

# Myrtle Point Jr/Sr High School

## Bobcats

### *Parent & Athlete HANDBOOK*



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OFFICE HOURS - Monday thru Friday 7:30 to 4:30

**Principal – Kayli Fandel**  
**Athletic Director – Jennifer Sproul**

**COMMITMENT IS EVERYTHING!**

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OSAA Sponsored Athletics at MPHS include:

<b>Year Long</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
Band	Volleyball	Wrestling	Track and Field
Choir	Cross Country	Basketball	Softball
	Football	Cheerleading	Baseball
	Soccer		
	Cheerleading		

# Parent & Athlete Handbook 2017-2018

## I. PHILOSOPHY

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### **Philosophy of Myrtle Point School District Athletics in Conjunction with the Oregon School Activities Association.**

Sports activities can offer students new challenges, improved skills, create a sense of accomplishment, and a great deal of fun. Student-athletes who take part in sports are better for it. They learn to take the risk of accepting new challenges while they test limits of their abilities. Participants learn to take pride in honest effort and achievement, regardless of victory or defeat. They learn the importance of teamwork in accomplishing goals. Sports can help student-athletes develop and mature emotionally, socially, as well as gain an enthusiasm for an active lifestyle. Any student wishing to participate in the Myrtle Point High School Athletic Program will be placed on a team according to their abilities.

## II. ETHICS (CONDUCT AND CITIZENSHIP) (SPORTSMANSHIP GUIDELINES) - OSAA

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In order to be an exemplary role-model for youth, you as a member of the Myrtle Point Jr/Sr High School Athletic Department should follow OAR 584-020 Teaching Standards and Practices Commission, and you should:

1. Be loyal to your superiors and support the policies set forth by the administration.
2. Teach and practice good sportsmanship.
3. Respect and support officials at all times.
4. Dress in a manner appropriate to the education profession.
5. Conduct yourself in a manner that warrants the respect and confidence of peers, students, and patrons.
6. Never publicly criticize other coaches, parents, student-athletes, officials, or administration.
7. Exercise self-control around players, officials, and spectators.
8. Avoid profanity around student-athletes.
9. Refrain from smoking or chewing tobacco at school functions.
10. Continually seek educational and cultural advancement.

## III. PARTICIPATION REQUIREMENTS

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Physical Every Two Year – Pick up physical form in the office  
Athletic Eligibility form - Every Year (or if your insurance changes)  
Pay to Participate – Every Season (Jr High \$25 and HS \$50)  
Reviewed and Signed Parent/Athlete Handbook  
Blue Card – Must have before they can participate each season

## IV. ACADEMIC EXPECTATIONS

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To be academically eligible for athletics, a student must be enrolled full-time in his/her school, on target to graduate based on OSAA graduation requirements, and have received passing grades and earned credits in all but one course during the previous trimester.

### **Interscholastic Athletics and Extracurricular Programs – Board Policy IGDJ-AR**

It is the intent of the Board that all student participation in interscholastic athletics and other extracurricular programs will be governed by rules set forth in this Administrative Rule, individual group charters, and in the Athletic Handbook. Rules and regulations contained in the above-mentioned charters hand handbook will not exceed those set forth in Policy IGDJ and this accompanying Administrative Rule.

1. Students shall have written parental consent in District Athletic and extracurricular programs.
2. Students shall abide by school rules and regulations to be eligible to participate in District athletic and extra curricular programs.
3. All transportation to and from activities shall be in District-provided or District-approved transportation. Students may be released directly to a parent or legal guardian if permission is granted by the coach or director, or in an emergency situation by an administrator.
4. Academic Eligibility

Step 0: Starting the third week of the academic calendar all students involved in extracurricular activities will turn in grade checks every two weeks to the Athletic Director showing that he/she is failing no more than one class. Students are ineligible to participate in practice or events/games until the grade check is turned in.

- a. Parents of students who are failing two or more classes will be notified.

Step 1: Students who receive at least two failing grades in any class at a mid-trimester progress report will be placed on academic probation, making him/her ineligible.\*

- a. The academic probation/ineligibility will be lifted once the student presents an academic progress report to the Athletic Director showing he/she is passing all but one of his/her classes.

Step 2: Use the table below to determine eligibility for students who have failing grades at the trimester report card. \*

Number of Failing Classes	Eligibility/Ineligibility	Eligible again with only one failing class
1	Eligible	Immediately
2	Ineligible	Mid-Trimester Progress Report
3	Ineligible	Trimester Report Card

5. Academic Progress Reports:
  - a. Academic Progress Report/Student Grade Check forms are available from the Athletic Director and/or the office.
  - b. The responsibility of obtaining the progress report and presenting it to the Athletic Director is solely that of the student.
6. Students who do not meet the eligibility standard at the end of spring trimester will be placed on Step 2 (ineligible until the next official grading period) at the start of the fall trimester of the ensuing school year.

\*A student who is ineligible may still practice with the team, but they cannot travel or dress down for events/games.
7. **HARDSHIPS:** Students who are ineligible due to academics in the above policy may apply for a hardship through MPHS by submitting three letters explaining why they deserve a hardship. The letters should be written by the student and either a parent/guardian and/or a teacher. The hardship will be determined by the administrative team.

## V. ATTENDANCE EXPECTATIONS

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The following rule and regulation regarding eligibility for practices and games have been established by the **Myrtle Point Jr/Sr High School Athletic Department**.

1. Students will attend school all day to be eligible for games. Only in extreme cases will a student be granted eligibility if classes are missed. Extreme cases will be determined by the school administration.
2. Guidelines for attendance at practice will be determined by each individual coach and discussed with the Athletic Director prior to competition. Please remember that each situation is different and discretion may be used by both the coach and athletic director when making decisions.

The coaches and/or school supervisor will enforce the above rule. Students that choose not to follow the above rules and directions of coaches or school authorities will be sent suspended indefinitely until a review occurs.

## VI. SUBSTANCE ABUSE AND TOBACCO POLICY

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It is the policy of Myrtle Point Jr/Sr High School to prevent and prohibit the possession, use, sale, distribution, and/or intent to distribute any illegal or controlled mood-altering chemical, medication (except medications distributed to individual athletes through the office with parent and physician permission), look-alike drug, abused chemical, inhalant, or tobacco, by any student.

Consequently, should any student, member of the school's staff or coach, witness or have evidence that a student is in possession of, using, or under the influence of any of the previously mentioned substances, the proper civil authorities will be notified. Also, that student will be dealt with according to the appropriate

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school's suspension and expulsion policy. Please note that rumor, hearsay and allegations will be investigated by the administration, Athletic Director and coaches of the sport in season. The proper authorities will be advised when deemed necessary.

#### Activity, Drug, and Alcohol Policy

- Drug policy: As outlined in School Board Policy JFCIA
- Mandatory drug testing may be required of all students in grades 9-12 participating in extracurricular activities.

Students may be tested prior to participation in extracurricular activities. Random testing will be conducted periodically thereafter by a method determined by the district to assure the integrity, confidentiality, and random nature selection process.

Myrtle Point Jr./Sr. High School prohibits the use of and/or participation in activities that involve possession, use, sale, or distribution of alcohol, any unlawful drug, drug paraphernalia, or any substance identified as a drug, including the misuse of non-prescription drugs, or misuse of a drug prescribed by a licensed medical practitioner. If a student is participating in an extracurricular activity, and that student is found to have violated this policy outside of school or outside a school activity the following steps will be taken:

#### **Step One: First Violation**

The athlete shall be suspended from game participation and all extracurricular activities for 21 consecutive days. The suspension will commence on the day of the disciplinary action by the school and continue for 21 consecutive calendar days. The student will also be required to do 10 hours of community service, which must be completed at the end of the suspension (end of the 21 days). The athlete must miss a minimum of three games or contests. During the suspension the student will not participate in any activities, practices, meetings, and/or school sponsored events (which also include dances and non-academic field trips).

#### **Step Two: Second Violation**

As stated above, but the suspension will be for the remainder of the season and the next sport season.

#### **Step Three: Third Violation**

The student will be suspended from all athletic participation for the remainder of the academic year, or a full three-sport season (whichever is the longest).

#### **Tobacco Policy**

The use of Tobacco in any form will result in a two-week suspension from all activities for the first offense. (Note: An athlete will miss at least one game or contest during this first suspension). The second offense will result in the dismissal of that individual from the team sport they are currently participating in. Police notification will be an option of the building administration in any of the above violations.

## **VII. TRAVEL**

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Students are reminded that they are representing Myrtle Point School District while on school activities, and to be Safe, Responsible, and Respectful will on school activities.

If a student would like to travel from an activity with another student's parent please fill out the form that is available in the office. (See Appendix A)

## VIII. COMMUNICATION

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### **With the coach:**

1. All communication between coach and athlete will include the parent or be a group message. This includes all social media and phone communications.
2. Communication between the coach and a parent will not occur on the evening of an event.

### Communication Chain of Command

1. Coach
2. Athletic Director
3. Principal
4. Superintendent
5. School Board

## IX. SPECTATOR INFORMATION

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### OSAA Policy Sportsmanship/Spectator Conduct

#### **RULE 3.3 – SPORTSMANSHIP RESPONSIBILITY**

The high school principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's coaches, players, students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.

#### **EXECUTIVE BOARD POLICY 65 – SPECTATOR CONDUCT AT OSAA SANCTIONED EVENTS (REVISED WINTER 2015)**

In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events..." the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided:

- A. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor.
- B. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. "Fathead" type items are considered signs and shall not be larger than 8 ½ by 11 inches. Spectators are required to wear shirts.
- C. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- D. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action.

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E. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.

## X. CONCUSSION INFORMATION

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If an athlete has received or thinks they have received a concussion, contact your health care provider. Student athletes cannot return to play until their health care provider has filled out the OSAA form. Pick up this form in the office.

For parent information on concussions, see Appendix B.

## XI. EJECTIONS

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If an athlete is ejected from a competition/game, the student (family) is responsible for any fine and suspended for the next contest. The first fine for a specific sport is \$50. The second ejection in the same sport is \$100 fine. Each ejection thereafter in that specific sport is increased by \$50 increments. (1<sup>st</sup> - \$50, 2<sup>nd</sup> - \$100, 3<sup>rd</sup> - \$150, 4<sup>th</sup> - \$200... without limitation). A fine of ejection in the last contest of the season shall be increased by \$100 over the standard fine. OSAA policy charges each school/sport these fines, please see [www.osaa.org](http://www.osaa.org) Handbook/Ejection Policies.



Appendix A

Valid for the 2017-2018 school year

REQUEST FOR STUDENT TO RIDE HOME WITH ADULT OTHER THAN GUARDIAN

(Completed by Parent)

Student making request \_\_\_\_\_ Date \_\_\_\_\_

Athletic Event/Destination \_\_\_\_\_ Date \_\_\_\_\_

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Please allow my student \_\_\_\_\_ to ride with \_\_\_\_\_

**Adult Transporting My Student Proof of Insurance (Board Policy EEAE)**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Driver's License number \_\_\_\_\_

Vehicle Insurance Provider \_\_\_\_\_ Policy No. \_\_\_\_\_

\_\_\_\_\_  
Signature of Adult Transporting my Student      Date

\*\*\*\*\*

In the event of serious injury and your family doctor cannot be contacted, and if we are unable to contact one of the other parent, does the adult transporting your student have your permission to see medical attention from the nearest physician?

\_\_\_ Yes \_\_\_ No, If you answer is NO, please state the procedure you wish the parent to follow:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Guardian      Date

(Completed by Athletic Director/Principal/Superintendent)

APPROVED       NOT APPROVED       \_\_\_\_\_/\_\_\_\_\_

Administrative Signature      Date

# A Fact Sheet for YOUTH SPORTS PARENTS



This sheet has information to help protect your children or teens from concussion or other serious brain injury.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - › Work with their coach to teach ways to lower the chances of getting a concussion.
  - › Emphasize the importance of reporting concussions and taking time to recover from one.
  - › Ensure that they follow their coach's rules for safety and the rules of the sport.
  - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to or after* a hit or fall.

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

### GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

**Concussions affect each child and teen differently.** While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



## Plan ahead.

What do you want your child or teen to know about concussion?

## What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.



You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

## What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Revised 12/2015



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)

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By signing below, I acknowledge that I have read the Myrtle Point Parent & Athlete Handbook and will follow the guidelines set forth by it, OSAA, and the Myrtle Point School District.

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Student Name (Print)

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Student Signature

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Date

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Parent/Guardian Signature

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Date