

# **Mohawk Jr./Sr. High School**

## **Student/Parent Athletic Handbook**

Pete LeMay  
Athletic Director

### **Dear Student Athletes and Parents,**

On behalf of the entire faculty and staff, I am very pleased that you have expressed an interest in participating in the interscholastic athletic program at Mohawk Jr/Sr. High School. It has been my experience that students who get involved in extracurricular activities whether they are music, drama, clubs, student government or athletics have a much better and richer experience in high school. I am honored to be able to work with the athletes, coaches and community in making this experience both rewarding and positive. I hope that you will take the time to familiarize yourself with this booklet and understand the school's guidelines, policies, and expectations for the student athletes. To begin however, I would like you to read through the philosophy of our athletic department as this is the foundation by which we make all of our decisions.

### **Philosophy of the Athletic Program**

Mohawk Jr/Sr High School recognizes the importance of athletic activities in providing students with important opportunities for a total education. These activities teach students' lifetime values such as commitment, discipline, hard work, leadership, teamwork, and physical fitness, all of which are the foundation for academic success. Participation in athletic activities contribute to the physical, emotional and social health of our students and promotes a sense of unity and cooperation among athletes, the student body, and Marcola community.

Our sports teams will always strive to win, but never at the expense of character, healthy attitudes and habits, and good judgment. We will always emphasize excellence, effort, improvement, and respect for coaches, teammates and officials. All Mohawk Jr/Sr High School athletes should be known for their character and class; humble in victory and gracious in defeat. At the middle school and Junior varsity levels, winning is a goal but is less important than participation and skill development. Regardless of level however, our athletic program is designed to develop, promote and provide the following: self-esteem, school spirit and pride, good citizenship, sportsmanship, cooperation, higher academic performance, responsibility to self and others, respect, positive role models, healthy lifestyles, team building, and lifelong wellness. We believe that the sports experience should not only be rewarding but **fun**.

### **MOHAWK ATHLETICS**

The Mohawk vision is an athletic program defining **TEAM**. It is made up of coaches and players dedicated to achieving excellence and increase student participation. We will work together to learn life skills and enhance our given abilities in order to be successful, student-athletes and positive citizens.

## **VALUES**

### **MOHAWK:**

**Moral-** A moral person is holding or manifesting high principles for proper conduct. They are someone who knows the distinction between right and wrong and is respected by their peers.

**Outstanding-** An outstanding person is someone who stands out as a leader for their team, and is excellent in their academic/athletic progress.

**Hard Worker-** A hard-working person is one who is always trying to improve them, regardless of whether or not another is watching. They are someone who sets the bar for everyone else to reach by their actions in the classroom, on the team, on the field and at home.

**Accountability-** Staying positive, encouraging teammates in a positive way, working together and coaching each other towards a common goal.

**Work Ethic-** Never satisfied, always working toward getting better every day; being better tomorrow than we are today; being prompt, dependable and reliable.

**Kindness-** Treating people with kindness and respect at all times. A kind person is also positive, fearless of opponents and competes with class for the betterment of their TEAM.

Mohawk Mustang Athlete has:

Faith

Trust

Commitment to Excellence

High Standards and Expectations

Unity – A group that is ONE – "Family"

Leadership – in school, classroom, community, and on the field

Being Respectful, Responsible, and Safe

Mohawk Jr/Sr High School further recognizes the unique roles and responsibilities of its coaches and parents in sports activities. Coaches' and parents' primary roles should be to teach the lifetime values of our sports philosophy and to always lead by example. The MSD athletic programs are an integral part of the school and the community. Their impact is immensely important in promoting a positive school climate because they offer opportunities for adults to interact with our students in meaningful ways not available in the classroom. Once again, I thank you for taking the time to read through this athletic handbook. I look forward to your support and involvement in our athletic program and if you have any questions please feel free to contact me.

Best regards,

Pete LeMay

Athletic Director

## **Code of ethics for Parents, Spectators, Student/Athletes and Coaches**

### **Code of Ethics for Spectators**

- \*Attempts to understand and be informed of the playing rules
- \*Appreciates a good play no matter who makes it
- \*Cooperates with and responds enthusiastically to cheerleaders/dance team
- \*Shows compassion for an injured player; applauds positive performance; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior
- \*Respects to judgment and strategy of the coach, and does not criticize players or coaches for loss of a game
- \*Respects property of others and authority of those who administer the competition
- \*Censures those whose behavior is unbecoming
- \*Respects officials and accepts their decisions without gesture or argument

### **Code of Ethics for Student/Athletes**

- \*Remember that academic performance is your primary responsibility
- \*Read, familiarize yourself and comply with policies outlined in the Athletic Handbook AND your coach's specific set of team policies.
- \*Treat advisors, coaches and opponents with respect
- \*Respect officials and accept their decision *without* argument or gesture
- \*Exercise self-control at all times, setting an example for others to follow
- \*Win without boasting, lose without excuse and never quit
- \*Always remember that you represent Mohawk High School and the community, and it is a privilege
- \*Return any equipment; uniforms issued to the participant must be returned in the same condition at the end of the activity. Equipment that is lost, damaged or stolen is the responsibility of the participant, and it is the responsibility of the participant to make restitution to the school
- \*Report any injury to the coach no matter how slight the injury may appear. If the injury requires a physician's care, the participant must have a written permission from the doctor before returning to the activity
- \*Attend classes the day of, and after, a competition
- \*Extracurricular activities are not an excuse for being tardy on the day following a competition

### **Code of Ethics for High School Coaches**

- \*The responsibility of a coach is to teach attitudes, proper habits, knowledge and skills. The athletic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student athlete should be treated as an individual whose welfare shall be primary at all times. The coach must be aware that he/she serves as a model in the education of the student athlete and, therefore, shall never place the value of winning above the value of character building.
- \*The coach must constantly uphold the honor and dignity of the teaching profession. In all personal contact with the student athlete, officials, athletic directors, school administrators, the

state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

\*The coach shall support and enforce school rules for the prevention of drug, alcohol and tobacco use and abuse, and under no circumstances shall authorize the use of these substances.

\*The coach shall promote the entire interscholastic program of the school and direct his/her program in harmony with the total school program.

\*The coach shall be thoroughly acquainted with contest, state, league and local rules, and is responsible for their interpretation to team members. The coach shall abide by the letter and spirit of these rules at all times.

\*Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with spirit groups, booster clubs, and administrators.

\*Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct that will incite players or spectators against the officials or against each other. Public criticism of officials or players is unethical.

\*Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

\*A coach shall not exert pressure on faculty members to give student athletes special consideration.

\*It is unethical for coaches to scout opponents by any other means than those adopted by the state high school athletic association and the league.

\*It is a goal of the athletic department to meet the needs of students by introducing and eliminating activities based on the desires of the student body.

### **Code of Ethics for Parents of Athletes**

\*Encourage your child and team - be enthusiastic - show school spirit.

\*Maintain a positive attitude whether your team is winning or losing.

\*Refrain from being insulting or showing bad sportsmanship during the competition. Any problems or concerns should be brought to the attention of the coach or the athletic director at another time.

\* Support the team with team sponsored events, such as fundraising initiatives, phone trees, etc.

\*Parents, as spectators, are expected to exhibit good sportsmanship at all times. Spectators, including parents, who, in the judgment of the principal, athletic director, and/or the site administrator, behave in ways that are inappropriate and in violation of the guidelines will be warned about the behavior and then will be asked to leave the competition, immediately.

\*Respect the judgment and strategy of the coach.

\*Do not criticize players or coaches for loss of game.

### **Athletic Forms**

The following athletic forms must be signed and returned before an athlete can attend the first practice:

#### **1. Permission Form**

#### **2. Emergency Information Sheet**

#### **3. Sports Health Questionnaire**

#### **4. (Temporary Medical Waiver - only if no physical is on file in the office)**

## **Middle School and High School Participation**

The middle school and high school programs within each sport at MSD are both developmental and sequential. All programs are designed to help student athletes develop skills and teamwork necessary for successful varsity competition.

## **Communication Plan for Athletic Concerns**

Good communication is critical in athletics, on and off the field. A communication plan is in place to assist and to improve communication between parents, coaches and administrators, ultimately for the benefit of the student.

Involvement in athletics and activities will allow the students to experience some of the most rewarding times of their lives. However, there will likely be times when things don't go their way or they disagree with a coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as are the good times.

The coaches work hard to do the best they can for all of their athletes, and we ask the students and parents to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware. The student, not the parent, is strongly encouraged to talk to the coach about any issues or problems that arise during the season. This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility.

## **Communication the PARENT should expect from your child's COACH**

- \*The coach's philosophy and criteria for the team selection process
- \*Specific team policies and consequences for when policies are not followed or training rules not adhered to
- \*Expectations the coach has for your child as well as all the players on the squad
- \*Locations and times of all practices and contests
- \*Team requirements, i.e practices, special equipment, out of season conditioning
- \*Any special events or activities planned, including optional team garments that the team is considering to purchase
- \*Procedure to follow should your child be injured during participation
- \*Specific ways to improve upon athlete's ability

## **Appropriate concerns PARENTS should discuss with COACHES**

- \*Notification of any schedule conflicts well in advance
- \*Specific concerns with regard to a coach's philosophy and/or expectations
- \*If their child, at any time, feels threatened or uncomfortable in any way by actions of teammates or coach
- \*Any specific information that the parent feels would be of value to the coach to help him/her coach their child
- \*Ways the parent can help the child improve
- \*Any concerns a parent may have about their child's behavior or performance in or out of school (oftentimes a coach may have a very positive influence in the lives of their athletes). It is

recognized that situations may arise where parents find it necessary to raise a concern with a coach, and it is imperative the parent(s) adhere to the following communication guidelines:

**Protocol for registering concerns:**

1. Contact the coach first, to set up a meeting
2. If the coach cannot be reached, contact the Athletic Director.

**MOST IMPORTANTLY:**

**3. DO NOT CONFRONT A COACH BEFORE, DURING OR AFTER A PRACTICE OR CONTEST. THESE CAN BE EMOTIONAL TIMES FOR BOTH PARTIES. MEETINGS OF THIS NATURE DO NOT PROMOTE RESOLUTION.**

It can be very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach:

**Issues NOT appropriate to discuss with coaches:**

1. Playing Time
2. Play Calling
3. Team Strategy
4. Other student athletes

There are situations that may require a conference between the coach and the parent. In most instances, it is vital that the athlete be present. It is important that all parties involved have a clear understanding of the other's position.

**Next Steps after parent/athlete coach meeting:**

What a parent can do if, in their opinion, 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.
2. After this step, an additional meeting may be held with the parent, coach, athlete, and athletic director.
3. If the meeting with the athletic director does not resolve the issue then contact the building administrator in charge of athletics.

**Other Important Talking Points:**

Please do not discuss with your child a coach's tactics or playing strategies, starting lineup decisions, or decision a coach makes about the the playing time of other players. This will only undermine the coach's ability to help your child improve to develop team harmony and develop constructive team play.

Mohawk Jr/Sr High School has established a variety of co-curricular activities because they teach valuable athletic, academic, and life skills. Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, as many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

The intent of this communication plan is to help make the experience in the Mohawk Jr/Sr High School athletic program more enjoyable and productive for all athletes, coaches, parents and fans.

## **Individual Eligibility (OSAA)**

- 1) End of Quarter grade - Passing 6 classes (Mohawk Requires 6 which keeps student on track for graduation) - exception for kids on track to graduate (OSAA requires 5)
- 2) Athletes must be enrolled as a full time student and attending regularly (OSAA Required)
- 3) GPA of at least 2.0 or greater (OSAA Requirement)
- 4) Minimum Satisfactory Progress Requirements
  - A) Credits to Graduate 24
  - Credits Per Year 6
  - Required Prior to Year 2 4.5
  - Required Prior to Year 3 10
  - Required Prior to Year 4 17

For more expanded information see OSAA website - Sections - 8.1.1 & 8.1.2

## **Consequences - Academic**

- 1) Per OSAA Requirements
- 2) Mohawk Requirements - contract

## **Behavior Expectations**

1) Associated with activities that violate school policy, are unlawful, or are connected with acts that brings disrespect to the individual, school, and community.

Examples include but are not limited to:

- a) Possession or use of alcohol, tobacco or drugs. This includes tobacco products in any form, ie. Vaping, chew, cigarettes, etc. This also pertains to performance enhancing substances or the abuse of prescription drugs.
- b) Attendance at an event or party where underaged drinking or illegal activities are taking place
- c) Behaving in an unlawful manner
- d) Unexcused absences and/or repeated tardiness to class
- e) Inappropriate texting, social media use
- f) Participating in hazing, bullying or harassment of any kind
- g) Receiving referrals, in-school suspensions, and out-of-school suspensions

## **Consequences**

- 1) First offense - 1 week ineligible from all athletic events. Includes practices, competitions & tournaments
  - Contract required to play after ineligibility period expires
  - Ineligibility can be reviewed/waived for extenuating circumstances
- 2) Second offense - Minimum of 1 week ineligible with possible additional education pertaining to offense
- 3) Final - Removed from team for remainder of season - automatic contract for following sports seasons
  - \*Student must maintain agreed upon expectations on original contract throughout whole season, even after initial or secondary contract is satisfied
  - \*During or after student has fulfilled contract requirements, if a subsequent violation of this document occurs, the student immediately moves to the next step

## **Contract Requirements**

- 1) Parent, student & school representatives must be present at creation and acceptance - Coach optional
- 2) Contract must be agreed upon and signed by all parties present
- 3) Student stays ineligible until contract is agreed upon and signed

**MY STUDENT AND I HAVE CAREFULLY READ THE INFORMATION AND COMMIT US TO THIS AGREEMENT.**

Student name: \_\_\_\_\_

Student signature: \_\_\_\_\_

Parent name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_

Sport: \_\_\_\_\_

## Student Eligibility Contract

Student Name: \_\_\_\_\_

Parent: \_\_\_\_\_

Date: \_\_\_\_\_

Present Parties:

Teacher: \_\_\_\_\_

School Rep: Andy Rice - [arice@marcola.k12.or.us](mailto:arice@marcola.k12.or.us)

Other: \_\_\_\_\_

Parent Contact Info:

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

School Contact Info:

Phone: 541-933-2512

Email: Pete LeMay -AD [plemay@marcola.k12.or.us](mailto:plemay@marcola.k12.or.us)

Travis Tubbs -VP [ttubbs@marcola.k12.or.us](mailto:ttubbs@marcola.k12.or.us)

Related Activity or Sport: \_\_\_\_\_

Dates Ineligible: \_\_\_\_\_

Reason for contract:    Academics:

Behavior:

Attendance:

**Brief Description:**

**Agreed Upon Expectations:** Student upholds all academic and behavioral expectations as outlined on the Eligibility Requirements document.

Contract Follow-up Timeline: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

School Rep: \_\_\_\_\_

Coach Signature (if present): \_\_\_\_\_

Other: \_\_\_\_\_

**Consequences:**

**First Offense-** 1 week ineligible from all athletics or club events. Includes practices, competitions and tournaments - Renegotiated contract required to play after ineligibility period expires. Ineligibility can be reviewed/waived for extenuating circumstances.

**Second Offense-** Minimum 1 week ineligible from all athletics or club events. Includes practices, competitions and tournaments - Renegotiated contract required to play after ineligibility period expires. Also possible additional education pertaining to offense.

**Final-** Removed from team or club for remainder of season - automatic contract for following sports seasons or club affiliations.

**Follow up**

Follow up Date: \_\_\_\_\_

Was contract upheld:            No            Yes    If no, follow up meeting date: \_\_\_\_\_

Parent notification date: \_\_\_\_\_            Notes: \_\_\_\_\_

Parent Name: \_\_\_\_\_