



## ***Athletic Handbook***

**CHS Athletic Core Values;  
Committed, Integrity, Discipline, Coachable, Work Ethic,  
Community, Desire**

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## ***Table of Contents***

Athletic Teams Offered	3
Checklist for Participation	4
Conference Information	5
Athletic Policy	6-10
• General Rules	6
• Athlete Behavior	7
• Illegal Controlled Substance-Alcohol	8
• Tobacco	9
• Due Process and Appeals	10
Parent Expectations	11

## ***Athletic Teams Offered***

### **Fall Sports Offered**

Cheer	Varsity, JV
Cross Country	Varsity, JV
Football	Varsity, JV
Boys Soccer	Varsity, JV
Girls Soccer	Varsity, JV
Volleyball	Varsity, JV, JV2

### **Winter Sports Offered**

Cheer	Varsity, JV
Girls Basketball	Varsity, JV, JV2
Boys Basketball	Varsity, JV, JV2
Swimming	Varsity, JV
Wrestling	Varsity, JV

### **Spring Sports Offered**

Baseball	Varsity, JV, JV2
Softball	Varsity, JV
Girls Tennis	Varsity, JV
Boys Tennis	Varsity, JV
Track	Varsity, JV
Boys Golf	Varsity, JV
Girls Golf	Varsity

For more information on team camps, clinics, and schedules check

Cascade's athletic website:

**Cascadecougars.com**

## ***Checklist for Athletic Participation at Cascade High School***

- ❑ Must have passed at least 4 classes from the previous trimester **(does not apply to first trimester freshmen.)**
- ❑ Must be enrolled in a minimum of 4 classes during the academic term of participation.
- ❑ Must meet minimum satisfactory progress requirements as stated by OSAA, rule 8.1.2. In addition to the class requirement, a student must also be making satisfactory progress towards Cascades graduation requirements by earning a minimum of the quantity of credits indicated on the below chart.

<u>Minimum Satisfactory Progress Requirements</u>	
Credits to Graduate	25.5
Credits Per Year	7.5
Prior to Year 2	4.5
Prior to Year 3	10.5
Prior to Year 4	18.0

Returning students who do not meet the minimum credit requirements listed above need to enroll in and complete a credit recovery program during the summer in order to regain (or attempt to regain) their eligibility. Students who are not “on track to graduate” prior to the start of the year are not eligible to participate for the entire school year.

- ❑ Must have a physical by a licensed physician every 2 years & must be completed on an OSAA document.
- ❑ Must complete ImPACT testing every 2 years.
- ❑ Complete all necessary online registration steps as indicated on Registermyathlete.com
- ❑ If athlete was injured or concussed prior to season, athlete must be cleared by a physician with OSAA injury/concussion form and be cleared by Cascade’s certified athletic trainer.
- ❑ Pay the Cascade High School \$100.00 participation fee. ❑ Have all school fees & fines paid?

***All forms must be turned in prior to the specific sports practice start date.***

***Any refunds must be requested prior to the end of that school year.***



- ❑ If a student athlete does not complete a season and the cause is not due to an injury, the participation fee will not be refunded.

### *The Oregon West Conference*

Cascade High School is a member of the Oregon School Activities Association (OSAA) and the Oregon West Conference.

All team sports (football, soccer, volleyball, basketball, softball, baseball, including cross country and track) are overseen by the Oregon West Conference. Cheerleading, wrestling, swimming, tennis and golf are annually placed in special districts for competition and are not included in the Oregon West Conference.

### *Oregon West Conference:*

<b>Cascade Cougars</b>		<b>Newport Cubs</b>		<b>Philomath Warriors</b>	
<b>Stayton Eagles</b>		<b>Sweet Home Huskies</b>		<b>North Marion</b>	

The Oregon West Conference is an organization of educational institutions. The competitive programs directed by the schools and league exist to further the educational development of the students.

The league 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:

- Provide for fair and equal opportunity for success.
- Make maximum provisions for the safety of participants.

- Provide for a broad base of activities and a balance in competitive levels.
- Avoid the embarrassment, humiliation or demeaning of a team or individual.
- Emphasize the highest possible level of professionalism and personal integrity on the part of all teachers, coaches and administrators involved.

In addition to athletics, Cascade High School participates in Oregon West Conference band and choir competitions.

Athletic Directors and Principals from three Oregon West Conference schools determine the eligibility on athletic hardship requests from students.

## **GENERAL RULES**

1. **Academic Requirements:** In order to participate in an extra-curricular activity in grades 6-12 a student athlete must be enrolled in a minimum of four classes and maintain a 2.0 GPA. Three of the four classes will be graded (A-F) and one of the four can be pass/fail. Students must pass four classes to be eligible. If a student fails more than one class out of five, or is enrolled in four classes and fails any class the student will be ineligible. In high school, students must be making progress towards graduation and earn a certain number of credits to be eligible under OSAA policy (see pg.2).  
Student grades will be checked every three weeks during a term/season. If anytime during a season a student is failing a class or their GPA drops below 2.0 the student may be ineligible until passing all classes and their GPA rises to 2.0 or higher.
2. **Physical Exams:** To be eligible to participate in athletic activities or contests, a student athlete must take and pass a physical examination (beginning in 6<sup>th</sup> 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. Students also must complete an ImPACT baseline test every 2 years.
3. **Return to Play After Injury &/or Concussion:** Before returning to practice or eligibility to play an athlete must complete and follow post-concussion protocol before being released to practice or play by the athletic trainer and athletic director. A copy of the protocol is found as a link on the table of contents page and on the athletic website.
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

Parental Consent Form". These are required for a student athlete to ride home from an event with a parent/guardian other than their own. These slips are available on the school website. These forms need to be turned in at least 24 hours in advance, to the Athletic Secretary, not to a coach. One slip is required for each event. A copy of the form is found on the athletic website.

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. Students are expected to be in class all day the day after an athletic competition. Missing classes the day after an away game will be considered skipping and Cascade High School rules and consequences will be applied. Habitual absenteeism from school may result in removal from team.
8. **Changing Sports:** If a student turns out for a sport and quits during the season, 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 involved and the athletic director.
9. **Practices:** Athletes will not miss practice without a legitimate reason and will make every effort to contact the head coach. Habitual absenteeism from practice may result in dismissal from team. If the athlete does not contact a coach prior to an absence, the athlete may not be eligible to participate in the next contest.
10. **OSAA Rules:** All students participating in athletics/activities must meet all OSAA rules that apply, including academic, age and residency requirements.  
Transfer students must have a completed "OSAA Intent to Transfer" form on file and be accepted by Cascade School District as a student before participating in a practice.
11. **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.
12. **Implied Consent:** In the event of an athlete being injured, the athlete and parent agree to treatment for injuries by certified athletic trainer, coach, athletic director, emergency response personnel, or qualified health care provider. The athlete and parent are to be honest and not withhold information concerning symptoms or previous injuries.

**13. Athlete Behavior:** As a participant and representative of Cascade High School and community, students will conduct themselves in a manner that will not bring discredit to the students, the team, the school or the community.

A) Foul, abusive language, behavior or actions directed at an official, player, a coach or spectator will not be tolerated. A player involved in the above will be subject to a minimum suspension of one contest.

B) The student/athlete will treat others fairly and respectfully, as well as refrain from any forms of discrimination, harassment or bullying based on an individual's 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. Cascade School District policy will be enforced.

Consequences may include:

- Loss of a percentage of the season or equivalent period of time in a subsequent season
- Loss of a full season or equivalent period of time in a subsequent season
- Termination of high school athlete /activity career
- Coaches Plan of Action for restitution, ownership of actions, and reinstatement

C) Players shall be subject to all OSAA and school district guidelines and policies regarding athletic participation, i.e. unsportsmanlike acts, physical contact with an official, etc.

D) Any fines levied by the 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, unsportsmanlike conduct, inappropriate behavior and participation limitation violations. All fines must be paid to Cascade High School before participation in the next contest.

E) Students hair will be worn in a manner so that it is not a safety issue in the particular sport.

F) Athletes are expected to wear the team uniform as defined by the head coach and/or athletic director.

**14. Illegal Controlled Substance or Alcohol**

**First Offense:** Use, Transmit or **BE** in possession of an Illegal Controlled Substance or Alcohol



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

- A) The student may continue to practice upon satisfactory completion of a 1000 word, double spaced paper, focusing on how the involvement with and consequence of drugs or alcohol use has affected the student, the family and the team and what the athlete felt he or she learned.
- B) The student will miss **20%** of the total contests. The duration may span more than one season or school year.
- C) 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.
- D) Cascade School 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 1000 word, double spaced paper, focusing on how the involvement with and consequence of drugs or alcohol use has affected the student, the family and the team and what the athlete felt he or she learned.

- A) The student will miss **40%** of the total contests. The duration may span more than one season or school year.
- B) 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.
- C) Cascade School District policy will be enforced.

**Third Offense:** Use, Transmit or **BE** in possession of an Illegal Controlled Substance or Alcohol  
The student shall be dismissed from all extra-curricular activities for the remaining of his/her school career, or 2 calendar years, whichever is shorter.

- A) Cascade School District policy will be enforced.

**Athletes present where others are engaging in illegal activity, including the underage consumption of alcohol or the illegal use of drugs shall immediately leave and as soon as possible text or call their coach, A.D., or an administrator that they are leaving. Students in violation of these expectations are also subject to the consequences above.**

**Dealing, Selling and /or Distribution of Drugs or Alcohol**

- A) Dismissal from all extra-curricular activities for one calendar year.

**15. Tobacco**

**First Offense: Tobacco Use and/or Possession**

- A) The student may continue to practice upon satisfactory completion of a 1000 word, double spaced paper, focusing on how the involvement with and consequence of tobacco use has affected the student, the family and the team and what the athlete felt he or she learned.
- B) The student will miss **10%** of the total contests. It may span more than one season or school year.
- C) Cascade School District policy will be enforced.

**Second Offense: Tobacco Use and/or Possession**

- A) The student may continue to practice upon satisfactory completion of a 1000 word, double spaced paper, focusing on how the involvement with and consequence of tobacco use has affected the student, the family and the team and what the athlete felt he or she learned.
- B) The student will miss **20%** of the total contests. It may span more than one season or school year.

**Association with Violators:**

If it is verified that a student athlete has consciously remained in association with people possessing or using illegal substances, he/she will miss 10% of the contests.

**16. Due Process and Appeals**

These rules are in effect from the first day a student begins practice in a school sport throughout the remainder of the school year and all subsequent years of a students' attendance in the Cascade School District.

**It is in effect twenty-four (24) hours a day, including summer break.**

**All violations are accumulative over a participant's high school career.**

Before participating in a sport, the student and parents/guardians are expected to read the Student – Parent Athletic Handbook and sign the Extra Curricular Form. 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 high school career.

Some sports may have additional contracts that are specific to the sport. It is expected that the sport specific rules be upheld just as the ones in this handbook.

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 rules.

- A) The coach will meet with the student and inform him/her of the reasons for the disciplinary actions. Parents will be notified and the student will have the right to present his/her version of the situation.
- B) The parents shall be notified if the disciplinary action will lead to possible removal from the team and the reasons for the action.

An appeal must be submitted in writing within three school days. The 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.

### **Parent Expectations**

Our main goal is to build character in student athletes through athletics at Cascade. Our departmental values are: Committed, Integrity, Discipline, Coachable, Work Ethic, Community and Desire. Our student athletes and coaches chose our core values. As parents we hope that you will model and help CHS reinforce these values.

A second goal of our high school athletic program is to produce the most competitive varsity team in each sport. Coaches must select the players who will make the most competitive team, which will impact individual athletes playing time and positions played. We hope you as parents also have the same goal and support Cascade's competitive varsity teams.

For sub varsity and junior high athletes our focus is skill development. If your son/daughter is on a JV team you can expect coaches to be teaching skills during practice and games.

**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, i.e. fees, special equipment, off-season conditioning, and attendance at practice and games.
5. Procedures that will be used if your child is injured.
6. Team rules and the consequences for breaking the rules.

**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 program at Cascade High School, he or 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. Your child's mental and physical status.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

**Issues not appropriate to discuss with coaches**

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

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

1. Call the high school (503-749-8020 ext 6) to set up an appointment with the coach.
2. If the coach cannot be reached, call the above number and ask to speak with Athletic Director, James Rise 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 the high school (503-749-8020 ext. 6) and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.