

Sherwood Bowmen



Student Athlete Handbook

2025-2026

Sherwood High School Administrative Staff

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Superintendent

Adam Mitchell
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Athletic Director

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Connie Pollock
Athletic Secretary

Christine Armstrong
School Bookkeeper

School Mascot: Bowmen School Colors: Crimson/Black/White

Sherwood High School is a member of the Pacific Conference.

Other members include:

Century Jaguars

Glencoe Crimson Tide

McMinnville Grizzlies

Forest Grove Vikings

Liberty Falcons

Newberg Tigers

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Dear Student Athlete,

Welcome to the Sherwood High School Athletic Department. As a student athlete, you experience additional educational benefits that come from participation in sports. You are learning athletic skills that will manifest themselves in your youth, and shape your lifetime values.

Integrity, fairness, and respect are lifetime values, and they are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

We believe that good sportsmanship is the cornerstone of a quality athletic program. Sherwood High School is committed to bringing sportsmanship as a top priority in our school community. The sportsmanship standards we hold for coaches, student athletes and spectators will bring about healthy rivalries and competition in the educational environment.

The following codes of conduct outline our goals:

SHERWOOD STUDENT ATHLETES CODE OF CONDUCT

- Be a positive role model for fellow athletes.
- Be a positive role model in the classroom.
- Attend and actively participate in all scheduled practices.
- Follow directions as communicated by the coach promptly and effectively.
- Participate positively in all skill, knowledge and application exercises as assigned by the coach.
- Accept seriously the responsibility and privilege of representing the school and community by displaying positive public actions.
- Accept authority and supervision in a positive manner at all times.
- Communicate effectively with the coach and teammates.
- Work cooperatively with the coach and team members as a problem solver.
- Demonstrate loyalty to the school, coach and the team.
- Treat fellow students, opponents, their fans, game officials, and all adults with dignity and respect at all times.
- Respect judgment and integrity of contest officials; abide by the rules of the contest and display appropriate behavior at all times.
- Live up to the high standard of sportsmanship established by the Sherwood School District for Athletic Programs.
- Avoid public displays of anger and/or displeasure.

SHERWOOD PARENTS CODE OF CONDUCT

- Understand and support athletic programs and their expectations as defined in the Athletic Handbook for Sherwood School District Athletes.
- Understand team rules, discipline and technique corrections of students.
- Live up to the high standard of sportsmanship established by the Sherwood School District for Athletic Programs.
- Avoid public displays of anger and/or displeasure.
- Be a good role model for your sons and daughters by positively supporting teams in every manner possible.
- Positively support all team members and coaches and help to promote the team concept.
- Leave coaching of the team, playing time, position, and placement on JV or Varsity to the head coach and staff.
- Show courtesy and respect for opposing fans, officials, coaches, and participants at all times.
- Coaches should only be approached before and after games with positive comments. Withhold any negative comments regarding game, athlete(s) or coaching until such time that the concern can be addressed in an atmosphere conducive to effective problem solving.

SHERWOOD FANS CODE OF CONDUCT

In keeping with the District's goal of teaching and demonstrating the highest levels of sportsmanship during athletic contests, fans are expected to demonstrate conduct appropriate for high school activities at all times. The Sherwood School District's expectations for positive fan behavior is greater than one would expect to see tolerated at college or professional sports events.

It is assumed that adults understand and will demonstrate general behaviors that are appropriate. However, the following guidelines are presented to ensure a clear understanding of some behaviors that are unacceptable.

Fans may not:

1. Engage any beings in an angry or aggressive manner on school property or at school activities. This includes officials, coaches, other fans, parents, students or school personnel.
2. Uses swear words or vulgarity on school property or at school activities.
3. Threaten, verbally or physically, any person including officials, fans, coaches, players, spectators, or school personnel at any time on school property or at school activities.
4. Create public displays of anger and/or displeasure.
5. Violation of these standards will result in the removal of the fan from the school.

ATHLETIC PHILOSOPHY

Sherwood High School strives for excellence in all that it does. We are educators as well as coaches, and we work hard to motivate our student-athletes toward success in the classroom as well as in their chosen sports. Our sports programs are focused on the development of the student-athletes and we are proud that our teams earn the loyalty and support of our local community.

Athletics at Sherwood HS promotes the development of team and individual skill, always encouraging the will to win, while more importantly demonstrating strong sportsmanship skills. We pursue these attributes with a commitment to the physical and emotional well-being and social development of our student-athletes.

At Sherwood HS, athletes are students first and are held to even higher academic requirements than non-athletes. Student-athletes must work toward academic success as ardently as they do towards victory.

Varsity Level Programs:

Varsity competition is the highest level of competition. Our goal is to be as competitive as possible. The varsity teams are a culmination of the sub-varsity programs moving up through the course of grade levels. The varsity athletes are selected on the team provided that evidence of advanced levels of physical development, athletic skills and appropriate social and emotional development are demonstrated.

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play competitively in the contest. It is vital that each team member has a role and be informed of its individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. Tryouts are an audition; a platform to demonstrate the required athletic skills for a position on the team. Tryouts are seasonal, and student-athletes should come to tryouts prepared for competition. There is no entitlement for returning players belonging on a team.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among varsity and sub-varsity programs is the responsibility of the varsity coach.

Sub-Varsity Programs (JV, JV2, Freshmen):

The sub-varsity level is intended for those who display the potential of continued development into productive varsity level performers. At this level, the focus is on continued learning of various skills and game rules, an expansion on the fundamentals of team play and continued social and emotional growth. The cutting of students is not our desire, and a part of the position that coaches dislike. However, if the number of students exceeds the number of spots available on the team, cuts will occur.

Athletes are expected to have visibly committed themselves to the program, team and continued self development. For all team members, meaningful contest participation will exist over the course of a season, however, a specified amount of playing time is never guaranteed.

The realization that practice sessions are important is a premise that is vital to a successful sub-varsity team and player. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the sub-varsity level.

PRINCIPLES

1. Sherwood athletics is committed to engaging student-athletes in active learning. Active learning opportunities encourage experimentation, application, involvement, and reflection, and advance more complex ways of thinking.
2. Sherwood athletics helps students develop coherent values and ethical standards. Student-athletes are challenged to identify, examine, and construct meaningful values for a life of learning and responsible citizenship.
3. Sherwood athletics sets and communicates high expectations for learning. Student-athletes hear clear expectations regarding a wide range of experiences and competencies, including academic performance, individual and community responsibility, and commitment to team goals.
4. Sherwood athletics uses resources effectively to achieve institutional mission and goals. Financial, material, and human resources are focused on enhancing student-athlete learning and the overall experience.
5. Sherwood athletics forges educational partnerships that advance student-athlete learning. Collaboration with student-athletes, faculty, administrators, and others provides multiple perspectives on shared commitments and fosters healthy decision making.
6. Sherwood athletics builds supportive and inclusive teams. Student-athlete learning occurs best in a safe and caring community that values diversity, promotes belonging, and demands social responsibility.

The Sherwood School District is a member of the Oregon School Activities Association (OSAA). In all athletic matters, our district must adhere to the policies, rules and regulations of that body, the State Board of Education, and Oregon Revised Statutes.

Sherwood Bowmen Coaching Staff

2024-2025

Fall Sports

Cheerleading Head Coach	Tiffany MacDonald
Cheerleading Assistant	Sandee Flint
Men's Cross Country Head Coach	Tyrone Stammers
Women's Cross Country Head Coach	John Mantalas
Dance Head Coach	Trisha Herndon
Dance Assistant	TBD
Football Head Coach	Mark Gribble
Football Assistant	Rich Hannan
Football Assistant	Brian Hastin
Football Assistant	Tristan Flint
Football JV Head Coach	Mark Flint
Football Frosh Head Coach	Pete Lehl
Men's Soccer Head Coach	Martin Rakers
Men's Soccer - JV	TBD
Men's Soccer - JV2	Eric Anderson
Women's Soccer Head Coach	Vianka Ceballos Cruz
Women's Soccer - JV	Erich Dejacó
Women's Soccer - JV2	TBD
Volleyball Head Coach	Jenette Brotnov
Volleyball Assistant	Haily Blum
Volleyball Assistant - JV	TBD
Volleyball Assistant - JV2	TBD
Volleyball Assistant - JV3	Taryn Quinn

Winter Sports

Men's Basketball Head Coach	Rahim Tufts
Men's Basketball Assistant - JV	Daniel Webster
Men's Basketball Assistant - Frosh	Will Boettcher
Men's Basketball Assistant - JV2	Tino Sellitto
Women's Basketball Head Coach	Matt Sanders
Women's Basketball Assistant - JV	Brad Gregory
Women's Basketball Assistant - JV2	Tim Ehlers
Cheerleading Head Coach	Tiffany MacDonald
Cheerleading Assistant	Sandee Flint

Winter Sports Continued

Dance Head Coach	Trisha Herndon
Dance Assistant	TBD
Swimming Head Coach	Kristen Maples
Wrestling Head Coach	Jeff Wilson
Wrestling Assistant	David Moran

Spring Sports

Baseball Head Coach	Edward Kunz
Baseball Assistant	Rich Hannen
Baseball Assistant	TBA
Men's Golf Head Coach	Jason Spohn
Women's Golf Head Coach	Gregory McDonald
Softball Head Coach	Kris Moore
Softball Assistant - JV	Brandon Lowrey
Softball Assistant	
Men's Tennis Head Coach	Andrew Wright
Men's Tennis Assistant	Stephanie Wright
Women's Tennis Head Coach	Peter Wenceslao
Women's Tennis Assistant - JV	Megan Kittle
Women's Tennis Assistant - JV2	Denise Angel
Men's Track and Field Head Coach	Tyrone Stammers
Women's Track and Field Head Coach	John Mantalas
Track Assistant	Rob Kelley
Track Assistant	Shannon Milton
Track Assistant	Cheryl Sproul
Track Assistant	Frances Bunday
Men's Lacrosse Head Coach	Zack Brown
Men's Lacrosse Assistant	Losaf Canning
Women's Lacrosse Head Coach	Erika Bury
Women's Lacrosse Assistant	Julie Hamburger

ATHLETIC/ACTIVITY POLICIES

PROBLEM SOLVING

Periodically problems and conflicts will arise which need to be quickly and amicably resolved for the harmonious operation of either the sporting program, or the student athlete's well being. The solutions to these problems or conflicts should be handled in the following sequence:

STEP 1: Coach and student athlete meet with informal communication.

STEP 2: Coach, student athlete, head coach if appropriate, and parent meet. If it is not resolved here the coach should instruct student athletes and parents to go to the next level.

STEP 3: Athletic Director (or designee/Dean of Students), coach, student athlete, and parent meet. AD is to gather information and find out what the blocking point is.

The AD will:

1. talk to all parties independently
 2. ask around for observations from others
 3. get group together and resolve issues
- STEP 4: Meet with the building administrator.

GENERAL GUIDELINES FOR PROBLEM SOLVING

- Do not confront in an angry, aggressive manner.
- Do not make personal attacks – stick to issues.
- Discuss concerns in a private scheduled meeting.
- Attend such meetings with a problem-solving attitude.
- Respect other's roles, responsibilities and decision-making rights within their defined roles.

At Sherwood High School we maintain a high standard of conduct for athletes and activity participants who represent our school and community in Conference play and around the state. To ensure that the exemplary conduct of our athletes and activity participants is maintained, it is important that all participants and parents read and understand the following.

ELIGIBILITY

In order to demonstrate the ideals of good sportsmanship and respect for rules and authority; in order to eliminate disruptive influences in the locker room, on the training field, on the playing field, and on trips both on and off the school grounds; in order to provide conditions which promote health and safety for the individual athlete and opponents; and to ensure that an athlete will act in the best interest of the team, school and community at all times; the following rules and regulations are set forth in an effort to perpetuate a philosophy of competition and success for the student athlete and the school-community. These regulations will be enforced from the first day the student participates in practice until the completion of awards for each sport.

OSAA Eligibility

You are eligible if:

1. You are not 19 years of age prior to August 15.
2. You enter the beginning year of high school for the first time, regardless of where you reside.
3. You transfer from one high school to another and your parents or legal guardian move with you to your new school district.
4. You remain at the school in which you enrolled at before entering 9th grade, and your parents or legal guardian move out of that district.
5. You successfully completed at least four (4) credits of work the immediate preceding trimester.
6. You are currently enrolled in and passing subjects equivalent to at least four (4) credits of work, provided at least two (2) credits of work are through enrollment in high school.
7. Following initial enrollment you have not exceeded eight (8) consecutive semesters or (12) trimesters.
8. You are a foreign student under an exchange program, are not too old and have not graduated from a high school.
9. You do not accept or enter into any agreement for the purpose of later accepting any compensation or thing of value for or in recognition of athletic abilities except your school athletic letter, small medals, certificates, plaques or emblems.
10. You are making satisfactory progress towards graduation at the beginning of each school, following guidelines set by the OSAA.

GENERAL Eligibility Guidelines - Trimester Schedule

1. Athletes will be required to pass 4 classes during each trimester, as determined by the OSAA.
2. If an athlete does not pass the required number of classes in any trimester, he or she will be declared ineligible until the end of the next trimester. Eligibility can be restored at that time provided the athlete has met the minimum requirement of passing at least four classes.
3. A hardship can be attempted through the OSAA for an athlete who is declared academically ineligible, with certain restrictions. To do this, the athlete must have endured a hardship that legitimately kept them from completing the requirements. Generally, behavior, attendance, or lack of effort will not qualify as a hardship.

SHERWOOD HS Eligibility Requirements:

1. A student-athlete must possess at least a 2.0 GPA at the end of each grading period in order to be eligible to compete in athletics/activities at Sherwood High School.
2. The grading periods for the trimester schedule will be every 12 weeks. Eligibility for the beginning of sports seasons is based on the GPA of the previous trimester (fall eligibility is based upon the previous spring's trimester).

3. If a student/athlete is under a 2.0 GPA at the beginning of a trimester, they will be ineligible to compete in games and contests for two weeks. At the end of that 2-week period, the student/athlete must have a 2.0 GPA to be eligible.
4. If the student/athlete does meet the 2.0 GPA requirements, they will remain on probation until the end of the trimester with consistent grade checks. If they drop below the 2.0 GPA requirements at any time, they will be deemed ineligible for another 2-week period with the same penalties as the start of the trimester.
5. In addition to the 2.00 requirement, student-athletes need to be passing all classes at progress report time. If a student is listed as having a failing grade in a class at a progress report time, or they are not making satisfactory progress towards showing proficiency, they will become immediately ineligible until they are passing.
6. Student-Athletes must be current and passing on their Homeroom assignments in order to be eligible to compete.
7. Coaches will not be required to restore playing time to any athlete who has been out with eligibility problems.
8. Hardships are not available for the 2.0 requirements.

PARTICIPATION RULES

I. Attend school, practice and contests:

1. A participant must be in school the entire school day in order to be eligible to participate in that day's practice or game. The only exception is for professional or medical appointments, officially verified by the SHS attendance office. A doctor's note or verification slip from the appointment is required on the day of appointment, no exceptions. On rare occasions an absence may be pre-arranged through the Athletic Director or Principal.
2. Students/athletes are expected to attend school regularly. Unexcused absences from school are not acceptable. If it has been determined that an athlete has an unexcused absence from a class they will not be able to practice or participate in contests during that day. If there is not a practice/contest on the day of the infraction, the student-athlete will need to miss the practice/contest on the next available day. Subsequent unexcused absences may result in further action by the administration and coaches and may result in an athlete missing more than one practice or game. Note that leaving campus without authorization anytime during the school day is also considered an unexcused absence (class cut). For activities that do not practice every day, they must be present at school the day of an event, as well as must be present 80% of the school week in order to be eligible for Friday and Saturday performances.
3. Each team will also have rules in dealing with being late to practice and missed practices or contests due to illness, appointments, family business, etc. Missing practice or a contest due to job commitments is not an excuse.
4. Student-athletes are expected to be at every practice and game. If a student is to be absent for any reason, they are required to notify their Head Coach prior to the practice or contest. If the coach is not notified it will be considered an unexcused absence.
5. One unexcused absence from a contest can result in dismissal from the team. The coaching staff and athletic director reserve the right to use their best judgment regarding these situations.

II. Behavior:

1. Student-athletes at Sherwood High School are expected to demonstrate the ideals of good sportsmanship, team loyalty, school loyalty and achievement through effort and sacrifice. Students/athletes are subject to disciplinary action by their coach or advisor for any misconduct any time and any place that is deemed to be unbecoming of a student/athlete representing Sherwood High School and this community.
2. Examples of conduct which might result in disciplinary action by the coach are: vulgar language, inappropriate postings on web sites, bus problems, fighting, theft, harassment of other students or players, insubordination, use or possession of tobacco, inhalants, illegal drugs, alcohol, or be in attendance where use of such is taking place. See attached District policy concerning use of tobacco, drugs and alcohol.
3. For questions concerning disciplinary action for all behavior situations including harassment and illegal substances, see the District's Student-Parent Handbook.
4. A participant who is assigned Out of School Suspension is not eligible to practice or represent the school in contests for the duration of the suspension. The coach and athletic director shall determine when the participant can rejoin the team.
5. Punishment for a student who serves an In School Suspension shall be dealt with on an individual basis.
6. A participant who serves any type of suspension may face further athletic discipline from the administration. This could include game suspension or removal from the squad.
7. A participant who is dropped from a team for disciplinary reasons will not be allowed to become a member of any other sports team during that season.
8. A participant may not drop from one sport team and transfer to another without agreement of both coaches and the athletic director.

III. General:

1. All participation fees must be paid before participation in any contests is allowed. In addition, all school fines and fees must also be paid.
2. All participants in athletic/activity events will ride to and from the event in vehicles provided by the school unless prior arrangements have been made by the coach/advisor and athletic director.
3. A participant must have on file a record of one current physical examination taken during high school, proper insurance, and have an active Student Body Card.
4. A participant must have paid for all purchased uniforms, turned in all equipment or paid for any lost equipment before participating in any additional contests.
5. Participation in out-of-season sports during a school sports season will be strongly discouraged and must be cleared by the in-season coach and the Athletic Director.

IV. Awards-Certificates:

1. The awarding of a certificate and/or a varsity letter to any participant will be dependent on the individual's successful completion of the sports season. A sports season is defined as to include practice sessions and all contests. An athlete who quits the team or is dropped from a team during this time period will forfeit all claims to an athlete's award and/or certificate.
2. The criteria for awards may vary among programs. Specific information is available from the varsity coach.
3. Attendance at the post-season awards banquet is mandatory to finish the season in good standing. Excused absences must be cleared ahead of time through the Head Coach or Athletic Director.

V. Cut Policy:

The cutting of student-athletes is not our desire, and a part of the position that coaches dislike. However, if the number of students trying out exceeds the number of spots available on the team, cuts will occur.

Coaches will develop a cut policy for their particular sport, including criteria for team selection, tryouts and evaluation.

Although not comprehensive, the following list presents potential reasons a student-athlete might be cut:

- If a player has limited skills that the coaching staff considers would put him/her at a huge disadvantage in a game or practice situation.
- If a player has limited sport specific skills or limited physical abilities that the coaching staff would consider a danger to the player.
- If a player does not respect and obey the Sherwood High School rules and regulations.
- If a player does not respect and obey the Sherwood High School athletic policy.
- If a player shows apathy toward practice/game situations or disrespect for his coaches or teammates.
- If there are more players who have turned out for the team than there are coaches to properly supervise them.
- Seniors who have not demonstrated the skill level necessary to compete at the varsity level.

STATEMENT OF RISKS

Any activity which may result in contact with fixed or moving surfaces contain inherent risks of serious bodily harm, which cannot be eliminated. The possibility of injuries from these dangers must be accepted by the participant and the participant's family.

The possibility of injury can be reduced, but not eliminated, by knowing and using proper technique and fundamentals, maintaining good physical conditioning, being alert at all times and attending all training and practice sessions.

As a condition of permission to participate, the student assures that he/she will use proper technique and fundamentals, maintain good physical conditioning, stay alert at all times, attend all training and practice sessions, follow instructions and obey the rules of the game.

SUBSTANCE ABUSE POLICY STATEMENT

It is the policy of the Board of Education of the Sherwood School District to recognize alcohol and other drug use/abuse as a societal problem and that such dependency is a disease that can be successfully treated.

The District recognizes the dual responsibility to establish and communicate discipline policies and procedures in relation to student alcohol and other drug use. The Sherwood School District will provide information about school and community resources available to deal with substance abuse problems.

Education is believed to be the cornerstone of providing a positive impact in dealing in a preventative nature with substance abuse. Education concerning substance abuse is to be included in the curriculum at all levels.

CONDITION DESCRIPTION

The possession, use, possession by consumption, and selling or transferring of any controlled substance on or about school premises or at any school-sponsored activity is prohibited.

DEFINITIONS

Controlled Substance:

Alcohol, illegal drug, counterfeit or look-alike drug, medication prescribed for another person, or other substance listed in the Federal Controlled Substances Act. 21 USC Sec. 811-812, as modified under Oregon Revised Statutes 475.035.

Assessment:

An evaluation by an agency recommended and approved by the District of a student's drug and alcohol usage.

Multiple Offenses:

Incidents occurring within 12 months of the first offense.

Athletic/activity participant: Any student involved in school-sponsored teams or groups or who represents the school publicly or in competition with other schools.

ATHLETIC/ACTIVITY GUIDELINES

Representing Sherwood Schools as a part of an athletic/activity program is a privilege. Sherwood expects a higher standard of conduct for those students choosing to represent their school. The goal of these guidelines is to communicate District expectations and to encourage students to strive for personal improvement while bringing credit to themselves, their team and their school. Athletic/activity training standards require that participants agree not to use tobacco, not to possess, use, or be under the influence of any controlled substance and not to participate in illegal drinking or drug use while in attendance at non-school or school sponsored functions. Participation in illegal drinking or drug use includes remaining at a non-school function while illegal activity is occurring. These standards are applicable to athletes for the current school year, as well as the following 12 months.

The following procedures will apply to all students who choose to represent their school as participants in athletic/activity programs **and are in effect for 12 months following their last competition.**

ADMINISTRATIVE GUIDELINES - STUDENT SELF REFERRAL

Students who initiate a referral for themselves, but who are not in violation of the District policy at the time of referral:

1. Students seeking help for substance abuse problems must obtain an assessment at parent/guardian expense. A list of agencies will be provided by the school.
2. Students will be allowed continued participation in school programs once the assessment has been completed, provided they do not violate the substance abuse policy, and the recommendation of the assessment is followed. If the recommendation is not followed the student/athlete will be dismissed from participation.
3. Parents/guardians will be contacted.
4. All information and materials gathered will be considered confidential. Files may be accessed by school administration, school counseling staff and legal authorities on a need to know basis.
5. Self referral can only be completed one time during the student-athlete's career and is considered a first offense. A second self referral will have the same consequences as a second offense.

ADMINISTRATIVE GUIDELINES FOR USE AND POSSESSION OF ALCOHOL, DRUGS OR CONTROLLED SUBSTANCES

First Offense: (responsibility of Principal or designee)

1. The student shall be suspended for 2 weeks from athletic competition. If there are not 2 weeks worth of contests remaining in the season, the athlete will not only miss the remainder of the current season, they will miss the remaining amount of the suspension during their next sport season. Participants may continue to practice during the suspension.
2. A student who violates the alcohol, drug or controlled substance policy may not be reinstated or represent the school in any activity until they participate in a meeting with parents (or guardians), coach or advisor and associate principal.
3. If the first offense occurs outside of the season the athlete participates in, they must serve a suspension of 2 weeks of competition beginning with the first contest during the athlete's next season. The athlete must complete that entire season for the suspension to be considered fulfilled. In addition, they must also participate in a meeting with parents (or guardians), coach or advisor and associate principal.
4. A coach has no obligation to return a player to their original playing status and can add additional consequences.

Multiple Offenses:

1. For the second offense, the student will be suspended for 6 weeks of athletic and/or activity competitions.
2. The third offense will result in a loss of participation for the remainder of that athletic season, plus 12 months.
3. The fourth offense will result in no further participation in athletics and/or activities in the Sherwood School District for up to the remainder of the student's high school eligibility.

ADMINISTRATIVE GUIDELINES FOR DISTRIBUTING

First Offense: (responsibility of Principal or designee)

1. The student will be suspended from all athletic/activity programs thru the end of their season, plus 12 months. An assessment at parent/guardian expense will be required. The school will provide a list of agencies.

Second Offenses:

1. No further participation in athletics and/or activities in the Sherwood School District for up to the remainder of the student's high school eligibility.

ADMINISTRATIVE GUIDELINES FOR TOBACCO USE AND ELECTRONIC SMOKING OR POSSESSION

First Offense: (responsibility of Principal or designee)

The student will be suspended for 2 weeks of athletic and/or activity competitions.

Multiple Offenses:

1. For the second offense, the student will be suspended for 6 weeks of athletic and/or activity competitions.
2. The third offense will result in a loss of participation for the remainder of that athletic season, plus 12 months.
3. The fourth offense will result in no further participation in athletics and/or activities in the Sherwood School District for up to the remainder of the student's high school eligibility.

ALL-STATE RECOGNITION

In team sports, an athlete must be recognized as a first, second or honorable mention All-State athlete by the designated source for that sport.

In individual sports, the following athletes are recognized as All-State by their finish at the state championships: Cross Country, top 7; Golf, top 10; Swimming, top 2 per event; Tennis, state semifinalist; Track, top 2 per event; Wrestling, top 2 per weight. Athletes may also be recognized when named 1st team by commercial news media.

ATHLETIC CERTIFICATES

Sherwood High School awards athletic certificates to students who participate in Baseball, Basketball, Cheerleading, Cross Country, Dance, Football, Golf, Lacrosse, Soccer, Softball, Swimming, Tennis, Track and Field, Volleyball, and Wrestling.

It is the discretion of the varsity head coach on which athletes will receive varsity certificates. Coaches should have specific requirements in their handbooks on how to obtain a certificate. Some general requirements required by all coaching staff are:

1. Maintain eligibility throughout the entire season.
2. Adhere to the District Athletic Code of Conduct.
3. Athletes must have some impact at the varsity level.
4. Attend all practices and games. Exceptions must be arranged with the coach prior to the practice.
5. Complete the season.
6. Return all equipment and/or pay all fines for missing or lost articles.

ATHLETIC TRAINER

Sherwood High School, in partnership with Providence Sports Medicine, maintains a registered, certified athletic trainer. All athletes may receive athletic training services during open training room hours. In addition, all varsity high-risk injury sports (Football, Soccer, Basketball, Wrestling, Track & Field, Lacrosse, and JV Football) will have athletic trainer medical coverage on-site. In other circumstances, coaches will administer basic first aid and activate emergency medical services as necessary.

The sports medicine team at Sherwood High School may treat and evaluate injuries as indicated for your son/daughter, administer emergency medical care as needed, administer forms of heat and cold therapy, apply various forms of massage therapy, develop injury-specific rehabilitation programs, and administer various therapeutic modalities including ultrasound and electric stimulation.

By signing up for participation with athletics at Sherwood High School, you agree to allow coaches, assigned Athletic Trainers, team physicians and administrators to report injuries and provide appropriate medical intervention and recommendations.

Assigned Athletic Trainers use the Healthy Roster software platform for reporting injuries. All emergency contacts for students that participate in athletics will receive an email invite to sign up for a free Healthy Roster account, which will notify you of any reported injuries for your athlete. It also gives you the ability to reach out to the school's assigned Athletic Trainer for sports health/injury questions.

BLOOD DRIVES

Traditionally the high school sponsors two or three blood drives during the school year. Because of the recovery time required for donors, athletes are not allowed to be a donor if they are currently in-season.

COED TEAMS

The Sherwood School District strives to provide equal opportunity for boys and girls in all sports.

Girls may, at the discretion of the school board, participate with boys in any interscholastic activity if there is not a girl's team or equal opportunity for participation.

If girls are permitted to participate on a team designated for boys, the team shall compete against a designated boys team and not against a designated girls team. If a girl competes on a boy's team in cross-country, golf, swimming, or tennis, the girl is not eligible for the boys state Championship but is eligible to attempt to qualify for the girls state championship in that sport if the school has properly notified the OSAA by the deadline that it will be competing in that girls sport.

If boys are permitted to participate on a team designated for girls, the team shall compete against a designated boys team and not against a designated girls team. (OSAA).

CONCUSSION PROTOCOL

Medical management of sports-related concussion continues to evolve. Sherwood High School (SHS) has established this protocol to provide education about concussion for coaches, school personnel, parents, and athletes. This protocol outlines procedures for staff to follow in managing concussions, and outlines school policy as it pertains to return to play issues following a concussion. For the purposes of this document, parent refers to parents, guardians, or emergency contacts as listed on the Annual Pre-participation form.

SHS seeks to provide a safe return to activity for all athletes following any injury, but particularly after a concussion. In order to effectively and consistently manage these injuries, procedures have been developed to aid in ensuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day (including academic accommodations) and are fully recovered prior to returning to activity.

This protocol shall be reviewed regularly by the athletic department, the SHS school nurse and school psychologist. Any changes or modifications will be reviewed and given to athletic department staff, including coaches, and other appropriate school personnel in writing.

Additional information and protocol:

https://docs.google.com/document/d/161_z-rFJjZ8HjLDID_k4aMRm3OWbp5547ViRE2ofgtk/e/dit?usp=sharing

DUAL SPORT PARTICIPATION

A student may participate in two sports during the same season provided the parents, coaches, and athletic director approve. Requirements for dual participation include the following:

- A meeting will be held with the athlete, parents, coaches and athletic director prior to the first contest.
- The athlete must choose a primary sport. When there is a conflict of interest the athlete will attend the primary sport.
- If a conflict arises, the athletic director will intervene and make a determination.

EJECTIONS

In the case that a player is ejected from a contest there are guidelines set up by the OSAA for the player to receive reinstatement. In addition to the OSAA guidelines, the SHS athletic department has additional criteria that needs to be met before reinstatement. Upon a player's first ejection the player is no longer eligible to participate in any contests for that particular day and the player is suspended for the next contest. If an individual player receives a second ejection during a sports season, a two game suspension shall occur and the ejected player must also complete the NFHS Sportsmanship course. A third ejection by an individual player during a sports season will result in that individual being ineligible to participate in any contests for the remainder of the season.

EVENT FEES

Event fees are charged to offset game expenses. Fees for admission are:

Adults	\$8.00
Students Grade 1-12	\$5.00
HS Students	Free with ASB sticker

Season passes for home games may be obtained from the bookkeeper or online with Hometown Ticketing.

HARASSMENT/HAZING

Sherwood Athletics has a no hazing policy. This includes:

- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student-athlete to an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student-athlete to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment.
- Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.
- State/School District guidelines:
<https://drive.google.com/file/d/1ZSwZLZSsRsusOz2sR97BeHNtS8w-rY5A/view?usp=sharing>
- Additional information: <http://www.osaa.org/equity/anti-discrimination>

HOME SCHOOL STUDENTS

Home school students are allowed to participate in interscholastic activities. Those participating shall reside within the attendance boundaries of the public schools for which the student participates. To be eligible the student shall be in compliance with all rules governing home schooling and shall provide the school administration with acceptable documentation of compliance.

INSURANCE

The school district makes available to the parents an insurance plan. Participation in this plan is optional; however, medical insurance is mandatory in order for a student to participate in athletic/activities.

LOCKER ROOMS

- No “horse play” will be tolerated in the locker room or shower areas.
- Valuables should be secured with a lock at all times; locks will be provided. .
- Athletes should be aware that the locker room is not supervised all the time and should not loiter. Do not leave money or valuables unattended at any time.
- Athletes should leave the locker room area clean and neat at all times.

NCAA REGULATIONS

Athletes wishing to compete in Division I and Division II NCAA colleges after high school must be certified as eligible by the NCAA Initial Eligibility Clearinghouse. Contact your school counselor or visit www.ncaaclearinghouse.net for the latest updates.

PARENT MEETINGS

Head coaches will conduct a parents meeting for their sports team to begin the season. Rules and procedures will be reviewed at this time. Attendance is highly recommended, as coaches will cover important topics relating to their particular sport.

PARTICIPATION FEES

To help offset expenses of running athletic programs, participation fees are required in the Sherwood School District. Fees are \$250 per sport, \$175 per activity at the high school. There is an individual cap of \$600 and family cap of \$1250. Participation fees are due prior to the first competition.

Reduced participation fee waivers are available if criteria are met. Fee waivers must be approved by the athletic director. An application for a reduced fee waiver is available on the district web site, under Nutrition Services. Three month payment contracts are also available through the SHS bookkeeper.

If an athlete changes their mind after making a team and decides they do not want to participate, there will be no refund after the first contest. If an athlete has an in-season injury and has to stop participating (practices, traveling, etc.), the fee refund will be prorated.

PHYSICAL EXAMINATIONS

Sports physicals are required to ensure that students do not have any undiagnosed health problems that could be affected by their participation in interscholastic athletics.

The State of Oregon requires that a comprehensive physical exam be taken by students entering the ninth and eleventh grades. The examination must be performed by a physician or other qualified health official licensed by the Oregon State Board of Medical Examiners or the Board of Nursing specially trained for this purpose. The exam must be performed after the student has completed the eighth/tenth grade. The physical examination is the responsibility of the parents/students. Required forms are available from the athletic secretary. A current physical examination must be on file in the school office. In years when physicals are not required, an athlete may continue his/her participation on the signature of the parent.

PLAYOFFS

It is a primary goal in our team sports to reach the league playoffs. Playoff structures in the Pacific Conference vary slightly from sport to sport. The head coach in your particular sport will discuss playoff structure during your parent meeting.

State playoffs also vary for individual sports. Rules for the state playoffs are administered by the OSAA.

Athletes competing on a playoff team are to continue participating in that sport until its completion, although the next sport season may have already begun. Coaches will not penalize athletes who begin their sport season late because of playoff responsibilities in the previous season's sport.

PRIVATE SCHOOL STUDENTS

To participate in interscholastic activities, all high school students shall be in compliance with OSAA regulations and meet eligibility requirements.

A student attending a private school, that is a member of the Oregon School Activities Association and that does not offer a particular activity, may represent the nearest public school in whose district the student resides, providing both high school principals agree.

SCHEDULES

Schedules are completed by the athletic director approximately one year in advance for varsity sports. Sub-varsity schedules are completed when schools know how many teams they will be having for that particular season. As much as we would like to hold to the schedule, problems occasionally arise that require adjustments. For the most part we do hold to the original dates and times. However, we ask for your understanding when changes beyond our control do occur. Coaches should notify their athletes immediately when changes occur in the schedule. Sport schedules can be viewed at www.osaa.org.

SEASON AND OFF-SEASON PRACTICES

- The Oregon School Activities Association determines the starting dates for all sports. Starting dates for the 2024-2025 school year are:

Fall Sports – Monday, August 19th

Winter Sports – Monday, November 18th

Spring Sports - Monday, March 3rd

- Sherwood High School abides by OSAA rules for out of season participation. To encourage participation in as many activities as possible and to discourage specialization, the administration and coaching staff is strongly opposed to off-season practices.
- Many of our coaches run camps during the summer. Although athletes are encouraged to attend as many as possible, the camps are not mandatory. Coaches are not allowed to base team placement during the regular season on summer camp attendance.

STUDENT TRANSPORTATION

When the activity requires travel from the school, the student will use school sponsored transportation. Coaches can require students to travel as a team. Any request for exceptions to this must be approved by the Coach or designee prior to the onset of travel. Students will not be allowed to ride with other students unsupervised by a parent.

Students who ride buses to and from school-sponsored activities will be notified of the rules and regulations governing their conduct on buses as well as of the consequences for violation of those rules. Athletes shall remember that they represent Sherwood High School and our community on travel trips.

STUDY HABITS

Each athlete must understand that the pursuit of academics is the primary reason for being in school. Proper study time should be set aside to maintain good grades. If any players feel he/she is having study problems, he/she should share these problems and circumstances with the coach. In some cases, the athletes will need to miss class to travel to competitions. This makes it all the more necessary to be in class as much as possible and responsibly make up all assignments. Participation in sports is not an acceptable excuse for not being prepared for class.

TRAINING ROOM

The training room is available for the treatment or rehabilitation of injuries. First aid material should be handled by the head trainer and coaches only.

TRANSGENDER ATHLETES

The Sherwood School District follows the guidelines set forth by the OSAA in regards to what activities transgender students are allowed to participate in, or on what teams they can compete.

http://www.osaa.org/governance/handbooks/osaa#_Toc456100372

WALL OF FAME

To be placed on the Sherwood Wall of Fame an athlete must meet the following criteria:

- Be recognized as 1st team All-State in a team sport or
- Be a state champion/runner up in an individual sport
- Has had no major violation of the athletic policies
- Meets administrative approval

ELIGIBILITY CHECKLIST

- Athletes and parents/guardians must sign and return the Participation Form, verifying that they've read the athletic handbook and they will abide by the policies set by Sherwood High School. This must be done prior to participation in any sport or activity.
- Evidence of a physical must be on file with the athletic secretary. Physicals are only good for two years from the date of the actual physical exam and must be submitted on the required OSAA form
- Any hardship requests must be approved before participation is allowed.
- Participation fees must be paid prior to the first competition.
- Transportation forms are completed and on file with the Coach, for those students who are allowed to travel separate from the team.
- Past athletic fees/fines must be paid in full, prior to participation in the current season.
- In good academic standing.