

Athletic Handbook



North Lake Cowboys

If you win through bad sportsmanship, that's no real victory.

- Babe Didrikson Zaharias

The only one who can tell you "you can't" is you. And you don't have to listen.

- Nike

I can accept failure. Everyone fails at something. But I can't accept not trying.

- Michael Jordan

PHILOSOPHY STATEMENT

Interscholastic Athletics

We believe that the program of interscholastic athletics is an integral part of the total educational structure. Although participation in the program of interscholastic athletics is voluntary, there is great benefit for student-athletes who participate in the programs we offer. We believe that participants should have varied athletic experiences commensurate with their interests and abilities, and that they should have complete freedom of choice when selecting their activities.

We believe that our athletic coaches must assume a major role in the molding of athletes in their charge. The coach must instill in his or her players the belief that athletics develop sportsmanship, self-confidence, lasting friendships, positive response to discipline, and respect for others. The coach must expose players to the value of teamwork and communicate the need to be humble in victory and to learn from defeat. Coaches must insist upon ethical behavior and good citizenship not only on the athletic field, but also in school, in the home, and in the community. In summary, the coach must want all players to be successful in all facets of their life and to teach them, through athletics, some of the important lessons of life.

The primary aims of interscholastic athletics are development of desirable traits in the individual, optimal participation, and fulfillment of competitive desires. Winning of games and championships should occur as an outgrowth of ethical coaching and competition.

Purpose of Athletics

The purpose of the North Lake program is to promote, direct, and conduct interscholastic athletics in such a manner as to further the aims of general education, promote friendly relations with other schools, to encourage participation by as many students as possible, and to teach good sportsmanship and fair play.

ATHLETIC POLICIES AND STANDARDS OF CONDUCT

General Guidelines

The interscholastic athletics program of North Lake is an accepted and significant phase of modern education. It is to be administered in accordance with the best practices employed in a modern system of education. The athletic program shall be conducted in accordance with the rules and regulations of the Oregon School Activities Association, the policies and regulations set forth by the Board of Directors and the administration of the school district, and the standard operating procedures of the athletic league to which we belong.

The interscholastic program is designed for, and should contribute to, the physical growth and development, good physical condition, healthful habits, effective teamwork, proper standards of conduct, desirable citizenship, and favorable social behavior of the participants.

The athletic program is only one of many school activities and is therefore under the same administration and control as the rest of the school program. The students taking part in the program are expected to conduct themselves in an exemplary manner because they perform in public as representatives of the school.

Athletic contests are to be a culmination of ethical and educationally sound instructional methods employed by the coaches and demonstrated by team members.

The health and welfare of the participants is a primary consideration in conducting the athletic program. Adequate physical examination, insurance coverage, and supervision of recovery time from illness or injury must be provided. Length of practice sessions, number and times of practices, number of games and lengthy trips should be carefully planned with due consideration of the age of pupils and the physical, emotional, and academic demands placed upon the participants.

Athletes' Ethics Code

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials, and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
7. Respect all game equipment and use it safely and appropriately.
8. Follow school rules and all athletic policies.
9. Win with character, lose with dignity and class.

Attendance

North Lake student-athletes are required to attend school in order to participate in activities. On the day of an activity (contest or practice), the athlete must be in attendance all day to participate, unless they have an excused absence or prior arrangements have been made with school administrators. Students who miss any part of the school day due to illness will not be allowed to participate on that day.

In addition, athletes who have an unexcused absence at any time during the school week (including an unexcused absence for an assigned Friday School) will not be allowed to participate in the next regularly-scheduled game or contest.

Awards

Students who participate in athletics at North Lake are eligible from a variety of awards, including athletic letters, all-league, or all-state honors. Athletes who fail to finish the athletic season in good standing will not be eligible for these honors.

Insurance

The Oregon School Activities Association requires that all student-athletes be covered by accident insurance in order to compete in interscholastic activities. The parent and student have a choice in this matter in that they may either purchase school insurance or be covered by their own private policy. If parents wish to use their own private policy, they should be sure that their policy includes coverage for interscholastic activities as these are excluded from many policies. Information about school insurance is available in the office.

Sportsmanship

North Lake student-athletes will be held accountable for their actions, and unsportsmanlike incidents will be tracked throughout the school year. There will be zero tolerance toward profanity, poor attitudes, or other unsportsmanlike acts on the part of North Lake athletes. To ensure consequences for unsportsmanlike conduct are commensurate with the offense, two levels of consequences have been established.

Level 1

Level 1 incidents are unsportsmanlike behaviors which lead to penalty flags, technical fouls, etc., but which do not lead to ejection from an athletic contest. These shall be punishable by one or more of the following:

1st incident

- 4 hours of community service
- Letter(s) of apology to official, team, school, etc. as appropriate
- Minor suspension – any portion of a contest or competition
- Major suspension – one or more contests or competitions

2nd or subsequent incidents – automatic Level 2 consequence

Level 2

Level 2 incidents are unsportsmanlike behaviors which lead to ejection from an athletic event or competition and are punishable by one or more of the following:

1st incident

- 8 hours of community service
- Letter(s) of apology to official, team, school, etc. as appropriate
- Suspension of one or more contests or competitions
- Payment of fines levied by OSAA

2nd incident – suspension from all athletic programs **for the remainder of the school year**

Substance Abuse

Athletes at North Lake are role models for the youth in our community. Therefore, it is critical that our students set a good example both in school and in the community. The smoking or chewing of tobacco, the drinking of alcohol, the use of non-prescription drugs, or being in attendance at parties or other gatherings where these activities are taking place will be punishable under this policy. Student-athletes also will be found in violation of this policy for possession of tobacco, alcohol, or other non-prescription drugs.

Student-athletes who are found to be in violation of this policy will be subject to disciplinary actions as outlined in the “Substance Abuse – Random Drug Testing” section of this procedure manual. In addition, other disciplinary actions may also be assessed at the discretion of school administrators.

Athletes or parents who wish to file an appeal to disciplinary actions under this policy may file a letter with the athletic director outlining reasons for possible reinstatement to the athletic team. Athletes and parents are reserved all the rights of due process under the law.

First infraction:

1. Notify student and parent(s);
2. Meeting scheduled with principal, parent(s), athletic director, and student;
3. Suspension from all athletics or activities for the remainder of the current season.

Second infraction:

1. Notify student and parent(s);
2. Meeting scheduled with principal, parent(s), athletic director, and student;
3. The student will be suspended from participating in athletics for the remainder of the current season and the next athletic season.

Third infraction:

1. Notify student and parent(s);
2. Meeting scheduled with principal, parent(s), and student;
3. The student will be suspended from participating in athletics/activities for the remainder of their high school career.

Travel

All athletic groups will travel either in school buses or school district-approved transportation. No private vehicles will be used to transport participants unless all available district vehicles are in use at the time or school administrators give permission to use another form of transportation.

Participants are to travel to and from athletic events with their team in district-approved vehicles. Any team member who wishes to ride either way with his or her parent(s) or other authorized adult is to have written permission given to the coaches by the parent. In no event will student-athletes be allowed to ride to or from athletic events with friends or other youth.

North Lake athletes are representing their school on road trips and should dress neatly on these occasions. Coaches may establish a team dress code for road trips and coaches will be responsible to ensure that our athletes are dressed appropriately for these events.