

# Athletic/Activity Student Handbook Umatilla High School 2018-2019



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.

# Table of Contents

ADMINISTRATION .....	2
COACHING STAFF .....	3
CLUBS AND ADVISORS .....	3
DISTRICT PHILOSOPHY .....	4
<b>ATHLETIC CODE OF CONDUCT</b> .....	4
STUDENT/ATHLETE CODE OF CONDUCT .....	5
PERSONAL CONDUCT RULES .....	5
CONSEQUENCES .....	5
MISCONDUCT .....	5
ENFORCEMENT OF RULES .....	6
DUE PROCESS .....	6
PARTICIPATION POLICY .....	6
<b>STUDENT ELGIBILITY</b> .....	7
ATTENDANCE-ABSENTEEISM .....	8
OSAA FINES AND EJECTION RULE .....	8
SUSPENSION .....	9
TRANSFER RULES .....	9
TRANSPORTATION OF STUDENTS/ATHLETES .....	9
BUS RIDES .....	9
OVERNIGHT TRIPS .....	9
INSURANCE .....	9
TEAM CONDUCT .....	10
LOCKER ROOMS .....	10
LOCKERS .....	10
MEDIA ACCESS TO STUDENTS .....	10
PHYSICAL EXAMINATIONS .....	10
PRACTICE LIMITATION RULE (OSAA) .....	11

## Umatilla High School Administration

Heidi Sipe  
Bob Lorence  
April Dirksen  
Scott Bow

Superintendent  
Principal  
Dean of Students  
Athletic Director

## Athletic Programs Coaching Staff

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
<b>FOOTBALL</b> Dan Durfey – Head Coach Kris Welch – Asst. Coach Steven Williams – Asst. Coach Richard Payan – Asst. Coach	<b>BOYS BASKETBALL</b> Scott Bow – Head Coach Jon Garrett – JV Coach	<b>TRACK</b> TBA – Kris Welch TBA – Josh Ego TBA – Norman Diaz
<b>VOLLEYBALL</b> Sonia Ego – Head Coach Rylee Chirstianson – JV Coach	<b>GIRLS BASKETBALL</b> Rylee Christianson – Head Coach Kassie Williams – JV Coach	<b>TENNIS</b> TBA – Girls Coach Eric Lougee – Boys Coach
<b>CROSS COUNTRY</b> Josh Ego – Head Coach Kathy – JV Coach		<b>SOFTBALL</b> Kylee Lete – Head Coach Eric Olson – Asst. Coach
<b>BOYS SOCCER</b> Pedro Ortiz – Head Coach Max Bedolla – Asst. Coach Pedro Ortiz Jr. – Asst. Coach		<b>BASEBALL</b> Jon Garrett – Head Coach
<b>GIRLS SOCCER</b> Tim Lee – Head Coach Monty Williams – JV Coach		

### ***CLUBS AND ORGANIZATIONS***

Student clubs and performing groups such as the band, choir, rally and athletic teams may establish rules of conduct - and consequences for misconduct - that are stricter than those for students in general. If a violation is also a violation of the Student Code of Conduct, the consequences specified by the district shall apply in addition to any consequences specified by the organization. Below is a list of UHS clubs and the advisor.

**Key Club:**

**Students Today, Leaders Tomorrow (STLT)**  
**National Honor Society**  
**Technology Club**  
**Leadership / ASB**  
**Anime Club**  
**Robotics**  
**Cheerleading**

**Advisor: Chris Early**

**Advisor: TBA**

**Advisor: Nancy Swarat**

**Advisor: David Dever**

**Advisor: April Dirksen**

**Advisor: Erick Olson**

**Advisor: Kyle Sipe, Heidi Sipe**

**Advisor: Randi Garrett, Cynthia Rodarte,  
Berta Garibay**

## DISTRICT PHILOSOPHY

Extra-Curricular activities 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 activities / 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) Understand the rules of the game;
- 5) Understand 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.

## 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/club, 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.

### PERSONAL CONDUCT RULES

Students 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 serious misdemeanor (i.e. shoplifting, disorderly conduct).

### CONSEQUENCES

1. **FIRST OFFENSE:** A group meeting shall be held with the student/athlete, parents, coaches, and the athletic director/administrator to discuss the incident. A substance abuse screening by a health care professional will be required at the student/athlete's expense when alcohol, tobacco, or other controlled substances are involved. The student/athlete will be suspended from contests for fourteen (14) calendar days. The student/athlete will not be able to compete until the substance abuse screening has been completed (if required).
2. **SECOND OFFENSE:** Suspension of the student/athlete from participation on any club/athletic team for six school months. The student/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 student/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 student/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 student/athlete from participation on any club/athletic team for the remainder of their high school eligibility.

### MISCONDUCT

The advisor or head coach and his/her staff will handle the infractions of the program rules set forth by the coach. The advisor/head coach, athletic director, and/or principal will handle any student/athlete misconduct, which would bring discredit to the student/athlete, the team/club, 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 club/athletic privileges. Decisions of this nature will be made by building administration in conjunction with the advisor or head coach.**

## ENFORCEMENT OF RULES

An administrator and the advisor or head coach of the affect activity or sport will be responsible for all decisions relating to disciplinary action resulting from violation of rules. It is highly recommended that advisors/coaches keep daily accounts of players in violation of team rules. 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 11<sup>th</sup> 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 must be enrolled as a full-time student at Umatilla High School to be eligible to participate in the athletic program. 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 **every other Thursday during the season, 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. **If he/she believes the grades are not accurate they will request a grade check sheet from the office to have each teacher assign them a current grade by the end of the next day (Friday). This is the athlete's responsibility to complete a grade check sheet.** If deemed 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 participate in extracurricular activities.

**Student athletes will have an attendance report ran each Monday for the prior week attendance. Athletes that are missing four or more unexcused absences will be moved to the below disciplinary action for extracurricular activities. Three tardies will be counted as one absence.**

<b>First Offense: Written Warning</b>	Athlete will sign an Attendance Code from recognizing participation penalty if they move beyond the first offense.
<b>2<sup>nd</sup> Offense: Loss of 50% next contest</b>	Football, Soccer, Basketball – out a half of game. Volleyball—First 2 matches Softball, Baseball out first game in double header or first 4 innings Cross Country – out next meet Tennis – miss 50% of matches that week Track – miss 50% of events signed up for
<b>Consecutive offense</b>	Football, Soccer, Basketball – out next scheduled game. Volleyball – out the next contest. Softball, Baseball – out next scheduled game Cross Country, Tennis, Track – out the next Meet
<b>3<sup>rd</sup> consecutive offense</b>	Athlete may be removed from the team based on the coach and administration decision. * <b><i>There may be extenuating circumstances that causes special consideration and this will be judged on a case by case basis.</i></b>

- 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 the 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 (\$50 or more). Each additional ejection by the same athlete throughout the course of the school year will increase the fine. The coach/athlete 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 prior to leaving for the contest.

## **BUS RIDES**

Students will follow the rules and expectations enforced by the bus company. Coaches will ride on and be responsible for all people riding on the bus to athletic contests. If students go on the bus, they should return home on the bus. Students may ride home from an away contest with their parents or guardians provided that a permission slip signed by the parents was approved prior to the trip. Any violation of this rule will result in a suspension from the next two athletic contests.

## **OVERNIGHT TRIPS**

Athletes attending overnight trips will remain with the team during the entire trip. During this time, students will follow all rules set forth by the coach or administration. Failure to follow these rules will result in disciplinary action that may lead to suspension or possible removal from the team as the Coach, Athletic Director or Administration feel is appropriate.

## **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.

## **TEAM CONDUCT**

As representatives of Umatilla High School and our community, athletes/students will conduct themselves in a positive manner at all times. Each coach will have a plan set up to handle all types of disciplinary problems. This should be explained to the students verbally and in writing, at the start of each season.

## **LOCKER ROOMS**

Each athlete is responsible for his or her locker room. The coach is responsible for opening and closing the room. Any episodes of theft will be referred to the coach of the student involved. No student should be left responsible for the locker room. Athletes will pick up after themselves and leave the locker room as clean as possible. When we play away from home that locker room should be left as clean as possible. The coach should be the first one in and last one out of the locker room, home or away. Coaches may also want to collect and lock up all valuables in the coaches' room to help deter theft.

## **LOCKERS**

Lockers and other district storage areas provided for a student's 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 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. The school typically arranges for a free examination in the month of August. 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.

## **PRACTICE LIMITATION RULE (OSAA)**

Team Sports Limitation. Schools may conduct practices and/or compete in contests in team sports (baseball, basketball, football, softball, soccer, volleyball) only during the designated OSAA sports seasons as outlined in Rule 6. It shall be a violation of the rule if there is any attempt during the Association year to gather more than two members of the same high school program together per day outside the OSAA defined season to receive specialized athletic instruction from any coach associated with the participating athletes' high school program. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps during the Association year other than through general dissemination of information or brochures shall be considered a violation of this rule.

Individual Sports Limitation. Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.

Association Year. The Association Year shall start with the first day of practice for fall sports and shall end on May 26. ("Summer season" activities may begin on May 27.)

## Athletics / Activities Policies and Procedures

**After acknowledging by signing, please tear off the back page and return to your coach. This will be kept on file in the Athletic Director's office.**

I approve the participation of my child in interscholastic athletics / club activities at Umatilla High School during the 2017-18 school year.

I hereby give my consent for \_\_\_\_\_ to complete for Umatilla High School in school sanctioned athletic contest and activities. I have read the policies and procedures set forth by Umatilla School District and agree to abide by them.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

I have read through the Athletic / Activity Student Handbook for Umatilla High School. I agree to abide by the policies and procedures. I realize that a violation of these guidelines may result in a forfeiture of my privileges and can lead to disciplinary actions.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

**Insurance:** I understand that the Board of Education does not carry athletic insurance and does not assume responsibility for injuries sustained in practice or contests. If insurance coverage for injuries is desired, I recognized that such coverage is the responsibility of the parent. Insurance protection is obtainable from private insurance companies. You can get more information about rates and coverage by picking up a pamphlet in the school office.