

Gladstone High School



2020-2021

Athletic / Activity Handbook

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Gladstone High School

Administrators' Message

We believe that co-curricular activities play an important role in the development of young people. Our goal is to see our programs become an extension of the classroom so that students who participate in athletics and/or activities will continue to learn and grow through their participation in the opportunities provided.

Whether on the field, court or in the classroom, we want our students to learn important character traits like sportsmanship, teamwork, responsibility, humility and pride. We believe that our students who become involved in our co-curricular offerings will realize successes and challenges that will better prepare them to succeed in their high school career and beyond. We are proud to offer many sports and activities to meet the interests and abilities of our students.

This Athletic/Activity Handbook is designed to provide the guidelines and expectations for parents/guardians and our students who chose to participate in athletics and/or activities. It also outlines our values and beliefs that reinforce the learning outcomes we want all students to learn as they participate in our co-curricular opportunities. We appreciate your partnership with us as we reinforce the important character traits and the high expectations we have for our students as scholars. We are proud of our coaching staff and activity advisors and we believe their work to offer a high quality program will pay dividends in the experience your student will have as he/she becomes involved in athletic and activities here at Gladstone High School.

We look forward to a successful year.

Kevin Taylor, Principal

Gladstone High School

Athletic Director's Message

Gladstone High School is committed to athletic success as a larger commitment to academic excellence. We believe that athletics can play a vital role in the development of the student by promoting character development and success later in life. The student that participates in athletics has the chance to take one's talent to the highest level of performance, embrace the discipline needed to reach high standards, and learn how to work with others as a team in pursuit of a common goal. We believe this added value is a major reason for students to participate in athletics at Gladstone High School.

Gladstone is committed to the physical and emotional wellbeing of student athletes and to the social development of the whole person. We recognize that great demands are placed on students who participate in high school athletics, and we are committed to providing support to help them manage those demands and get the most out of their Gladstone experience. Our athletes are expected to adhere to a high level of conduct that brings credit to themselves, their teammates, their coaches, their school, and their community. Our athletes are expected to uphold the value of citizenship and service.

Athletes are expected to compete with passion, drive, integrity, and respect as well as accepting victory with humility and acknowledge defeat with grace. To quote the great John Wooden, "Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming". As a student athlete at Gladstone High School there will be many opportunities to test a person's toughness and attitude, and what is made of those opportunities can help shape a person in adulthood.

The mission of the athletic program is that of the Gladstone School District itself, "Growing great people – we believe in giving each student the hope, confidence, and skills to fulfill their highest potential".

Cody Aker, Athletic Director & Dean of Students

Oregon School Activities Association

The OSAA is an organization of 287 member schools.

The day-to-day activities of the OSAA are managed by six executive staff, most of which previously were teachers, coaches and administrators at OSAA member schools.

Staff functions, initiatives and responses are dictated by policies and rules developed by the OSAA's Executive Board and Delegate Assembly.

Net receipts from basketball and football playoffs are the two largest single budget revenue sources for the Association.

The OSAA supports both "Chemical Health" and "Sportsmanship" programs as a part of national efforts in these two critically important areas to young people and their school activity programs.

Students participate in high school activities because they want to! This motivation should be utilized to teach "life lessons."

Grade point averages (GPA) of students generally improve during seasons in which they are participating in high school activity programs.

High school activity programs often represent the best dropout prevention, crisis intervention, day care and drug prevention programs, which a community can offer, and the cost per student is minimal.

If you measure the success of athletic programs by undefeated seasons, then most of the programs fail. If your measure is in league championships, then 85 percent of the programs fail. If your standard is "only" post-season tournament qualification, then more than 50 percent of the programs fail. School activities are the "other half of education" and "an extension of the classroom." Athletic programs have no justification within a school if the young people participating are not learning how to "win in life." Contests won or lost are not nearly as important as what is learned by the student participants.

High school activity programs are an integral part of the total education process. Successful interscholastic activity programs teach young people values such as:

Accepting success graciously	Accountability
Citizenship and sportsmanship	Confidence
Handling disappointment	Leadership skills
Organizational skills	Participation within rules
Performing under pressure	Persistence
Social skills	Teamwork
Punctuality and attendance	Responsibility
Sacrificing for the common good	Self-discipline/Work ethic

OSAA Practice Limitation Rule

Philosophy: The following statements outline the philosophy of the OSAA regarding season and out-of-season sports.

- The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
- For most students, specialization in a single athletic activity is not in their best long-term interest.
- Students should be encouraged by coaches, administrators, and parents to participate in a variety of school activities, including more than one sport during the school year.

Practice Limitation: The spirit of the practice limitation rule is that every school and participant shall have the same opportunity to practice prior to the first contest. A person or a group of people who are or who have been involved in the coaching of any of these athletes in that sport at the high school defines practice as the involvement of individuals from a member high school in any program, demonstration, instruction or participation conducted in part or in its entirety. Each sport or activity may vary- refer to coach or advisor regarding practice limitations.

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 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. OSAA competition period begins approximately mid-August through June 1st.

Individual Sports Limitations: 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.

Athletics and Activities

The co-curricular programs of Gladstone High School contribute to the education of the whole person. Participation in co-curricular programs is a privilege and therefore, students who choose to participate or hold an elected position are held to a higher standard than non-participants. Participants must meet the academic and behavior expectations both in and out of school in addition to being exemplary representatives of Gladstone High School. We expect our participants to represent GHS in a manner worthy of positive recognition and admiration for behavior that exemplifies good sportsmanship and teamwork. When students choose to participate, they understand this choice is a year commitment (not just in season) to represent GHS with integrity and to adhere to all school expectations.

Athletic Program:

Gladstone High School is a member of the Oregon School Activities Association (OSAA) and the Tri-Valley Conference League. The eligibility of student athletes is governed by rules of OSAA, the conference league and standards set by Gladstone High School. All students participating in a GHS Athletic Program must complete the requirements as stated in the GHS Athletic/Activities Handbook. GHS Athletic Program is run under the supervision of the Athletic Director.

Activities Program:

Gladstone High School offers students the opportunity to participate in a variety of co-curricular activities. The clubs, organizations and events in the activities program are run under the supervision of the Activities Director and, where applicable, under rules and guidelines established by the Tri-Valley Conference and/or the Oregon School Activities Association (OSAA). In addition, individual advisors or groups may set specific standards or prerequisites for participant given the activity. ASB Officers/Class Officers: Candidates for an ASB /Class Officer position must have a minimum of a 2.75 cumulative GPA. All candidates must be considered in “good standing.”

All students participating in a co-curriculum program and/or having a leadership role on campus including club officers, and elected positions must sign the “Activities Code of Conduct and Parent Approval Form” at the start of each school year.

Standards for Participation in Athletics and Activities

Students that wish to participate in athletics or activities will adhere to the following:

- 1.) Students will lose their privilege to both practice for and participate in any athletic or activity during any suspension from school.
- 2.) Students are expected to maintain satisfactory behavior in the classroom, on school campus, and at school athletic or activity events home or away.
- 3.) Students must attend class for all periods on the day of a practice, performance or event. Any student marked absent for one or more classes will not be allowed to participate in co-curricular athletics or activities that day. Being 15 minutes or more late to class is considered an absence.
- 4.) Students returning from a medical appointment must present a note from the medical office confirming the appointment.
- 5.) Participation in co-curriculum programs requires an academic standard of a minimum 2.0 GPA with no Fs for the most recent grading period directly preceding the season and those grading periods that occur during the season.
- 6.) Students participating in athletic or activity programs are not allowed to have any major violations as defined by this document. 2 minor violations will result in consequences equivalent to a major violation.
- 7.) Participants must be cleared of outstanding fees/fines or have set up a plan with the bookkeeper.
- 8.) All required paperwork must be completed prior to being eligible for participation.
- 9.) The OSAA can deny eligibility to any student who does not meet its requirements for participation including academic standing, residency, enrollment criteria, and transfer between districts.

Athletic/Activity Expectations:

Students representing Gladstone High School in athletics, competitive activities and/or elected positions are expected to exemplify the highest standards of behavior and citizenship both in school and in the community. Students must meet the expectations described below in addition to meeting criteria for attendance, academics and behavior in order to be eligible for participation. When choosing to participate, students understand that this is a full year commitment. Violations occurring either in season or out of season will be held to the consequences as stated. The student's signature on the "Athletic/Activities Code of Conduct Agreement" means they understand this choice is a year commitment from the time of signing, not just the sport season.

Athletics, Competitive Activities, Elected Positions

- Be a positive role model for fellow participants.
- Be a positive role model in the classroom.
- Attend and positively take part in all scheduled practices.
- Follow directions as communicated by the coach/advisor promptly and effectively.
- No "horse play" shall be tolerated in the locker room.
- Always accept seriously the responsibility and privilege of representing the school and community by displaying positive behavior both on/off campus.
- Always accept authority and supervision in a positive manner.
- Communicate effectively with the coach/advisor and teammates.
- Work cooperatively with the coach/advisor and team members as a problem solver.
- Treat teammates, opponents, fans, officials, and adults with dignity and respect.
- Respect the judgment and integrity of contest officials; always abide by rules of the contest and display appropriate behavior.
- Live up to the high standard of sportsmanship established by the Gladstone School District.
- Be aware that in-season athletics and activities take priority over non-school sponsored events.
- Be aware that missing practices/games for a school-sponsored trip could impact your team placement and playing time.
- **Any participant ejected from a contest will pay the OSAA fine of \$50 before he/she can return to competition.**
- A student who chooses not to participate or is pulled by parents from an athletic/activity program after five days of practice, will not be allowed to take part in any other athletics/activities until the original program has completed its regularly scheduled season.
- The sports season officially begins as per the OSAA calendar. If a program is competing at the state level, that program would end upon the last scheduled athletic event.
- No athlete will be allowed to participate in a sport until all previously issued athletic equipment has been returned or proper restitution is made. Late fees will be charged for equipment not returned on schedule. (\$5.00 per day not returned beyond requested due date)
- Equipment may be checked out to off-season athletes by the head coach of the sport; the student assumes responsibility for the equipment.

Coach and Advisor- Expectations

- Follow District and GHS Student Handbooks in addition to OSAA policies and procedures.
- Possess a valid First Aid/CPR card and all NFHS certifications.
- Promote and demonstrate positive sportsmanship to participants, colleagues, opponents, officials and spectators.
- Teach the fundamentals of the sport/activity in a manner that provides opportunities for all participants to learn and improve.
- Support the importance of the role academics plays in the life of the participant.
- Demonstrate appropriate professional conduct at practices and during competitions.
- Share the philosophy and expectations clearly with participants, coaches/advisors, parents, and the community.
- Be consistent, firm, and fair when disciplining a participant.
- Keep up to date on the changes and developments in their respective sport/activity.
- Follow/enforce district guidelines for both academic and attendance requirements.
- **Any coach/advisor ejected from a contest will pay the OSAA assessed fine before returning to sideline.**
- All communication via social media will be team or group based not on an individual basis.

Parent Code of Conduct

Parents are always expected to model appropriate behavior at athletic/activity events. Sometimes negative parent behavior spills out onto the field or court and has a negative impact on our participants. We hope parents and other adults will serve as role models for our students by exhibiting the highest ideals of sportsmanship. We must never lose sight of the fact that participants in interscholastic athletics/activities are just kids. Gladstone parents have always been a tremendous asset to our athletic/activity programs, and we are extremely grateful for your cooperation, support, and loyalty to Gladstone athletics/activities.

Show good sportsmanship by:

- Knowing and understanding the rules of the contest;
- Showing respect for the officials, including their decisions;
- Showing respect for opponents at all times;
- Recognizing and appreciating the skills of all students participation in the contest;
- Maintaining self-control at all times;
- Showing a positive attitude in cheering.

While in attendance at school athletics or activities parents will not:

- Use profanity;
- Use tobacco products, marijuana, or any vaping devices on school grounds or when supervising students;
- Use alcohol before or during contact with student participants, or when supervising or attending school events or overnight trips;
- Use illegal drugs.

Parents are not to make negative comments to officials or confront a referee, official, or coach/advisor during or at the conclusion of a contest. After a recommended 24-hour “cooling off” period, if a parent has a concern, follow the established complaint procedure outlined in the Problem-Solving Flow Chart.

Parents in violation of the Athletic/Activity Code will be subject to any/all of the following consequences:

1. Administrative letter of warning;
2. Meeting with administration;
3. Suspension from attending school events. (Length to be determined by administration.)
4. Physical contact with an official may result in being fined and/or arrested.

Problem Solving Flow Chart

This procedure is intended to help participants develop and practice independent problem-solving skills:

- 1) Participants must discuss the situation with their coach/advisor. (Conference: participant-coach/advisor) If the participant is on a non-varsity team, the head coach may be requested to attend this meeting.
- 2) Parent may request a meeting with the coach/advisor to discuss the concern. The participant may be requested to also attend this meeting.
- 3) If the issue is not resolved, the participant/parent may request a meeting with the Athletic or Activities Director.
- 4) If the issue remains unresolved, the next step is a meeting with the Principal. The decision of the Principal shall be final.

Communication Parents Should Expect from Your Coach or Advisor:

- Philosophy of the coach/advisor
- Method of communication
- Expectations the coach/advisor has for your student as well as all the members on the team
- Location and times of all practices and contests
- Procedures followed should your student be injured during participation
- Team requirements-practices, special equipment, out-of-season conditioning, camps, programs, etc.
- School disciplinary actions that may result in the denial of your student's participation
- Rules concerning the penalty for unexcused absences from practice or school.

Coaches and Advisors Will Not Discuss the Following with Parents:

- Team strategy
- Playing time
- Team selection
- Discipline issues or consequences regarding other students
- Information regarding other participants

Communication Coaches and Advisors Should Expect from Parents:

- Immediate notification of the student's inability to participate in practices and/or contests
- Notification of any schedule conflicts well in advance (**Missing practices/games for any reason could impact team placement and playing time.**)
- Concerns about student's attitude, academic support, college opportunities, and medical release following an injury

Equal Education Opportunity

Every student of the district will be given equal educational opportunities regardless of age, disability, marital status, national origin, race, religion, color, sex, or sexual orientation. Further, no student will be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity conducted by the district. The district will treat its students without discrimination on the basis of sex as this pertains to course offerings, athletics, counseling, employment assistance and extracurricular activities.

The superintendent will designate at least one employee to coordinate its efforts to comply with and carry out its responsibilities under Title IX. The Title IX coordinator will investigate complaints communicated to the district alleging noncompliance with Title IX. Title IX Compliance Officer for Gladstone School District is Jeremiah Patterson, Assistant Superintendent. He can be reached at the District Office by calling 503.655.2777.

The Board will adopt, and the District will publish grievance procedure providing for prompt and equitable resolution of student and employee complaints under Title IX.

Gladstone School District Equity Stance

- **Our Understanding:**

Skin color, race, and racial identity should never limit children's opportunity to fulfill their highest potential. However, the reality is that they have a daily impact on Gladstone students' academic achievement, social inclusion, and self-esteem. Systemic racism impacts our school district, from curriculum and classroom management to discipline strategies, athletics, and activities.

- **Our Commitment:**

Gladstone Schools are committed to building a racially diverse, caring, and equitable school community where students of each race are valued as unique individuals. Each student will be encouraged to reach their highest potential, celebrate their cultural heritage, and develop a love of learning, while feeling supported in educational, physical, emotional, and social needs.

- **Our Approach:**

The Gladstone District will take daily, proactive steps to ensure students of color have academic success, safety, access, opportunities, representation, personal connections and meaningful participation in our schools. Our expectation is that each team member grows in understanding and skill in overcoming the history and effects of racism.

Dual Participation Guidelines

While District standard practice currently allows athletes to participate in two sports during concurrent seasons, all athletes must understand dual participation is extremely rare and should be considered carefully. Athletes should understand the time commitment required in all sports becomes increasingly demanding as they move to varsity level competition.

Therefore, before an athlete is allowed to participate in two concurrent sports, they must receive prior permission from both involved head coaches. Both coaches must agree that allowing the athlete to participate in both sports is in the athlete and teams' best interests. The decision of the coaches is final. In preparation and fairness to other athletes on the team, **the dual sport athlete must declare one sport as the major sport. Both coaches must agree upon adaptation to this rule in advance. The athlete must also complete the "GHS Athlete Declaration for Dual Sport Participation" form.**

Transportation

The Athletic or Activity Director in conjunction with the requests of the head coach/advisor will make arrangements for all group travel. School buses, vans, or District vehicles will be used for group travel. Any exceptions to this rule will require administrative approval.

All participants will be required to ride on district-sponsored transportation to and from events. **Students will not be allowed to ride home with other students and/or their parents. When a parent provides transportation for their student following a contest, the student must gain approval from the coach/advisor and provide a signed note.** Any request for exceptions must be approved by administration. Individual programs may have additional expectations regarding riding the bus and will make these rules known to participants.

GHS Athletic Lettering

Participation in athletics/activities is a privilege earned by hard work, dedication and willingness to be part of a group with a common goal. Receiving a GHS Varsity letter means participants have met a standard of rigor and commitment as approved by the Athletic or Activity Director and coaches/advisors.

The following criteria will be used to determine eligibility for a GHS letter:

- OSAA sanctioned athletic/activities program

- GHS sanctioned athletic/activities program

- Tri-Valley Conference sanctioned athletic/activities program

- Participant meets all eligibility requirements

Once criteria are determined, coaches/advisors will determine eligible participants based on meeting the criteria. Coaches/advisors will determine how the letters are handed out. The block "G" will be awarded once even if the participant earns a letter more than once.

Attendance Policy

Participants must attend class for all periods on the day of a practice or event. Any participant marked absent for one or more classes will not be allowed to participate in practice, co-curricular activities, or performances that day. Being 15 minutes or more late to class is considered an absence. School-approved and school activity absences are exempt. Considering extenuating circumstances, the coach/advisor may appeal through the principal or designee to reinstate a participant's eligibility for the day of an event. Any student home ill for any part of the day may not attend practice/event. Students who are suspended will not be allowed to participate or be on school property. Any student who has an excessive amount of absences or tardiness will be reviewed by administration for eligibility on a case by case basis.

Students returning from a medical appointment MUST present a note from the medical office confirming the appointment. Students who are absent and do not present a medical note, will not be allowed to participate in co-curricular activities that day.

Concussion Management

Gladstone athletics follow OSAA guidelines as it pertains to concussion management. Gladstone follows the Impact Concussion Management Model as recommended by the OSAA in junction with our Certified Athletic Trainer to monitor and conduct safety protocols for the overall health of our athletes. The concussion management program consists of five steps:

Step 1: Pre-Season Baseline Testing and Education

Step 2: Concussion is suspected

Step 3: Post-Injury Testing and Treatment Plan Provided by ATC

1. No Activity

2. Light Aerobic Exercise

3. Sport-specific Exercise

4. Non-Contact Training

5. Full Contact Practice

6. Unrestricted Return-to-Participation/Full Competition

Step 4: Determining Safe Return-to-Play

Along with the above protocol, the OSAA requires a “Concussion-Return to Participation Medical Release”. This form is to be filled out by a qualified Physician/Health Care Professional, such as a Physician (M.D. or D.O.), Physician Assistant (PA), Nurse Practitioner (NP), or Psychologist licensed or certified in Oregon can provide a medical release. Other professionals include: Chiropractic Doctor (DC), Naturopathic Doctor (ND), Physical Therapist (PT), and Occupational Therapist (OT). In addition to the above steps required for an athlete to return to participation, Gladstone has a “Return to Academics Protocol.” This consists of the following five steps:

Step 1: Complete Physical and Cognitive Rest until Medical Clearance

Step 2: Return to School with Academic Accommodations

Step 3: Continue Academic Accommodations

Step 4: Full Return to Academics

Step 5: Full Return to Athletics

These steps are given to each student’s teachers, and the process is facilitated through our high school counselors.

Major Behavior Violations

The following are considered major violations and will result in consequences:

- Distribution, possession or use or attempted distribution or possession of tobacco, drugs, alcohol, prescription medicine not prescribed to participant or used in a manner contrary to the prescription, marijuana, any intoxicating substances or inhalants, vape pens or pipes (prescription or non-prescription), steroids or performance enhancing drugs.
- Possession of weapons as defined per Gladstone School Board Policy at a school-sponsored activity or on school property.
- Criminal Citation or arrest (any form of harassment, threat to individuals or to the school, assault, disorderly conduct, theft, etc...)
- Vandalism, arson, defacing property, stealing and/or destroying property
- Attendance at events where illegal activities are happening, including the use of prohibited substances as described above.
- Hate speech or any abusive or threatening speech or writing, including social media, with the intent of being prejudice against a particular group, especially based on race, religion, or sexual orientation.

Students participating in athletics, competitive activities, and/or elected positions must stay in their best physical and mental condition as possible. As stated above, distribution, possession and/or use of any intoxicating substance is not allowed. This includes attendance at any event where unlawful activities are taking place or where drugs, alcohol,

or tobacco are present or being used. Any participant who finds themselves in the presence of any person illegally consuming, possessing, or transmitting alcohol, marijuana, or illegal drugs, must take immediate reasonable action to remove themselves from the situation or will be found to have committed a major behavior violation. This extends for the entire **calendar year**. (Calendar year is defined as the date signed on the “Parent/Student Acknowledgement of Risk and Athletic Code” or the GHS Activities Code of Conduct Agreement” and remains “in place” for the duration of one (1) full calendar year.) Individuals who are present at any such event where illegal activities are taking place are expected to leave **immediately**.

Pending Criminal Charges:

A participant with any felony charge or pending felony charges will not be eligible to participate in athletics/activities until the court has resolved the issue and/or the participant is no longer considered on probation by the juvenile system.

Major Behavior Violation – Consequences

When a major violation occurs on a school-sponsored trip (camps, field trip, school trip, team building trips, etc.):

- Participant will be sent home at parent cost. Parent may be required to pick up student at the event.
- As per student handbook, participant will be suspended from school for a minimum of 1 day and a maximum of 10 days.
- As per student handbook, participant will not be allowed to attend or participate in any school activities for 30 calendar days (dances, Award banquets, spectator activities, Spirit/Homecoming Week, Outdoor school, etc.)
- Participant will not be allowed to attend any future school-sponsored trips for a minimum of one year.
- Participant will forfeit being named to a leadership position for a minimum of one year.
- Participant will lose 50% of athletic/activity contests (**NO appeal process**)
- Count for suspended contests will begin the first day the student’s school suspension.
- Participation in practice will resume one week following out-of-school suspension
- During time of suspension from contests, participant may not be in uniform, sit with the team or travel with the team.
- For major behavior violations that involve drugs and, or alcohol use, participant will complete a Drug & Alcohol assessment as referred and will comply with all recommendations. Results of the assessment will be shared with School Administration. Assessment could include random UAs.

When a major violation occurs not on a school-sponsored trip:

- As per student handbook, participant will be suspended from school for a minimum of 1 day and a maximum of 10 days
- As per student handbook, participant will not be allowed to attend or participate in any school activities for 30 calendar days (dances, Award banquets, spectator activities, Spirit/Homecoming Week, Outdoor school, etc.)
- Participant will forfeit being named to a leadership position for a minimum of one year.
- Participant will lose 50% of athletic/activity contests – the participant may request an appeal to the Appeals Board to reduce the 50% if it is a first offense.
- Count for suspended contests will begin the first day the student’s school suspension.
- Participation in practice will resume one week following out-of-school suspension.

- During time of suspension from contests, participant may not be in uniform, sit with the team or travel with the team.
- For major behavior violations that involve drugs and, or alcohol use, participant will complete a Drug & Alcohol assessment as referred and will comply with all recommendations. Results of the assessment will be shared with School Administration. Assessment could include random UAs.

Major Behavior Violation –Appeal Process

When participants are involved in a major behavior violation of our athletic/activities policy, they are immediately placed on probation and will be removed from competition as per “Major Behavior Violation Consequences.” If the participant qualifies for an appeal, the participant makes a request by asking the Athletic or Activities Director. The Appeals Board will consist of no less than three coaches or advisors and the athletic/activities director or an otherwise appointed administrator.

Major Behavior Violation- Multiple Offenses:

1. The **second offense** will result in a loss of participation privileges from athletics/activities for 12 months.
2. The **third offense** will result in suspension from all athletic/activity programs for the duration of time at GHS.

Minor Behavior Violations

The following are considered minor violations and will result in consequences:

Any violation of the GHS Student Code of Conduct. Code of conduct violations include, but are not limited to: inappropriate internet/electronic communications, **nude images**, bullying, hazing, insubordination, suspension, fighting, skipping (class/practice), chronic tardiness/attendance issues, **theft**, unauthorized possession of athletic/school equipment and any other type of disruptive behavior that is in violation of the GHS Student Code of Conduct.

Minor Behavior Violation – Consequences

Disciplinary action may include: student conference, parent conference, community service, loss of privileges, removal from athletic/activities participation, after school make-up time, assigned academic support, lunch detention, in/out-of-school-suspension, and/or restitution.

Two or more minor behavior violations that result in a suspension from school during a school year will constitute a major behavior violation. Major behavior violation consequences may then be applied.

Voluntary Referral

It is understood that substance abuse is a condition that can be treated. Prior to being investigated or apprehended for a violation involving the use of alcohol, drugs or a controlled substance (as defined under major violations), the student may voluntarily request assistance from school officials. In the event of this self-reporting, there may be no “suspension from participation” consequence imposed upon the student provided that:

- The report is independent and in advance of the investigation.
- The student meets with the Athletic or Activities Director and complies with their recommendations.

- There are no subsequent incidents of alcohol, tobacco, inhalants, dangerous drugs, or controlled substance use or any major violations.
- Community Service hours may be required
- The student will be on probation for one calendar year from reporting. Violation will result in consequences as defined under “Major Behavior Violation.”

The participant may return to co-curricular activities after the Drug and Alcohol assessment and plan are in place.

Eligibility Rules

1. Student must not be older than 19 on August 15.
2. Student must meet District and OSAA residency requirements.
3. An individual choosing to participate in a co-curricular program will be required to maintain a 2.0 GPA, with no “Fs.” (Based on progress reports and final trimester grades.)
4. **OSAA guideline - To be scholastically eligible, a student must also be making satisfactory progress toward the school’s graduation requirements.**
 - a. **Prior to Year 2: 4.5 Credits Earned**
 - b. **Prior to Year 3: 11.0 Credits Earned**
 - c. **Prior to Year 4: 18.5 Credits Earned**
5. A student must have passed all classes the previous trimester and must be enrolled in a minimum of four for the present trimester (student must pass all 4 classes).
6. Students who do not pass all classes at the completion of the school year may earn credits during summer school that would make them eligible to participate in the fall. (Elective course make-ups can be replaced with a course from another subject area.) **All courses must be accredited high school courses and approved by their counselor.**
7. No student who has been enrolled as a student for more than 12 trimesters or eight semesters shall be eligible for activities or athletics.
8. A student may accept customary awards of a symbolic nature without resale value, i.e., the school’s athletic letter, small medals, certificates, plaques, and emblems.

Distance Learning

Distance learning has many challenges. The main one is that because you, as students, are not physically in the building, some of you believe that you are not “in” school. There are still academic and behavioral expectations that happen even though you are physically distant during the school year. Our School culture at GHS has not changed with distant learning. Kindness, caring, and empathy towards others are even more important attributes to exhibit when we are not in a face to face environment. Everyone is anxious or stressed by the current pandemic situation and without daily contact you do not know what another person is going through in their life. You need to take other people's perspectives and feelings into account as you have interactions and communications with others. Be Kind and the rest will be easy.

To provide an opportunity for direct instruction, class discussion and/or small group instruction, or extra support through office hours, teachers will set up live video classes and conferences with students. Attendance will be taken, and all live video events will be recorded to allow student access at a time convenient to them if unable to attend. Live video also provides the opportunity for students to engage in community.

When participating, students will be held to the same expectations for classroom behavior as outlined in the GHS Student Handbook. Live video conferences are meant to be instructional and helpful for the students participating.

Because this is a new experience for all, other guidelines and expectations may be added and included throughout the year. Students will be notified of changes as they occur.

Academic Appeal

When participants fail to meet academic standards for participation at the end of a trimester, they become ineligible to compete. While Gladstone High School has high expectations of their students, we also believe helping one regain their eligibility and engaging them in the academic process is important. In the event of a violation, the student may reduce the suspension by following the Appeals Process.

To initiate an Appeal, the student must:

- Contact the Athletic/Activity Director
- Complete the Appeals Form

The Appeals Process will consist of the student coming before a group of teachers and coaches/advisors to explain reason for not meeting Gladstone High School academic expectations and a plan to meet all academic expectations. The Appeals Board shall consist of no less than two teachers or coaches/advisors and the athletic/activities director or an otherwise appointed administrator. If the appeal is approved, the following guidelines could be followed with modifications if recommended. **An athlete may only request one Academic appeal per school year.**

Academic Alert/ Athletic Study Hall/ Progress Reports/ Academic Probation

Academic Probation occurs when a student participant fails to meet GPA standards at the 3-week grade check, mid-trimester (6 week) progress report, or the 9-week grade check. If an athlete fails to meet the required GPA standards on the first grade check (3weeks), the conditions of their probation are as follows. The athlete will be assigned a mandatory athletic study hall. This study hall will consist of either meeting with their coach or specified teachers before or after school on specified days. Failure to attend will result in missed practices, trainings, and competition. The academic probation period begins upon notification, while the time of notification will vary based on completion of teacher progress reports. The probationary period will last until the mid-trimester progress report.

If a student participant fails to meet the GPA requirements at the mid-trimester (6 week) progress report, they have two weeks to correct the deficiencies. The academic probation period begins upon notification. The time of notification will vary based on completion of teacher progress reports. Once on probation at the mid-trimester (6 week) progress report, the participant is pulled from competing, but may continue to practice. A student regains eligibility as soon as GPA standards are met and will be required to attend a mandatory athletic study hall. Failure to attend will result in missed practices, trainings, and competition. Failing to meet GPA standards within 2 weeks from notification will result in participation suspension for the remainder of the season. The probationary period will last until the end of the trimester.

If an athlete fails to meet the required GPA standards on the third grade check (9 weeks), the conditions of their probation are as follows. The athlete will be assigned a mandatory athletic study hall. This study hall will consist of either meeting with their coach or

specified teachers before or after school on specified days. Failure to attend will result in missed competition for their sport. The academic probation period begins upon notification. The time of notification will vary based on completion of teacher progress reports. The probationary period will last until the end of the trimester.

GRADE CHECK

Academic Alert (week 3)

TERMS OF ACADEMIC PROBATION

Mandatory study hall before or after school.

Failure to attend results in missed practices, trainings, and competitions.

Probation period is until mid-trimester report.

Progress Report (week 6)

Athlete is pulled from competition until they meet GPA standards.

If standards are not met within 2 weeks of notification, the athlete will be suspended for the remainder of the season.

Mandatory study hall before or after school.

Progress Report (week 6 continued)

Failure to attend results in missed practices, trainings, and competitions.

Probation period is until the end of the trimester.

Academic Alert (week 9)

Mandatory study hall before or after school.

Failure to attend results in missed practices, trainings, and competitions.

Probation period is until mid-trimester report.

As stated, when athletes do not meet OSAA requirements (passing 4 of 5 classes) in the trimester prior to their sport season, they will be ineligible to compete until satisfactory grades are posted for the next trimester. In many cases, this becomes the entire season of competition. At times, trimesters overlap sport seasons and the OSAA requirements do not apply for the entire season. (Example...failure to meet standards in the spring, per OSAA standards could affect the first two contests in winter season, pending on when grades are posted).

How to Turn Out for Athletics

Step 1. Registration / Payment of Fees

Athletes must complete the process for academic and athletic registration at Gladstone High School via Synergy and be enrolled in a minimum of four classes. Athletic participation fees are **\$200** per sport and are to be paid prior to the first contest.

Students who drop after teams have been selected will receive a prorated refund based on the amount of the season completed. There will be NO refund after the first scheduled contest has been played.

Step 2. Physical Examination / Emergency Information Form

All athletes must have a physical examination every two years to participate in the athletic program. Your doctor must complete the **OSAA pre-participation examination form**. This form must be on file at the high school before an athlete can practice. These forms are available in the main office at the high school. Your student needs a physical if:

- An incoming freshman.
- New to our school district, and do not have an OSAA-approved physical form on file.
- Turning out for a sport/activity for the first time.
- Current physical will expire before the completion of their sport's season.

Step 3. Statement of Risk

Athletes and their parents are notified of the risks inherent in athletic participation through this form. Athletes and parents acknowledge these risks and, with this form, grant approval for participation.

Step 4. Athletic Participation Contract

Behavioral expectations for athletes are contained in this handbook. Each athlete can download a copy of our athletic/activities handbook on the Gladstone High School website. The parent and athlete are expected to read and discuss the expectations of participating in co-curricular activities. **A parent signature will be required on the "Statement of Risk" form indicating you have read, understand, and agree to support the Athletic/Activity Handbook.**

Team Selection Policy

We would prefer not to cut players from our teams at Gladstone High School. Every effort will be made to provide practice and competition opportunities, provided funding, space, and competition is available. Coaches will develop a cut policy for their particular sport, including criteria for team selection, tryouts, and evaluation. These policies will take into consideration the following:

- If a player has limited skills that the coaching staff considers is at a significant disadvantage in a game or practice situation, this a valid reason to cut a player.
- If a player does not respect and obey the Gladstone High School rules and regulations this a valid reason to cut a player.
- If a player does not respect and obey the Gladstone High School athletic policy this is a valid reason to cut a player.
- If a player shows apathy toward practice/game situations or disrespect for his coaches or teammates, this a valid reason to cut a player.

- If there are more players who have turned out for the team than there are coaches to properly supervise them, this a valid reason to cut a player.
- Head coaches will determine a cutoff date for their respective sport (this is the last day an athlete may turn out.) **The head coach may choose to add a player after the deadline, given special circumstances and if no major behavior violations have occurred.**

Athletic Specialization

In most cases, it is good for high school athletes to experience as much of the high school athletic program as possible. Remember, the purpose of interscholastic athletics is to help educate students, not to prepare them for college or professional athletics.

Based on current statistics, the odds of a high school athlete making a college or professional team are much smaller than generally believed. An individual would be well advised to concentrate more on academics, because only about one percent of high school athletes receive a college athletic scholarship. And those very few who do become professional athletes have an average career span of only three to four years, and then they must return to the real world. We must do a better job of encouraging them to be involved in as many activities as possible. Doing so will better prepare them for success in life.

