

OSAA Eligibility Requirements

Attention athletes – You are eligible if:

- You are a freshman and are entering Reynolds High School for the first time.
- You passed at least six credited classes the previous semester of high school, you are currently enrolled in and passing six classes, and you are on-track to graduate with your class.
- You are a transfer student, living with your parents and residing within the Reynolds attendance boundaries.
- You are a foreign student under an OSAA approved exchange program.
- Your 19th birthday falls after August 15th and you have not already completed eight semesters of high school.

Please remind your child to leave valuables at home and always use a lock to secure their belongings.

Reynolds School District Training Rules

All training rules are in effect from the first day of practice through the awards presentation at the end of the season and during any off-season training activities supervised by a Reynolds coach. See the clearance packet for details.

- Athletes will refrain from the use of all controlled substances including alcohol, tobacco and performance enhancing drugs such as steroids.
- Athletes are required to obey the law at all times and follow the Reynolds Student Code of Conduct.
- Students must attend school the entire day in order to participate in any team activities. Pre-arranged excuses may be granted for medical appointments, funerals, etc.

Less than 2% of high school athletes earn Division I athletic scholarships. Academic awards are more realistic so make sure your child hits the books!

Athletic Clearance

The athletic office must grant clearance before students participate in any practices or team functions.

- Students must have a physical exam every two years.
- Families must provide proof of insurance.
- Students and parents must sign the training rules.
- Complete emergency card and transportation release.
- Budget offset fees and missing equipment paid in full.

Suggestions for Parents of Athletes

- Make sure your children know that win or lose, scared or heroic, you love them and you appreciate their efforts.
- Be helpful, but don't coach on the way to the pool, field, gym or track. It's tough not to, but it's even tougher to be a child inundated with advice – especially if it contradicts the program philosophy.
- Never criticize other players; talk about them, as you would want someone to talk about your own son or daughter.
- Avoid post-game analysis. It's natural to want to re-live the game on the drive home, but many experts say the worst time for "friendly criticism" from a parent is right after the game. Kids need time to unwind too.
- Don't blame the equipment, the coach, other players, or the officials if your child or team does not do well. Blaming other does not allow them to look at what they could have done differently or let them learn from their mistakes.
- Most importantly - just be there for them as often as you can. They may not say it out loud, but it always matters to them.

A Reynolds Athletic Booster Club membership package may include discount admission to all regular season home contests. Passes provide admission for a maximum of 4 people. Passes are not valid for play-in or play-off games, or OSAA State Championships.

OSAA Sportsmanship Guidelines

We expect our students, athletes and coaches to demonstrate exemplary sportsmanship and we encourage our parents and other fans to serve as role models by holding themselves to the highest standards as well.

- Demonstrate respect for the players from both teams.
- Be a role model! Never use profanity or harass fans, coaches, officials or players.
- Respect the officials' judgment and their interpretation of the rules.
- Applaud all participants – win or lose.
- Remember – Your actions speak louder than your words.

Reynolds High School Athletics An Informational Guide for Parents



Reynolds High School
1698 SW Cherry Park Road
Troutdale, OR 97060-9633
Phone: (503) 667-3186
Office Fax: (503) 669-0776
Athletic Fax: (503) 661-9590

www.reynolds.k12.or.us/rhs/athletics/

The Essential Role of Interscholastic Athletics

Congratulations and thank you for supporting your child's decision to become involved in the Reynolds High School athletic program. Research indicates that student participation in co-curricular activities enhances academic progress and promotes greater opportunities for success throughout adulthood. We expect our coaches to develop an environment that emphasizes the importance of sportsmanship, teamwork, commitment, communication skills and hard work. We trust that your child's experiences in athletics will help them learn values and skills that will last a lifetime.

Did you know that Reynolds High School offers dozens of different sports and activities? Many of these programs have a "no cut" policy so everyone can get involved!

The Parent/Coach Relationship

Reynolds High School is committed to fostering a close relationship with parents through effective communication. Just as teachers and other school staff strive to work with parents in a mutual effort to promote student success in the classroom, coaches strive to work with parents in a mutual effort to promote success on the field. At the beginning of the season, every coach at Reynolds High School offers an informational parent meeting. Attending this meeting is paramount to understanding the program expectations and policies. The following topics should be discussed:

- Program philosophy.
- Expectations for your child and all the other players on the team.
- Consequences for failure to meet team expectations.
- Location and times of all practices, contests and team functions.
- Policies regarding tardiness, missed practice, injuries, transportation and academic progress.
- Opportunities for parent involvement in fundraising, team dinners, etc.
- Any additional requirements of the programs such as special equipment, extra fees, etc.

The average dropout rate for all students is 10.32%, but the dropout rate for athletes is only 0.6%. Athletes also have an average GPA nearly 50 points higher than the general student population!

Communicating With Coaches

You can help promote your child's success by keeping the coach informed about any issues that may affect their performance.

- Coaches should be notified of all scheduling conflicts well in advance.
- Issues at home that may affect your child's behavior or attitude should be discussed.
- Specific concerns or questions regarding philosophy or expectations should be dealt with as soon as possible.
- Students and parents should always express their concerns directly to the coach.

Dealing with Conflict

Involvement in athletics will offer your child an opportunity to experience some of the most rewarding moments of their lives. It is also important to understand that there may be times when they will face difficult challenges. As you strive to support your child, please feel free to discuss the following topics:

- The treatment of your child by the coaching staff or other athletes on the team.
- Steps your child can take to improve their skills or performance.
- Concerns about your child's academic progress.

Although it is sometimes difficult for parents to accept their child's role on the team, it is important to remember that coaches are trained professionals and they make decisions based on what they believe is best for the entire squad. Thus, the following topics must be left to the discretion of the coach and are not appropriate for discussion:

- Team selection and the placement of players.
- Playing time - unless it has been revoked for disciplinary reasons.
- Team strategy, play selection or the offensive and defensive systems.
- Other athletes - unless you have concerns about their relationship with your child.

Reynolds High School coaches appreciate and encourage parent involvement. However, please don't interrupt practices or games unless an emergency requires you to remove your child. If you would like to watch practice, please check with the coach, and always remain in the stands to ensure your safety.

Parent/Coach Conferences

Occasionally, there are situations that require a conference between the coach, parent and athlete. Conferences are encouraged but please use the following procedure to help promote a resolution to the issues of concern.

- If your child is the one with the concern, they should talk to the coach first. Communication is necessary for success in adulthood and athletics offers an excellent opportunity to develop these skills.
- If your child cannot resolve the issue by themselves, or you are the one with the concern, please call Reynolds High School to set up an appointment with the coach. If the coach cannot be reached, call the Athletic Director for assistance.
- Wait until your appointment to discuss the issue with the coach. Never attempt to confront a coach before, during or after a contest or practice. Meetings of this nature usually do not promote solutions, as these can be emotional times for both the parent and the coach.
- If the meeting with the coach does not provide a satisfactory resolution, please call for an appointment with the Athletic Director.

Do you have questions about our athletic schedules? Check them out on-line at www.rankonesport.com

Contact Information

Athletic Director: John Olsen
Phone: (503) 667- 3186 ext. 1127
Fax: (503) 661-9590
Email: john_olsen@reynolds.k12.or.us

Athletic Secretary: Linda Hovgaard
Phone: (503) 667- 3186 ext. 1126
Email: linda_hovgaard@reynolds.k12.or.us

Thank You

The coaching staff and administrative team at Reynolds High School would like to thank all of our parents in advance for their continued support of our athletic programs. Please don't hesitate to contact us with questions or comments.

GO RAIDERS!