Gladstone High School

2015-2016

Athletic / Activity Handbook
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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 Parent 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.

Natalie Osburn

Patti Alexander
Athletic Director’s Message

Gladstone High School is committed to excellence in athletics as part of a larger commitment to excellence in education. We believe that athletics is a co-curricular activity in harmony with our school and community. We believe there is educational value for our students that participate in athletics. Such participation promotes character traits of high value to personal development and success in later life. These include the drive to take one’s talent to the highest level of performance; embracing the discipline needed to reach high standards; learning to work with others as a team in pursuit of a common goal; and adherence to codes of fairness and respect. Athletics also plays an important role in creating a sense of community at Gladstone High School.

Gladstone is committed to the physical and emotional well-being 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 the demands and get the most out of their Gladstone experience. Our athletes are expected to adhere to a level of conduct that brings credit to themselves, their teammates, their coaches, their school, and their community. Our athletics are expected to uphold the value of citizenship and service.

We ask a lot of our student-athletes. We ask them to compete with passion and intensity while keeping their emotions and character in check. We will respect our opponent, yet fear none. We accept victory with humility and acknowledge defeat with grace.

The mission of the athletic program is that of Gladstone itself: “to engage the mind, to elevate the spirit, and stimulate the best effort of all who are associated with Gladstone High School.

Ted Yates

Athletic Director
**Oregon School Activities Association**

The OSAA is an organization of 292 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
- Citizenship and sportsmanship
- Handling disappointment
- Organizational skills
- Performing under pressure
- Social skills
- Punctuality and attendance
- Sacrificing for the common good

- Accountability
- Confidence
- Leadership skills
- Participation within rules
- Persistence
- Teamwork
- Responsibility
- 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.
- Schools should not allow use of school equipment and facilities by non-school organizations that promote a philosophy contrary to the above statements.

**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.

**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.

**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. 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
- Step 4: Is Athlete Ready for Non-Contact Activity
- Step 5: 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 Physician/Health Care Professional.
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 four 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 Recovery to Academics
These steps are given to each student’s teachers, and the process is facilitated through our high school counselors.

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 standards, 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.

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 Director of Student Activities 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, 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.

6.) Students participating in athletic or activity programs are not allowed to use, possess, distribute tobacco, drugs and/or alcohol or attend activities where tobacco, drugs, alcohol are being used.

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.

Participants who fail to meet the criteria for participation and is a first time offender regarding academic ineligibility or has a major violation to the Code of Conduct may access the Appeals Process as outlined in the Athletic/Activity Handbook.

**Athletic/Activity Expectations:**

Students representing Gladstone High School in athletics, competitive activities and/or elected positions are expected to exemplify the highest standards of moral integrity and good citizenship both in school and in the community. Students must also meet the expectations described below in addition to meeting criteria for attendance, academics and behavior in order to be eligible for participation.

**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.
- Accept seriously the responsibility and privileges of representing the school and community by displaying positive behavior both on/off campus at all times.
- Accept authority and supervision in a positive manner at all times.
- 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 all adults with dignity and respect.
- Respect the judgment and integrity of contest officials; abide by rules of the contest and display appropriate behavior at all times.
- 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 club/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, or of his/her own accord, or because of disciplinary reasons other than listed previously, will not be allowed to take part in any other athletics/activities until the original program has completed its regularly scheduled season. This includes the participant’s use of all facilities.
• The sports season officially begins as per the OSAA calendar. In the event that a program is competing at the state level beyond the awards night, 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.
• Equipment may be checked out to off-season athletes by the head coach of the sport; the student assumes responsibility for the equipment.

Expectations of Coaches /Advisors
• Follow District and 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 attendance requirements.
• Any coach/advisor ejected from a contest will pay the OSAA assessed fine before he/she returns to the sideline.

Code of Conduct for Parents
Parents are expected to model appropriate behavior at athletic/activity events at all times. 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 only “youngsters.” 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 please refrain from:

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

Parents are to avoid negative comments to officials; allow them to do their best. **Never 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.)

**PROBLEM-SOLVING FLOW CHART**

Communication regarding concerns starts with the coach/advisor. Participants/Parents have a right to appeal following the required problem solving steps below:
1. The participant must discuss the situation with his/her coach/advisor.  
   (Conference: participant-coach/advisor)  
   a) If the participant is on a non-varsity team, the participant is to make an appeal to the Head coach/advisor. (Conference, if needed, or desired: participant-assistant, additionally coach/advisor-head coach/advisor may be present.)
2. The parent will request a meeting with the coach/advisor to discuss the concern. The participant may be present during this time.
3. If the issue is not resolved, the participant/parent can appeal to the Athletic or Activities Director. The Athletic or Activities Director may select any of the following procedures:
   a) Conference: participant and Athletic or Activities Director
   b) Conference: coach/advisor and Athletic or Activities Director
   c) Conference: coach/advisor, and Athletic or Activities Director
   d) Conference: participant, parent, and Athletic or Activities Director
   e) Conference: participant, parent, coach/advisor, and Athletic or Activities Director
4. If the issue is not resolved, an appeal can be made to the principal. The principal may select any of the procedures listed in #3.

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

**Communication parents should expect from your students coach/advisor:**

- Philosophy of the coach/advisor
- 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.
Communication coaches/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 (Be aware that missing practices/games for vacations could impact your team placement and playing time.)
- Concerns about student’s attitude, academic support, college opportunities, and medical release following an injury

Communication coaches/advisors would not have with parents. Discussions regarding:
- Team strategy
- Playing time
- Team selection
- Other participants

It is very difficult to accept your student not participating as much or where you may hope. Coaches/advisors are professionals. They make judgments based on what they believe to be best for all members and team chemistry.

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. The name, address and telephone number will be provided to all students and employees.
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.

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, he/she 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.
Transportation
Arrangements for all group travel will be made by the Athletic or Activity Director in conjunction with the requests of the head coach/advisor. 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 child following a contest, he/she 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 with regard to riding the bus, and will make these rules known to participants.

GHS 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.

VIOLATIONS of Athletic/Activity Policy
All participants are held to all standards and consequences as outlined in the GHS Student Handbook. Specific additional consequences may apply per group expectations.

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 his/her 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.
MAJOR VIOLATIONS

Tobacco, Drug, Alcohol Violations

- Distribution or use of tobacco, drugs, alcohol, medicine, Marijuana, and intoxicating substances or inhalants, (prescription or non-prescription), steroids or performance enhancing drugs, etc…
- Possession of weapons on school sponsored ground or activity
- Criminal Citation (sexual harassment, etc...)
- Vandalism, defacing property, stealing and/or destroying property

Students participating in athletics, competitive activities, and/or elected positions must stay in top physical and mental condition. They are forbidden the possession or use of tobacco, drugs, or alcoholic beverages. This prohibition also includes attendance at any event where illegal activities are taking place or where drugs, alcohol, or tobacco are present or being used. This extends for the entire calendar year. (Calendar year is defined here as the date signed on the training rules and “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. (Immediately means immediately. Student athletes/elected student officials are in violation if they prolong their stay once evidence or awareness that drugs/alcohol is present.) Individuals who violate these training rules during their four years of high school eligibility will be subject to the consequences listed below.

Consequences are as follows:

- A drug and alcohol assessment must be completed for any substance abuse violation. The participant must follow all recommendations made in the assessment. Parents are responsible for providing assessment results to administration, and the costs associated with administering the evaluation.
- An in-season participant will miss 50% of the contests for the sport season.
- An off-season participant will miss 50% of the contests for his/her next sports season.
- In the event of a first violation, the student may reduce his/her suspension to 25% by following the Appeals Process.

Reliable Witness and Fact Finding

In the fact finding of a possible violation, the administration will look at what the participant did immediately after his or her discovery of the activity; who he/she called; where he/she went; and approximate time period elapsed before leaving, to determine the appropriate course of action.

Any participant found in the presence of any person illegally consuming, possessing, or transmitting alcohol or illegal drugs will be suspended from all participation.

Students who find themselves in this situation must do everything in their control to leave within a reasonable period of time.

A reliable witness to an infraction is:
1. an administrator or professional staff member
2. a participant’s parent
3. a police official
4. a juvenile officer
5. a participant’s own admission
Major Infraction Violation Appeal Process

When a participant is involved in a major infraction of our athletic/activities policy, he/she is immediately placed on probation and will be removed from competition as per “Consequences for Major Infractions.” Each participant is granted an appeals process which consists of the participant coming before an Appeals Board. The Board will consist of no less than 4 coaches/advisors and the athletic/activities director or an otherwise appointed administrator.

The Appeals Board may recommend any or all of the following criteria or additional requirements for re-instatement:

1. Attend an appropriate diversion or educational awareness program consisting of a minimum three hours. Documentation of completion must be presented.
2. Complete a minimum five-page formal research paper and oral presentation. The paper would reflect the violation and must be agreed upon by the student, parent, and athletic director.
3. Complete 5-20 hours of community service recommended by the Appeals Board. The student is responsible for making arrangements, and gaining approval of selected community service activities. Documentation of completion must be presented.

All work must be completed prior to the student having his/her eligibility reinstated. A participant must complete the season in good standing. If less than one-half of the contests remain for a particular season, the suspension is carried over to the next sports season.

Multiple Offenses:

1. The second offense will result in a loss of participation privileges for 12 months. Students must follow the above Appeals Board Guidelines to be reinstated and will be subject to a Case Review Board hearing prior to reinstatement.
2. The third offense will result in suspension from all athletic/activity programs for the duration of the years in the building that the student attended at the time of the offense.

MINOR VIOLATIONS

Minor Violations: Defined as any violation of the GHS Student Code of Conduct. Code of conduct violations include, but are not limited to: inappropriate internet/electronic communications; bullying; hazing; insubordination; suspension; fighting; skipping (class/practice); chronic tardiness/attendance issues; 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 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; assigned Saturday School; lunch detention; in/out-of-school-suspension; and/or restitution.

(2 or more minor violations during a school year will constitute a major infraction. Major infraction policy will then be applied.)
Voluntary Referral
It is understood that substance abuse is a condition that can be treated. If a student involved in co-curricular activities voluntarily comes forth seeking help before a violation occurs, he/she will be referred to the appropriate professional for assistance. The student will be on probation for one year, but will be eligible for competition once the following criteria have been met.

Prior to being investigated or apprehended for a violation involving the use of alcohol, dangerous drugs or a controlled substance, the student may voluntarily request assistance from school officials. In the event of this self-reporting, there may be no disciplinary 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, dangerous drugs, or controlled substance use.

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

Academic 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.” (During grading period, including progress reports.)
4. **OSAA guideline** - To be scholastically eligible, a student must also be making satisfactory progress toward the school’s graduation requirements.
5. A student must have passed all classes the previous trimester, and must be enrolled in a minimum of four for the present trimester. Students who do not pass all classes at the completion of the school year will not be eligible for fall sports. Credit earned through summer recovery courses may be applied towards graduation credit, but any grade will not impact eligibility based on 2.0 GPA with no F requirement.
6. No student who has been enrolled as a student for more than eight semesters shall be eligible for activities or athletics.
7. Student must be making satisfactory progress toward graduation.
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.

Academic Appeal
When a participant fails to meet academic standards for participation, he/she becomes 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 first violation, the student may reduce his/her 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 three 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.

**When a student participant falls below our 2.0 policy:**
1. The participant will be eligible for contests and practices beginning immediately.
2. If the participant falls below academic expectations at the trimester progress report, **he/she will become ineligible for the remainder of that season.**
3. A participant will be granted **one** hardship per school year.
4. Final trimester grades will determine one’s eligibility for the next sports season.

**When a student participant has one “F” as a final grade:**
1. The participant will be eligible for practices.
2. The participant must sit out 10% of his/her scheduled contests.
3. If the participant falls below academic expectations at the trimester progress report, **he/she become ineligible for the remainder of that season.**
4. A participant will be granted **one** hardship per school year.
5. Final trimester grades will determine one’s eligibility for the next sports season.
6. A participant must also be on track to graduate based on OSAA standards.

**Academic Probation after Progress Reports**
Academic probation occurs when a student participant fails to meet GPA standards at the mid-trimester (6 week) progress report. Once placed on “Academic Probation” he/she has two weeks to correct his/her deficiencies. The academic probation period begins upon notification. The time of notification will vary based on completion of teacher progress reports. Once on probation the participant is pulled from competing, but he/she may continue to practice. A participant regains his/her eligibility as soon as GPA standards are met. Failing to meet GPA standards during the probationary period (2 weeks from notification) will result in participation suspension for the remainder of the season that he/she is participating in. Participants may return to competition as soon as they have met the requirements.

**How to Turn Out for Athletics**

**Step 1. Registration / Payment of Fees**

Athletes must complete the process for registration at Gladstone High School and be enrolled in a minimum of three classes, and maintain a 2.0 GPA with no Fs. 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 child needs a physical if:

a. He/she is an incoming freshman.
b. He/she is new to our school district, and do not have an OSAA-approved physical form on file.
c. He/she is turning out for a sport/activity for the first time.
d. His/her 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 (if necessary) 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 would put him/her at a significant disadvantage in a game or practice situation, we consider this a valid element to cut a player.
- If a player does not respect and obey the Gladstone High School rules and regulations we consider this a valid reason to cut a player.
- If a player does not respect and obey the Gladstone High School athletic policy we consider this a valid element to cut a player.
- If a player shows apathy toward practice/game situations or disrespect for his coaches or teammates, we consider this a valid element to cut a player.
- If there are more players who have turned out for the team than there are coaches to properly supervise them we consider this a valid element 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.

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 boys and girls, not to prepare them for
college or professional athletics.

Some notable statistics:

- Ninety-eight out of 100 high school athletes will never play in college.
- One out of every 100 high school athletes will receive a scholarship to a
division I school.
- 11,999 out of 12,000 high school athletes will never become professional
athletes.
- One of 4,200 baseball players will turn pro.
- One in 5,200 college football players will turn pro.
- Nearly 20,000 young men will play college basketball this year; about 40 will
make it to the NBA.
- Fifty-nine percent of high school football and basketball players believe they
will receive a college scholarship—only one percent actually get a Division I
scholarship.

Facts about professional athletes

<table>
<thead>
<tr>
<th></th>
<th>Education</th>
<th>Average Career</th>
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</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>84% have no college degree</td>
<td>4.5 years</td>
</tr>
<tr>
<td>NBA</td>
<td>80% have no college degree</td>
<td>4.0 years</td>
</tr>
<tr>
<td>NFL</td>
<td>67% have no college degree</td>
<td>3.5 years</td>
</tr>
<tr>
<td>NHL</td>
<td>92% have no college degree</td>
<td>4.0 years</td>
</tr>
</tbody>
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Summary
Based on these figures, 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.