

# **Ashland High School**



## **ATHLETIC HANDBOOK**

**Ashland High School Athletic Department**  
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## Dear Parent and Student:

We are pleased to welcome you to the athletic program at Ashland High School and we hope that this pamphlet is of value to you. It is the school's hope that all students will find activities in which they can participate and in which they will find enjoyment during their high school careers. We urge that parents actively support and encourage their sons and daughters in both their academic and athletic pursuits; we promote the aims of general education in both curricular and co-curricular activities. Listed below are the sports offered to the young men and women attending Ashland High School. \* = Club sport.

### **FALL**

Cheerleading  
Cross Country  
Football  
Boys Soccer  
Girls Soccer  
Volleyball  
Water Polo

### **WINTER**

Boys Basketball  
Girls Basketball  
\*Bowling  
Cheerleading  
\* Ice Hockey  
\*Snowboarding  
\*Alpine Ski  
\*Nordic Ski  
Swim Team  
Wrestling

### **SPRING**

Baseball  
\*Crew  
\*Equestrian  
Boys Golf  
Girls Golf  
Softball  
Boys Tennis  
Girls Tennis  
Track and Field

### **LENGTH OF SEASONS**

- Fall: First practice is normally the third week of August – season concludes between early November and early December, depending upon sport and playoffs.
- Winter: First practice is normally the first week of November – season concludes between mid February and early March, depending upon sport and playoffs.
- Spring: First practice is normally the third week of February – season concludes between mid to late May, depending upon sport and playoffs.

# ASHLAND HIGH SCHOOL ATHLETIC DEPARTMENT PHILOSOPHY

## TEACHING LIFE SKILLS THROUGH ATHLETICS

Ashland High School coaches and student-athletes project an image of gracious competitors who embrace challenge, enjoy the process, win with humility, handle defeat with dignity, advocate for their sport, and are positive role models.

We believe that the program of interscholastic athletics is an integral component of the total educational structure. While we will strive to make our teams as competitive as possible, our primary objective is to help our student-athletes acquire important skills that will help them to be successful in their adult lives. Our efforts as coaches will be focused on teaching our athletes how to win and not just on winning. Through positive reinforcement and intentional teaching, we will show our athletes how to succeed with humility and persevere through setbacks in a productive manner.

Our program places a high value on the power of participation. Within our educational setting, every effort will be made to provide athletic experiences for as many students as possible. We will strive to offer as many athletic teams as can be adequately coached, managed, and supported.

Our competitive teams will be selected on the basis of need, interest, and ability. We will place student-athletes on teams appropriate to their physical and emotional abilities. At the varsity level, our coaches will select players and decide playing time based on their judgment of combinations that will make the team as competitive as possible. At the sub-varsity levels, there will be more of a focus on player development, although playing time may still not be equal for all participants.

Our coaches will strive to be positive role models who display in-depth knowledge of their activity, an ability to teach, strong leadership, ethical behavior, and interest in holistic development of their athletes. Winning of championships should transpire as an outgrowth of ethical coaching and healthy competition.

The desired outcome for participants in our athletic program is that they will attain the following traits.

Ability to set and achieve goals	Self-confidence
Competitiveness	Accountability
Teamwork	Respect for self and others
Commitment	Leadership
Self-discipline	Ability to deal with adversity
Sportsmanship	Pride
Responsibility	Ability to communicate
Work ethic	Academic achievement
High self-esteem	Graciousness

We also hope that, during their high school athletic experience, our student-athletes will have fun and build fulfilling relationships. Our programs will strive to provide an opportunity for our students to release stress in a healthy manner and instill fitness for life as a core value. The product of our investment in athletics will be healthy adults who contribute to their community in a positive manner.

## VARSITY ATHLETICS

Varsity competition at Ashland High School is highly competitive. Our school is a member of the OSAA 5A classification and the Southern Sky Conference. The varsity level of competition is designed for those athletes who have the necessary skills and the desire to compete against the best athletes in the state. Athletes who wish to compete at the varsity level are encouraged to check with their coaches during their freshman, sophomore and junior years to find out how they might develop the skills to become varsity athletes.

## JUNIOR VARSITY ATHLETICS

Our junior varsity program is designed for our younger athletes who are developing their skills. This level of competition is approaching the level of competitiveness that our varsity level maintains. Since this is a developmental program and most of the athletes comprising these teams are underclassmen, many of the sports have regulations prohibiting seniors from playing on junior varsity teams.

## GENERAL INFORMATION

Athletes must be cleared through the athletic office, which is located in the gym lobby, prior to the first practice. Processing time is 24 hrs, weekdays. Due to limited facilities, some sports require athletes to try out and some students may not make a particular team. More details are available from individual coaches.

## HOW TO TURN OUT

### STEP 1. REGISTRATION / PAYMENT OF FEES

Athletes must complete the process for registration at Ashland High School and be enrolled in at least five credit classes. Students who reside outside of the Ashland city limits are required to pay a participation fee due to the Activities Levy. These fees must be paid before an athlete may participate in practice or games.

### STEP 2. PHYSICAL EXAMINATION / EMERGENCY INFORMATION FORM AND INSURANCE

All athletes must have an Oregon physical examination form on file in the athletic director's office. Physicals are required in the 9th and 11th grades to participate in the athletic program. Physicals are available at the high school health center starting in June for fall sports, or just prior to winter and spring sport seasons.

In the 10th and 12th grades, an annual history form must be completed and filed in the athletic director's office. **ATHLETIC INSURANCE** – No student may participate in the athletic program without insurance coverage. For participants who do not have medical insurance through a family policy, the appropriate school insurance plan must be purchased in the high school's main office.

### STEP 3. ATHLETIC PARTICIPATION CONTRACT AND ELIGIBILITY

Behavioral expectations for athletes are contained in this pamphlet. Both the athlete and his/her parent are required to read the pamphlet and to sign the contract. **NEW REQUIREMENT FOR 2009-10 SCHOOL YEAR: A COPY OF STUDENT'S REPORT CARD FROM PREVIOUS SEMESTER MUST BE TURNED IN TO THE ATHLETIC OFFICE** (exception: first semester freshmen).

### STEP 4. STATEMENT OF RISK (on the contract form)

Athletes and their parents are notified through the contract form of the risk in athletic participation. Each sport has specific inherent risks, which the coach will bring to the attention of the parents and athletes. Athletes and parents acknowledge these risks, and with their signature on the contract form, grant approval for participation.

### STEP 5. TURN-OUT

Upon completion of Steps 2, 3, and 4, the athlete office will notify the coach that the athlete is cleared to practice.

## **OSAA AND ASHLAND BASIC ELIGIBILITY RULES**

1. Must not be older than 19 on August 15.
2. Must reside in the Ashland school district or be on an inter-district transfer. All transfer students must check to see if they meet OSAA requirements.
3. Must have passed five AHS credit classes the previous semester and be enrolled in, and currently passing, five AHS credit courses.
4. Athletes may participate in only one AHS sport per season.

## **STATE STANDARDS FOR ELIGIBILITY**

Oregon School Activities Association (OSAA) state academic guidelines for participation in athletics:

- The student must have earned 5 credits in the previous semester. This does not apply to incoming freshman for fall and winter sports.
- The student must be enrolled in and passing 5 credits in the current semester.
- The student must be making satisfactory progress toward graduation, defined as having completed 8 credits prior to their sophomore year, 20 prior to junior year and 33 prior to senior year.

## **ASHLAND HIGH SCHOOL ACADEMIC POLICY**

Students will be eligible to be on the team and practice based on the above state standards. However, to be eligible to participate in competition on a weekly basis, student-athletes will be required to have 5 classes in which they have a grade of “C” or better and no “F’s.” Our Academic Coaches, Stephanie Santos and Allison French will monitor grades on a weekly basis. Students who are not meeting the standards will be required to meet with them twice weekly to work on individualized plans for improving their academic performance. In certain cases, they may allow students to play who are below the district standard but are working hard and showing satisfactory progress toward meeting standard.

## **ATHLETIC PARTICIPATION CONTRACT**

In order to better promote an understanding between the home and the high school, we are asking the parents of students who are participating in athletics and other activities to read the code of conduct and discuss it with their children. For clarification, all athletic and other activity programs will be designated “activity” unless specifically addressed. Also, all coaches, advisors, and directors of activities, will be designated “director(s)” unless specifically addressed.

Participation in activity programs is a privilege and students must comply with the standards of conduct as listed below during the length of their seasons. It is understood that this policy is a minimum conduct standard. Each activity may have additional policies regarding its own conduct standards, some of which may be in effect for the entire school year.

**ELIGIBILITY** – Several obligations must be met prior to a student’s participation.

- 1) A student must be in regular attendance, enrolled in and doing passing work, in five (5) credited subjects at the close of the preceding semester as well as the current semester (Summer school might be used).
- 2) A student must be living with his/her parent(s) or guardian(s) within the Ashland School District boundaries or be on an approved inter-district transfer.
- 3) A student must purchase a student body card for \$10.00.
- 4) All athletes must have a physical examination form on file in the athletic director’s office. Physicals are required in the 9th and 11th grades to participate in the athletic programs. In the 10th and 12th grades, an annual history form must be completed by the parent and filed in the athletic office.
- 5) An athlete must have insurance, either his/her own or school insurance, which can be purchased in the main office of the high school.
- 6) An athlete who lives outside the Ashland School District boundaries and is on an inter-district transfer will be required to pay a participation fee prior to participating in any practices or game.
- 7) Athletic hardship cases should be referred to the athletic director who will direct them to the principal.

## ASHLAND HIGH SCHOOL GENERAL ATHLETIC CODE OF CONDUCT

Revised 05/20/09

### **\*COACHES MAY SUPPLEMENT THE CODE OF CONDUCT WITH ADDITIONAL PARTICIPATION AND TRAINING OBLIGATIONS**

**ATTENDANCE** – In order to participate in a scheduled contest a student must attend each of their scheduled classes for the entire class period on the day of the contest unless participating in a school-related activity or if PRE-EXCUSED for medical, dental, or other necessary appointments.

**TRANSPORTATION** – A student who rides to an athletic contest or activity by district transportation may return with his/her own parent(s)/guardian(s) if the parent/guardian first informs the athletic director or a member of the coaching staff. A student may ride home with a relative or with someone designated by the parent/guardian with 24-hour prior, written approval of the principal or athletic director. Otherwise, the student MUST return with the group.

**HAZING/BULLYING** will NOT be tolerated in our athletic programs and will result in suspension or dismissal from the team. An individual or group who engage in humiliation, intimidation, pressure to perform dangerous/harmful activities as a prerequisite to inclusion, excluding or singling out team members in a negative manner, and/or cyber bullying in connection with the team will be in violation.

### **DRUG, ALCOHOL AND CONDUCT POLICIES**

**A. STUDENTS ARE PROHIBITED FROM THE UNLAWFUL POSSESSION, USE AND/OR SALE OF ALCOHOL AND OTHER CONTROLLED SUBSTANCES, INCLUDING STEROIDS.**

**REFERRALS** – Information disclosed to school staff about a student's drug and/or alcohol use is helpful to the user. A student using drugs and/or alcohol is encouraged to seek help, and any person aware of a student's use should notify officials. The three types of referrals are listed below:

**Type I** Concerned person referral. A team member, parent, or person close to the student approaches any member of the school staff with information about the student's drug and/or alcohol use.

**Type II** Self referral. The student who is using drugs and/or alcohol approaches any member of the school staff by his/her own initiative and asks for help.

**Type III** Non-voluntary referral. A school staff member observes a student's use of drugs and/or alcohol or is made aware of the problem by an outside agency such as the police or related agency.

**MINIMUM CONSEQUENCES FOR THE UNLAWFUL POSSESSION, USE AND/OR SALE OF ALCOHOL OR CONTROLLED SUBSTANCES ARE:**

**FIRST OFFENSE TYPE I OR II REFERRAL** Students referred to school staff by a concerned person or who seek help by his or her own initiative must enroll in a drug and alcohol education program. If they DO NOT enroll in a program immediately, they WILL BE subject to Type III consequences. There will be no suspension from participation for Type I or Type II referrals.

**FIRST OFFENSE TYPE III REFERRAL** The student may continue to practice, but will not be allowed to participate in the number of contests equal to 1/3 of the regular scheduled season contests, or one post-season/playoff contest if the violation occurs after the completion of the regular season. If there is less than 1/3 of the scheduled season remaining when the violation occurs, the penalty will carry over to the next activity season in which the student participates. In order to practice the student must be enrolled in and attending a drug/alcohol education program, and the student must complete the program before being allowed to participate in a scheduled activity. NOTE: If a Type I or II referral is followed by a Type III referral, the student will be subject to the consequences of a Type III referral.

**SECOND OFFENSE** (For Type I, II or III referrals) The student shall be suspended from participation in all athletic activities for the remainder of that school year.

**NOTWITHSTANDING THE FORGOING, DRUG OR ALCOHOL USE DURING ANY TEAM FUNCTION WILL RESULT IN IMMEDIATE DISMISSAL FROM THE TEAM AND THE STUDENT WILL BE SENT HOME AT PERSONAL EXPENSE.**

**B. STUDENTS ARE PROHIBITED FROM USE OR POSSESSION OF TOBACCO. THE MINIMUM CONSEQUENCES FOR A STUDENT WHO USES OR IS IN POSSESSION OF TOBACCO ARE:**

**FIRST OFFENSE** The student may continue to practice, but will not be allowed to participate in the number of contests equal to 1/4 of the regular scheduled season contests, or a maximum of one post-season/playoff contest if the violation occurs after completion of the regular season. If there is less than 1/4 of the scheduled season remaining when the violation occurs, the penalty will carry over to the next activity season in which the student participates during that school year, but will not carry over to the following year. In addition the student must contribute ten service hours to the school or other organization as designated by the athletic director or the school principal.

**SECOND OFFENSE** The student will, at a minimum, be suspended from participation in all athletic activities for the remainder of the current activity season. In the event of extenuating circumstances the athletic director and school staff will evaluate the situation and may impose an alternative consequence.

**C. ARREST AND CONVICTION:** If a student is arrested and convicted of any felony or misdemeanor the student may continue to practice but, at a minimum, will not be allowed to participate in the number of contests equal to 1/3 of the regular scheduled activity season contests, or one post-season/playoff contest if the arrest and conviction occur after the completion of the regular season. If there is less than 1/3 of the scheduled season remaining when the violation occurs, the penalty will carry over to the next activity season in which the student participates.

**D. GOOD CITIZEN OBLIGATION:** Athletes shall conduct themselves in a manner that reflects the high standards and ideals of their team, school, and community. Violations of conduct that are unbecoming of an athlete will lead to disciplinary action up to and including suspension or removal from participation.

### **RECONSIDERATION REQUEST**

In the event that a parent/guardian and/or student believe that there are extenuating circumstances associated with a student's violation of this Code of Conduct the parent/guardian and/or student must provide a written explanation of such circumstances to the athletic director within three days of the imposition of the related consequence.

## ASHLAND HIGH SCHOOL EXPECTATIONS

### ATHLETIC DEPARTMENT

1. Provide quality coaches who understand our athletic philosophy and value all of the individuals on their teams.
2. Work cooperatively with other schools to provide appropriate competition for our athletes.
3. Be aware of, and enforce rules and regulations of the Oregon Schools Activities Association (OSAA) and the Southern Sky Conference (SSC).
4. Provide recognition for those who qualify for certificates, letters or awards.

### ATHLETE

1. Takes responsibility for clearance and eligibility.
2. Treats coaches, officials, teammates and opponents, with respect.
3. Puts forth his/her best effort in practices and contests.
4. Attends all practices and contests unless clear and timely permission has been granted by the coach to be absent.
5. Does not try to intimidate others or use "trash talk".
6. Remembers that it is a privilege to represent Ashland High School in athletics.
7. Attends and positively participates in all scheduled practices.
8. Communicates effectively with the coach and teammates.
9. Refrains from conversations that foster dissension.
- 10.

### COACH

1. Treats other coaches, players, officials and parents, with respect.
2. Follows OSAA, SSC and Ashland High School policies and philosophies.
3. Prepares his/her team to the best of his/her ability.
4. Is fair and impartial in dealing with the athletes in his/her program.
5. Is a good role model for his/her athletes particularly in regard to self-control and makes sure that winning is considered in an educational setting.
6. Makes himself/herself available for a conference to answer questions or discuss issues. This meeting should not be immediately before or after a practice or a contest.

### PARENTS

1. Goes to the head coach for any purchases for son/daughter's team.
2. Treats other parents, athletes, coaches and officials, with respect.
3. Respects the decisions and judgments of the coaches and officials even though the parents do not agree with the decisions.
4. Sets an appointment to talk with the coach about questions or issues. Does not approach the coach immediately before, during or after a practice or a contest.
5. Supports, encourages and does whatever they can to allow the athlete to attend practices fully prepared.
6. Does not put pressure on their son/daughter to win or be an All-Star.
7. Remains positive in their comments about their own athlete, other athletes, their coach and the program.
8. Reads and understands OSAA and Ashland High School rules and regulations in this handbook.
9. Is a good role model for son/daughter by positively supporting the players, coaches and officials.
10. Leaves coaching of the team, (i.e. starting assignments, positions, playing time and level of play such as freshman, J.V. or Varsity) to the coaching staff.



## COMMUNICATION

### Communication you should expect from your athlete's coach

1. Coaching philosophy and criteria for earning a varsity letter.
2. Expectations regarding such things as attendance at practice, attitude, effort, academics, requirements for a letter or participation certificate, special equipment need.
3. Location and times of practices and contests.
4. Team activities, i.e. off-season conditioning and camps, meetings, etc.
5. Process for determining starting lineup, playing time and cuts, if applicable.
6. Responsibility for gear issued.
7. Rules and regulations not covered in the Athletic Code of Conduct, and consequences for breaking rules.

### Communication coach expects from parents

1. Concerns expressed directly to the coach **FIRST**.
2. Notification of any schedule conflicts well in advance (i.e. vacations and trips).
3. Specific concern in regard to a coach's philosophy and/or expectations.

### Appropriate concerns to discuss with coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

### Issues not appropriate to discuss with coaches

1. Playing time (player and coach discuss).
2. Team strategy
3. Play calling.
4. Matters pertaining to other athletes.

### Procedures to be followed regarding concerns parents or athletes have with the coach

1. Call the coach or speak to them about setting up an appointment.
2. If the coach cannot be reached, call the Athletic Office (482-2377) to have a date set up with the coach.
3. Please **DO NOT** attempt to confront to coach before or after a practice or game.

### THE NEXT STEP What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation.