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SOUTH SALEM HIGH SCHOOL

2008-09
**ATHLETIC
HANDBOOK**





SOUTH SALEM HIGH SCHOOL
David Phelps, Principal
1910 Church Street SE • Salem, Oregon 97302-3099
(503) 399-3252 • FAX 375-7805

Dear Saxon Parents and Athletes:

Welcome to South Salem High School Athletics! You are participating in one of the finest programs in the state of Oregon. The Saxons celebrated their inaugural fall season in 1954 by winning the state football championship. That tradition of excellence continues to this day. For over 50 years, the Saxon Athletic program has been a source of much pride for the school and community. South has been the recipient of the Athletic Director's Trophy eleven times. This league award indicates global excellence within a school's student/athlete population.

Athletics make up just one part of our outstanding co-curricular program, which includes music (band, choir, and orchestra), drama, cheerleading, dance/drill and various clubs. Ours is a program of quality, pride and dedication that strives to teach the student/athlete the value of competition, cooperation, sportsmanship, teamwork and self-discipline. It is our goal to provide a rich and rewarding experience for your student/athlete at South Salem High School.

This handbook has been developed in an effort to aid you in understanding the rules and regulations that govern our athletic program and to provide basic information about the various sports that South High offers. The policies and rules herein have been approved and adopted by the Salem-Keizer School District and South Salem High School. Please read over the information and discuss it with your student/athlete.

I am always available for questions or concerns. Please feel free to call the Athletic Office at any time at 503-399-3252.

Sincerely,

Dave Johnson, Athletic Director
South Salem High School

There are many different activities and clubs at South Salem High School. The sports listed in this booklet are the OSAA/ Salem-Keizer-School-District-sponsored athletic programs. We encourage our students to become involved in both the athletic program and the various activities and clubs. Club teams include water polo, raquetball, lacrosse and equestrian. Contact the South High Activities Coordinator for more specific information on any of these.

Eligibility

An eligible student is one who is enrolled in school, attending regularly and passing in subjects equivalent to at least five (5) classes and who, during the immediate preceding semester, was enrolled in school, attended regularly and passed five (5) classes. Additional eligibility requirements may be assigned at the beginning of the school year.

Any exception to this policy must be made by the Oregon School Activities Association through a hardship request.

Other eligibility rules:

1. If a student moves into the district, his/her parents or legal guardians have to move in and, if they are guardians, they must have held this status prior to the move and must have lived with the student previously.
2. A student who enters the ninth grade for the first time is eligible if he/she lives in the South Salem High School attendance area or has an in-district transfer to South.
3. Once students enter grade nine, they may compete for eight consecutive semesters.
4. A student who turns 19 before August 15 shall be ineligible for competition.

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Signing Up for Sports

There are three sports seasons at South High: fall, winter and spring. A student can participate in **only one sport per season**. Any student interested in signing up for a sport must obtain and fill out the necessary "Blue Card". **The last date to turn out for sports will be one week past the OSAA practice start date for that sport. Exceptions will be handled at the discretion of the Athletic Director on a case-by-case basis.**

Blue Card documents

You must turn in ALL of the following items before a Blue Card for sports can be issued. No blue card, no practice, no play . . . no exceptions!

- 1. Athletic Participation Information and Authorization form.** All of the information is **required**. This form provides contact information, and authorization for transportation and emergency medical treatment of the athlete. This form is used to determine OSAA eligibility. Both the parent and student must sign this form.
- 2. Health Insurance** OSAA and the school district require athletes to have health insurance. If the student is not covered by health insurance, they should contact the Main office for their options. The choices available are described in the Student Accident & Health Insurance brochure available in the main office. If this insurance plan is chosen DO NOT MAIL THE FORM. The completed form and payment must be turned into the main office with the other blue card forms. The athletic secretary will document receipt of the payment and insurance coverage will begin as soon as the form is received in the main office.
- 3. High School Student Athlete Agreement Statement.** There must be signatures from both the student and guardian. This form explains the expectations for athletes and the possible consequences for infractions. The student keeps the **yellow copy**.
- 4. School Sports Pre-Participation Examination form.** The parent side of this form must be completed **every year** so that we are aware of any injuries that may have occurred since the last official physical. The school district and OSAA require students to have an athletic physical completed by a physician every two years.
- 5. Payment.** Checks, money orders or cash will be accepted for payment. The fee for sports, during the 2008-2009 school year is \$100, with an annual maximum of \$200 for an individual student. The annual maximum for families with 2 or more students is \$400. If a student is cut from a team before the first competition the payment will be returned.
- 6. High School Athletic Fee Reduction form.** Students can request a High School Athletic Fee Reduction form if they need assistance with athletic fees. Qualification for athletic fee reduction requires qualification for free or reduced school lunch. If not done before, an application for free or reduced lunch must be completed when the student applies for reduced athletic fees. The student can be given the reduced athletic fee benefit before the results of the free and reduced lunch application are returned, but if the student does not qualify for the free or reduced lunch program they will be required to pay the full athletic fee amount upon notification.

Selection/Cut Process

Some sports utilize a selection/cut process. This is not an easy task, but our coaches attempt to do the best job possible in the evaluation of potential players. This process is necessary because funding allows for a specific number of teams, equipment, uniforms, and coaches.

To encourage more participation in interscholastic athletics, no overlapping of teams is permitted; i.e., a player on the football team may not participate in basketball until the football season is officially concluded. Players can not be a member of two athletic teams during the same season; i.e., playing baseball and competing in track. A player who has been cut from one team may apply for another sport within one week of the cuts. The athletic director must be notified and approve of this change. Players dismissed from the squad or team for any reason at all, shall not be considered on any other team for that season.

If after a reasonable time, an athlete quits or is dismissed from a sport, he/she cannot be involved in organized practice or games for the following sport season until that previous regular season ends or the athlete is released by the previous coach.

If a student is NOT selected for a team which uses a selection-cut process, the participation fee is refunded to the student. The student must request that the coach return their blue card to them with his/her signature on the back. ***The student then turns in the blue card to the main office for the refund within a week of being cut from the team.*** It is the student's responsibility to get the card from the coach and return it for the refund. If the original fee was paid with cash the parent must present the blue card and receive the refund, or send a note authorizing the office to release the cash to the student.

Playing Time

Playing time is the sole responsibility of the athletic coach. The coach is best qualified to determine the amount of time an athlete competes, and should base his/her decision on the following:

- Ability/Skill
- Practice
- Attitude
- Team Contribution

Athletic Study Hall

The Salem-Keizer Board has directed each high school to conduct study hall sessions for those athletes who are struggling academically. Any student/athlete, during their sport season, who is failing a class or has failed a class the previous grading period or whose previous grading period GPA is below a 2.0 will be assigned to an athletic study session. Details will be provided to those assigned. Athletes who fail to attend will be suspended from the team pending a review by the athletic director to consider removal from the team for the next contest or the remainder of the season.

Attendance

Each team member is expected to be present at every practice session, unless absent from school or personally excused by the coach.

Team members who skip a practice session can expect disciplinary action from the coach which could result in temporary or permanent suspension from the team. Tardiness will not be tolerated, and is subject to appropriate disciplinary action.

Athletics should never be used as an excuse to avoid responsibilities to classroom assignments. Participation in athletics is a privilege. It is one that may be denied if a student does not fulfill other school obligations.

Athletes shall be in school every period on the day an interscholastic activity or practice session if they intend to participate. Exceptions shall be handled by the coach and/or athletic director as needed. Any absences on the day of an interscholastic competition must be excused or the student-athlete is subject to exclusion from the next athletic contest.

Student athletes who have unexcused absences for one or more periods after the deadline to excuse absences are subject to exclusion from the next athletic contest.

Practice Sessions

Most practice sessions will be held after school; however, because of the many school teams using facilities, morning practices and evening practices may have to be held. All vacation (holiday) practices should be cleared through the athletic director. The Athletic Director must give prior approval for practices on Sundays.

In-Service Day Practices

Inservice Day practices will take place at the regularly scheduled time. Any deviation must be approved by the Superintendent or her designee.

Emergency Practices

In an emergency play-off situation, practices may have to be held at various times and days. Permission should be granted by the high school coordinator of district athletes. This is to be done on an individual school request.

Athletic Funding

Funding for the Salem-Keizer athletic programs mainly comes from three sources: general funds from the District, participation fee revenues, and gate admission revenues. These sources provide most of the needs of our programs, which include coaches' salaries, equipment, supplies, uniforms, transportation and officials.

Athletic Booster Club

South High's athletic booster club has contributed many dollars to South High's athletic department over the years. They have contributed to our facilities - such as the strength training facility, the wrestling room, various scoreboards, the press box, state championship banners - and in other ways to improve our athletic facilities. They also have helped purchase basic equipment for our athletic department.

The booster club raises money by selling advertising and merchandise, by hosting an auction, and by running various fundraisers. We need your help! Every sport is required to have at least one parent as a member of the Booster Club in order to assist in fairly distributing the funds. If you are interested please attend the Athletic Booster meeting on **the first Monday of each month.**

Transportation of Students

South High will be responsible to transport athletes to and from all athletic events. The athletes will be required to use this transportation unless arrangements have been made through the athletic director or head coach prior to the event.

- If the coach agrees, athletes may ride home after the event with their parent after that parent has made personal contact with the coach.
- If an athlete needs to ride home with any other person, the arrangements must be approved by the head coach of that sport.

NOTE: Permission is generally only granted for rides with immediate family members or parents of a team member.

Playoffs

South High has a proud history of participating in many athletic play-off contests. Our success is respected state-wide. The OSAA determines how many teams from each league will be involved in the state playoffs in each sport. They also draw up the playoff brackets and assign leagues before each season begins. All revenue collected from OSAA playoffs goes back to OSAA. The school involved in the playoffs later will be reimbursed some of their expenses.

Lettering

Each sport has its own lettering policy. At the beginning of the season coaches will explain their lettering policy to their teams. See the head coach with any specific questions. At the end of each season a sports award program is held and all athletes receive a certificate recognizing their participation. The first time your student receives a varsity letter in an OSAA-sanctioned sport, SSHS will provide the letter to the student. Additional bars may be purchased from an athletic store.

Expectations of Salem-Keizer Athletes

Salem-Keizer athletes are expected to:

- Maintain an academic standing equal to their ability.
- Attend school and classes on time.
- Maintain excellent physical condition throughout the season.
- Refrain from the use of alcohol, drugs, and tobacco.
- Follow coaches' instructions as to diet, rest and sleep.
- Respect the rules of the contests and those who administer them.
- Promote good sportsmanship and citizenship in the school and community.
- Report all injuries to the coach.
- Care for their equipment and return all equipment at the end of the season.
- Maintain positive and timely communication with respective coaches.

Salem-Keizer athletes who cannot live up to these general standards or additional ones in each sport are subject to disciplinary action.

Parental Support of South High

Be supportive of the program in front of your athlete!

Never be critical of coaches, players, or game officials in front of your player. Nothing can erode the intricate fabric of a team more than doubt. It can negatively effect performance, confidence, and the competitive edge at the most critical times. Cheer for all players on the team; never coach from the sidelines.

Encourage your athlete to speak directly to coaches about sports issues!

By assuming this responsibility, your athlete is claiming ownership for all aspects of the sport. If you have concerns that cannot be resolved in this manner, speak privately with the coach.

Be part of the team's parent network! Sports programs benefit when parents work in support of the team. Be a part of that effort! Interact with other parents; work to halt group-generated criticism, rumors, and just plain gossip!

Support the Code of Conduct! Our athletes are "in-training" for *life* as well as *sports*. It is essential that parents and the school work as partners to ensure that SSHS athletes are drug-free, and that our athletes are held accountable for their academic performance.

Be an active member of the Saxon Athletic Booster Club!

Much needs to be done in support of high school athletics. Be generous with your time in support of the total athletic program. Ask Booster Club officers what you can do to help. In these days of limited funding, parent-funding is essential to sports!

Be proud of the team's effort! Remember that winning is just "icing on the cake." The real importance of athletics lies in building solid values and learning the skills to work with others in a team effort. These lessons last a lifetime - far longer than the glory of victory or the sting of defeat.

Be realistic! Having a healthy, challenging goal is normal; in striving for these expectations, we must be realistic. The value of athletics should be measured in effort, not by the amount of a college scholarship.

FALL

Varsity Football

Adults/High School Student with NO ASB	\$6.00
Visiting Student w/ ASB card(from non-competing schools)	\$4.00
Middle and Grade School Students	\$3.00
Visiting Student with ASB card(competing school)	No Charge
South High Student with ASB card	No Charge

J.V./Frosh Football

Adults/High School Student with NO ASB	\$3.00
Middle and Grade School Students	\$2.00
Visiting Students with ASB (non-competing)	\$1.00
Visiting Student with ASB (opposing team)	No Charge
South High Student with ASB card	No Charge

Volleyball

Adults/High School Student with NO ASB	\$5.00
Middle and Grade School Students	\$3.00
Visiting Student w/ ASB card(from non-competing schools)	\$2.00
Visiting Student with ASB (opposing team)	No Charge
South High Student with ASB	No Charge

Winter

Basketball

Adults/High School Student with NO ASB	\$5.00
Middle and Grade School Students	\$3.00
Visiting Student w/ ASB card(from non-competing schools)	\$2.00
Visiting Student with ASB (opposing team)	No Charge
South High Student with ASB	No Charge

Wrestling

Adults/High School Student with NO ASB	\$5.00
Middle and Grade School Students	\$3.00
Visiting Student w/ ASB card(from non-competing schools)	\$2.00
Visiting Student with ASB (opposing team)	No Charge
South High Student with ASB	No Charge

Tie-Breaking Playoff Games/District Meets

Adults	\$5.00
Students with ASB	\$3.00

SEASON PASSES

All Season Sports Pass \$100.00

Fall Season Passes \$50.00

(Admits two adults and all children through 8th grade to all regular home athletic events.)

Fall Season Individual Pass \$25.00

(Admits one adult to all regular season athletic events.)

Winter Season Family Pass \$65.00

(Admits two adults and all children through 8th grade to all winter athletic home events.)

Winter Season Individual Pass \$35.00

(Admits one adult to all regular season home events.)

Please make checks payable to South Salem High School.

Fund Raising

Some sports do additional fund raising for **special needs** in their programs. These are carried out under the direction of each coach. The money raised goes directly into a fund for that sport.

Game Times & Home Locations

FALL SEASON

Cross Country	4:00 pm	Lower Bush Park
Soccer	4:00 pm or 4:30pm	Gilmore Field
Volleyball	5:00 pm and 6:00 pm (V)	SSHS Gym
	4:00 - Tournaments	SSHS Gym
Varsity Football	7:00 pm	Bennett Field
JV Football	6:00 pm	Bennett Field
Freshman Football	6:00 pm	Bennett Field

WINTER SEASON

Basketball	5:30 pm (Frosh & JV), 7:00 pm (V)	SSHS Gym
Swimming	2:00 pm or 4:00 pm	Olinger Pool
Wrestling	6:00 pm (JV) and 7:00 pm (V)	SSHS Gym
	4:00 pm - Tournaments	SSHS Gym

SPRING SEASON

Baseball	4:00 pm or 4:30 pm (V/JV/Frosh)	Gilmore Field
Softball	4:00 or 4:30 pm (V/JV/Frosh)	Lower SSHS Fields
Track	3:15 pm (V/JV/Frosh)	SSHS Track
Tennis	3:30 pm or 4:00 pm	Salem Swim & Tennis Cntr.
Golf	Varies	Creekside and Illahe Golf Course

(Times may be different when Redmond is involved)

(Athletic schedules are available at highschoolsports.net. While there, register your email address to receive notifications.)

Inclement Weather or Other Emergency Closures Policy For Athletic Practice/Extra-curricular Activities

On days when school is closed due to inclement weather or other emergency situations, no practice or activities will be held. This policy is made with the safety of our students in mind.

This policy does not speak to a practice/activity on the Saturday following a day when school had to be closed for inclement weather or an emergency, nor does it include vacation days that follow such closure. However, the practice/activities will only be held on those days following consultation with the building principal, building athletic coordinator, and/or the high school coordinating director for district athletics.

Inclement Weather Policy

The following steps will be followed when schools will be closed or opened late due to inclement weather. The Superintendent will notify the following radio and TV stations by 5:15 a.m. in the morning.

KBZY	1490 AM	KWBY	940 AM
KCCS	1220 AM	KWJJ	1080 AM
KEX	1190 AM		99.5
KFXX	1520 AM	KXL	750 AM
KGON	92.3 FM		95.5 FM
KGW	620 AM	KXYQ	105.1 FM
KINK	101.9 FM	KYKN	1430 AM
KKCW	103.3 FM	KATU-TV	Ch. 2
KKLI	97.1 FM	KOIN-TV	Ch. 6
KKSN	910 AM	KGW-TV	Ch. 8
KSLM	1390 AM	KPTV	Ch. 12
KUPL	1330 AM		
	98.5 FM		

Please listen to the above radio and television stations to hear the information regarding school closures. DO NOT CALL THE SCHOOL.

COACHING STAFF AND VOLUNTEERS

South High is fortunate to have many dedicated, hard-working coaches on our staff. Many of them have received distinguished awards, and have been selected to coach State All-Star teams. Each sport is allowed a specific number of coaches whose salaries are paid by the school district. The Head Coach of each sport is responsible for the entire program, and he/she works with assistant coaches to offer a quality program. We are also very fortunate to have a number of volunteer coaches who are non-paid members of our coaching staff. We appreciate their contributions to our athletic program.

FALL SPORTS

Fall sports include volleyball, football, cross country and soccer. Official fall sports practice begins **August 18th, 2008**, and runs until early November. **Last day for blue cards is August 22nd, 2008.**

FOOTBALL

There will be a varsity, junior varsity, and freshman football team. The junior varsity team will consist of sophomores and juniors, and only freshmen will be on the freshman team. No player will be cut from any team. It is possible that an athlete could play on both the JV and the varsity team during a week. A football player is allowed five (5) quarters of competition per week. Practices will be held daily after school on the lower field at South High.

Head Coach: **Scott DuFault**

Asst. Coaches/Volunteers: **Brian Armstrong, Brian Cross, Terry Haugen, Steve Norris, Isaac Parker, Chris Riley, Chris Short, Eric Thomson**

VOLLEYBALL

South will have a varsity, junior varsity and a freshman volleyball team. The squad size will be 12 to 15 players per team, and there will be a selection/cut process. Practices will be held daily after school in the main gym, and usually there will be at least two (2) games per week.

Head Coach: **Peter Piexoto**

Asst. Coaches: **TBA**

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SOCCER

A varsity, junior varsity and JV2 soccer team will be formed for both girls and boys. Squad sizes will be 18 to 22 players per team and a selection/cut process will be used. Practices are held daily after school at Gilmore Field and Varsity/JV games generally are held on Tuesdays and Fridays each week.

Boys Head Coach: **Eric Johansen**

Boys Asst. Coaches/Volunteers: **Matt Smith, Jaime Rodriguez, Francisco Vega**

Girls Head Coach: **Paul Goodwin**

Girls Asst. Coaches: **Melissa May**

CROSS COUNTRY

There will be a varsity and a junior varsity cross country team for both boys and girls. No participant will be cut from any team. Practices are held daily after school, and meets are held weekly. **Home meets are held at Lower Bush Park.** Varsity and JV line-ups are open to freshmen through seniors. Selection takes place weekly, according to the previous meet and to participant's performance in practice.

Co-Head Coaches: **Lis Ann Saxe and Rob Wood**

OTHER PLACES TO KNOW**GILMORE FIELD**

On the corner of Hoyt and 12th St. SE. Four blocks southeast from South High campus.

OLINGER POOL - 588-6332

1310 A. St., directly South of North Salem High School on 765 14th St. NE.

SALEM SWIM & TENNIS CLUB - 363-2424

Go south on Liberty, left on Idylwood to Lone Oak, left on Lone Oak. Club address is 4318 Lone Oak SE.

LOWER BUSH PARK

East of High Street and North of Cross Street.

CASCADE FUTBOL FIELDS

East on State Street, 1/2 mile past Cordon Road on the left.

BARRICK FIELD

North Salem's Varsity Baseball/soccer field.

GEER PARK

North Salem's JV/JV2 or FR Baseball/soccer field - 2605 State St.

WINTER SPORTS

Winter sports include basketball, swimming and wrestling. Practice begins **November 10, 2008**, and continues through February. **Last day for blue cards is November 14, 2008.**

BASKETBALL

There will be a varsity, junior varsity and freshman basketball team for both girls and boys. The squad sizes will be 12 to 15 players per team, and there will be a selection/cut process. It is possible that an athlete could play on both the varsity and the JV team in one night. A basketball player is allowed five (5) quarters of play per game day. Only freshmen will be on the freshman team. Generally there are two games per week, Tuesday and Friday.

Head Boys Basketball Coach: **Eric Bowman**
Asst. Coaches: **Tyler Allen, Shane Bosch, Dan Hoffman, Deon Johnson, Ian Mansfield, Sam Mendez, Drew Richman, Ed Rose**

Girls Head Basketball Coach: **Nick McWilliams**
Asst. Coaches/Volunteers: **Brian Cross, Amber Banducci, Greg Eide, Pat Scott, Mike Stortz**

SWIMMING

There will be varsity and junior varsity swim team for both boys and girls. The selection/cut process usually will not be done, unless a large number of swimmers becomes a safety concern.

Practices and home meets are held at Olinger Pool. Practice time is rescheduled each year among Salem schools. Transportation is provided to out-of-town meets and to practices as needed. Generally there is one meet per week.

MEET TIMES: 2:00 and 4:00 pm

Head Coach: **Eric Richey**
Asst. Coach: **TBA**

WRESTLING

There will be varsity and junior varsity teams for wrestling. No athlete will be cut from any team. Practices are held daily after school in the west balcony gym. One to two meets are held per week. Participants wrestle each other for the varsity spots during practice time each week. **Home meets are held in the South High main gym.**

Head Coach: **Bret Stefani**

Coaches/Volunteers: **Shawn Hall**

SPRING SPORTS

Spring sports include baseball, softball, track & field and tennis. Spring practice begins **February 23, 2009** and continues through mid-May. **Last day for blue cards is February 27, 2009.**

BASEBALL

There will be a varsity, junior varsity and a freshman baseball team. The squad size usually is 14 to 16 players per team, and there will be a selection/cut process.

Practices are held daily. **Practices and home games are held at Gilmore Field**, weather permitting. Games usually occur three times a week.

GAME TIMES: 4:00 or 4:30

Head Coach: **Josh Kerr**

Asst. Coaches: **Isaac Parker, Chris Riley, Chris Short, Trevor Baylie**

TRACK & FIELD

There are varsity and junior varsity teams and no participant will be cut from a team.

Practices and **home meets are held on our track by the lower fields on our campus.** Generally there is one meet per week.

MEET TIMES: 3:15 pm

Head Track Coach: **Rob Wood**

Asst. Coaches/Volunteers: **Shane Bosch, Lis Ann Saxe**

SOFTBALL

There will be a varsity, junior varsity and a freshman softball team. Squads consist of 12 to 15 players, and a selection/cut process is used.

Practices are held daily. Varsity, JV and Frosh games are held on South High's lower fields, usually three times a week.

GAME TIMES: 4:00 or 4:30

Head Coach: **Scott McCormick**

Asst. Coaches: **Amber Banducci, Terry Haugen, Kellie Powers**

TENNIS

There is a varsity tennis team for both girls and boys. The selection/cut process for the varsity team is accomplished through practice competitions.

Practices are held daily at Salem Swim and Tennis Club. An unofficial JV program is conducted by coaches on a court-time-available basis, and on some Saturdays. **Varsity home matches are held at the Salem Swim and Tennis Club.**

MATCH TIMES: 3:30 or 4:00

Head Boys Coach: **TBA**

Head Girls Coach: **Fabiana Dieguiz**

GOLF

There is a varsity and junior varsity team for both boys and girls golf. Squads consist of approximately 10 players. A selection/cut process is used.

Practices are held daily at Illahe or Creekside. **South's home courses are Illahe Golf Club and Creekside Golf Course.** Matches are usually held twice a week.

MATCH TIMES: Vary

Head Boys Coach: **TBA**

Head Girls Coach: **Jason Niedermeyer**

Directions to
**CENTRAL VALLEY CONFERENCE HIGH
SCHOOLS**

McKAY - 2440 Lancaster Dr. NE **Phone: (503) 399-3080**
From I-5, take Market St. Exit 256. Travel east to Lancaster Dr., turn left, travel north to Wolverine St., and turn right.

McNARY - 505 Sandy Dr. N **Phone: (503) 399-3238**
From I-5, take Chemawa Rd. Exit 260. Travel west on Lockhaven Dr. cross River Rd., the school is on your left. Turn left onto Celtic Way.

NORTH SALEM– 765 14th St. NE **Phone: (503) 399-3274**
From I-5, take Market St. Exit 256, travel west to Summer St., turn left on Summer, drive three blocks, turn left on D St., drive two blocks. The school will be on your right.

REDMOND - 675 SW Rimrock Dr. **Phone: (541) 923-4806**
Hwy 22 East to Sisters, outside of Sisters turn left onto Hwy 126 to Redmond. Turn left on Rimrock Drive.

SPRAGUE - 2373 Kuebler Rd. S **Phone: (503) 399-3261**
From I-5, take Kuebler Rd. Exit 252, travel west four miles.

W. SALEM - 1776 Titan Drive NW **Phone: (503) 399-5533**
From downtown Salem take the Marion St. bridge west over the river, take the Wallace Rd. exit and follow Wallace Rd. to the light at Orchard Hts. At Orchard Hts. turn left, drive 1 1/2 miles the school will be on your left at the intersection of Doaks Ferry Rd.

***Establishing rapport with your athletic child -
here are some golden rules:***

1. Make sure that your child knows that - win or lose, scared or heroic - you love him/her, appreciate his/her efforts and are not disappointed in him/her.

This will allow them to do their best and to avoid developing a fear of failure based on the spectre of disapproval and family disappointment if they do mess up.

Be the person in their life they can look to for constant positive enforcement. Learn to hide your feelings if they disappoint you.

2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, their sportsmanship and their actual skill level.
3. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes ... to take the physical bumps and come back for more. Don't say "winning doesn't count" because it does. Instead, help them develop the feel for competing, for trying hard, for having fun.
4. Try not to re-live your athletic life through your child in a way that creates pressure. You too lost as well as won. You were not always heroic. Avoid pressuring your child because of your pride.

Sure, they are an extension of you, but let them make their own voyage of discovery into the world of sport ... let them sail into it without interference. Help to calm the water when things get stormy, but let them handle their own navigational problems.

Find out what they are all about and don't assume they feel the same way you did, want the same things, have the same attitudes.

Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, sensitive, free spirit out there in that uniform who needs a lot of understanding, especially when their world turns bad on them. If they are comfortable with you - win or lose - they are on their way to maximum achievement and enjoyment - and you will get your kicks too!

In the meantime, start to think of your child as a child, not as "my son/daughter, the athlete!" If you do, the morale of the family will greatly improve.

5. Avoid competing with the coach. The young athlete often comes home and chatters on about "coach says this, coach says that". This is often hard to take - especially for a father or mother who has had some sports experience.

When a certain degree of disenchantment about the coach sets in, some parents side with the youngster. This is a perfect opportunity to discuss (not lecture) with the youngster the importance of learning how to handle problems, react to criticism and understand the necessity for discipline, rules, regulations and so on.

6. Avoid comparing the skill, courage or attitudes of your child with that of other members of the squad or team, at least in their hearing. If your child shows a tendency to resent the treatment they get from the coach, or the approval other team members get, be careful to talk over the facts quietly and try to provide fair and honest counsel. If you play the role of the overly protective parent who is blinded to the relative merits of your child and their actual status as an athlete and individual, you will merely perpetuate the problem.
7. You should also get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics and knowledge are such that you are happy to expose your child to him/her. The coach has a tremendous potential influence.
8. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reactions to the tales of woe or heroics they bring home.

Above all don't over-react and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate that the problem is not as it might appear.

9. Make a point of understanding courage, and the fact that it is relative. There are different kinds of courage. Some of us can climb mountains, but are frightened to get into a fight; others can fight without fear but turn to jelly if a bee approaches. Everyone is frightened in certain areas - nobody escapes fear and that is just as well since it often helps us avoid disaster. Explain to your youngster that courage does not mean an absence of fear but rather means doing something in spite of fear or discomfort.

In a way, the parents are the primary coaches. Many great athletes in evaluating the reasons for their success, have said, "My parents really helped - I was lucky in that respect."

The coaching job the parent has is the toughest one of all and it takes a lot of effort to do it well. It is worth all the effort when you hear your child boast (now or later on) that you played a key role in their success.

Salem-Keizer School Board policy requires student athletes and their parents to sign an agreement regarding drug, alcohol, and tobacco possession or use before the athlete is allowed to participate in any sports program provided by the school district. Part of this rule includes a provision for the athlete who finds himself/herself in the presence of persons who illegally use, possess, transmit, or are under the influence of alcohol, tobacco product, or controlled drug. This provision states that an athlete who finds themselves in this situation is expected to “leave within a reasonable period of time.” Reasonable period of time does not refer to clock minutes or hours, but to what actions the athlete took when he/she discovered that the activity going on is endangering their eligibility for sports. In the investigation of a possible violation, the administration will look at what the athlete did immediately after the discovery of the activity, who did he/she call, where did he/she go, and the approximate time that elapsed before leaving the scene. No athlete will be disciplined if it is determined that they did everything within their control to leave in a reasonable period of time.

Scenario:

Alice, Betty, Joe and Bill are at Dan’s sixteenth birthday party in Dan’s parents’ home. Dan’s parents’ have gone to a friend’s home to play cards and are expecting Dan and his guests to watch some videos. Part way through the evening, five of Dan’s friends from another high school crash the party and bring beer. Dan allows the five party crashers to remain and the beer is opened and some of the kids start drinking. Alice and Betty, who are athletes, realize that their athletic eligibility is in jeopardy and immediately call Alice’s mother to come and get them. The girls go outside and wait for Alice’s mother to arrive. Joe, who is also an athlete, decides he wants to finish the videos and goes upstairs to Dan’s room to be away from the party. Bill, who’s not an athlete, remains at the party and enjoys a few beers. Dan, who is an athlete, does not drink any beer at all.

In this scenario, the school is most likely to take the following actions. Alice and Betty did leave in a reasonable period of time and will not receive any athletic suspensions. Joe will receive athletic suspension because he did not make any attempt to leave the premises. Going to another room does not constitute leaving in a reasonable period of time. Bill, who is not an athlete and did not sign any agreement, will not receive any discipline from the school. Dan could not leave his own home, and did not drink, but did allow the beer party to happen, therefore, will receive athletic suspension.

<u>Sport/Coach</u>	<u>E-mail</u>	<u>Phone #</u>
<u>Baseball</u> Josh Kerr (V)	kerr_josh@salkeiz.k12.or.us	503-399-3252
<u>Boys Basketball</u> Eric Bowman (V)	bowman_eric@salkeiz.k12.or.us	503-399-3252
<u>Boys Golf</u> TBA		
<u>Boys Soccer</u> Eric Johansen (V)	ejohansen@opd.state.or.us	378-3349 x232
<u>Boys Tennis</u> TBA		
<u>Cheerleading</u> Nancy Cox	cox_nancy@salkeiz.k12.or.us	503-399-3252
<u>Cross Country</u> LisAnn Saxe Rob Wood	saxe_elisabeth@salkeiz.k12.or.us wood_rob@salkeiz.k12.or.us	503-399-3252 503-399-3252
<u>Dance Team</u> Christy Rogers		503-559-3226
<u>Football</u> Scott DuFault (V)	dufault_scott@salkeiz.k12.or.us	399-3252 x266
<u>Girls Basketball</u> Nick McWilliams (V)	mcwilliams_nick@salkeiz.k12.or.us	503-399-3252
<u>Girls Golf</u> Jason Niedermeyer	niedermeyer_jason@salkeiz.k12.or.us	503-399-3252
<u>Girls Soccer</u> Paul Goodwin (V)	goodwin_paul@salkeiz.k12.or.us	503-399-3252
<u>Girls Tennis</u> Fabiana Dieguiz	dieguiz_fabiana@salkeiz.k12.or.us	
<u>Softball</u> Scott McCormick (V)	TMccor6110@aol.com	503-399-3252
<u>Swimming</u> Eric Richey (V)	emanrichey@comcast.net	
<u>Track</u> Rob Wood	wood_rob@salkeiz.k12.or.us	503-399-3252
<u>Volleyball</u> Peter Piexoto (V)	piexoto_peter@salkeiz.k12.or.us	
<u>Wrestling</u> Bret Stefani	bstefani@comcast.net	503-399-3252



School District 24J complies with provisions of the various civil rights laws, such as the Fair Employment Practices Act, Title IX Regulations, and section 504 of PL 93.112 in employment and educational programs and activities.