



*Engage and challenge all learners
to ensure academic excellence*

**HIGH SCHOOL
PARENT-STUDENT
ATHLETIC & ACTIVITY
HANDBOOK**

HILLSBORO SCHOOL DISTRICT CONTACTS

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ATHLETIC & ACTIVITIES HANDBOOK INSTRUCTIONS

Please read this handbook. By signing the Athletic/Activity Participation Form, you are acknowledging you have read and understand the guidelines established by the Hillsboro School District.

Prior to turning out for an OSAA-sanctioned sport/ activity, participants are *required* to be adequately covered by insurance. You may choose to purchase insurance through the school or you may sign the insurance waiver, which is located on the Athletic/ Activity Participation Form. By signing the insurance waiver, you are stating you have your own private insurance. The parent/guardian must sign these. Students **MUST have medical insurance to participate in sports.**

ATHLETIC/ACTIVITY CLEARANCE REQUIREMENTS

In order for your student to clear and participate in a sport or activity, the following must be completed:

1. OSAA PHYSICAL FORM - **Signed and dated** by your doctor. **Your physical form is good for 24 months from the date of the exam.**
2. ATHLETIC/ACTIVITY PARTICIPATION FORM – Signed and dated by parent/legal guardian and student.
3. All fees must be paid. An athlete is responsible for all equipment issued to him/her. The athlete must clear all fees and equipment before being allowed to participate in the next sports season.
4. Participants must meet OSAA and Hillsboro School District Academic Eligibility Standards.

Complete and return all forms to the High School Athletics Office to “clear.” All forms must be in before the student can try out for a sport.

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS AND ACTIVITIES

The Hillsboro School District believes that extra-curricular programs are an integral part of our total educational program. In an educational setting, every effort must be made to provide athletic and activity experiences for as many students as possible. Because of the infinite number of individual differences in abilities and interests, programs must be broad and comprehensive. Competitive extra-curricular programs are to be selected on the basis of the needs, interests, and basic abilities of students, and be organized appropriate to their physical and emotional maturity. There should be as many opportunities in schools as can be adequately coached, managed, and funded. When opportunities have been made available in classes and intramurals for participation on the part of all, then the more skilled students should have the opportunity to meet other students of equal skill in extra-curricular programs.

ANTICIPATED OUTCOMES FOR STUDENTS PARTICIPATING IN ATHLETICS AND ACTIVITIES

The Hillsboro School District believes that involvement and participation in meaningful competitive extra-curricular athletics and activities with a goal of excellence promotes:

- Increased commitment to academic improvement while involved and participating in programs.
- Improved school attendance, especially during the period of participation.
- Greater satisfaction with school by representing the school in athletic and activity programs.
- A greater appreciation for positive work ethic.
- A higher level of physical fitness and skill development.
- A healthy understanding of competition, team cooperation, rules, and sportsmanship.

School athletics and activities should contribute to the identity and interest in school for parents, fans, student support groups, and service clubs, in addition to the participants.

OSAA ATHLETICS AND ACTIVITIES OFFERED IN THE HILLSBORO SCHOOL DISTRICT

FALL SPORTS

Football
Soccer
Volleyball
Cross-Country

WINTER SPORTS

Basketball
Swimming
Wrestling

SPRING SPORTS

Baseball

Golf

Softball

Tennis

Track & Field

OSAA ACTIVITIES

Band

Cheer

Dance

Choir

Solo Music

Speech

FEES

OSAA ATHLETICS - \$200.00 per sport

OSAA maximum participation fee shall be \$400 per student or \$800 per family for the current school year for athletics and activities. All fees must be paid in full by the last day of the season. Students are not permitted to participate in any additional athletics or activities with an outstanding balance.

OSAA ACTIVITIES - \$150.00 per activity

OSAA maximum participation fee shall be \$400 per student or \$800 per family for the current school year for athletics and activities. All fees must be paid in full by the last day of the season. Students are not permitted to participate in any additional athletics or activities with an outstanding balance.

ASB CARD AND STICKER - \$20

STUDENTS ON FREE AND REDUCED-PRICE LUNCH

Students who qualify for free or reduced-price lunch are not required to pay for participation in athletics and activities. A waiver of this fee must be requested, and authorization to verify the student's free and reduced-price lunch status must be granted to the school.

Note: Tier II OSAA sports (including golf and tennis) do not qualify for individual and family caps or free and reduced-price lunch waivers.

DISTRICT SPORTSMANSHIP GUIDELINES

FUNDAMENTALS of SPORTSMANSHIP - PARTICIPANTS

- Show respect for the opponent at all times.
- Show respect for the officials.
- Know, understand, and appreciate the rules of the contest.
- Maintain self-control.
- Recognize and appreciate levels of skill attained, regardless of affiliation.
- Recognize that participation in a contest is a privilege.
- Maintain a balance.
- Participate in a variety of activities and have fun.

PARENTS / STUDENTS / SPECTATORS

- Respect both players and fans of opposing teams.
- Be a role model! Don't harass or trash talk opponents or officials before, during, or after a contest.
- Recognize and support the efforts of coaches, officials, leagues, and school administrators.
- Support your child/peer with positive actions and encouragement.
- Respect the officials' judgment and interpretation of the rules.
- Accept both victory and defeat with pride and compassion.
- Applaud all participants' efforts – win or lose.

One man practicing sportsmanship is far better than fifty others preaching it.

- Knute Rockne

Winning is for a day – sportsmanship is for a lifetime.

Sportsmanship is winning – even if you lose the game.

Fans are not at an event to intimidate or ridicule, but to support and enjoy the competition.

Good sportsmanship begins with you. Always do right. This will gratify some people and astonish the rest. - Mark Twain

ATHLETIC AND ACTIVITY BEHAVIOR STANDARDS

The athletic and activity departments, as well as the professional coaches and advisor staff of the District, recognize the importance of extra-curricular programs within the total school structure. It is our belief that high expectations for our students will produce positive performance and personal growth. The opportunity to participate in extra-curricular programs is a privilege granted to all students in the District. Since these programs are an extension of the school environment, participants are expected to follow District policies as outlined by the School Board and, specifically, those related to student behavior outlined in the Standards of Student Conduct. In addition, participants in these voluntary programs are expected to follow the specific standards of conduct established by the administration and athletic/activity coaches/advisors, as well as the standards set forth by the Oregon School Activities Association (OSAA).

A student-athlete is defined as a student who is a member of an OSAA sponsored team or competitive club member, ninth through twelfth grade.

Activity participants are defined as participants in OSAA school-sponsored groups and other District sponsored groups which represent the school publicly or in competition with other schools.

Participants in athletic/activity programs will adhere to all behavior standards at all times. Representing a school as part of an athletic/activity program is a privilege, and

with the extra returns come certain responsibilities. The goal of behavior and conduct standards is twofold:

1. Participants in athletic/activity programs shall present and conduct themselves in a manner that will bring credit to themselves, the student group or team they represent, and their school.
2. All athletic/activity participants will strive continually to improve themselves by attaining standards higher than those asked of the general student.

In order to attain these goals, the following standards will be in effect for all students who represent their school as participants in athletics/activities.

In the competition arena, the student:

- Is under control at all times, and exhibits poise and composure regardless of the situation.
- Is respectful to officials, fans, opponents and teammates.
- Is modest in victory and gracious in defeat.
- Does not use profanity.

At school and in the community, the student:

- Works hard to promote pride with other students in his/her school and community.
- Utilizes social media for positive communication and refrains from inappropriate messaging through text or pictures.
- Displays appropriate appearance and behavior before fellow students.

In the classroom, the student:

- Meets the academic standards of school.
- Is respectful to teachers and fellow students.
- Maintains a good attendance record.
- Is not truant from classes or practice.

On school-sponsored trips, the student:

- Is an ambassador for his/her home, school, and community and will act accordingly.
- Dresses appropriately and in good taste.

- Refrains from misconduct while traveling to and from events. Disruptive behavior or other forms of misbehavior will not be tolerated.
- Remains with the team at all times when attending away events unless authorized by the coach.

Students who violate athletic/activity behavioral standards will be disciplined as outlined in the Standards of Student Conduct. Students may also be suspended from competition/practice in their athletic or activity program.

SUBSTANCE ABUSE - Definitions and Standards

Athletic training standards require that athletes agree not to possess, use, sell, or provide alcohol, tobacco, or illegal/unauthorized drugs or related paraphernalia at any time throughout the **calendar** year. Student-athletes agree not to be present where unlawful use of alcohol or drugs may occur throughout the **calendar** year.

Activity participants agree not to possess, use, sell, or provide alcohol, tobacco, or illegal/unauthorized drugs or related paraphernalia at any time throughout the **calendar** year. Activity participants agree not to be present where unlawful use of alcohol or drugs may occur throughout the **calendar** year.

PENALTIES

First Offense:

The student shall be suspended from participation in **50%** of the contests for that season according to the Athletic/Activity Contest Suspension Chart. If the student completes a drug and alcohol assessment and follows through with the recommended course of

treatment, the suspension will be reduced to **20%** of contests. The student shall be suspended while going through the assessment process.

- a. The athletic director or school administration will notify parents of the eligibility rules violation and consequences. Every reasonable effort will be made to contact parents prior to implementing the consequence.
- b. During the suspension period, the student shall remain a member of the team and is required to practice and attend (not participate) all contests.
- c. Suspensions will carry over from one season to the next if the terms of the suspension have not been completed. Suspensions will be carried on to the next school year if necessary.

Second Offense:

The student shall be suspended from participation for **ONE calendar year**

The athletic director or school administration will notify parents of the eligibility rules violation and consequences. Every reasonable effort will be made to contact parents prior to implementing the consequence.

Third Offense:

The student will lose the privilege to compete in all Athletics and Activities outlined above for the remainder of his/her high school career. The athletic director or school administration will notify parents of the eligibility rules violation and consequences. Every reasonable effort will be made to contact parents prior to implementing the consequence.

***It should be noted that any evidence turned in to the District or school of alleged violations (video, photos, Facebook, etc.) must be able to be verified and proven by the building administration to implement any consequences against a student.*

HAZING

Hazing is prohibited. Hazing means any intentional, knowing, or reckless act committed by a student, whether individually or in concert with other persons, against another student, and in which the act causes or contributes to a substantial risk of physical injury, mental harm, or personal degradation. Violation of this policy will result in disciplinary action as outlined in the Standards of Student Conduct.

SUSPENSION

Students under suspension from school are not eligible to practice or represent the school while under suspension. Students returning from suspension may face further participation limitation as a result of missed practice, lack of conditioning, etc.

STUDENT ATTENDANCE

Students must be present in school at least one half of their regularly scheduled academic day of a game/event/practice in order to participate in **that game/event/practice**. ANY unexcused absences will result in the student not participating in the game/event/practice. Emergencies will be handled by the athletic director/administrator.

Excused Absences:

Criteria for excusing students for absences, upon parent / guardian request, may include:

- Student illness / injury / quarantine
- Bereavement
- Serious illness in the family
- Religious instruction
- Inclement weather
- Family emergencies
- Legal or court appointments requiring the student's attendance

PARTICIPATION REQUIREMENTS AND EXCEPTIONS

Participation in athletics and activities is available to any student. The following regulations govern eligibility for OSAA-sponsored athletics and activities:

1. The participant must meet OSAA and Hillsboro School District academic eligibility requirements.
2. The participant must adhere to the training and citizenship rules established by the coach, athletic department, and school administration.
3. The participant must have a physical examination and provide a completed OSAA Pre-Participation examination form that meets OSAA requirements.
4. Each participant must either purchase a medical insurance plan available through the school or show evidence of private medical insurance.
5. A participant who is dropped from a squad for disciplinary reasons will not be allowed to become a member of any other program during that season.
6. A participant may not drop from one program squad and transfer to another without agreement of both coaches concerned.
6. The participant must possess a student body card with an **ASB sticker**.

The Hillsboro School District recognizes athletic/activity participation as an integral part of the educational process. Experience has shown that such participation promotes and supports the academic mission of schools, as well as contributing to students' social and personal development. Students who represent their schools

should set high expectations for themselves in all areas of school life, particularly in the classroom.

The goals of academic standards for participation are:

1. To assist students with a continuing focus on the importance of academic learning.
2. To encourage students who represent the school as activity participants to view themselves as positive role models.

ACADEMIC ELIGIBILITY STANDARDS

In order to meet academic eligibility standards for participation in OSAA programs, a student must meet the following:

1. Pass **five** subjects the previous semester, equivalent to 2.5 credits (OSAA)
2. Be enrolled and passing at least **five** subjects (2.5 credits) in the current semester (OSAA)
3. Pass all subjects or receive a 2.0 GPA the previous grading period (quarter, semester). Summer school or alternate grades will be credited when the next transcript is issued. (HSD)
4. *Students not meeting OSAA requirements, by rule, are **INELIGIBLE** for the entire semester.

OSAA Individual Eligibility Class Offering Chart

OSAA Rule 8.1.1 Individual Eligibility	
Number of Classes Offered	Minimum Number Passed
4	3
5	4
6	5
7	5
8	5

Satisfactory Progress Toward Graduation - In addition to the specific credit requirement identified in OSAA Rule 8.1.2., to be scholastically eligible, a student must **also** be making satisfactory progress toward the school's graduation requirements as determined by the District **by having earned a minimum of credits, as indicated on the chart below, by the beginning of the specified year.**

Minimum Satisfactory Progress Requirements	
Credits to Graduate	24
Credits Per Year	6
(75%) - Prior to Grade 10	4.5
(85%) - Prior to Grade 11	10
(95%) - Prior to Grade 12	17

*****Please Note: it is recommended that students enroll in more than the minimum number of classes each semester to ensure they meet satisfactory progress toward degree requirements as outlined in the above chart.***

HSD Academic Standards Requirements

Students (except incoming freshman or transfer students*) who are District ineligible on the first practice date of the season will be placed on academic probation. Students may be allowed to practice but not compete in contests during this time. Students will be ineligible to participate in 20% of the contests in their season if they do not meet the HSD academic standard. Students will be required to do a weekly progress report for the athletic

director to determine eligibility for the remainder of the season.

*Incoming Freshman students or students who newly transferred into the District that are ineligible by HSD standards will be placed on academic probation immediately. This applies to the student's first season of play during the year. Students will be allowed to participate in practices and contests during their academic probation period. Students will be required to complete a weekly grade/behavior check to determine eligibility for the entire season. Students not eligible at the end of the weekly grade check can become eligible during the next weekly period if they are passing all classes or have a 2.00 GPA and are meeting behavior standards.

Students that were eligible at the beginning of the semester will have their grades checked at nine-week midterms. If they are deemed ineligible by HSD policy at this time, they will be put on the weekly check for eligibility.

- Pass/No Pass grades do not calculate in as part of a student's GPA for the purpose of this policy.
- Pass/No Pass grades do apply to the number of classes passed.
- Incompletes/standards based, or no grade available at the nine week grade check: Students may ask the teacher to provide a letter grade or a pass/no pass at this time to determine eligibility. If no grade is available, the student will be placed on academic probation and be required to

complete a weekly grade check to determine eligibility. During this time, the student will be allowed to participate in practices and contests. Building principals are able to use the District hardship process for a student in these circumstances.

Academic Eligibility Hardship Appeal Process

Participants in athletic/activity programs not meeting eligibility standards may participate only if the following conditions are met.

OSAA

The principal applies to the OSAA Executive Director for an exception to the OSAA academic standard when, in his/her opinion, there are circumstances beyond the control of the student or parent, or other circumstances whereby enforcement of the rule would work an undue hardship upon the student. The principal will inform the Director of Extracurricular Services prior to submitting an Eligibility Request Form. Requesting and receiving an OSAA hardship does not automatically waive the District standard.

District

The principal may grant an exception to the District academic standard, when, in his/her opinion, there are circumstances beyond the control of the student or parent or other circumstances whereby enforcement of the rule would work an undue hardship upon the student. The principal will inform the Director of Extracurricular Services when granting such an exception.

The school athletic director will monitor the student's academic progress and attendance on a weekly basis. If the student is not attending regularly and meeting the District standard, the student will immediately become ineligible, until their next weekly academic progress check has improved.

GRADE CHECKS

Semester

- 4½ week mark - Students may only become HSD eligible at this time
- Quarter - Students may become HSD eligible or ineligible at this time
- Semester - Students may become both OSAA and HSD eligible or ineligible at this time

The following OSAA athletics and clubs are subject to Hillsboro School District academic standards:

Baseball, Basketball, Cheerleading, Cross Country, Dance/Drill, Football, Golf, Soccer, Softball, Speech, Swimming, Tennis, Track & Field, Volleyball, Wrestling, and the following club sports; Lacrosse, Water Polo, Equestrian, Bowling.

The following OSAA activities/clubs are subject to Hillsboro School District academic standards:

Symphonic band, jazz band, choir, solo music. (**Does not include marching band or color guard**)

The school athletic director is responsible for ensuring that student athletes of OSAA athletics and activities meet the OSAA and HSD academic standards.

HILLSBORO SCHOOL DISTRICT BASIC SPORTS GUIDELINES

The District strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for the activities offered here at high school, in order to protect the student and others from injury and/or illness. Participation in any athletic activity carries with it the risk of injury. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of every athletic program. Each participant is expected to follow the directions/standards of the coach. Travel to and from off-campus facilities, including practice and game sites, shall be in accordance with the direction of the coach and athletic director.

General Sports Guidelines

Athletes are expected to:

- Engage in proper warm-up activities prior to any strenuous activity taking place.
- Wear all protective equipment as directed by the coach.
- Notify the coach of any physical conditions that could affect performance.
- Perform only those skills and techniques as instructed and/or supervised by your coach.
- Be sure all equipment is fitted properly, especially shoes.
- Remove all jewelry, metal hair fasteners, and other body adornments as required by rules and regulations.

- Dress according to temperature and coach's expectations.
- Be aware of possible hazards at both home and away sites and locker rooms. Note field conditions and obstructions, and advise the coach of these hazards.
- Inform the coach prior to each day's activity of limiting conditions, and participate only to the extent allowed by the coach.
- Hydrate themselves frequently during practice and meets, and follow the coach's direction on hydration prior to and following practices and meets.
- Notify the coach immediately if injured.
- Remain with the team until dismissed by the coach.
- Notify the coach in advance if you will have to miss practice due to illness or other excused absence.

HILLSBORO SCHOOL DISTRICT
PARENT/COACH COMMUNICATION

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, both are better able to accept the actions of the other and provide a greater benefit to student athletes. As parents, when your students become involved in our program, you have the right to understand what expectations are placed on your student athlete. This begins with clear communication from the coach of your student athlete's program.

**COMMUNICATION COACHES EXPECT
FROM ATHLETES AND PARENTS**

1. Concern expressed directly to the coach
2. Notification of any schedule conflicts in advance
3. Notification of illness or injury as soon as possible

As your student becomes involved in District programs, he or she will experience some of the most rewarding moments of his or her life. It is important to understand that there may also be times when things do not go the way you and your student athlete wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your student athlete
2. Ways to help your student athlete improve
3. Concerns about your student athlete's behavior

It is very difficult to accept your student athlete not playing as much as you hope. Coaches are professional. They make decisions based on what they believe to be the best for all student athletes involved. As you have seen from the preceding list, certain things can be discussed with your student's coach. Other things, such as those listed below, must be left to the discretion of the coach:

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

COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR SON'S OR DAUGHTER'S COACH

1. Philosophy of the coach
2. Expectations and goals the coach has for student athletes, the team, and the season
3. Locations and times of all practices and contests
4. Specific team requirements, including special equipment, strength and conditioning programs, weekend activities, etc.

5. Injury procedures for practices and contests
6. Team rules, guidelines, and consequences for infractions
7. Lettering criteria
8. Team selection process
9. Discipline resulting in the denial of your student's participation

PARENT CODE OF CONDUCT

1. Make sure your student athlete understands that, win or lose, you love him or her. *Students first – winning second.*
2. Be realistic about your student athlete's physical ability.
3. Help your student athlete set realistic goals.
4. Emphasize *improved* performance, not winning.
5. Provide a safe environment for training and competition.
6. Don't relive your own athletic past through your student athlete.
7. Control your emotions at games and events.
8. Be a "cheerleader" for your student athlete and others on the team.
9. Respect your student athlete's coaches. Communicate with them in a positive way. Encourage others to do the same.
10. Be a positive role model. Be sensible and responsible, and keep your priorities in order. There is more at stake than a win or loss record.

NEXT STEPS IN COMMUNICATION

There are situations that may require a conference between the coach and player or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position. When a conference is necessary, the following procedure should be used to help resolve any concerns:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the building athletic director and a meeting will be set up for you.

Please 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 the coach. Meetings of this nature usually do not promote positive resolutions.

THE NEXT STEP

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call the building athletic director for the high school to set up an appointment.
2. At this meeting, the appropriate next step can be determined.

PERSONAL PROPERTY

Students are discouraged from bringing expensive personal property and electronic devices like to practice and sporting events. Students choosing to bring personal property do so at their own risk of loss, damage, and/or theft. The District does not reimburse students or parents for the loss, damage, and/or theft of student personal property.

TRANSPORTATION

Students are to be transported to all school-sponsored events in District-provided vehicles. In the event that parents/guardians wish for their son/daughter to have alternative transportation, Board policy and District forms must be used. All alternative driver requests must go through the athletic director or activities coordinator prior to being approved. It is the responsibility of the parent/guardian to ensure students have transportation home from practice and/or events once they are

released by their coach/advisor in a timely manner. Student bus behavior guidelines are outlined in the Standards of Student Conduct.

LOCKER ROOM

The locker room is a very dangerous place. Students must follow all rules and regulations outlined in the Standards of Student Conduct and by their coach/advisor. Please be aware hazing in any form is prohibited. Students are required to review the Standards of Student Conduct regarding hazing.

LETTER AWARDS

Each high school and each individual program in the District will establish lettering policies. The coach/advisor is obligated to make all participants aware of their criteria prior to the start of the season. It is the responsibility of the parent/guardian and the student to make sure they understand the lettering policy prior to the season.

WARNING/AGREEMENT TO OBEY INSTRUCTIONS

I am aware that practicing or competing in an interscholastic activity in high school will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in sports include, but are not limited to, death; serious neck and spinal injuries which may result in complete or partial paralysis; brain damage; serious injury to virtually all internal organs; serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system; and serious injury or impairment of other aspects of my body, general health, and well being. I understand that the dangers and risks of practicing or competing in a sport may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, engage in other business, social, and recreational activities, and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment, or training can eliminate all vestiges of danger. By signing the District Athletic/Activity Participation form, the parent/guardian acknowledges the District does not assume the responsibility for any medical services required. Because of the dangers of participation in a sport at high school, I recognize the importance of following the coaches' instructions regarding techniques, training, and other team rules, etc., and agree to obey such instructions.

We want to remind students and parents of the serious danger of chemicals, both prescription and over-the-counter, used with the intent of enhancing performance or body shape. It is the position of the Hillsboro School District that we believe these to be unacceptable health risks. The issue of anabolic steroid use is addressed in our school procedures and in the state guidelines from the OSAA. Use of these substances will not be encouraged or tolerated in the Hillsboro School District.

DISTRICT SUBSTANCE ABUSE POLICY

Dear Parents:

In a continued effort to promote healthy activities/athletics in the Hillsboro School District, we are asking you to endorse our substance abuse policy for the school year. Please review the information below.

SUBSTANCE ABUSE DEFINITIONS AND STANDARDS

A student-athlete is defined as a student who is a member of an OSAA sponsored team or competitive club member, ninth through twelfth grade. Athletic training standards require that athletes agree not to possess, use, sell, or provide alcohol, tobacco, or illegal/unauthorized drugs or related paraphernalia at any time throughout the calendar year. Student-athletes agree not to be present where unlawful use of alcohol or drugs may occur throughout the calendar year.

Activity participants are defined as participants in OSAA school-sponsored groups and other District sponsored groups which represent the school publicly or in competition with other schools. Activity participants agree not to possess, use, sell, or provide alcohol, tobacco, or illegal/unauthorized drugs or related paraphernalia at any time throughout the calendar year. Activity participants agree not to be present where unlawful use of alcohol or drugs may occur throughout the calendar year.

PENALTIES

First Offense:

The student shall be suspended from participation in **50%** of the contests for that season according to the Athletic/Activity Contest Suspension Chart. If the student completes a drug and alcohol assessment and follows through with the recommended course of treatment, the suspension will be reduced to **20%** of contests. The student shall be suspended while going through the assessment process.

- a. The athletic director or school administration will notify parents of the eligibility rules violation and consequences. Every reasonable effort will be made to contact parents prior to implementing the consequence.
- b. During the suspension period, the student shall remain a member of the team and is required to practice and attend (not participate) all contests.
- c. Suspensions will carry over from one season to the next if the terms of the suspension have not been completed. Suspensions will be carried on to the next school year if necessary.

Second Offense:

The student shall be suspended from participation for **ONE calendar year.**

The athletic director or school administration will notify parents of the eligibility rules violation and consequences. Every reasonable effort will be made to contact parents prior to implementing the consequence.

Third Offense:

The student will lose the privilege to compete in all Athletics and Activities outlined above for the remainder of his/her high school career. The athletic director or school administration will notify parents of the eligibility rules violation and consequences. Every reasonable effort will be made to contact parents prior to implementing the consequence.

In case of alleged violations, due process in the form of notification of the alleged violation and the right to a hearing must be extended to students involved. The implementation of this policy rests with the building administration and high school athletic/activity director. Consequences begin as soon as a building-level decision is made. Requests to appeal this policy shall be directed to the building principal. **It should be noted that any evidence turned in to the District or school of alleged violations (photos, Facebook, etc.) must be able to be verified and proven by the building administration to implement any consequences against a student.