

LEBANON HIGH
SCHOOL

ATHLETIC/ACTIVITIES
HANDBOOK

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Athletic Handbook

STATEMENT OF PHILOSOPHY

1. The Lebanon School District believes that a dynamic program of student activities is vital to the educational development of the student.

The Lebanon High School Athletic Program will provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

Athletics will function as an integral part of the total curriculum. It will offer opportunities to serve the institution, to assist in the development of fellowship and good will, to promote self-realization and all-around growth, and to encourage learning the qualities of good citizenship.

2. Athletics plays an important part in the life of students of Lebanon High School. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics plays an important part too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students, spectators, and participants to develop pride in their school.

3. The major objective of the program is to provide wholesome opportunities for students to develop favorable habits and attitudes of social and group living.

Leadership will be of the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the athletic program. Measurement of leadership success should not be in terms of the tangible evidence of the victory and defeat record, but rather in the intangible personality development factors that are an outgrowth of the major objectives of the athletic program.

The athletic program will always be in conformity with the general objectives of the school. The athletic administration will be in line with the general policies of the institutions. At no time will the program place the total educational curriculum secondary in emphasis; the program will constantly strive for the

development of well rounded individuals, capable of taking their place in modern society.

4. We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community and the student's themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.

Lebanon High School student activities are considered a supplement to the school's program of education which strives to provide experiences that will help to develop boys and girls physically, mentally, socially and emotionally.

5. The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies and rules and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational activity.

OBJECTIVES OF PARTICIPATION

1. To provide a positive image of school athletics at Lebanon High School.
2. To strive always for playing excellence that will produce winning teams within the bounds of good sportsmanship and mental health of the student athlete.
3. To ensure growth and development that will raise the number of individual participants.
4. To provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory will provide adequate and natural opportunities for:
 - A. Physical, mental and emotional growth and development.
 - B. Acquisition and development of special skills.
 - C. Team play with the development of such commitments as loyalty, cooperation, fair play and other desirable social traits.
 - D. Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
 - E. Provisions for worthy use of leisure time in later life, either as a participant or spectator.
 - F. Participation by the most skilled that will enable these individuals to expand possibilities for future vocational pursuits.

5. To create a desire to succeed and excel.
6. To practice self-discipline and emotional maturity in learning to make decisions under pressure.

PLAYING TIME PHILOSOPHY:

*Multi-Sport Participation: As an athletic department, we will support and reinforce students participating in a sport every season. Every coach will support this philosophy with his or her words and actions.

*Strength and Conditioning Program: Our competitive advantage in program, as well as individual development, will focus on our strength and speed development program. It is essential that all participants, regardless of sport give 100% towards becoming their physical best. Having stronger, faster athletes will lead to individual, as well as team, improvement in addition to lowering the individual's risk of injury.

It shall be goals, at the varsity level, to field as competitive team as possible, to win each contest, and to provide for long term development of players. It shall also be a goal of the coach to maximize the playing time of each player that is eligible to compete, in each contest. If these two goals become in-conflict, it will be the coaches discretion which goal to pursue.

At the Freshmen and Junior Varsity levels, winning is also important to all and it is also the goal of the coach to maximize the playing time of each player. Concerns about playing time will not be discussed after games. Appointment with coach and/or Athletic Director will need to take place within 72 hours.

COACHES CODE OF ETHICS

As a professional educator and leader, the high school coach will:

- A. Exemplify the highest moral character as a role model for young people.
- B. Recognize the individual worth and reinforce the self-image of each team member.
- C. Encourage and assist team members to set personal goals to achieve their highest academic and athletic potential.
- D. Support the training rules for athletes set forth by the Athletic Department, which reflects the positive values of abstaining from the use of drugs, alcohol, and tobacco.
- E. Strive to develop the qualities of leadership, initiative, and good judgment in each team member.
- F. Communicate and interpret program goals and objectives to parents and community thru parent meetings.
- G. Provide a safe environment for practice and competition.
- H. Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- I. Respect the integrity and judgment of game officials.

- J. Teach and abide by the rules of the game in letter and spirit.
- K. Build and maintain ethical relationships with coaches and administrators.
- L. Strive for excellence in coaching skills and techniques through professional involvement.
- M. Promote personal fitness and good nutrition.
- N. Be modest in victory and gracious in defeat.
- O. Encourage a healthy respect for the overall athletic program and its vital role in education.

ACADEMIC ELIGIBILITY

For the purpose of this rule, a full time student is one who is enrolled in high school, or high school related classes, equaling to 2.5 credits. A student athlete must pass 2.5 credits the previous semester and enrolled in 2.5 credits during the season. Passing 5 out of 7 classes **equaling 2.5 credits** meets this standard. The rule of passing 2.5 credits the previous semester does not apply to incoming freshmen during the fall season.

Taking college courses through Lebanon High School is an option. Most college 100 or higher courses equaling 3 credits will equate to 1 high school credit. Check class conversion chart with the E Connections counselor or at the athletic office.

Taking Summer Classes may be used to recover lost credits and failed classes from 2nd Semester. If a student does not pass 5 (2.5 credits) out of 7 classes or ends up with less than 2.5 credits, we may be able to appeal if there has been a hardship declared.

SATISFACTORY PROGRESS TOWARD GRADUATION

A rule passed by OSAA states “a student must also be making satisfactory progress towards the schools graduation requirements by earning a minimum of the quantity of credits indicated on the chart below”.

- Credits to graduate: 24
- Prior to grade 10: 4 credits
- Prior to grade 11: 9.5 credits
- Prior to grade 12: 16 credits

LHS-ATHLETIC & CO-CURRICULAR ACTIVITIES GRADE POLICY

Lebanon High School requires students in all grades (9-12) wishing to participate in co-curricular activities to demonstrate and maintain the following academic standards:

OSAA Requirement:

Take and pass 5 classes for a total of 2.5 credits the previous semester. The student must also be enrolled in 5 classes for 2.5 credits during the present semester.

Lebanon High School Requirement:

Grade checks will begin the 2nd week of the season. Students must be passing all classes with a ‘C’ or better. If this requirement is not met, then the student will be put on Academic Probation Level 1 or 2.

Probation Level 1 'Eligible Probation'

If the student has any 'D's or 'F's, they will also need to attend supervised study sessions set up by the coach or Athletic Director. These students can practice and participate as long as they attend study table and hand in their weekly grade check. Once they have no 'D's or 'F's, the study table is optional but they must continue to weekly grade check.

Probation Level 2 'Ineligible Probation'

Students are ineligible to participate if they have: (a) Two or more failing grades on any one weekly grade check, or (b) they have consecutive weeks of a failing grade in any one class, unless approved by A.D. with documentation from classroom teacher they are making adequate progress toward passing grade. Students will continue to practice, but until they reach Probation 1 status, they will remain ineligible from competition.

Coaches set the day/time of the week that their sport's grade checks are due. This policy is intended to give our student athletes an opportunity to be successful in the classroom prior to being determined ineligible. A key to this success will be the coaches and advisor's support and supervised study sessions.

ATHLETIC RULES

Athletes must obtain a clearance card from the Athletic Director before he/she may turn out for an athletic team. To get a card, the athlete must complete the appropriate forms and pay (or make arrangements) the athletic fee. Forms need to be completed only once each school year. Clearance cards must be signed by the Athletics Office prior to practicing for each sport.

PRACTICES/COMPETITIONS

A. The athlete **MUST** be in attendance at school the afternoon prior to practice or game (meet, match, etc.). The only exception to this rule must be approved by the Athletic Director or other Administrator. (Exceptions would be doctor appointments, field trips, college courses, etc.)

B. **THERE MUST BE NO SUNDAY ACTIVITIES UNLESS SPECIAL PERMISSION HAS BEEN GRANTED BY THE ATHLETIC DIRECTOR.** If a Sunday practice is organized, it is not mandatory.

C. There will be a mandatory five day transition period between seasons for athletes. The only exception to this is when athletes are involved in state competition.

D. On teams where cuts are necessary, each athlete will have the opportunity for five practices before he/she is cut from the program.

E. On curriculum in-service days, practice cannot start early for teachers without administrative approval. You may start early with a certified assistant or head

coach that is not a teacher. Start time for teachers must be cleared by administrators. Exception would be clearance from school administrator.

F. On work in-service days, practice can be scheduled at the convenience of the coach.

CONDUCT OF ATHLETES ON TRIPS

Athletes will display good conduct on all athletic trips. No moving about or loud talking while being transported. Teams are expected to remain as a group while at visiting sites. Coaches are expected to enforce conduct policy.

TRANSPORTATION

To be eligible to participate, an athlete must travel to and from a contest with the team using the teams' mode of transportation. Athletes may be released to their parents, if head coach chooses, to travel home only after the coach has had verbal and visual contact with the parent and parent has signed out on coach's form. All other exceptions must be arranged prior to the contest with the Athletic Director. Students traveling with other parents or coaches: forms (plus criminal history check) are available from the athletic office that must be filled out by the driver, parent, and administrator prior to the trip. The Head Coach and office need to have a copy on file for each trip.

ATHLETIC ATTENDANCE POLICY

Athletic Attendance rule: Athletes who have one or more periods of unexcused absences will miss the next contest after the coach has been notified. Attendance reports will be sent out daily (last period of the day) by the Attendance Secretary. Coaches are responsible for holding out athletes. The first week of each semester will not count because of schedule changes. Athletes must be in school at least half the day in order to compete in the afternoon. Exceptions would be field trips, college courses, doctor's appointment, or permission from Athletic Director.

If an athlete is injured, they need to communicate their injury or sickness to their coach and trainer as soon as possible. The trainer will be responsible for determining if the athlete is able to continue competing or need further evaluation. When an athlete is injured they will be required to attend practice to watch and learn. If possible, they will receive treatment from the trainer. If a student checks out of school sick they should make every effort to make their coach aware of their illness. Each program will establish a communication plan for players, coaches, and parents that allows for effective sharing of pertinent information.

ATHLETICS WHEN SCHOOL IS CLOSED BECAUSE OF WEATHER

Lebanon High School will not be involved in any athletic activity, practice or competition, if school is closed because of weather conditions. Playoff situations may be an exception. Optional practice may be held if approved by the High School Administration. These practices would not be mandatory.

DROPPING A SPORT

An athlete will not be permitted to drop one sport during the season and enter into another sport without the consent of both coaches. This includes organized out of season weight training and conditioning.

DROPPED FROM A SPORT

Athletes who are dropped from a sport for disciplinary reasons may not become a member or work out with any team until the completion of current sport season.

SUSPENSION: OUT OF SCHOOL

Students, who are suspended, may not participate in practice or in school-sponsored activities (either home or away) while suspended out of school during that time period. Further game suspension may occur due to nature of the offense.

RULE VIOLATION/AWARDS

Any athlete who has been suspended from the team during the season for violations of the Athletic Code of Conduct, or for a major rule violation, as determined by the Athletic Director shall have their eligibility sanctioned for an individual team award(s) as listed in the hand book and will not be nominated for All-League and All-State honors.

COMPLAINT POLICY

If a person wishes to make a complaint, a Public Complaint Form Code: GBM AR, can be obtained from the school district website. After completion of this form it is to be returned to the principal for further action.

REGULATIONS FOR CUTS

Lebanon High School would prefer to keep all students on a team that choose to play a sport. However, due to the nature of the sport, the number of athletes a coach can work with, and the number the facility can safely accommodate, reduction or cuts must be made. The coach may choose to keep fewer than the maximum number.

If the coaching staff of a particular sport determines that cuts must be made, then the following criteria will be followed:

1. All students will be given the opportunity to have five (5) practices before being cut from the program.
2. If the cuts need to be conducted in stages, each student athlete will have at least three (3) practices to be judged with the players that will make the team and currently out for the sport. NOTE: Some sports may qualify for the OSAA playoffs and run into the next sport season. Due to the length of the playoffs, it may not be practical for all players being cut to practice with the final members of the team.

3. If cuts are necessary, each student athlete will be evaluated by the coaching staff regarding:
 - A. Skills of the sport
 - B. Attitude
 - C. Citizenship
 - D. Potential to develop into a varsity player
 - E. Ability to be coached
 - F. Commitment to the program

4. If cuts are to be made, the coach will use one of the following two methods to notify the student:
 - A. Confidential meeting, one on one, with the student. The coach will be at this meeting, or at a meeting later in which the student can be more receptive, inform the student as the reasons why he/she did not make the team, and what they need to do to improve their chances for the next year.

 - B. Confidential written memo to all students that can be opened at a time and place of their choosing. The memo will state if the student made the team or was cut. Those students who received cut memos will be informed that they can contact the coach to set up a conference to find out why they did not make the team and what they need to do to improve their chances for the next school year. This conference will be scheduled within three school days of the cut notice.

ATHLETIC CODE OF CONDUCT:

Outlined below are areas of behavior that would be considered major offenses to our Athletic Code of Conduct. However, the Code of Conduct may apply to any situation in which a student-athlete does not represent our programs, school and community in a positive manner. Once a student-athletes participates in Athletics/Activities at LHS that require them to sign the Code of Conduct; the athlete and parent enter into the agreement for the remainder of their high school careers. This includes sports seasons and summer months when the athlete is not participating. Violations during these times will be carried over to their next sport season.

ALCOHOL AND CONTROLLED SUBSTANCES

Any student involved in a competitive athletic program shall not knowingly possess, use, transmit alcohol, tobacco, or controlled substances of any kind. Athletes that find themselves associating with others that are using, transmitting or possessing alcohol or controlled substances of any kind are expected to leave immediately and self report to a coach or Athletic Director within 24 hours or be subject to discipline as if they were violating this rule. All suspensions begin on the next competition date.

First Offense: is a 14 calendar day suspension from competition (must attend all practices, games and team events); suggested meeting(s) with school substance abuse

counselor or the appropriate professional person and a willingness to follow his/her recommendations. The student athlete will be required to comply with the recommendations following the first offense or he/she will be disciplined as though a second offense had been committed.

Second Offense: is full suspension from the athletic program for the remainder of the sport season or for not less than a 45 calendar day period (whichever is greater) and mandatory follow-up sessions with the substance abuse counselor or other appropriate professional person. Reinstatement of the athlete into the athletic program is contingent upon the athlete complying with recommendations made by the counselor or professional person and his/her approval for reinstatement.

Third Offense: is full suspension from all athletic programs for the remainder of the student's high school years at LHS.

If an athlete voluntarily requests assistance from school officials with regard to an alcohol or drug use problem and has not previously committed an alcohol/controlled substance use offense, there shall be modified discipline considered of that athlete provided that:

- A. the athlete meets with the appropriate professional person and follows his/her recommendations and...
- B. there are not subsequent incidents of either alcohol or controlled substance use
- C. the self-referral is before an investigation is initiated into a violation.

HAZING

HAZING IS STRICTLY PROHIBITED. Because hazing is unsafe, and can discourage participation as well as negatively affect a student's enjoyment in athletic participation, all forms of hazing are strictly prohibited.

Hazing includes, but is not limited to:

1. Any gesture or written, verbal or physical act that a reasonable person under the circumstances should know will have the effect of harming a student or placing a student in reasonable fear of harm to his or her person, or damage to his or her property;
2. any type of physical force, harm or injury inflicted by athletes on their team members such as whipping, beating, striking, branding, electronic shocking, or placing an unwanted substance on the student's body;
3. any type of coerced or involuntary sexual or physical activity, such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics, or other coerced or unwelcome confinement, restriction or other forced activity by athletes on their fellow team members;
4. any coerced or involuntary activity by athletes on their team members that subject the athletes to an unreasonable risk of harm or that adversely affects their mental or physical health, safety, or welfare; or
5. any coerced or involuntary activity inflicted, encouraged or mandated by athletes on their team members.

For purposes of this rule, a team member's voluntary participation in hazing is not necessarily a defense to a claimed violation of this rule. Athletes who organize or initiate hazing activities, but do not directly participate in them, are equally subject to possible discipline as students who directly participate in acts of hazing.

In addition, student athletes are expected and required to report suspected violations of this rule. Athletes may be disciplined for failure to report known hazing violations or for falsely denying knowledge of known hazing activities.

PENALTY

Because student athletes bear additional responsibilities as examples and role models within the school and the community, the District and the Athletic Department reserve the right to impose penalties above and beyond those listed below when deemed appropriate. Whenever conduct may constitute a crime, a referral to law enforcement is also possible, and may be required by law.

First Offense: is a 14 calendar days suspension from competition (must attend all practices, games and team events);

Second Offense: is full suspension from the athletic program for the remainder of the sport season or for not less than a 45 calendar day period (whichever is greater). his/her approval for reinstatement.

Third Offense: is full suspension from all athletic programs for the remainder of the student's high school years at LHS.

STEALING, PROPERTY DESTRUCTION

To steal or be an accomplice to the act of stealing community property, school property, or the property of athletics, team managers or coaches; to destroy or deface school property or the property of others.

Penalties for Stealing, Property Destruction:

First Offense: is a 14 calendar days suspension from competition (must attend all practices, games and team events).

Second Offense: is full suspension from the athletic program for the remainder of the sport season or for not less than a 45 calendar day period (whichever is greater).

Third Offense: is full suspension from all athletic programs for the remainder of the student's high school years at LHS.

GROSS MISCONDUCT

Gross misconduct is defined as cheating, fighting, or unfavorable notoriety, violation of a civil or criminal law, or any socially unacceptable behavior that brings discredit to the athlete, parents, school or team. This includes any behavior on social media.

PENALTY

First Offense: is a 14 calendar days suspension from competition (must attend all practices, games and team events).

Second Offense: is full suspension from the athletic program for the remainder of the sport season or for not less than a 45 calendar day period (whichever is greater).

Third Offense: is full suspension from all athletic programs for the remainder of the student's high school years at LHS.

DRUG TESTING

Each student wishing to participate in athletics and/or extracurricular activities, sanctioned by the OSAA and the student's parent(s) shall consent in writing to drug testing. Written consent shall be in the form attached to this administrative regulation. No student shall be allowed to participate in athletics and/or extracurricular activities, sanctioned by the OSAA, without such consent.

SPORTSMANSHIP GUIDELINES

Interscholastic activities are an integral part of the educational curriculum and experience. High school activities promote the character development of participants, enhance the educational mission and promote civility in society. Therefore, student-athletes, coaches, spectators and all others associated with high school activities programs and events should adhere to the fundamental values of respect, fairness, honesty, and responsibility. These values should be established as a priority among all OSAA member high schools.

FUNDAMENTALS OF SPORTSMANSHIP

Know The Rules: Gain knowledge, understanding and appreciation for the rules of the contest. *Being well informed is essential. Always coach and play by the rules.*

Behave Appropriately: Make sure your behavior represents your values. *The true value of high school competition is not related to which competitor wins or loses. Remember your behavior influences others and represents your values.*

Respect Officials: Respect the officials of the contest. *Officials of any contest have been trained, tested, and in most cases certified to arbitrate. A fundamental aspect of good sportsmanship is to accept the officials' rulings whether you personally agree with them or not.*

Respect Opponents: Openly display respect and appreciation for opponents at all times. *Opponents at your school are guests and should be provided the best accommodations and hospitality possible. Appreciation for their skills and effort should be taught and displayed.*

Do Your Best to Win!: Sportsmanship is doing your very best to prepare to win. *The best sportsmanship is to prepare to the best of your ability, to compete to the best of your ability at all times, and to accept the outcomes without excessive celebration or excessive displays of disappointments.*

OSAA Executive Board Policies

Spectator Conduct at OSAA Sanctioned Events:

In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events.." the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided:

- A. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.
- B. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers, and air horns.
- C. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially/culturally insensitive action.
- D. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at the cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor.
- E. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.

PROGRAM EVALUATION

The high school is in an ongoing process of evaluating and updating athletic programs. Input comes from many sources and one of the most valuable is from the parents. At the conclusion of the sports season, an evaluation form will be available at the awards night. Please complete and return to the high school. If you did not receive one, please go to the school website (<http://lebanon.or.schoolwebpages.com>, under Lebanon High – Athletics) and print off the Sports Parent Evaluation form.

PARTICIPATION FEES

Each student will pay a participation fee for each sport (\$100.00). The fee is one-half for students on the free lunch program. Payment must be made by the first contest of the season.

If a student is cut from a team, the participation fee will be refunded. If a student quits a team for any reason, other than medical or moving after his/her first week, the participation fee may not be refunded. If the student presents the coach with a medical reason signed by a physician, the fee will be refunded. All medical or moving refunds could be prorated.

SCHOLARSHIPPED ATHLETES

All students wishing to participate in sports should have that opportunity without the pressures of financial difficulty. Payment plans or full scholarship forms are available for parents to fill out. Ask the Athletics Office for payment form.

ADMISSION AND PASSES

Please call the Athletics Office to find out the current prices of a Family Pass and/or general admission prices (541-451-8555 Ext. 1011).

LHS SCHOLAR ATHLETE PROGRAM (current GPA not Cumulative)

1. A Scholar Athlete is any athlete, while involved in a sport, obtains at least a grade point of 3.5. They must be enrolled at LHS. A Beyond LHS Student (LBCC) may receive an award. They have to provide the Athletics Secretary with their LBCC grades after each season (Fall Sports: Term 1 grades; Winter Sports: Term 2 grades and Spring Sports: Term 3 grades)
2. To qualify for this award – the Grading Periods for LHS Athletics will be: Quarter 1 for Fall, Semester 1 for Winter and Quarter 3 for Spring.
3. The first award will be a certificate. The second award in the same year will be a certificate and a pin. The third award in the same year will be a certificate and a patch.
4. The program will be administered by the Director of Athletics.

INDIVIDUAL TEAM AWARDS

Individual achievement awards shall be given at the end of each season with the names of such winners placed in the award case. The following are the awards that are given: Athletes and/or coaches will vote on these awards.

Football: KGAL/CHAMPION INTERNATIONAL, PETE CHOCHAN
MEMORIAL - INSPIRATIONAL

OUTSTANDING BACK ----OFFENSE
OUTSTANDING BACK ----DEFENSE
OUTSTANDING LINEMAN----OFFENSE
OUTSTANDING LINEMAN ---DEFENSE
MOST IMPROVED ----OFFENSE
MOST IMPROVED ----DEFENSE

Soccer: MOST VALUABLE BOY
MOST VALUABLE GIRL

Volleyball: MOST IMPROVED
MOST INSPIRATIONAL

Cross Country: OUTSTANDING BOY
OUTSTANDING GIRL
MOST IMPROVED BOY
MOST IMPROVED GIRL

Wrestling: MOST PINS
LEBANON EXPRESS OUTSTANDING
LEBANON EXPRESS INSPIRATIONAL
DICK WEISBRODT HUSTLE
(1st sem. GPA + win/lose %)

Swimming: MOST VALUABLE BOY
MOST VALUABLE GIRL
COMMODORE MOST INSPIRATIONAL GIRL
JACK BIRD MOST INSPIRATIONAL BOY

Boys Basketball: REEVES CLOTHING MOST OUTSTANDING
KGAL/CHAMPION INTERNATIONAL, PETE CHOCHAN
MEMORIAL-INSPIRATIONAL
KEVIN SUING MEMORIAL – ASSISTS
BEST DEFENSE

Girls Basketball: MOST VALUABLE PLAYER
MOST INSPIRATIONAL
MOST IMPROVED

Golf: PINEWAY OUTSTANDING GIRL
PINEWAY OUTSTANDING BOY

Track: CITIZENS VALLEY MOST INSPIRATIONAL BOY
JUVERNES APPAREL MOST INSPIRATIONAL GIRL
RICHARD WETHERELL MEMORIAL – FROSH (BOY)
RICHARD WETHERELL MEMORIAL – FROSH (GIRL)
MIKE SHURTS MEMORIAL – MOST VALUABLE PLAYER (BOY)
MIKE SHURTS MEMORIAL – MOST VALUABLE PLAYER (GIRL)

- Tennis:** SALLY & DALTON JOHNSON INSPIRATIONAL
DAVE PHELPS MEMORIAL
- Softball:** RON FULLER MOST INSPIRATIONAL
MOST IMPROVED
- Baseball:** AMERICAN LEGION MOST VALUABLE PLAYER
BRETT CHRISTENSEN – HUSTLE AWARD
DR. DAVID E. REID MERIT AWARD
ANDY HESTER MEMORIAL – SPORTSMANSHIP

VARSITY LETTER AWARDS

An athlete will receive one letter during his/her high school career. Each succeeding award will be a certificate and insert. Lettering policies vary in each sport and are put together by the Head Coach of each sport. This policy should be handed out during the parent night and/or to the students during the beginning of the season.

NO AWARDS ISSUED UNLESS ALL EQUIPMENT IS CHECKED IN

TEAM AWARD PROGRAMS

The coaching staff will be responsible for the coordination of the end of the season awards. These programs may range from an informal pizza feed to a sit down dinner, depending on the characteristic and level of the sport. The major purpose of these programs will be to honor the athletes and recap their achievements over the past season.

NCAA INITIAL-ELIGIBILITY

All high school students who participate in college at a Division I or Division II school must be certified by the NCAA Clearinghouse. The forms you need are available at www.eligibilitycenter.org - NCAA Eligibility web site. If you have any questions, ask your counselor, registrar or Athletic Office.

EJECTIONS

If a student athlete is ejected from a competition/game, the student (family) is responsible for the fine and suspended for the next contest. The first fine for a specific sport is \$50. The second ejection in the same sport is a \$100 fine. Each ejection thereafter in that specific sport is increased by \$50 increments. (1st - \$50, 2nd - \$100, 3rd - \$150, 4th - \$200.....without limitation) A fine for ejection in the last contest of the season shall be increased by \$100 over the standard fine. OSAA policy charges each school/sport these fines, please see www.osaa.org Handbook/Ejection Policies.

Oregon School Activities Association

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SPORTSMANSHIP / SPECTATOR CONDUCT

Rule 3.3 -- Sportsmanship Responsibility (Revised Fall 2008)

The high school principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.

Executive Board Policy 66 -- Spectator Conduct at OSAA Sanctioned Events (Revised Fall 2008)

In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events..." the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided:

- A. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.
- B. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- C. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action.
- D. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor.
- E. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.

Questions & Answers / Clarifications (Revised December, 2008)

1. Q. May home team schools display signs and/or banners at their home venues?

A. Yes, home team schools may display "permanent" signs and/or banners that are positive/supportive at their home venues. Examples are welcome signs, in season rosters, league banners, league/state championship banners and sportsmanship banners.

2. Q. May visiting schools bring signs and/or banners to hang at the host school's venue?

A. No.

3. Q. Are "run through" signs allowed?

A. Yes, so long as the message is positive/supportive.

4. Q. May a school use an artificial noisemaker at specific times during athletic events?

A. In limited cases, yes. An example of an allowable use of artificial noisemakers by a school would be the firing of a cannon or the ringing of a bell after a touchdown is scored.

5. Q. May spectators use small, handheld megaphones?

A. Yes, but only cheerleaders are allowed to use large megaphones. Neither cheerleaders nor spectators may use megaphones for banging on the floor or bleachers.

6. Q. What are some examples of cheers that do not encourage a positive atmosphere?

A. Any yell that is intended to antagonize an opponent detracts from a positive atmosphere. "Air Ball! Air Ball!", booing, "You! You! You!", or "You Got Swatted!" are examples of yells that will not encourage a positive atmosphere. Conversely, a positive atmosphere is created when fans focus on positive yells in support of their team, rather than on negative yells attacking their team's opponents.

7. Q. Are students allowed to stand on the bottom row of the bleachers?

A. Yes, but when they sit down they must be sitting on the 2nd row.

8. Q. May students cheer during serves in volleyball and free throws in basketball?

A. Yes, as long as they are just "making noise" and not specifically addressing a contest official or an individual player from the opposing team.

9. Q. Is a school allowed to use balloons at an athletic event?

A. Yes, a host school is allowed to use them for decoration. However, fans are not allowed to have balloons and they may not be placed by the school in any manner that would block spectator viewing.

10. Q. Is a school allowed to use balloons at a state championship finals site?

A. No

11. Q. Are oversized foam fingers allowed at athletic events?

A. Yes, they are allowed as long as they are not blocking spectator viewing.