



SEVEN PEAKS
ATHLETICS

ATHLETIC HANDBOOK

Last Updated: December 9th, 2021

Welcome to the Seven Peaks School! This handbook is to provide you with information/ guidelines regarding our athletic programs at the Seven Peaks School. We compete with the surrounding middle schools and work with the Park & Recreation District for some of our other sports. Our emphasis is to fundamentally teach the sport along with developing each athlete socially, cognitively, emotionally and physically.

We want you to be a part of your child's experience. Our teams work hard to get organized and prepared for competition. You help us build a sense of community, support and enthusiasm at our games. You will experience the excitement and energy. We hope to see you at the games. See you there!!!

Extracurricular Activities Policies

Interscholastic athletics are valuable supplements to a student's education. Seven Peaks School shall endeavor to provide every student with opportunities to voluntarily participate in extracurricular physical activities that meet his or her needs, interests, and abilities. Each extracurricular physical activity program sponsored by in-school and non-school organizations shall be approved by the Athletic Director and Head of School and be supervised by the Athletic Director.

School authorities shall encourage and support the participation of all students in extracurricular activities, yet such participation is a privilege and not a right. Seven Peaks School will establish and equitably enforce reasonable eligibility requirements and probationary periods for participation in extracurricular activities such as:

- * Satisfactory academic performance
- * Acceptable attendance record
- * Good conduct, including abstinence from the use of tobacco, alcohol and other harmful drugs
- * Suitable health status of physical condition
- * Other criteria essential to safety and fairness
- * Specific requirements of particular activities or sport

Rules & Regulations

Seven Peaks School shall adhere to the rules and regulations of the OSAA, Central Oregon Middle School Athletics Standard Operating Procedures and Bend Metro Park and Recreation rules and regulations. All coaches shall comply with the policies, regulation, rules and enforcement measures in this handbook.

Administrators, coaches and other staff shall model sportsman-like attitudes and behaviors. Student athletes shall be taught good sportsmanship, such as treating opponents with fairness, courtesy, and respect, and shall be held accountable for their actions. School authorities shall evict spectators who do not handle themselves in a sportsman-like way. The Seven Peaks School enforces and follows the Bend LaPine School District policy for Covid and mask guidelines. The Fans, Students on the bench or sidelines must wear a mask. As for players on the court or field it is optional.

In order for students to participate in interscholastic athletics, parents or legal guardians shall be informed in writing of potential risks associated with a given activity. Seven Peaks School will keep documentation on file for each participating student that includes;

- *A statement signed by the student's parent/guardian granting permission to participate.

- *Emergency contact information of parents/guardians and health care providers.

- *Physical examination certifying the student's fitness to participate, which is appropriate to the activity or sport, conducted within the past 12 months and signed by a licensed physician.

- *Proof of current accident or health insurance coverage.

- *A release signed by the parent/guardian that absolves The Seven Peaks School from liability for injuries that may result from participation in school sponsored physical activities.

FEE & VOLUNTEERS

The Seven Peaks School charges a \$100.00 per year fee to participate in school sponsored extracurricular sporting activities. Fees are used for purchase of new equipment and maintenance of the facility.

Family members and other adult volunteers are encouraged to become involved in extracurricular activities. The school welcomes your help for all our extracurricular activities.

PHILOSOPHY

The main goal of our athletics program at the Seven Peaks School is to teach the fundamentals of the sport. Winning and losing is not our main focus, we are looking to develop each athlete individually and set standards as a team. We welcome all skill levels to come out for our teams. It doesn't matter if you never played the sport before and just want to see if you may like it. Come on and give it a try.

Our coaches positively emphasize teamwork, communication and respect for each other. Athletes will learn the value of hard work, commitment, and sportsmanship. Our goal is to have them learn the importance of living a physically active and healthy lifestyle. They will have opportunities to acquire leadership roles, strategize, play in exciting interscholastic games, and have fun in their learning experience.

Athletics is a great opportunity for your child to become a sound student- athlete. Each child will learn to balance academics and athletics simultaneously. They will enhance their time management and organization skills throughout their season. They will build their confidence and experience success. Athletes will not only learn skills/rules of the sport but also life skills and life lessons in our program.

SPORTS AT SEVEN PEAKS AND PARKS AND RECREATION

FALL	WINTER	SPRING
BOYS/GIRLS SOCCER PARK & REC	BOYS BASKETBALL PARK & REC	BOYS BASEBALL PARK & REC
BOYS/GIRLS CROSS COUNTRY SPS	GIRLS BASKETBALL PARK & REC	GIRLS SOFTBALL PARK & REC
GIRLS VOLLEYBALL SPS	BOYS & GIRLS SKING SPS	BOYS & GIRLS TRACK AND FIELD SPS

We strive our student-athletes to achieve: "The 6 Pillars of Character"
(Joseph Institute, Center for Youth Ethics, 2012)

TRUSTWORTHINESS

Be honest - Don't deceive, cheat, or steal – Be reliable – do what you say you'll do – Have the courage to do the right thing – Build a good reputation – Be loyal – stand by your family, friends, and country

RESPECT

Treat others with respect; follow the Golden Rule – Be tolerant and accepting of differences – Use good manners, not bad language – Be considerate of the feelings of others – Don't threaten, hit or hurt anyone – Deal peacefully with anger, insults, and disagreements

RESPONSIBILITY

Do what you are supposed to do – Plan ahead – Persevere: Keep on trying! – Always do your best – Use self-control – Be self-disciplined – Think before you act – consider the

consequences – Be accountable for your words, actions, and attitudes – Set a good example for others

FAIRNESS

Play by the rules – Take turns and share – Be open-minded; listen to others – Don't take advantage of others – Don't blame others carelessly – Treat all people fairly

CARING

Be kind – Be compassionate and show you care – Express gratitude – Forgive others – Help people in need

CITIZENSHIP

Do your share to make your school and community better – Cooperate – Get involved in community affairs – Stay informed; vote – Be a good neighbor – Obey laws and rules – Respect authority – Protect the environment – Volunteer

SEVEN PEAKS SCHOOL ATHLETIC FORMS

Please fill out all the forms. (Physical Examination, School Sports Pre-Participation Examination, Athletic Eligibility, student athlete contract and Uniform Agreement prior to the start of each season. This will ensure that you understand our rules and regulations in regard to our athletics program. Make sure all your athletic forms are turned into our school Athletic Director in order for you to participate in practice and games. **(Remember there are five forms)**

PRE-SEASON PRACTICE AND TRY-OUTS

Girls Volleyball and Boys and Girls Cross Country pre-season will be the last seven days in August. The try-out will be on the first day. All practice dates are Monday through Friday only. Athletes are obligated to attend all the pre-season practices. If you cannot make the pre-season/try-out please contact the athletic director.

UNIFORM POLICY

We provide uniforms to athletes for all our sports. We ask that you take care of the uniform during the season. If any part of the uniform is lost, damaged or misplaced notify the athletic director right away to discuss replacement or payment.

***Athletes may not wear uniforms to practice or during the day to preserve the quality of the material.

When the season is over make sure to return the uniform to the athletic department as soon as possible. It is important that they are returned so we

can take an inventory for ordering for the next year. If an athlete wishes to play another sport and has not returned the uniform from the previous season, they will not be issued another uniform until the one prior is returned.

COMMITMENT

Part of being a student-athlete is to work on balancing academics and athletics. We don't encourage athletes to miss practice/games to do homework or study for a test. We are working on building sound student- athletes and ask for your full support. This discipline will make student- athletes more responsible, organized, and accountable for their actions.

***Three unexcused practices will result in expulsion from the team. ***One or two unexcused absences will be reflected at playing time at games. This is at the discretion of the coaching staff.

When an athlete must miss practice due to sickness, injury, doctor's appointments, etc. We ask that you contact the coach and athletic director about your child's absence **beforehand**. You can contact them via email or a phone call. We also want to ensure your child's safety so we know where they are if they are not supposed to be at practice.

ONE WEEK WINDOW TO SIGN UP/TRY OUT FOR A FALL TEAM

***The tryouts for the fall sports teams will be held in May. If you missed them and you wish to try out for a team, you may do so in the last week that sport begins during (pre-season practice) in August. The student must see the Athletic Director or coach to see when we can accommodate this request. After the last week in August expires, you are no longer eligible to join a team. We do not want student-athletes to miss those critical practices to protect the safety of the individual and the skill work/strategy progression of the team.

SPECTATOR SPORTSMANSHIP

No profanity or negative comments are allowed. Coaches, all players and officials are to be respected at all times. As part of our community and

philosophy we expect our spectators to positively support our athletes and respect our competitors. Enjoy the game!!!

INJURIES

If your child gets injured during a game/practice, the coach will notify you immediately. We will ensure your child's safety and take him/she to the emergency room if needed. The coach or parent will accompany the athlete to the emergency if necessary.

CANCELLATIONS

If a game is canceled, we will let you know as soon as the cancellation is made via email. We will notify the school and athlete when the game is rescheduled.

AWAY GAMES/EARLY DISMISSALS

The Athletic Director will notify the team and faculty if an early dismissal from class is required to travel to another school or field. Please note that students who participate in our sports program will miss classes. Teams may have to leave school as early as 2:00pm for regular season away games sometimes 1:00pm for play offs and championships. They will be required to make up all missed tests and assignments. The student athlete must be responsible and make all arrangements in advanced with their teachers. If we have an away game that is close by, then an early dismissal is not often required. Parents/coaches can drive the teams or travel with us on the school vans to and from games, if there is space permitting. Arrival for away games usually depends on where the team is traveling to and game start time.

TOURNAMENTS/TRIPS (maybe someday)

The teams at the Seven Peaks School travel to one or two tournaments/trips a year. We travel to cities thorough out the country and locally. These tournaments/trips can run from two to five days depending on the type of the tournament/trip. The Seven Peaks School understands that these venues are very costly and contributes to the cost. The student is responsible for the remaining cost. All student athletes must be responsible to make arrangements with their teachers for any work or exams that they will miss during their absence.

COMMUNICATION

Parents and student-athletes should always be supportive of the coaching staff in public. If a parent or student-athletes has a concern to discuss with a coach, please arrange an appointment with the coach and Athletic Director.

END OF YEAR SPORTS BANQUET

In June, there will be a sports banquet for all teams. Food and drinks will be provided. The sports banquet starts at 5:00pm and ends at 6:00pm. Student- athletes parents are invited to come and share in the festivities. Please come and support in your child's accomplishments in sports.