St. Paul School District No. 45

St. Paul Maxims: Build Community, Believe in Yourself, Become a Lifelong Learner

Troy Fisher, Ed.D
Superintendent/ES Principal
503.633.2691
troy.fisher@stpaul.k12.or.us

Tiffany Fotre, Ed. D
Middle/High School Principal
503.633.2541
tiffany.fotre@stpaul.k12.or.us

Athletic Director's Newsletter
Monday, October 5, 2026

Dear Buckaroo Family,

Gratitude!

Again, I'd like to take this opportunity to thank some people who have contributed, specifically to our fall athletic programs. Thank you to line judges, scorekeepers, scoreboard operators, chain crews, painters, gatekeepers, ticket takers, and bus drivers. Thank you also to those who do so much behind the scenes, like putting away chairs after VB games and mowing grass. Thank you, Juan and crew, for your endless efforts to keep our athletic facilities in great shape. Thank you to the rodeo board of directors and staff for continuing to foster a relationship for the use of the rodeo arena for MS, JV, and Varsity football games. Finally, thank you, Dr. Fisher, Dr. Fotre, and Brooks, for your support and work, even in lean times, to do what we are able to do to still be excellent in everything we do.

Grade Check

This Wednesday, Oct. 7, is the halfway point of our 1st Quarter and the grade check date for our extracurricular activities. We expect that athletes will be passing ALL of their classes in order to participate in athletics. We believe that aspects of athletics strengthen academics. Teachers will let me know if students have a D or an F in the course they teach. If a STUDENT/athlete is not passing, they will be required to attend 9th period, which is located in the student commons after school. This could impact playing time, as he or she would be missing practice time. Time management skills are necessary for success after high school, so we hope this guidance will help with that. 8th period on Mondays, Tuesdays, Thursdays, and Fridays is also a great time to get help from teachers if needed.

Cross Country
Our Cross Country recruiting director has done such a great job that we are almost in a situation where we would need a big bus for transportation. This Friday we run at Champoeg State Park and hope you are able to attend in support of these athletes. There are only a few more races before the district meet in Lebanon on Oct. 29th.

Volleyball
Our girls have returned from the desert and are ready for a busy couple of weeks with the intention of finishing at the top of the Tri-River League. League playoffs begin on Oct. 21 with the 4 seed playing at the 3 seed. The winner of that match will play at the 2 seed on Thursday, Oct. 22. The winner of that match will play at the number 1 seed location on Saturday, Oct. 24. All-League selections will also be announced at that championship match. Then the first two rounds of the OSAA tournament are played at the higher seed's school. After those early rounds, the top eight teams will go to LaGrande on November 5 - 7 for the State Championships.

Football
Our boys are also competing for the top spot in our 2A Special District 2 league with a bye this week followed by Homecoming on Oct. 16. On October 23rd, we travel to Willamina, and then we are back home for the Hall of Fame and Senior night on Friday, Oct. 30. As usual, the 1st two rounds of the OSAA playoffs are played at the site of the higher seed.

Eventlink App
We've completed the transition from Arbiter to EventLink. There is a link and instructions on our website to access the teams and calendars you would like to follow. This provides timely updates on cancellations and changes.

Winter Sports and Paperwork
Our district offers basketball and wrestling for both boys and girls. Coaches will be having lunch meetings at the end of October or early November to share details on the upcoming season. The first day of winter practice is November 16, 2026. Depending on how far our fall teams advance in the playoffs, there may be an impact on some athletes' ability to start on that date. Very soon you will be receiving information on how to fill out paperwork online through Final Forms. This is a software company that will streamline our athletic forms. We hope this will make life easier for all parties.

Winter Athletics Related Senior Project
Our community does a great job supporting our students' senior projects. Max Cain has embarked on the project of purchasing a wrestling mat and providing a youth wrestling camp. He is off to a great start but is still requesting financial support for these wrestling

mats. If you are interested in supporting this senior project, contact him at maxwell.cain@stu.stpaul.k12.or.us. We are currently practicing at Gervais but will be wrestling at the 2A level for districts and state this winter. More information will follow once we have schedules finalized.

Together WE are Better

I'd still rather be here at St. Paul than anyplace else, for many reasons. I've witnessed many with the following perspective, which I believe helps to make us great. "Pursue excellence, not perfection". If we pursue perfection, falling short can be disappointing and discouraging. If we pay attention to where we can make improvements and are willing to make adjustments in our pursuit of excellence, the feeling of progress is extremely motivational.

Please feel free to contact me with any questions or concerns.

Randy Conrad
St. Paul High School
Athletic Director
randy.conrad@stpaul.k12.or.us
503-633-2541 ext. 1697