

ATHLETICS AND ACTIVITIES

You are encouraged to participate in as many activities as you feel comfortable with while attending RHS. However, a word of caution is necessary. Don't take on more than you can handle. You may wish to discuss with coaches, counselors, teachers, friends, and advisors how much time is required to participate successfully in a given activity; then set priorities as to how many and which activities you believe you can make time for in your schedule.

Some activities become particularly intense during certain times of the year. If you communicate with your teachers well in advance of these activity intense periods they may be able to shuffle your individual schedule of academic expectations. It is very important that you communicate with your teachers well in advance of your busy time. Arrange a visit with your teacher outside of class time to discuss your needs.

Eligibility for Co-Curricular Activities

In order to participate in practice or a contest the participant must be in attendance all day of such practice or contest. Any exceptions to this must be cleared through the Athletic Director, Principal, or representative. Students must have passed at least four (4) credit classes the previous trimester to be academically eligible. In addition, as participants they must be currently enrolled in at least four (4) credit classes and passing all classes. Work experience does NOT count as a credit for athletic eligibility.

1. Physicals are required in the 9th and 11th grade or first time athletes without current physicals.
2. Athletes will be cleared for practice after all paperwork and the pay-to-play fee is turned in to the Athletics Office. A new blue card (OSAA permit card) needs to be filled out and signed each year.
 - A. Grade Check - Each season grades will be checked at three-week intervals. Students must be passing all classes.
The Athletic Director and coaching staff will determine all dates
 - B. "Co-Curricular Grade Check Form" - The CGC form may be sent by the teacher to the co-curricular participants and coach or advisor **at any time** to inform them of the athlete's failing or near failing status. This would provide a more timely method of informing an athlete and coach that a potential problem exists before the regular scheduled grade check.

INTERSCHOLASTIC ATHLETIC RULES AND REGULATIONS

1. **OSAA Eligibility:**
An eligible student is one who is enrolled in at least (4) credit classes, attending regularly, and during the immediate preceding trimester was enrolled in and passed at least (4) credit classes. Work Experience does NOT count as a credit for athletic eligibility.
RHS Eligibility:
An eligible student is one who is passing all classes in which he/she is enrolled, as well as meeting the OSAA Eligibility criteria as stated above.
Grade Check – Each season grades will be checked at least every (3) weeks. A student who is failing may become ineligible at any time between grade checks. **The Athletic Director will determine all dates.**
2. Violations that may cause immediate removal from a team:
 - A. Violations of Substance Abuse Policy. (See attached Substance Abuse Policy).
 - B. Students who are a party to vandalism, theft or engage in any other activity that endangers the health or property of others. A conference with the athlete, parents, and Athletic Director will be held. Conditions for reinstatement to the athletic program and length of suspension will be reviewed. A contract will be signed in order for the athlete to continue in the program. This contract may include expectations in regards to academics, school attendance and behavior at school. Athletic sanctions will be in addition to school sanctions in most cases.
 - C. Violations of conduct which are unbecoming of an athlete and which are not specifically listed in these rules, may lead to suspension or removal from the athletic program by the Athletic Director or Principal.
3. These rules and regulations are in effect at all times of the school calendar year. **Beginning on the first practice date of the fall sports season through the last day of school. All students will be accountable for the athletic regulations beginning the first day of practice during the first sport they participate in.**
4. Redmond High School will honor athletic suspensions from an athlete's former school, subject to our appeal process.
5. In order to participate in practice or a contest, the participant must be in attendance all day of such practice or contest. Any exceptions to this must be cleared through the Athletic Director or Principal or their representative. Possible exceptions may be medical, dental, or pre-arranged absence from school.
6. A participant who is removed from a squad for disciplinary reasons will not be allowed to participate in any other supervised extra-curricular athletic activity during that regular season.
7. A participant may voluntarily drop out of a sport in season during the first two weeks of the season without eliminating himself or herself from supervised conditioning or weight training. Those quitting a sport in season after the first two weeks of official practice will not be allowed to participate in any other supervised extra curricular athletic activity during that regular season without the agreement of both head coaches concerned and the Athletic Director.

8. A student becomes ineligible thereafter, if at any time he accepts or agrees to later accept any compensation or thing of value for recognition of athletic abilities, with the following exceptions:
 - A. School official athletic awards.
 - B. Activities sponsored by amateur groups or organizations, provided A.A.U. code is observed.
 - C. Students may not accept monetary compensation for athletics. Students may receive non-monetary compensation for athletics up to \$300 per association year. For additional information, see your Coach or Athletic Director.
9. No athlete will be allowed to participate in a sport until all previous issued equipment in a prior sport has been returned or proper restitution made.
10. All violations of Redmond High School Athletic Rules and Regulations may be appealed through a committee composed of High School Personnel. The committee will be selected by the Administrator chairing the appeals process.
11. Students are encouraged to ride home after all games with the team. Coaches may excuse a team member to their parent/guardian following the contest with a note from the parent/guardian. Students who wish to ride home with another adult must secure permission PRIOR to the trip through the Athletic Director.
12. Before you sign an agent contract, endorsement contract or professional sports services contract, you should pick up a warning statement in the Athletic Office. The statement describes your loss of eligibility and your responsibilities to your school after having signed said contract.

SUBSTANCE ABUSE POLICY

The Redmond High School Substance Abuse policy will be in effect from the first practice session of the fall sports season through the last day of school. The use of tobacco (smoking, chewing or possession) is prohibited. The use of alcohol and other drugs (possession, use or trafficking) is prohibited.

FIRST VIOLATION:

1. Two-week suspension from competition, but the participant is eligible to attend practice sessions.

SECOND VIOLATION:

2. Participant will be dropped from his/her current squad for the remainder of that sports season. Additionally, the athlete will be placed on athletic probation and is suspended for a minimum of the first 50% of regular season contests or play dates for his/her next sports season; beginning with the first OSAA sanctioned date of competition. Attendance at practice is mandatory during this period. The athlete must complete his/her next sport season in good standing. Failure to do so will result in continuing the probation and a minimum of the first 50% of regular season contests or play dates for his/her next sports season. The Athletic Director will review conditions of all suspensions/probations with the athlete, parents, and coaches, and a contract will be signed in order for the athlete to participate. This contract may include expectations in regards to academics, school attendance and behavior at school.

THIRD VIOLATION:

3. Suspension from participation for one calendar year.

* All suspensions are considered served after one calendar year from the date the violation occurred.

Redmond High School will honor athletic suspensions from an athlete's former school, subject to our appeal process.

The preceding policy carries through the participant's four years of participation. These rules are in effect once a student begins practice in the first sport they choose to play.

Example 1: A participant receives a first violation during the freshman year and is suspended from competition for two weeks. The participant receives a second violation in the fall of his/her senior year; they will be dropped from the team for the remainder of that season and the first 50% of regular season contests or play dates for their next sports season as per the second violations stated in the #4 above.

Example 2: A student violates the substance abuse policy a week after the spring sports season. The student will fulfill the consequence the following year in the first sport season in which he/she participates.