

ATHLETE HANDBOOK 2025-2026

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EFFORT

E

An all-out attempt to achieve your goal

COMMITMENT

C

Willingness to sacrifice for the cause

HONOR

H

Doing the right thing, even when no one is looking, when it is hard, or when you don't want to

OWNERSHIP

O

Pride in who you are and where you come from, take responsibility

ECHO SCHOOL DISTRICT



ATHLETIC DIRECTOR CONTACT INFORMATION:

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ECHO ATHLETICS PHILOSOPHY AND GOALS

PHILOSOPHY

The Echo Athletic program believes that a dynamic athletic program is vital to the educational development of our student-athletes. The athletic program is designed to provide opportunities for students to further develop their interests and talents. Participation in athletics, while a privilege and not a right, provides athletes with life lessons about sportsmanship, teamwork, and competitive drive.

GOALS

1. To teach, promote, and reward our core values: Effort, Commitment, Honor, and Ownership
2. To promote, direct and conduct activities so they meet the aims of the general education program of the district.
3. To promote healthy competition with other schools.
4. To abide by the rules set forth by the district, board of education, the Oregon School Activities Association (OSAA), and the Old Oregon League.
5. To encourage participation by all students.
6. To teach and develop physical fitness and skills, mental alertness, moral qualities, social abilities, leadership skills, and emotional maturity.
7. To develop a positive relationship between athletic programs and community.
8. To promote good sportsmanship; be modest in victory and gracious in defeat.

Student Athlete Handbook

Athletic Forms, Fees and Physicals

1. All student athletes must complete the paperwork in the Athletic Participation Packet. The packet must be completed and turned in prior to participation.
2. Participating student athletes must pay a \$25.00 participation fee for the year with a cap of \$50.00 for multiple students in one family.
3. Echo School District requires physical examinations for ALL athletes. These must be on file before a student may participate in ANY athletic activity
4. New physical forms are required for all junior high and high school athletes beginning in 7th grade, and every other year of participation thereafter.
5. 6th grade athletes must have their parents fill out forms to participate, but do not require a physical to participate. If there are warning signs on the 6th grade form it is recommended that the student athlete have a physical prior to participation.

Grades for Eligibility

1. All students involved in athletics must follow the rules and regulations set by the OSAA.
2. On the first school day of each week student's grades will be assessed. If a student earns a grade below a 70% (known as being on Grade Check) in any class they are required to attend lunch detention all four days. The first week they are on Grade Check they are eligible to participate in practice and any games or competitions that week (Monday – Sunday) along with attending lunch detention that week.
3. Students on grade check for week 1 will be expected to complete a goal sheet for the class(es) they are below a 'C' level in. Students will have to have it signed by all parties, and turned into the principal by Thursday.
4. If a student is still on grade check for the same class for Week 2 students will be eligible for if the goal sheet is completed and progress is being made.

Substance Abuse Policy

ECHO ALCOHOL, TOBACCO AND OTHER DRUG POSSESSION, USE, ABUSE and PENALTIES POLICY

Participation in Echo sanctioned extracurricular activities is a privilege and responsibility which requires all participants to adhere to rules imposed by the school district. Adherence to rules ensures that all students are in top physical condition, minimizes potential for injury, mentally fit, and further ensures that all students appropriately represent themselves and our community. Therefore, the possession or use of any controlled substance, designer or synthetic drug or naturally occurring drug,

alcohol or any tobacco products, e-cigarettes or other product that delivers nicotine or mimics the reaction of nicotine without a prescription from a physician by a student, whether it occurs on or off of school property, is prohibited and shall result in the penalties set forth herein.

This regulation shall begin once our son/daughter begins participation in extracurricular activities as a student in high school activities. This policy remains in effect for every calendar school year during the course of his/her high school career and when he/she is directly involved in a school activity occurring at any time (summer leagues / camps, etc.). This policy remains in effect regardless of whether our son/daughter is currently participating on a high school team/club.

Random testing standards. Echo school district reserves the right to conduct random drug and alcohol testing of students involved in any extracurricular activity. All students who plan to be involved in an extracurricular activity at any point during the year will be placed in the random testing pool at the start of the year. The testing pool is an automated system which will predetermine the number of students for testing each time. The selection and testing process will be observed by at least two staff members. Testing will be completed using an industry standard testing procedure and testing device. If parents would like a second test done by a laboratory, that test must be completed within 4 hours of when the random test was conducted. Random testing will be conducted throughout the school year.

Suspicion of being under the influence of any of the above substances. If staff or coaches have suspicion that a student is under the influence of any of the above substances, parents will be notified immediately and given the option of letting the school conduct a drug/alcohol test or having a laboratory conduct a test within one hour of notification.

- a. Definitions: The following terms or phrases shall have the meaning ascribed to them for purposes of interpreting this Policy.
1. Competitive Week – means a seven (7) day period of time beginning with the **first scheduled competition** after a violation occurs in which a student athlete is participating as a member of a team/club for Echo School.
 2. Controlled Substance – includes any mind altering substance or beverage set forth in Schedule I-V of the list of Controlled Substances as identified by the office of the Drug Enforcement Administration or as set forth in 21 U.S.C. §812.
 3. Period of Suspension – means a student athlete is prohibited from appearing in any non-graded sanctioned sport or event as a member of a team or in individual competition. A suspension from competition begins with the first scheduled competition after a violation occurs. A

student who is suspended under this regulation who does not serve the entire period of suspension during the sport/club season in which suspension occurs shall serve any remaining period of suspension during the next sport/club season in which the student appears. If a violation of this regulation occurs during a time when a student does not appear on a roster, the suspension will only be satisfied the next sport season on a team in which the student has previously appeared on a roster as a member in good standing. Attendance in a summer school class shall not apply toward satisfying any period of suspension.

4. Possession means a student who is in actual physical control of alcohol, tobacco or a controlled substance, designer or synthetic drug or naturally occurring drug, alcohol or any tobacco products, e- cigarettes or other product that delivers nicotine or mimics the reaction of nicotine without a prescription from a physician.
 5. Self-Reporting – Means a student reports to school staff of their use and/or involvement in actions that violate this policy. Self-report must be done before school officials become aware of student's actions or student is pulled for random testing.
- b. Possession or Use of Tobacco/Alcohol/Controlled Substance/Narcotics. Any student determined to be in possession of, or to have used tobacco, including smoking tobacco, chewing tobacco or snuff, an alcoholic beverage controlled substance and/or narcotic designer or synthetic drug or naturally occurring drug, alcohol or any tobacco products, e-cigarettes or other product that delivers nicotine or mimics the reaction of nicotine without a prescription from a physician (unless prescribed by the student physician for medical purposes), is in violation of this policy. If after an investigation by the school it is determined that the student is in violation of this regulation the student shall immediately be declared ineligible to compete in any competition beginning with the first scheduled competition after a violation occurs. Additionally, the student shall be subject to the following discipline:
1. First Violation: a third of the season suspension from participation in competition from a sport/club activity in which the student's name has appeared on any roster, beginning with the first scheduled competition after the suspension occurs. The student is required to practice with the team during the period of suspension and may travel with the team if approved by the coach and principal. Students must follow paragraph A & B below.
 2. Self-Reporting First Violation – No Suspension, student must submit to paragraph A below and placed on 3 months' probation.

- A. A substance abuse evaluation assessment conducted by a licensed alcohol and drug counselor at the expense of the parent/legal guardian of the student must be completed within ten (10) school days following the suspension and all assessment recommendations must be satisfactorily met before athletic eligibility may be reinstated.
 - B. The student must successfully participate in all sessions of the appropriate substance abuse intervention program set forth by the licensed specialist and must complete random drug and alcohol testing throughout the suspension.
3. Second Violation: The student shall be suspended from competition from all activities for 1 calendar year from the time of suspension. The student shall be allowed to practice with the team, and must complete the requirements set forth in subparagraphs A and B below, in order to be considered for reinstatement of future eligibility, which shall be determined following the suspension of eligibility by a group composed of one of the student's parents/legal guardians, the school principal, athletic director, coach and a substance abuse program coordinator.
4. Self-Reporting Second Violation - : a third of the season suspension from participation in competition from a sport/club activity in which the student's name has appeared on any roster, beginning with the first scheduled competition after the suspension occurs. The student is required to practice with the team during the period of suspension and may travel with the team if approved by the coach and principal. Students must follow paragraph A & B below.
- A. A substance abuse evaluation assessment conducted by a licensed alcohol and drug counselor at the expense of the parent/legal guardian of the student must be completed within ten (10) school days following the suspension and all assessment recommendations must be satisfactorily met before athletic eligibility may be reinstated.
 - B. The student must successfully participate in all sessions of the appropriate substance abuse intervention program set forth by the licensed specialist, and must complete random drug and alcohol testing throughout the suspension.

5. Third Violation and/or Third Self-Report: The student shall be ineligible to participate in all sports/clubs for the remainder of the student's high school career.
6. Appeal: Appeals can be made to the superintendent and/or school board and must follow the district appeals process.

Dual Sport Athletes

1. Any athlete that wishes to participate in multiple sports must have the approval of the head coach of both sports, along with the Athletic Director.
2. The athlete must declare a 'main sport'. This sport will take precedence over the other sport in the case of any scheduling conflicts.
3. The athlete will be responsible for having written expectations for both sports in which they are participating and submit such requirements to the Athletic Director for approval.

Attendance

1. Students must be in school all day on the day of a home or away athletic event, or the equivalent of one full day before departure for an away activity and all day following the activity.
2. Prearranged absences that fall inside of these guidelines must be approved by the athletic director or other administrator. Prearranged means before the start of the school day of the absence.
3. Students who do not prearrange absences and are absent from one or more classes on the day of a contest will be deemed ineligible for that contest.
4. Students that are absent for one or more classes on the day following an athletic contest and do not have approval for a prearranged absence will be deemed ineligible for the next contest.
5. Students who have an unexcused absence cannot practice that day.

General Policies

1. Hazing will not be tolerated at Echo School District. Any actions that are deemed as such, either by players or coaches, will result in immediate dismissal.
2. Students will follow game day apparel guidelines set forth by the coaching staff.
3. Students will be given lettering requirements prior to the beginning of each athletic season by their head coach and coaching staff. First time letter winners will receive an 'E' and from then on will receive a pin representing their respective sport. Four year letter winners will receive a block letter 'E'.
4. All athletes are expected to adhere to the rules and guidelines set forth here, along with each programs' guidelines put forward by the coaching staff. Sport specific rules and expectations will not conflict with the guidelines in the Athletic Handbook.

Parents/Guardians

1. Expectations
 - a. As a parent/guardian, you can expect your athlete's coach to communicate with you via a parent handout at the beginning of each season. In it, you will find
 - i. Coaching philosophies
 - ii. Expectations for your athlete for the season
 - iii. Locations and times of practices and contests (subject to change)
 - b. Athletes and/or parents/guardians will be expected to communicate with the coaches any concerns that may arise. It is strongly recommended that athletes talk with their coach prior to parents/guardians getting involved.
 - c. Parents/guardians should communicate any scheduling conflicts with the coach well in advance in order for the coach to properly prepare.
2. Concerns
 - a. Appropriate concerns should be addressed with the coach. This would include:
 - i. The treatment of your athlete mentally and physically
 - ii. Ways to help your athlete improve
 - iii. Concerns about your athlete's behavior
 - b. Coaches are professionals and make judgments based on what they believe to be the best for all athletes involved. Concerns not appropriate to discuss with coaches include:
 - i. Playing time
 - ii. Team strategy
 - iii. Play calling
 - iv. Other athletes

Complaint Procedure

1. Parent/guardian and player meet with coaching staff. The Athletic Director may be present if requested to help mediate the conversation.
2. If the problem is not resolved, the parent/guardian and coach can meet with the Athletic Director and either the Principal or Superintendent to discuss the issue and attempt to work it out informally. For any formal action to be taken, a complaint must be made in writing.
3. If the problem is not resolved, the parent/guardian must submit a formal, written complaint to the Superintendent. The form, which includes district policy, is available in the office. The superintendent may schedule a formal hearing.
4. If the problem is not resolved, then a formal hearing may be requested with the school board.
5. If the problem is not resolved through the previous steps, then either party will have to pursue their interests at the civil court level