

REQUIREMENTS FOR ATHLETES TO PRACTICE:

- Current physical on file in Athletic Office
- Signed OCUSD #220 Parent Consent Form
- Signed IHSA Concussion Awareness Form
- Daily COVID-19 self certify temperature check

REQUIREMENTS FOR ATHLETES TO PARTICIPATE IN CONTESTS:

All of the above plus -

- Athletic Participation Fee
- Attendance at Athletic Orientation event if freshman or transfer student
- Pre-participation drug test (waived for fall 2020)



Due to Covid-19, in person attendance at OHS events will likely be restricted or limited and/or on a ticketed pre-purchased per game basis.

Oregon HS/DLR Jr. High Activity Season passes will not be sold for the 2020-21 school year.

OCUSD #220 will follow all IDPH, ISBE, & IHSA guidelines on attendance.

ADULT SPECTATOR BEHAVIOR EXPECTATIONS AT OHS EVENTS

IF spectators are allowed,

- No public harassment or calling out of officials, coaches, or players
- No verbal or physical altercations with other spectators or individuals at an event
- No profanity or language that can be considered rude, hurtful, or inappropriate for a school event.
- No going onto the playing surface during a contest
- No throwing of objects

These or any other behaviors that are deemed inappropriate by school administration can be cause for removal from the premises and/or permanent restriction from attendance at OCUSD #220 events.



OREGON HIGH SCHOOL



Athletic Parent Guide 2020-21



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Oregon HS Athletics

Congratulations on your son/daughter choosing to be an Oregon Hawk! We believe that high school athletics are an important part of the overall high school experience and help to provide many life lessons.

Academic Eligibility

- To be eligible to compete in games, an athlete can not be failing two or more classes
- A weekly eligibility “check” is made every Monday morning (Tuesday if holiday) . Once declared ineligible, an athlete is out for remainder of the week—*even if grades improve*.

ASSIST

ASSIST is OHS’s academic support program for student-athletes. Athletes who have a grade of “D” or “F” in a class are assigned to attend ASSIST sessions as follows:

“D” = 1 session

“F” = 2 sessions

ASSIST meets at OHS Tues. thru Fri. from 8:00-10:00 a.m. with Mrs. Carreno. Remote learners meet virtually.

Social Media Use

Students participating in athletics are representatives of Oregon High School. As such, comments posted by students using social media shall not be profane, abusive, or hateful/derogatory. This includes but is not limited to comments made towards other students, teammates, coaches, or school staff. If an administrator,

coach or staff member is notified by a source he/she deems sufficiently credible as to such comments, coaches and club advisors have authority to issue team consequences for violations

Attendance Requirements

For in-person learners, to be eligible to participate in practices or scheduled competitions, students must be in attendance for the second half of the school day — report by 12:30 p.m. If students arrive after 12:30 p.m., any extenuating circumstances must be approved by the Activities Director before being allowed to participate.

Parent Responsibilities/Core Values

All Oregon Hawk parents should strive to be:

ACCOUNTABLE:

- Respects the commitment their child has made to the team
- Commits to being an active participant by supporting and encouraging their child’s activities

SELFLESS:

- Steps up to contribute when volunteer help is needed
- Supports the players, coaches, and team regardless of success or failure

COACHABLE:

- Willing to learn the rules of the sport and the expectations of the program
- Can take coach’s constructive criticism and use it to help their child assess where areas of improve-



ment are needed

SHOWS INTEGRITY:

- Displays sportsmanship and class at all times as a model for their children, other fans, and visitors to follow
- Praises publicly and approaches concerns privately; accepts and supports the final decision of coaches

SHOWS TOUGHNESS:

- Uses setbacks as opportunities to teach their child hard work, resiliency, persistence, and a growth mindset.
- During and after games, shows humility and maturity with victory and acknowledges defeat with grace

How To Address Concerns

We believe that a major lesson gained through high school athletics is students learning how to advocate for themselves as young adults. If there is a question or concern, the following process should occur:

- The student-athlete should inquire to the coach themselves in regard to their concern. In some cases, this may require follow up by a parent/guardian.
- If questions persist, a parent/guardian should set up a time along with their athlete to meet with the coach to work towards an understanding - never before, during, or immediately after a contest.

If questions persist, the Athletic Director may be contacted, followed by Principal, and then Superintendent