



Athletic Handbook

Tigard High School Athletic Department

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Tigard, OR 97224

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For EVERYTHING Tigard Athletics: Registration, Practice/Game Schedules, and Updates
<https://ths.ttsdschools.org/athletics>

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SECTION 1: **ATHLETIC AND ACTIVITIES CODE**

This code establishes minimum expectations for athletics/activities. The code will be administered by coaches/advisors in conjunction with the building administration. It is understood that participation in extracurricular activities and athletics is a privilege for students. Subsequently, the students representing TTSD are held to a higher standard than other students, and therefore, some policies may be more stringent than the Student Rights and Responsibilities Handbook issued to all students.

SECTION 2: **CITIZENSHIP EXPECTATIONS**

Membership in an athletic/activities program is an honor that should be carefully guarded. The privilege of competing in athletics/activities also carries added responsibility for each participant. This privilege may be forfeited for conduct that is detrimental to the team, school, or program in general. As a member of a school program, behavior on campus, in the community, and at other schools, reflects not only on the student but on the program and school as well. Criminal acts, violence, intimidation or discrimination, ***whether at school or in the community***, will not be tolerated and may be cause for immediate suspension from the program.

Behavior, and dress code standards are at the discretion of each head coach. Dress code standards may have stronger restrictions than the TTSD dress code standards as long as they are in alignment with TTSD equity and inclusion policies. It is expected that coaches recognize athletes as representatives of the TTSD. Any violations of rules or regulations that result in suspension or dismissal of individuals from teams or from participating in games must be cleared with the school's Athletic Director.

SECTION 3: **ATTENDANCE POLICY**

Attendance at school for the entire day is a prerequisite for participation in contests or practices. School related activities or appointments with prior approval by the administration do not fall under this regulation. Emergency situations may be reviewed and determined by the Athletic Director.

SECTION 4: **ATHLETIC CLEARANCE**

A student must register online to be cleared for sports. Athletes can not receive equipment or participate in practice until they are cleared by the athletic office. In order for an athlete to receive clearance from the athletic office, the athlete must have the following:

1. A physical on file in the athletic office every two years. Physical must be on the required OSAA form completed and signed by a medical doctor.
2. Documented medical insurance coverage.
3. Parent/Guardian release signatures on all required forms.
4. Student and Parent digital signature in Arbiter (Athletic Registration System used for 25-26 school year) acknowledging review of the athletic/activities policy student handbook.
5. \$175 per sport per season. Family cap of \$700. Payment plan options available. \$75 reduced fee, upon request. Waived fee, upon request. Fees are assessed to your athletes TTSD online account AFTER teams are rostered.

SECTION 5: **TIGARD ACADEMIC REQUIREMENTS**

Student-athletes must meet the requirements of the OSAA to become and remain eligible. The OSAA requires that TTSD students must be enrolled in and passing 5 classes at all times. With block scheduling, the equivalent of 5 out of 8 semester classes is required.

The OSAA and TTSD also require that a student-athlete must be making satisfactory progress toward the District's graduation requirements. Any exceptions to individual eligibility are defined in the OSAA handbook, under rule 8.1, 8.1.1, 8.1.2, 8.1.3, 8.1.4 and 8.2. The OSAA handbook is on file in each high school athletic office and can be reviewed on the internet at www.osaa.org.

A. Minimum Enrollment Requirement: In accordance with OSAA rule 8.1.1 a student athlete in the Tigard-Tualatin School District must be enrolled in a minimum five (5) classes and must be passing five (5) classes in order to be eligible for competition.

B. Satisfactory Progress Toward Graduation in TTSD: OSAA rule 8.1.2 states that to be scholastically eligible, a student must be making satisfactory progress towards the school's graduation requirements by earning a MINIMUM of the quantity of credits indicated on the chart below for the specified year.

TTSD Credits required to Graduate 26.0

Credits Per Year 6.5

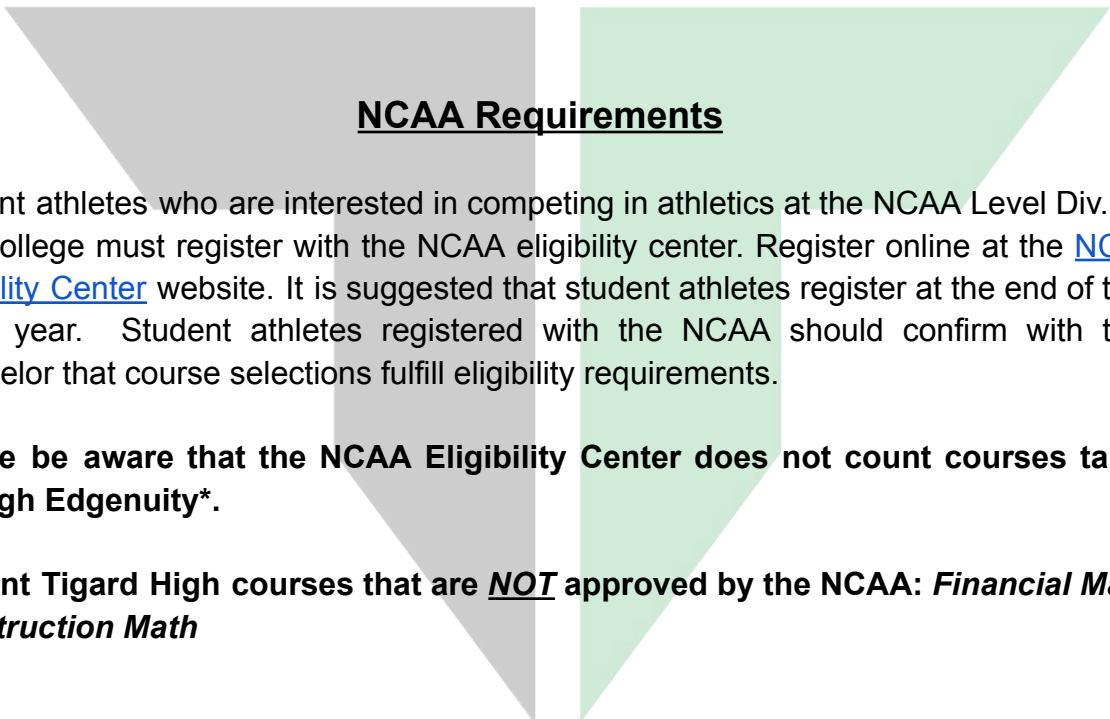
In order to remain eligible, the student athlete must earn AT LEAST the number of credits listed below by beginning of the academic year specified:

By the beginning of 10th grade 4.5

By the beginning of 11th grade 11.0

By the beginning of 12th grade 18.5

Refer to OSAA handbook (rule 8.1.2) referenced above for more detailed information regarding the number of credits earned per year.



NCAA Requirements

Student athletes who are interested in competing in athletics at the NCAA Level Div. I or II in college must register with the NCAA eligibility center. Register online at the [NCAA Eligibility Center](#) website. It is suggested that student athletes register at the end of their junior year. Student athletes registered with the NCAA should confirm with their counselor that course selections fulfill eligibility requirements.

Please be aware that the NCAA Eligibility Center does not count courses taken through Edgenuity*.

Current Tigard High courses that are NOT approved by the NCAA: *Financial Math, Construction Math*

SECTION 6: **ATHLETIC/ACTIVITY PROGRAM STANDARDS**

Students must refrain from using alcohol, tobacco, and drugs.

A dangerous drug is defined as any drug obtained with or without a prescription that has been used in a potentially harmful manner. This includes, but is not limited to marijuana, cocaine, heroin, stimulants, depressants, hallucinogenic, and illegal performance-enhancing drugs.

The following guidelines have been established for students participating in high school athletic/activity programs in the TTSD.

The use, possession and or distribution of tobacco, alcohol, non-prescription drugs, or distribution of prescription drugs by any participant will ***not be tolerated*** in the interscholastic athletic program. This includes both regular school hours as well as non-school time. Violation of this rule will result in the following consequences:

A. First Violation: Alcohol/Drugs/Tobacco

Any participant incurring any infraction on school premises during school hours, away from school, on school or non-school days or at any school-sponsored activity will be subject to the same sanctions as any other student.

Refer to the TTSD SRRH (Student's Rights and Responsibility Handbook)

The student will be suspended from any interscholastic athletic/activity practice or competition for the duration of any out-of-school suspension/expulsion. **A first violation will result in an athletic suspension from in-season competitions for 10% of extracurricular games/performance beginning with the first contest.**

Practices/rehearsals are allowed as long as the student attended school i.e. ISS (In School Suspension) the student can practice/rehearse, OSS (Out of School Suspension) the student can not practice/rehearse.

B. Second Violation: Alcohol/Drugs/Tobacco

The District will follow the same procedure as set forth for a first violation, except that for a second violation, the suspension from interscholastic competition/performance will be for **50% of extracurricular games/performance from the next "eligible" contest for the student-athlete.**

If it is the 2nd violation, the Administration office consequences will hold precedence over those stated here. If a student has committed an offense whereby they may be considered eligible for expulsion then the school administration's consequences will take precedence over those stated here.

C. Third violation: Alcohol/Drugs/Tobacco

The student-athlete will be removed from their current team and not be allowed to participate in any other athletic or activity teams/groups for the remainder of their HS career.

D. Association Violation

Any student participating in athletics/activities who finds himself/herself in the company of others, who illegally possess, use, transmit, or are under the influence of alcohol, any form of dangerous drugs, or a controlled substance is expected to leave immediately (within a reasonable time frame – 20 minutes – time to secure a ride, safe transportation). Failure to do so will result in notification to parent/guardian and the possibility of the same consequences listed above in section A above as determined by the Athletic Director. A second offense will result in discipline as if in violation of this policy. The only exception to this section of this policy would be when a parent/guardian accompanies a student to a family, social or cultural function where alcohol is served. However, students must refrain from personal use. Students who receive wine as part of a religious ceremony such as Holy Communion or Jewish Seder will not be penalized.

E. Out-of-Season

If the student-athlete is not currently in a season, **a first violation will result in an athletic suspension that follows the penalties for in-season violations except that the suspension will commence from the first contest date from the students next season of participation.** Any student athlete serving an athletic suspension will be required to attend and participate in all practices, team meetings and competition although they will not be permitted to actively participate in competitions.

F. Self-Reporting

Prior to being investigated or apprehended for a violation involving the use of alcohol, dangerous drugs or a controlled substance, the student may voluntarily request assistance from school officials. In the event of this self-reporting, there may be no disciplinary consequence imposed upon the student provided that:

F.1 The report is independent and in advance of the investigation.

F.2 The student meets with the Student Assistance Facilitator and complies with their recommendations.

F.3 There are no subsequent incidents of alcohol, dangerous drugs, or controlled substance use.

G. Transfer of Violations

A student who transfers from one Tigard-Tualatin high school to another will maintain accumulative offense status under this policy.

H. Law Enforcement

The TTSD will seek the assistance of the Tigard and Tualatin police departments to work together to provide a safe and drug/alcohol free environment to live in. The police agencies, in accordance with the state and federal laws, will work with our high school administrators to assist in the enforcement of this policy.

I. Ejections and Fines

If a student athlete is ejected from a contest and there are OSAA fines that go with that ejection those fees are the responsibility of the student athlete. Any such fines will be added to the students account. If a student has current fines on their account they will not be allowed to participate in athletics.

SECTION 7: SUBSTANCE ABUSE

When a coach or advisor becomes aware of a violation of the Athletic/Activity Policy Statement by a student, he/she must notify the Athletic Director immediately.

SECTION 8: SPORTSMANSHIP

Athletic contests should be conducted in an atmosphere that places maximum emphasis on good sportsmanship, positive relationships between schools, and the educational benefits of competition. Student athletes should compete under conditions which:

1. Provide a fair and equal opportunity for success.
2. Make maximum provisions for the safety of participants.
3. Provide for a broad sense of activities and a balance in competitive levels.
4. Preclude the embarrassment, humiliation, or demeaning of any team or individual.
5. Emphasize the highest possible level of professionalism and personal integrity on the part of all teachers, coaches and administrators involved.

SECTION 9: OPTIONAL LAY-OFF

Athletes may have the option of up to one week (calendar week) interval layoff between the end of a sport season and the beginning of a new sport season.

SECTION 10: ATTENDANCE AT CALLED PRACTICES

Athletes will attend all practices to be eligible for contests. If an absence is unavoidable, it is the responsibility of the athlete to notify his/her coach prior to the practice. Any athlete suspended from school will not be eligible for athletic practice or competition for the length of the suspension. Students serving in-school suspension (ISS) are not eligible for competition on the day they serve ISS. Students serving ISS are eligible to practice.

Athletes must be in attendance at school for the full school day to participate unless they have a prearranged absence (doctor, etc.) or clearance from the athletic office.

SECTION 11: COMPLAINTS AGAINST COACHES

Complaints against coaches who are members of the TTEA bargaining unit will be handled in accordance with Article 4 (Appendix C) of the collective bargaining agreement. Non-bargaining unit members will be provided basic due process in the handling of complaints.

SECTION 12: PARENT AND STUDENT APPEALS

The district encourages parents and students to appeal a rule or a procedure if they feel it has been unfairly enforced or if there are extenuating circumstances.

Coaches are expected to listen to appeals with an open mind and with an understanding and support for the value of such dialogue.

If an appeal is requested, the appeal procedure is as follows:

1. The appeal shall be in writing.
2. The initial meeting will be with the coach(es) of that particular sport.
3. If necessary, the next meeting will involve the student, parents, coaches, and the Athletic Director.
4. If a further review is desired, the principal will meet with the above parties to determine an outcome.
5. If not resolved, the final appeal will be to a district administrator assigned by the superintendent.

The district level decision is final and not subject to further appeal.

SECTION 13: TRANSPORTATION

Student athletic participants must be transported to and from another school in compliance with the transportation policy.

Transportation Waiver:

On November 2, 1993, the school board approved a transportation waiver for parents to grant the students permission to transport him or herself to athletic events/activities or to be transported by another student's parents or by another student. This waiver must be completed at least 24 hours in advance of the event. The High School Principal, or the High School Principal's authorized representative, shall accompany all school teams or school groups that participate in an activity. That school shall be responsible for acts of its school team, school groups or individuals while on trips, or while participating in any such activity. Parents may transport their own children home from competitions after visual contact is made with the school representative at the event.

When taking a charter bus, parents must be notified that their student will be on a charter bus.

SECTION 14: PRACTICE AND CONTESTS STARTING DATES

During the **Association** year, practice in a sport shall not be held after the conclusion of a school's sport season in that sport as defined in OSAA Rule 6.1.6

2026-2027	<u>First Practice</u>
<i>Fall Sports</i>	August 17th
<i>Winter Sports</i>	November 16th
<i>Spring Sports</i>	March 1st

Section 15 Administration/Coaches Directory

Administration

Principal	Melissa Baran	Melissa Baran
Associate Principal	Allyson Dubuque	Allyson Dubuque
Associate Principal	Liz Perez	Liz Perez Diaz
Associate Principal	Scott Hadden	Scott Hadden

Athletics

Athletic Director	Jason Ashley	Jason Ashley
Athletic Secretary	Jessica Magnusen	Jessica Magnusen
Athletic Trainer	Madi Snyder	Madi Snyder
Activities Director	McKenzie Coulson	McKenzie Coulson Dunham
Activities Director	Melissa Baran	Connie Kuhn
THS Boosters President	Jennifer Cosenza	cosenza.jennfer@gmail.com

Head Coaches

Baseball	James Leach	jleach1@ttsd.k12.or.us
Basketball (Boys)	Stu Bailey	sbailey@ttsd.k12.or.us
Basketball (Girls)	Ryan Gabel	rgabel@ttsd.k12.or.us
Cheer	Allison Specht	aspecht@ttsd.k12.or.us
Cross Country (Boys/Girls)	Jill McIsaac	jmcisaac@ttsd.k12.or.us
Dance	Maddie Mullins	mmullins@ttsd.k12.or.us
Football	Will Whitley	wwhitley@ttsd.k12.or.us
Golf (Boys)	Stu Bailey	sbailey@ttsd.k12.or.us
Golf (Girls)	Michael King	mking1@ttsd.k12.or.us
Lacrosse (Boys)	Tanner Bean	tannerjbean@gmail.com
Lacrosse (Girls)	TBD	
Ski (Boys/Girls)	Mitchell Atwood	mitchella.atwood@gmail.com
Snowboarding (Boys/Girls)	Justin Myers	justin@myersphoto.com
Soccer (Boys)	David Bello Abarca	jbelloabarca@ttsd.k12.or.us
Soccer (Girls)	Scott Eggleston	seggelston@ttsd.k12.or.us
Softball	Pete Kostel	pkostel@ttsd.k12.or.us
Swim (Boys/Girls)	John Ruzicka	jruzicka@ttsd.k12.or.us
Tennis (Boys)	Kevin Reeves	kreevestennis@icloud.com
Tennis (Girls)	Kelsey Wahl	kwahl@ttsd.k12.or.us
Track & Field (Boys/Girls)	Doug Kuffel	dkuffel@ttsd.k12.or.us
Unified (Soccer/Basketball)	Danielle Johnson	tigardunified@gmail.com
Volleyball	Rainey Shriver	rshriver@ttsd.k12.or.us
Water Polo (Boys/Girls)	Daniel Berglund	dberglund@ttsd.k12.or.us
Wrestling Boys	Brandon McDonald	bmcdonald@ttsd.k12.or.us
Wrestling Girls	Kaleb Reese	kreese@ttsd.k12.or.us

Section 16: Athletic Teams Offered at Tigard High School

Fall

Cheer
Cross Country (B/G)
Dance
Football
Soccer (B/G)
Soccer (B/G)
Unified Soccer
Volleyball
Water Polo (B/G)

Winter

Basketball (B/G)
Cheer
Dance
Ski Team
Snowboard Team
Swimming (B/G)
Unified Basketball
Wrestling (B/G)

Spring

Baseball
Golf (B/G)
Softball
Tennis (B/G)
Track & Field (B/G)
Unified Track (B/G)

Section 17: Practice Limitation, Closed and Open Periods

OSAA Summer Season

Summer Season for Fall, Winter and Spring Team Sport Coaches: May 25 – August 16
Moratorium Week: July 27 – August 2

OSAA Fall Season

Non Instructional Period for all Winter and Spring Team Sport Coaches: August 17 – September 27
Instructional Period for all Winter and Spring Team Sport Coaches: September 28 – November 15

OSAA Winter Season

Non Instructional Period for all Fall and Spring Team Sport Coaches: November 16 – December 27
Instructional Period for all Fall and Spring Team Sport Coaches: December 28 – February 28

OSAA Spring Season

Non Instructional Period for all Fall and Winter Team Sport Coaches: March 1 – April 11
Instructional Period for all Fall and Winter Team Sport Coaches: April 12 – summer

Section 18: Checklist for Athletic Participation at Tigard High School

- ☐ Must have passed 5 classes from previous semester
 - ☐ Students enrolled in 4 classes or less can not be eligible for participation in the next semester.
- ☐ Must be enrolled in a minimum of 5 classes during the term of participation
- ☐ Must have a current physical on file in the athletic office
 - ☐ Physicals expire 2 years from physical date
 - ☐ Physicals must be signed by a licensed physician
 - ☐ Physicals must be recorded on the OSAA form
- ☐ Turn in completed TTSD participation form through online registration
- ☐ Have documented medical insurance coverage

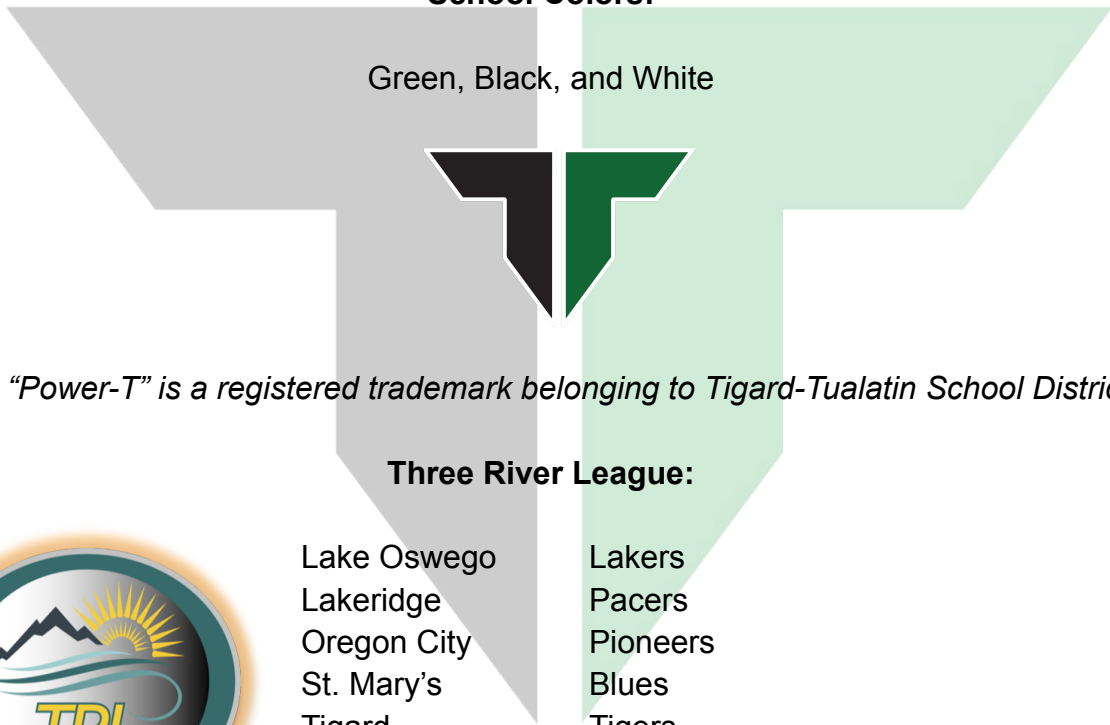
School Mascot:

Tigers



School Colors:

Green, Black, and White



The "Power-T" is a registered trademark belonging to Tigard-Tualatin School District.

Three River League:



Lake Oswego
Lakeridge
Oregon City
St. Mary's
Tigard
Tualatin
West Linn

Lakers
Pacers
Pioneers
Blues
Tigers
Timberwolves
Lions

Tigard High School is a member of the Oregon School Activities Association.

