



ATHLETIC HANDBOOK
2019-2020

Cascade Junior High School
10226 Marion Road SE
Turner, Oregon 97392

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Athletic Teams Offered

Fall

Cross Country (6, 7, 8)
Football (7 and 8)
Boys Soccer (7 and 8)
Girls Soccer (7 and 8)
Volleyball (7 and 8)

Winter

Boys Basketball (7 and 8)
Girls Basketball (7 and 8)
Wrestling (6, 7, 8)

Spring

Track and Field (6, 7, 8)

2018-2019 Practice Starting Dates

Fall Sports: September 3, 2019

(three optional conditioning practices allowed August 26-30, 2019)

Winter (first season): November 4, 2019

Winter (second season): January 21, 2020

Spring: TBD

School/Athletic Directory and Information

Principal: Pete Rasmussen

Assistant Principal: Debbie LeDay

Assistant Principal/Athletic Director: Arnie Lowder

Office Secretary: Meg Gates

League: Mid-Valley Coast Conference (MVCC)

School Mascot: Tigers

School Colors: Black, gold, and gray

Contact Information

Athletic Department: 503-749-8020 (option 6)

Cascade Junior High School: 503-749-8030 (option 1)

Junior High Athletic Director: 503-749-8030, ext. 3903

Fall Sports and Coaches for 2019-2020

Cross Country: Hayden Tedrow
7th Grade Football: Justin Lowder and Drew Richman
8th Grade Football: Justin Amaya and Chris Sante
Boys Soccer: Roberto Merlos-Martinez
Girls Soccer: Catherine Hinkle
7th Grade Volleyball:
 "B" Team:
8th Grade Volleyball:
 "B" Team:

Winter Sports and Coaches for 2019-2020

7th Grade Girls Basketball:
 "B" Team:
8th Grade Girls Basketball: Halee Pyatt
 "B" Team:
 Wrestling: Casey Lovell and Cisco Adams
7th Grade Boys Basketball: Tyler Turner
 "B" Team:
8th Grade Boys Basketball:
 "B" Team:

Spring Sports and Coaches for 2019-2020

Track and Field: Michael Hawkins
Hayden Tedrow
Brandon Bennett
Caleb Hawkins

The above information is subject to change without notice.

Use this website as a resource for all the sporting events and/or event changes:

<http://jhweb.cascade.k12.or.us> or
https://drive.google.com/drive/folders/0B5-m_EyZzndlOVQ0UmhNTWlZTWm

All athletic forms are available on our website, too.

Quick Checklist for Athletic Participation at Cascade Junior High School

- ✓ Must have passed **all** classes from the previous trimester (does not apply to first trimester for 6th and 7th grader).
- ✓ Must have maintained a 2.00 grade point average or higher.
- ✓ Must have a sports physical, by a licensed physician, on file in the school office every two years. Must be submitted on the “OSAA Physical Form.”
- ✓ Turn in the Gold Card to the school office completed by parent/legal guardian and student-athlete.
- ✓ Pay the Cascade School District’s participation fee (junior high is \$75 per sport). There is a family limit, please contact the Main Office.
- ✓ All forms must be turned in prior to the specific sport practice start date.
- ✓ All fines are paid.

Mid-Valley Central Coast Conference (MVCC)

South Division

CASCADE
Cheldelin (Corvallis)
LaCreole (Dallas)
Lebanon
Linus Pauling (Corvallis)
Newport
Philomath
Santiam Christian (Adair Village)
Scio
Stayton
Sweet Home
Talmadge (Independence)
West Albany

North Division

Duniway (McMinnville)
French Prairie (Woodburn)
Molalla River (Molalla)
Neil Armstrong (Forest Grove)
Newberg
North Marion (Aurora)
Patton (McMinnville)
Silverton (formerly Mark Twain)
Valor (Woodburn)
Yamhill Carlton

The Mid-Valley Central Coast Conference (MVCC) is an organization of educational institutions. The competitive programs directed by the school or civic

organization and league exist to further the educational development of the students.

The conference and member schools shall make every effort to insure that athletic contests and activity programs are conducted in an atmosphere which places maximum emphasis on good sportsmanship, positive relationships between schools, and the educational benefits of competition and participation.

Students should compete under conditions which:

1. Provide for fair and equal opportunity for success.
2. Make maximum provisions for the safety of participants.
3. Provide for a broad base of activities and a balance in competitive levels.
4. Preclude the embarrassment, humiliation, or demeaning of a team or individual.
5. Emphasize the highest possible level of professionalism and personal integrity on the part of all teachers, coaches, and administrators involved.

Athletic Policy

Introduction

These rules are in effect from the first day a student begins practice in a school sport or activity throughout the remainder of the school year and all subsequent years of a student's attendance in the Cascade School District. It is in effect twenty-four hours a day, including summer break.

The guidelines set forth in this rule have been established as a minimum code for participants. This rule will be administered by the coach or supervisor in conjunction with the building administration. This rule does not supersede the district's student discipline policy and administrative rules.

Before participating in an activity, the student and parents/guardian are expected to read the Athletic Handbook and sign the Gold Card (junior high only). By signing, the student and parent understand that the student shall comply and abide by the

terms and conditions of this policy throughout the remainder of the student's educational career.

GENERAL RULES

1. **Academic Requirements:** In order to participate in grades 6-8, students must be passing all of their classes, and maintain a 2.0 GPA. Grades will be checked four times per trimester (roughly every three weeks). Students who do not meet the requirements will be ineligible for games for one week or until they improve their grades. If they do not meet the requirements after one more week, they will not practice or participate in games until they meet the academic requirements. Once students regain eligibility, they may be monitored more frequently. In conjunction with the high school and OSAA policies, students are responsible for eligibility when sport seasons change (fall to winter, winter to spring, and/or spring to fall for 8th grade student-athletes).
2. **Physical Exams:** To be eligible to wear the school's uniform and participate in athletic activities or contests, a student athlete must take and pass a physical examination (beginning in 6th grade at least every other school year), and have adequate health and accident insurance on file in the office. Participation in sports requires an acceptance of risk and injury. The District requires all athletes to have insurance while competing in all programs.
3. **Return to Play After Injury or Concussion:** Before returning to practice or eligibility to play after an injury or concussion, the student-athlete must have a written release from a doctor or athletic trainer. A copy of the medical release form ("OSAA Return to Participation" Form) is available on our athletic website: <http://cascadeathletics.org/main/filesLinks>.
4. **Missing Class Due to Activities:** It is the student-athlete's responsibility to cooperate with the teachers and make every effort to get assignments in advance when it is necessary to be excused from class because of competition.
5. **Transportation:** On all the activities held away from school, students will ride to and from the activities in school transportation. Exceptions are with the use of the "Single Trip Permission Slip." These are required for student-athletes to ride home from an event with a parent/guardian other than their own. These slips are available on the school website or in the main office. These forms need to be turned in at least 24 hours in advance, to the main office, **not to a coach**. One slip is required for each event.

6. **Equipment:** Student-athletes are personally responsible for all school equipment issued to them and will return it in good condition at the end of the season. Student-athletes will pay for equipment lost or damaged at replacement value.
7. **Attendance:** Students must be in school **all day** in order to participate in practice or a contest. Exceptions are pre-arranged absences, school-initiated absences, or approval from the athletic director or building administrator.
8. **Changing Sports:** If a student turns out for a sport/activity and quits, or is dismissed because of disciplinary reasons, he/she is ineligible to turn out for another sport/activity that season unless arrangements have been made with the head coaches/advisor involved and the athletic director or building administrator.
9. **Practices:** Student-athletes will not miss practice without a legitimate reason and will make every effort to contact the head coach/advisor or an assistant coach personally, if possible. Absences from practices may have a negative effect on the student-athlete's participation in contests.
10. **MVCC and OSAA Rules:** All students participating in athletics/activities must meet all the requirements of the MVCC. When MVCC does not govern in an area, OSAA rules and regulations will apply including age and residency requirements.

GENERAL BEHAVIOR/CONDUCT

1. As a participant and representative of Cascade schools and community, students will conduct themselves in a manner that will not bring discredit to the students, the team, or school.
2. Foul, abusive language, behavior, or actions directed at an official, player, coach, or spectator will not be tolerated. A player involved in the above will be subject to a minimum suspension of one contest.
3. Major infractions can result in more severe consequences including removal from the sport/activity.
4. Players, participants, coaches, and advisors shall be subject to all MVCC and applicable OSAA guidelines and policies regarding athletic participation, i.e. unsportsmanship acts, physical contact with an official, etc.
5. Any fines levied by OSAA will be the direct responsibility of the player/coach involved in the infraction. These may include but are not

limited to fines for ejections, unsportsmanship conduct, inappropriate behavior, and participation limitation violations.

APPEARANCE

1. Student's hair will be worn in a manner so that is not a safety issue in the particular activity.
2. Athletes are expected to wear team uniforms as defined by the head coach and/or athletic director.

DUE PROCESS FOR STUDENT-ATHLETES

If a student-athlete faces a disciplinary action, which could result in suspension or dismissal from an athletic team, the following due process will be used. This process is not intended to supersede the district's student discipline policy and administrative rule.

The coach shall meet with the student and inform him/her of the reasons for the disciplinary actions. Parents will be notified and the student shall have the right to present his/her version of the situation.

The parents shall be notified if the disciplinary action will lead to possible removal from the team and the reasons for the action.

Appeals

An appeal must be submitted in writing within three (3) school days. An Appeals Committee shall be composed of one teacher, one head coach or leader of an activity, and an administrator who will serve as chairperson. The Athletic Director will not be a member of the Appeals Committee. The Appeals Committee's decision will be final.

Medication Procedure

ALL prescription and non-prescription medication MUST be authorized by the parent or guardian and all appropriate documents must be on file in the school office.

PARENT EXPECTATIONS

Parenting and coaching can be both rewarding and challenging. We want to work in partnership with parents to provide the most rewarding experience possible for our student-athletes. When your child becomes involved in our programs, you have a right to understand what expectations are placed on your child and what we expect from parents. This begins with clear communication from the coach of your child's program.

Communication You Should Expect from your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as for all the players on the team.
3. Location and times of all practices and contests.
4. Team requirements (such as fees, special equipment, off-season conditioning, and attendance at practice and games).
5. Procedures that will be used should your child be injured during participation.
6. Team rules and the consequences for breaking the rules up to and including denial of your child's participation in the sport.

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach.
2. Notification of family schedule conflicts.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your child becomes involved in the athletic programs at Cascade Junior High and Cascade High School, he/she will experience some of the most rewarding

moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

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.

Coaches are professionals. They make decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those on the following list, will be left to the discretion of the coach.

Issues NOT Appropriate to Discuss with Coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parents. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the concern(s).

Procedures you should follow if you have a concern to discuss with a coach

1. Call the junior high (503-749-8030) to set up an appointment with the coach.
2. If the coach cannot be reached, call the Athletic Director at 503-749-8030, ext. 3903 to set the meeting up for you.
3. Do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and coach. Meetings at such a time usually do not promote resolution.

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 (503-749-8030, ext. 3903).
2. At this meeting, the appropriate next step can be determined.

Expectations for Cascade Fans

1. Providing positive support for their team.
2. Never being abusing with language or actions toward any player, official, team, or fellow fan.
3. Never interrupting with language or actions toward any player, official, team, or fellow fan.
4. Realizing the officials assigned are trained, neutral people trying to do their best job possible of enforcing the rules of the game.
5. Spectators may be ejected from an event for violating these rules.

Audience Sportsmanship Pledge

This pledge was established in 2014 by the Mid-Valley Coast Conference:

Welcome to our _____ game.

Please remember during the game to provide positive encouragement to both teams.

Please remember that doing one's best is more important than winning.

Please remember that the game is for the student-athletes and we play for our enjoyment.

Please do not give me or other players instruction during the game. Please let the athletes play and the coaches coach.

Please be responsible for all family and friends when in attendance and to demonstrate good sportsmanship behavior.

Refrain from making inappropriate comments to any player, parent, coach, or game official.

Thank you for being my role model for good sportsmanship.

TRAINING RULES

A primary focus of the Cascade School District is to develop a drug-free environment for students. In keeping with that objective, the student must abide by the following:

First Offense: Use, transmit or be in Possession of an Illegal Controlled Substance or Alcohol

If a Cascade student that participates in activities or athletics is in possession of, transmits, uses, or is under the influence of drugs, alcohol, or illegal controlled substance, he/she will suffer the following disciplinary actions:

1. The student may continue to practice upon satisfactory completion of a 1,000 word, double-spaced paper, focusing on how the involvement with and consequence(s) of drugs or alcohol use has affected the student, the family, and the team and what the athlete felt he/she learned.
2. The student will miss 20% of the total contests or activities. The duration may span more than one season or school year.
3. The student may/will undergo a drug and alcohol assessment and follow the recommendations of the counselor. The student may participate during this time based upon the recommendations of the drug/alcohol counselor, and the athletic director or building administrator.
4. District policy will be enforced.

Second Offense: Use, transmit or be in Possession of an Illegal Controlled Substance or Alcohol

The student may continue to practice upon satisfactory completion of a 1,000 word, double-spaced paper, focusing on how the involvement with and consequence(s) of drugs or alcohol use has affected the student, the family, and the team and what the athlete felt he/she learned.

1. The student will miss 40% of the total contests or activities. The duration may span more than one season or school year.
2. The student may/will undergo a drug and alcohol assessment and follow the recommendations of the counselor. The student may participate during this

time based upon the recommendations of the drug/alcohol counselor, and the athletic director or building administrator.

3. District policy will be enforced.

Third Offense: Use, transmit or be in Possession of an Illegal Controlled Substance or Alcohol

The student will be dismissed from all extracurricular activities for the remaining of his/her school career, or two (2) calendar years, whichever is shorter.

1. District policy will be enforced.

DEALING, SELLING AND/OR DISTRIBUTION OF DRUGS OR ALCOHOL

Dismissal from all extracurricular activities for one (1) calendar year.

First Offense: Tobacco Use and/or Possession

1. The student may continue to practice upon satisfactory completion of a 1,000 word, double-spaced paper, focusing on how the involvement with and consequence(s) of drugs or alcohol use has affected the student, the family, and the team and what the athlete felt he/she learned.
2. The student will miss 10% of the total contests or activities. The duration may span more than one season or school year.
3. District policy will be enforced.

Second Offense: Tobacco Use and/or Possession

1. The student may continue to practice upon satisfactory completion of a 1,000 word, double-spaced paper, focusing on how the involvement with and consequence(s) of drugs or alcohol use has affected the student, the family, and the team and what the athlete felt he/she learned.
2. The student will miss 20% of the total contests or activities. The duration may span more than one season or school year.
3. District policy will be enforced.

Rehabilitation: Since rehabilitation is not a requirement but an option, the student must bear all expenses related to the program.

Association with Violators: If it is verified that a student has consciously remained in association with people possessing or using illegal substances, he/she will miss 10% of the contests or activities. It may span more than one season or school year.