body who shall have participated in one-fourth of the varsity league soccer halves or shall have played in post-season playoff games leading to state tournaments.

In cross-country, the varsity letter "U" shall be awarded to any member of the student body who contributes to the program through personal effort and example in practices, meets, in the classroom, and in the community. With the exception of a season-ending injury, an athlete must finish the season in good standing to letter and complete ONE of the following:

- 1) Compete as a varsity runner at district or state.
- 2) Run a sub 21:00 (boys) or sub 25:00 (girls) at ANY meet in the district season.
- 3) If league rules allow, race at the district meet and beat the time of any Umatilla runner designated as a "Varsity Scorer".

In football, the varsity letter "U" will be awarded to any member of the student body who shall have participated in one-fourth of the varsity league football quarters played or shall have played in post-season-playoff games leading to state tournaments.

In volleyball, the varsity letter "U" shall be awarded to any member of the student body who shall have participated in one-half of the varsity league volleyball games, or shall have played during post-season tournaments leading to state tournaments

In basketball, the varsity letter "U" shall be awarded to any member of the student body who shall have participated in one-fourth of the varsity league basketball quarters played or shall have played in a district, regional, or state tournament.

In baseball, the varsity letter "U" shall be awarded to any member of the student body who shall have participated in 15 innings of the varsity league baseball schedule or shall have played in post-season tournaments leading to state tournaments.

In track, the varsity letter "U" shall be awarded to any member of the student body who shall have won a total of 15 points during track season against any other high school or shall have won any number of points at the district meet, or has qualified for the state track meet.

In tennis, the varsity letter "U" shall be awarded to any member of the student body who shall have participated in one-half of the varsity tennis matches or participated in post-season tournaments leading to state tournaments.

In softball, the varsity letter "U" shall be awarded to any member of the student body who shall have participated in 15 innings of the varsity league softball schedule or shall have played in post-season tournaments leading to state tournaments.

In cheerleading, the varsity letter "U" shall be awarded to any member of the student body who shall have completed football, and/or basketball seasons with 90% attendance at practices, clinics, and fund-raising events and who shall have attended 95% of the games.

In band, the varsity letter "U" shall be awarded to any member of the pep band who meets attendance goals and finishes the season in good standing.

In golf, the varsity letter "U" shall be awarded to any member of the student body who shall have participated in one-half of the varsity matches or participated in post-season play.

A certificate of participation shall be awarded to any member of the student body who successfully participated in any of the above activities and completed the season, but fails to meet the criteria for a varsity letter.

Members shall receive only one varsity letter for a varsity sport during their high school career. Subsequent awards shall consist of an emblem that signifies the sport/activity for which a varsity award is given. The coach or their appointee shall award at regular intervals the varsity letter "U" to all persons who have fulfilled the above requirements.

EXCEPTIONS TO LETTER POLICY

A student forfeits the privilege of receiving a varsity letter "U" should they be determined not to be in good standing as a team or squad member at the end of the season. Students may fail to finish in good standing due to suspension from the team, expulsion from school for disciplinary reasons, attendance at less than 90% of all scheduled practices for which they are eligible, or for not returning equipment belonging to the school.

Players may be awarded the varsity letter "U" at the discretion of the coach if the above requirements cannot be met due to unusual circumstances, i.e. injury, illness, etc. Individual situations must be reviewed and approved by the athletic director or principal.

In addition, if a participant is suspended from the team, is suspended or expelled from school, has attended less than 90% of all scheduled practices for which they were eligible, or has not returned or paid for lost equipment belonging to the school that person will forfeit his/her right to letter.