

# **SISTERS SCHOOL DISTRICT**

# **ATHLETIC HANDBOOK**

**2024-2025 School Year**

**HOME OF THE OUTLAWS**

## **MISSION STATEMENT**

To teach, compete with honor and dignity, serve  
community, and pursue excellence



# Table of Contents

<a href="#"><u>Athletic Department Staff</u></a> .....	2
<a href="#"><u>Message to Families and Athletes</u></a> .....	3
<a href="#"><u>Roles We Serve</u></a> .....	4
<a href="#"><u>OSAA Athletics Options</u></a> .....	6
<a href="#"><u>Athlete Medical Procedures</u></a> .....	7
<a href="#"><u>State and League Affiliations</u></a> .....	8
<a href="#"><u>Athletic Department Policies</u></a> .....	9
<a href="#"><u>Academic/Attendance Requirements</u></a> .....	11
<a href="#"><u>Substance Abuse</u></a> .....	13
<a href="#"><u>Athletic Clearance &amp; Procedures</u></a> .....	16
<a href="#"><u>Communication</u></a> .....	18
<a href="#"><u>Social Media</u></a> .....	20
<a href="#"><u>Outlaw Creed</u></a> .....	21



## **Athletic Department Staff**

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### **SOCIAL MEDIA**

Facebook: @ Sisters Outlaws Athletics

Instagram: @ sisters.outlaws.athletics



# **Message to Athletes and Families**

Welcome to Sisters School District. We are excited that you want to be a part of the Outlaw Athletics community during the 2024-2025 school year. The foundation of success has been built by many coaches, student-athletes, and community members before us, and now it is our turn to continue the tradition of success. This is a big responsibility for all of us. We all have a unique and essential role to play. Each role is important, from coaching to playing to officiating to supporting and parenting.

As a member of the Outlaw Athletics community, you will see first-hand the benefits of being a part of interscholastic athletics. While the standards of being a student-athlete within the Sisters School district are high, the benefits of participating in interscholastic athletics are powerful in your development both as a student and as an athlete.

This handbook will be your guide in ensuring that you have a successful athletic experience at Sisters School District. Please ensure you read and understand our policies, procedures, rules, and expectations. We are excited to have you a part of our team. The staff at Sisters is here to support all student-athletes and their families. Please do not hesitate to reach out with any questions, comments, or concerns.

## **SISTERS SCHOOL DISTRICT AUTHORITY**

The Sisters School District activities guidelines, OSAA guidelines, and other pertinent district policies govern all co-curricular activities. For purposes of clarification, co-curricular activities are divided into athletic-related co-curricular activities and non-athletic co-curricular activities. All policies contained in this document, other pertinent district policies, and the OSAA handbook apply to participants in athletic-related activities and non-athletic-related activities representing the Sisters School District.

Participation in these programs is understood to be a privilege and not an inherent right of the student. Signing the Co-curricular Participation Consent Form indicates knowledge of and willingness to abide by the established rules and regulations of the Sisters School District.

Matt Hilgers - High School Athletic Director

# **Roles We Serve**

## **Athletic Director**

Responsible for administering athletics at the high school/middle school level. Duties include but are not limited to hiring, evaluating, and training coaches, coordinating the athletic budget, scheduling games, coordinating practice schedules, ensuring compliance with OSAA, league, and school policies, rules, and regulations, scheduling transportation, coordinating officials, implementing student-athlete leadership development opportunities, attending and supervising athletic events, managing all athletic-related communication, and maintaining media relations.

The Athletic Director will advise the Superintendent, Principal, staff, teams, coaches, and parents/guardians of any changes and communicate the needs of the Athletic Department to the administration, booster club, and SSD School Board. They must also be a positive representative of the Sisters School District and the Athletic Department.

## **Head Coach**

The head coach is responsible for creating a fun, safe, and challenging environment in which student-athletes will receive a high level of instruction and competition. The head coach is also responsible for submitting a roster prior to the season and distributing and collecting uniforms and equipment. Completing game, injury, and incident reports. The head coach must also communicate with parents/guardians.

The head coach must also ensure that student-athletes are exhibiting good behavior at all times. The Head Coach is expected to be a positive representative of the Sisters School District and the Athletic Department. They are expected to make decisions based on the collective interest of the team, while also developing each student-athlete to their fullest potential. The head coach must be clear in expectations and available to student-athletes for positive mentorship. They are expected to maintain high personal standards, have a student-first approach, and promote sportsmanship at all times.

## **Student-Athlete**

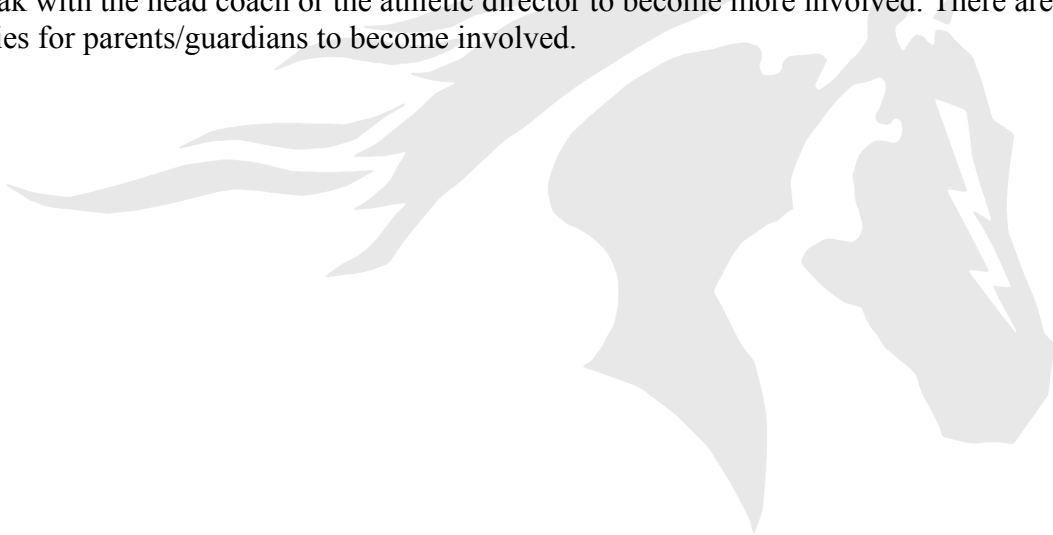
The student-athlete is expected to be a positive member of the Sisters' Athletics community. Student-athletes will be representing Sisters at all times and are expected to conduct themselves in a manner that will reflect positively upon our program, school, and community as a whole. Student-athletes are expected to be respectful and exhibit good behavior in class, in practice, in contests, and in the community. If a student-athlete fails to abide by the expectations, policies and rules outlined in this handbook, they may be subject to penalties, which may include contest suspensions, ineligibility, or dismissal from the team. If a student-athlete must discuss an issue with the head coach, they must communicate in a respectful manner to try to find a solution. If a solution is not reached, the athletic director may assist.

## **Parent Guardian**

The parent/guardian plays a vital role in Sisters' Athletics Program. Parents/guardians model attitudes and behaviors for their student-athletes. We invite all parents/guardians to attend Sisters' Athletics home and away contests, support the team, and encourage their student-athletes to practice and play with maximum effort.

We are appreciative of the assistance parents/guardians provide for their student-athletes in their athletic endeavors. We recognize the sacrifice that many of our parents/guardians have to make in order to support their student-athlete and their success. We are appreciative of the support parents/guardians provide our coaches in their efforts to create a valuable athletic experience for all participants. It is essential for parents/guardians to be mindful of and respect what the coaches are trying to do by avoiding interference or public criticism, especially in front of their student-athletes, other teammates, or community members.

Parents/guardians are expected to contribute to the positive playing environment that we provide for ALL participants, including officials, opposing student-athletes, coaches, and fans. There is a zero-tolerance policy for discriminatory and disrespectful acts toward others at all athletic events. Any spectator who displays acts of discrimination or disrespect will be kindly asked to leave the contest. Parents/guardians should speak with the head coach or the athletic director to become more involved. There are several opportunities for parents/guardians to become involved.



# OSAA Athletics Options

HIGH SCHOOL	MIDDLE SCHOOL
FALL	FALL
Football	Football
Boys/Girls Soccer	Volleyball
Volleyball	Boys/Girls Cross Country
Boys/Girls Cross Country	
WINTER	WINTER
Boys/Girls Wrestling	Boys/Girls Wrestling
Boys/Girls Basketball	Boys/Girls Basketball
Boy/Girls Swimming	
SPRING	SPRING
Baseball	Boys/Girls Track and Field
Softball	
Boys/Girls Track and Field	
Boys/Girls Tennis	
Boys/Girls Golf	
Band/Choir/Solo Music	

\*Activity offerings at SHS that are club sports

- Boys/Girls Alpine Skiing
- Boys/Girls Nordic Skiing
- OHSET

# **Athlete Medical Procedures**

## **Illness & Injury**

All injuries must be reported to the Head Coach at the time they occurred so further injury can be avoided. If a student-athlete is injured, remember the following:

1. Report the injury to the head coach before leaving the playing area
2. No matter how small the injury, get treatment
3. A notice from the doctor should be given to the athletic director, head coach, and trainer to end physical restriction
4. Anyone who becomes sick, nauseated, dizzy, and/or very hot should notify the head coach immediately.

## **Doctor Notes**

Any time the student-athlete is under a doctor's care for illness, school-related injury, or non-school-related injury, they need to inform the following people; the athletic director, the school nurse/athletic trainer, and the head coach.

A note from the doctor needs to consist of the following:

- Diagnosis
- Recommended treatment and rehabilitation
- Physical education and athletic restrictions (if any)
- Date of next appointment (if any)
- Date of clearance (if any)

If the school becomes aware of any illness, school-related injury, or non-school-related injury, the school has a right to restrict the student-athlete from participation until a clearance note from a medical provider is submitted to the school. A clearance note from a medical provider may be required before the student-athlete will be permitted to return to participation.

## **Implied Consent**

In the event of a student-athlete being injured, the student-athlete and parent/guardian agree to treatment for injuries by the Certified Athletic Trainer, Head Coach, Athletic Director, Emergency Response Personnel, or a qualified healthcare provider. The student-athlete and parent are to be honest and not withhold information concerning symptoms or previous injuries.

## **Equipment**

Medical kits will be distributed to each head coach for all sports and levels. All equipment issued to a student-athlete from the training room is the responsibility of that student-athlete. When a student-athlete is no longer in need of the equipment, it should be returned to the Trainer, Athletic Director, or Head Coach immediately. Any student-athlete who does not return their equipment will be required to pay to have it replaced.



# **State and League Affiliations**

## **Sisters High School**

Sisters High School competes in the Oregon School Activities Association (OSAA). The OSAA believes that interscholastic activities programs are essential to the education of youth, and therefore are an integral part of the school curriculum. The values of high school activities and their impact on the lives of students are immeasurable. Not only do interscholastic activities benefit and directly influence participants, but they also instill pride, unity, and spirit amongst students, fans, schools, and communities throughout the state. The public and non-public high schools of Oregon voluntarily agreed to form the Oregon School Activities Association for the following purposes:

- a. To formulate and make policies to promote high ideals of citizenship, fair competition, sportsmanship, and teamwork which will complement the member schools' curriculum programs;
- b. To foster uniformity to standards in interscholastic activity competition;
- c. To organize, develop, direct, and regulate an interscholastic activity program that is equitable and will guide and promote the health and physical welfare of all participants.

Sisters High School competes in the 3A classification and is a member of the Mountain Valley Conference. The SHS Athletic Department abides by the rules and procedures set forth by the Constitution and Standard Operating Procedures of the Mountain Valley Conference as well as the OSAA Handbook

Schools in the MVC include Creswell, Elmira, Harrisburg, La Pine, and Pleasant Hill.

The OSAA has established special districts for many of our athletic teams. The SHS Athletic Department abides by rules and procedures set forth by the Standard Operating Procedures of each Special District.

- \* For questions regarding SHS's involvement and regulations of the OSAA please refer to [OSAA.org](https://osaa.org).
- \* For questions regarding league SOP's please reach out to the Athletic Director.

# **Athletic Department Policies**

The Sisters School District Board believes co-curricular activities are necessary to supplement the curriculum of the school and to provide meaningful educational experiences for each student-athlete. Since participation in athletics is voluntary and all groups must exist within a framework of certain policies, rules, and regulations, the Athletic Department has developed the following policies:

- All student-athletes must abide by all regular school policies outlined in the Student Handbook, the Athletic Department's Code of Conduct, Oregon School Activities Association (OSAA) regulations, and the Mountain Valley Conference constitution and standard operating procedures.
- All student-athletes must adhere to these policies during the full duration of the season, including all conditioning sessions, travel, and postseason competitions. Some policies are enforced 24/7/365 days per year.
- All student-athletes shall abide by school and school district policies and regulations regarding suspensions, expulsions, and removals. Suspension from school will result in suspension from participation, while expulsion from school will result in forfeiture of the student's right to participate in athletics for that school year.

## **Harassment and Bullying Behavior**

Discriminatory harassment and bullying behavior will not be tolerated. Discrimination (OAR 581-021-0045(1)(a)) is defined as "any act that unreasonably differentiates treatment, intended or unintended, or any act that is fair in form but discriminatory in operation, either of which is based on age, disability, national origin, race, color, marital status, religion, sex, and sexual orientation." Harassing conduct may take many forms, including verbal acts and name-calling; graphic and written statements, which include use of cell phones or the internet; or other conduct that may be physically threatening, harmful, or humiliating. Harassment does not have to include intent to harm, be directed at a specific target, or involve repeated incidents. Harassment creates a hostile environment when the conduct is sufficiently severe, pervasive, or persistent, to interfere with or limit the ability to participate in or benefit from the services, activities, or opportunities a school offers. This includes the use of, or engagement in, abusive verbal expression or physical conduct, especially if that conduct interferes with the performance of students, staff, event officials, or sponsors of interscholastic activities.



## **Hazing**

Hazing, a form of harassment whether it be physical or verbal, will not be condoned by a victim, a coach, staff, family, school administrator, fellow students, and teammates. Any student-athlete found to have committed an act of harassment against any student in the district, including teammates, will be faced with disciplinary action, which may include suspension from their team and from school. Team members are expected to notify a coach or other school official if any such behavior is observed. School employees who fail to enforce this policy or any violation of the Sisters School District Policy may be subject to disciplinary action. Criminal acts, violence, intimidation or discrimination, whether at school or in the community, will not be tolerated and may be cause for disciplinary action up to and including suspension/dismissal from the program. Please refer to board policy JBA-GBN, Sexual Harassment of Students, and JFCF, Hazing/Harassment/Threats. In the case of legal investigations by law enforcement officials related to criminal acts, the school officials will work with law enforcement officials to determine an appropriate course of action based on the evidence provided.

## **Spectator Conduct**

### *OSAA Handbook Rule 3.4*

The following expectations regarding spectator conduct at all OSAA-sanctioned events, including regular and postseason competitions are provided. Those violating or threatening to violate the following Association rules or site management spectator conduct expectations, may be ejected from the premises, issued a trespass citation, excluded from sanctioned activities temporarily or permanently, and/or referred to law enforcement officials.

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 contest officials. Some examples of unacceptable conduct include but are not limited to disrespecting players by name, number, or position; negative cheers or chants; throwing objects on the playing surface; use of derogatory or racially explicit language; discriminatory harassment or conduct that creates a hostile environment that is disruptive to the educational environment.

Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in racially/culturally insensitive action.



# **Academic/Attendance Requirement**

The objective of the academic eligibility rule is to complement school curriculum programs in recognition that interscholastic activity programs are an extension of the classroom. Academic standards help ensure a balance between activities and academic performance, promote the objective of graduation from high school, ensure that student participants are representing the academic mission of Sisters, and allow the use of interscholastic participation as a motivator for academic excellence. To be eligible to participate in interscholastic activities, all student-athletes will be required to meet certain standards established by the Oregon School Activities Association (OSAA) and the Sisters Athletic Department.

## **OSAA Academic Requirement**

An eligible student-athlete is one who is enrolled in school, attending regularly, and who during the immediate preceding trimester was enrolled in school, attended regularly and passed subjects equivalent to at least two credits of work (passing four of the available five classes).

In addition to the specific credit requirement, to be academically eligible, a student-athlete must be making satisfactory progress toward the school's graduation requirements by earning a minimum quantity of credits prior to the start of the specified year.

## **Minimum Satisfactory Progress**

Required Prior to Year 2 – 4.5 Credits

Required Prior to Year 3 – 11 Credits

Required Prior to Year 4 – 18.5 Credits

## **Sisters Athletic Department Grade checks**

Academic progress will be checked at the end of every third week throughout the school year. Students who are not passing four classes will be placed on probation. Students on probation will have one week to bring their grades up. Upon the conclusion of the week, grades will be checked again. If eligibility is not regained and maintained by the end of the week probation period the student-athlete will remain ineligible until passing four classes. Students who are not meeting this requirement but have a plan of action with a teacher must communicate this to the athletic director to remain eligible. Students enrolled in SEO must demonstrate progress toward completion of their classes to remain eligible.

**\*\*SMS will do grade checks every week due to the short 6 week seasons. If an athlete is failing a class on the third week, they will be put on probation and will have one week to bring up their grade. Upon conclusion of the week probation period the student-athlete will remain ineligible until they are passing all 5 classes.**

## **Homeschool and High School Equivalency**

Students- Athletes who are not registered with Sisters High School and are earning their education through Homeschooling or through a GED program need to follow specific rules outlined by the Department of Education and OSAA.

### **Homeschool**

- Notification of intent to Homeschool student sent to the district
- Meet certain criteria on ODE-approved test
- Test must be taken before August 15
- Test results must be turned in to the school
- All other ODE, OSAA, and school district rules and eligibility requirements must be met.

### **High School Equivalency Student**

- Student-athletes must pass a practice test administered through a high school equivalency program.
  - A high school equivalency program is a program provided to assist a student in earning a certificate for passing an approved high school equivalency test such as the GED Test.
- The test must be passed before the beginning of the interscholastic activity
- Students must also meet ODE, OSAA, and district standards for behavior and responsibilities.

### **Attendance Requirements**

The Head Coach and Athletic Director will receive a daily attendance report for their teams at the end of the school day. To participate in practice or contests, student-athletes must abide by the following expectations:

- Attend all classes for the entirety of each class (SMS - 15 minutes or more tardy = an unexcused absence)
- Arrive on time, ready to learn with the required materials
- Parents/guardians must communicate with the front office for pre-arranged absences or to excuse absences. Parents/guardians have until 3 pm to excuse an absence for that day.
- Excused absences include medical appointments (including physical therapy, dental, etc.), death in the family, school-related trips, or DMV appointments.
- There may be special circumstances that may only be excused by the Principal or Athletic Director. Please contact the Athletic Director immediately before participation if you feel you have a special circumstance.
- Medical appointments including dentists need written notes (from medical providers) clearing student-athletes for practice or that day's contest.
- Students with an open period need to be off campus or with a teacher. If you have an open for 5th period and are not with a teacher you need to wait until 3:00 to be in the school.
- When teams return after midnight students will be excused from their first-period class only

**Student-athletes who have an unexcused absence will not be allowed to participate in practices or contests for that day. Student-athletes may watch practice or games from the bench if they are ineligible. Student-athletes may travel with the team, so long as the bus leaves after the school day, and they do not miss any class time due to travel. Student-athletes are expected to be at all team events, not participating in team events may result in a reduced role within your team.**

## **IN-SEASON SPORTS PRIORITY**

The goal of our athletics department is to foster the idea of a multisport athlete. To foster this idea we will not have open facilities for out-of-season sports for 21 days following the first day of practice for the corresponding sports season. The weight room facility will be closed for a minimum of one week following the first day of practice and will be opened on a reasonable date based on the consensus of the Athletic Department. We will also not have athletes go from in-season practice to an out-of-season open facility.

## **Dual Sport Athletes**

When students participate in multiple sports/programs during the same season the following steps need to be taken

- 1) Parent/guardian/athlete meets with both head coaches to determine a priority sport
- 2) Determine a practice plan for both programs
- 3) Look at the schedule for both programs before the first contest date, when dates conflict determine and communicate to both coaches which program the athlete will participate in for that date.



# **Substance Abuse Policy**

Sisters School District recognizes that substance abuse and the problems associated with it are becoming more prevalent among students. We believe that prevention, early intervention, and appropriate referral are necessary to provide students the opportunity to succeed in the classroom and in athletics.

Sisters School District also recognizes that student involvement with alcohol or other drugs will be destructive to self or others, causing problems in their daily lives. Where the capacity to make responsible decisions regarding alcohol and other drug use has been reduced or compromised, prompt and appropriate intervention can help those students involved.

Sisters School District regards alcohol and other drug addictions as a medical problem severely affecting behavior. Our primary purpose is to identify and document any behavior that would be considered problematic to the student's effectiveness on campus and which appears to impair that student's health.

Sisters School District believes that along with the community, the school has a role to play in helping students make responsible decisions about the use of alcohol and drugs. Therefore, we wish to cooperate with the community in acting as a resource to students, parents/guardians, and employees. It is our intent to act as educators, identifiers, and referring agents. It is our hope that this will promote the safety, health, and well-being of all students.

## **Substance Abuse Process**

Student-athletes are prohibited from selling, possessing, or using tobacco, vaping, alcoholic beverages, illegal drugs, inhalants, and narcotics on or off campus at all times. This policy is enforced 24/7/365 days per year.

In addition, student-athletes who are in the presence of other students or individuals in violation of this policy are expected to take all reasonable actions necessary to leave the premises immediately where such illegal activity is occurring, even if the student-athlete is not using, possessing, or distributing alcoholic beverages, illegal drugs or paraphernalia. Failure to leave the premises when such violations occur will be considered an infraction of the policy and the appropriate consequences will be applied.

## **Reporting/Determination of Substance Abuse Violations**

The use or possession of drugs, tobacco, or alcoholic beverages by any student-athlete must be reported to the principal, assistant principal/athletic director, or dean of students who will initiate appropriate action.

The principal (or the principal's designee) will determine whether a prohibited substance violation has occurred.

## **First Offense**

Participants will be suspended for 30% of the season's contests or performances. The suspension starts immediately following the offense report. If the student is suspended from school during this time, he/she will not be allowed to practice. Upon return to school, participants will be required to attend all team meetings and practices. If there is no out-of-school suspension involved, students will attend practices and meetings until their suspension has been completed.

**\*\*Please note that the SHS Athletic Department suggests a drug and alcohol assessment be completed after the first offense at the student/athlete's own expense. If the student voluntarily agrees to this assessment, their suspension is reduced from 30% to 20% of the season's contests or performances.**

## **Second Offense**

Suspended from athletics competitions for 100% of an activity season. Drug and alcohol assessment is required before further participation. Students will continue to attend all practices and team meetings.

## **Third Offense**

Loss of all further eligibility in athletics for the remainder of that student's enrollment at Sisters High School. Following a third offense, a student may appeal before a Review Board named by the Principal.

- **All suspensions will carry over from one season to the next.**
- **All violations are accumulated over a participant's high school career.**
- **Suspensions apply to all activities in which the student is currently enrolled.**

## **Request for Assistance**

Student-athletes will not be disciplined for requesting substance abuse assistance if such requests are made before the administration's knowledge of substance violations. In these cases, the student-athlete will be directed to an appropriate treatment program and required to abide by all team training rules.

## **Self Referral/Honesty Provision**

Sisters School District intends to assist students in developing responsibility for their actions. Therefore a student voluntarily reporting a personal violation of a rule in the Athletic Handbook may be permitted leniency. This student-athlete may have their athletic suspension reduced to 10% of a sports season. A self-report **MUST** be initiated by a student-athlete to the Athletic Director or Principal within 24 hours of the infraction or by 4 p.m. of the next regularly scheduled school day. If a violation occurs during a holiday break or summer vacation a good faith effort should be made to contact the Athletic Director or Principal. The student-athlete must come forward voluntarily to acknowledge violations of these policies regarding the use of drugs, alcohol, intoxicants, and/or tobacco before any investigation or other notification of school personnel or law enforcement agencies. An investigation is defined as an attempt to validate an alleged violation of the athletic department or school policy. The involvement of a law enforcement agency automatically constitutes an investigation. (Example: if the police are called to a party where alcohol is present, an investigation automatically begins). If the student invokes this provision the right to the appeal process is forfeited.

This leniency provision is only applied one time during a student-athlete high school career.



## **Other Violations**

In addition to our drug and alcohol policy, suspension from an activity for a period of time to be determined by the Coach / Principal / Athletic Director shall result from any of the following violations in school or school-sponsored activities:

- Insubordination, obscene gestures, or swearing
- Fighting
- Vandalism and/or theft (**Suspended from the team for the length of school suspension**)
- Skipping Class
- Hazing, initiation, or otherwise harassing an individual or group
- Cheating
- Misdemeanor or felony convictions
- Other disciplinary situations or actions that are contrary to our Outlaws Together Creed may arise



# **Athletic Clearance & Procedures**

Student-athletes desiring to participate in athletics must obtain clearance from the athletic office before participating in any practice or activity.

The student-athlete must meet the following requirements before participation in competition is allowed:

- Complete online athletic registration, including parent permission, insurance, and emergency contact information, Code of Conduct, social media, medical disclosures, consent forms signed, and pay any outstanding fines or fees
- A copy of a current and updated physical examination (every two years 6th or 7th, 9th, and 11th grade)
- Meet academic eligibility standards (grades checked by the school office)
- No outstanding school debt
- Complete SWAY Assessment as part of our concussion safety monitoring program
- Obtain a current student identification card/purchase an ASB card.

## **Pay to Play**

The following pay-to-play fee structure will take place for the 24/25 year

- SHS - \$150 for each of the first two seasons, season three is free, family cap of \$450
- SMS - \$75 for each of the first two seasons, season three is free, family cap is \$225
- Home School Athletes: \$300 for season one and season two, \$250 for season three.
- Students attending Online, private, and charter schools - School of attendance is charged a fee as well as the \$150 (\$75 SMS) fee paid by the family.
- Scholarships will be available for students who need assistance, Requirements are Income based. Please contact Athletic Director for assistance

- 1) Any required athletic fees must be paid in full before participation in the athletic program in the Sisters School District.
- 2) Fee reimbursement will be made on the following conditions:
  - a. Athletes who are cut or dismissed from participation with the team by the coaching staff before the first regularly scheduled contest will be reimbursed in full.
  - b. Those athletes who withdraw from participation with a team prior to the first contest, for any reason, will be reimbursed on a prorated basis. Any student-athlete who withdraws from the team after the halfway point will not be reimbursed.

## **Team Selection Process**

To provide a quality athletic program in which students can participate under optimum conditions, it is sometimes necessary to limit the total number of participants on a team. The head coach, in cooperation with the athletic director, will determine the participation limit for each team. Reasons for limiting the number of participants may include safety, funding, OSAA requirements, and the need to provide the best possible teaching and learning environment for student-athletes. Choosing the members of any particular team is the sole responsibility of the head coach. The Head Coach must choose the team members in conformity with the philosophy of the program and Athletic Department. The need for limitation of the

number of participants on a team may vary from one sport to another. Criteria and procedures for the selection process will be available in writing for students and parents prior to and during the first week of practice or tryouts. In the event that a student is not selected to be a part of a team, they will be informed in person by the head coach in a timely manner.

### **Transportation**

On all activities held away from school, student-athletes will ride to and from the activities on school transportation. Student-athletes may ride home with only their parents or approved adults through a transportation waiver. Student-athletes and their parents/guardians must arrange with the head coach if they will be riding home with their parents/guardians.

**Self-Transport** - If we do not have a bus driver we will be self-transporting. If a parent/guardian volunteers to be a driver we need a copy of their vehicle insurance as well as driver's license. With this comes some personal liability on the driver's side. For a student to ride with someone other than their own parent/guardian both to and from an event they must have turned in a [Travel Waiver](#). These are required for the student-athlete to ride home from an event with a parent/guardian other than their own. This form needs to be turned in to the Athletic Director and/or the Athletics Secretary before leaving for an away contest. These forms can be found on the district website or in the high school office. One slip is required for each season. If a team returns home, arriving at SHS after midnight, students are excused from their first-period class. **STUDENTS ARE NOT ALLOWED TO TRANSPORT THEMSELVES OR OTHERS TO EVENTS.**

### **Classwork**

When student-athletes miss class to participate in scheduled SHS athletic events, they are responsible for turning in class work that is due that day and they are responsible for making up any missed work in a timely fashion. If the student-athlete must leave class early on a testing day due to an athletic contest, it is the responsibility of the student-athlete to reschedule the test for a date that is agreed upon by the student-athlete and teacher.

### **Practice and Contest Cancellations**

In the event that the Head Coach must cancel a practice, it is the responsibility of the Head Coach to notify the team and parents. Inclement weather does not determine whether the practice will be held—the head coach makes the final determination. If school is canceled due to inclement weather, there will be no practices held unless permission is given by the superintendent. When available, indoor facilities may be used to hold practice in these circumstances. If changes are made to the practice schedule, parents and student-athletes will be notified as soon as possible. In most cases, it is the responsibility of the host school to make decisions regarding contest cancellations. When hosting an event, the athletic director will make every effort to make cancellation decisions within three hours of the start of the contest. When a contest is canceled, the head coach may choose to hold a practice in its place. If the head coach chooses to hold a practice in place of the canceled contest, they will communicate this information to families and student-athletes as soon as possible.

### **Streaming**

Some athletic contests involving SSD athletic teams may be live-streamed through various forms of media for both home and away contests by either SSD or the district we are participating against.

# **Communication**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each role, we are better able to accept the actions of the other and able to provide greater benefit to student-athletes. When a student-athlete becomes involved in the athletic program at Sisters, parents/guardians have a right to understand what expectations are placed on their student-athlete. This begins with clear communication from the Athletic Director and Head Coach.

## **Expected Communication from the Head Coach:**

- Philosophy of the Head Coach
- Expectations the Head Coach has for participants
- Locations and times of all practices and contests
- Requirements to participate (fees, paperwork, special equipment, number of practices, etc.)
- Procedures for injuries
- Discipline resulting in the dismissal or suspension from the team

## **Expected Communication from the Parent/Guardian:**

- Student-athlete absences need to be communicated to the Head Coach as soon as possible. Concerns expressed directly to the Head Coach during appropriate times, preferably from the student-athlete first
- Notification of any schedule conflicts – at least 24 hours in advance
- Specific concerns in regard to the Head Coach's philosophy and/or expectations
- Written notification of the student-athlete riding home with parents/guardians and personal contact before leaving the site

## **Appropriate concerns to discuss with the Head Coach:**

- The mental and physical treatment of the student-athlete
- Questions asking how the student-athlete can improve
- Concerns about the behavior and attitude of the student-athlete

## **Issues not appropriate to discuss with the Head Coach:**

- Playing time
- Game strategy
- Other student-athletes

## **Parent Meeting**

The Athletic Director/Coaches will hold a parent meeting with all sports for each season. All parents/guardians are encouraged to be in attendance. The meeting will allow parents/guardians to meet the coaching staff, ask questions, and receive all information pertinent to the season.

## **Communication Tools**

The Head Coach will communicate regularly with parents/guardians and student-athletes in person or via email, parentsquare, or phone. The head coach will provide a contact number for parents/guardians and student-athletes to use in the case of an emergency only.

## **Concerns or Issues**

Step 1: One of the greatest opportunities for student-athletes is learning skills for effective conflict resolution. When there is a concern, student-athletes are encouraged to speak with the head coach directly. It can be very satisfying for all parties involved when student-athletes and the head coach are able to find mutually agreeable solutions for an issue that they are preempting to resolve.

Step 2: If the head coach and student-athlete are unable to resolve the issue together, then parents/guardians may contact the head coach. If the parent/guardian has a concern to discuss with the head coach, the parent should contact the head coach at an appropriate time. A parent/guardian with concerns should wait at least 24 hours after a contest or practice before contacting the head coach. Under no circumstances should the parent/guardian approach the head coach, assistant coach, or another parent/guardian in an intimidating manner or immediately before, during, or after a practice or contest. Taking this time to reflect on the situation, as well as honest and respectful communication should allow for more effective dialogue, ensuring a more successful outcome for all parties. It is not appropriate for a parent to request feedback from the head coach about team strategy (including playing time), play calling, or information about other student-athletes. It is appropriate for a parent to contact the head coach with concerns about the behavior and attitude of their student-athlete, their skill development, and for advice.

Step 3: If the discussion with the Head Coach does not resolve the issue, parents/guardians and the head coach may contact the District Athletic Director to discuss the situation. The District Athletic Director will act as a mediator between the two parties in an effort to seek a solution that is mutually agreed upon by both parties.

Step 4: If the athletic director is unable to provide a satisfactory resolution, the parent/guardian may contact the high school principal.

# **Social Media Guidelines**

Social media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. As you begin participation in the co-curricular offerings in the Sisters School District we want to make sure you are aware of the social networking guidelines. We recognize and support the student-athlete's rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Sisters Outlaws is a **privilege, not a right**. As a student-athlete, you represent the Sisters School District and the entire community of Sisters. You are expected to portray yourself, your team, and the school district in a positive manner at all times.

## **Below are the Sisters School District social networking guidelines:**

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you allow them to misinterpret your information (including pictures, videos, comments, etc.).
- Similar to comments made in person, the Sisters School District Athletic Department will not tolerate disrespectful comments and behavior online. Specifically prohibited behaviors include but are not limited to
  - Derogatory language or remarks that may harm my teammates or coaches, other Sister's student-athletes, teachers, faculty, or coaches, student-athletes, coaches, or representatives of other schools, including comments that may disrespect our opponents
  - Incriminating photos or statements depicting violence, hazing, sexual harassment, racism, full or partial nudity, inappropriate gestures, vandalism, stalking, underage drinking, selling, possessing, or using controlled substances, or any other inappropriate behaviors
  - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person
  - Making posts indicating knowledge of an unreported school or team violation

In short, do not have a false sense of security about your right to freedom of speech. Understand that freedom of speech is not unlimited. Online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come. Violation of these guidelines will result in a meeting between the coach, player, and administration and may result in a suspension from a number of practices/competitions/performances.

# Outlaws Together Creed

- **Sportsmanship** - We will win with grace and lose with dignity.
- **Role Model** - We will act in a way that is a role model for how we want our players, parents, coaches, and spectators to behave.
- **Pride** - We know our actions represent our students, our school, and the entire community of Sisters. We will act in a manner that represents our community in a positive way, and we will encourage others to do the same.
- **Respect** - We welcome our opponents into our community and treat all opponents, fans, administrators, and officials with courtesy.



**Everyone at a game is one of the following:**  
**Player, Coach, Official, or Spectator**  
**It is wise to choose only one of those roles at a time**

Consequences for parents or community members who do not follow the Outlaws Together Creed, Codes of Conduct, and Parent Coach Communication Policy.

1<sup>st</sup> Offense: Warning by Coach or Athletic Director

2<sup>nd</sup> Offense: Letter sent with prescriptive steps: Individual required to take NFHS Online coursework. Individual bans from competitions and practices may continue one week past the completion of coursework.

3<sup>rd</sup> Offense: Letter sent with prescriptive steps: Individual required to take additional NFHS Online coursework. Individuals are banned from competitions and practices for the remainder of the activity season.

4<sup>th</sup> Offense: One year ban from competitions and practices from the date of the offense.

\*Steps 1-4 are cumulative and do NOT start over again at the start of each school year.

\*After review by administration, some offenses may accelerate the consequence immediately to step 3 or 4.





