

Ida B. Wells High School Athletic Handbook



Table of Contents

Letter from Athletic Director	3
Ida B. Wells Athletic Department Overview	
Philosophy	4
Goals	5
Roles	6-7
Athletic Trainer	7
Booster Club	8
Athletic Opportunities	9
Athletic Leadership Council	9
Registration - FamilyID, Physicals, Fees	10
Policies and Procedures	
Code of Conduct	10
Complaints/Concerns Procedure	11
Anti-Harassment/Hazing	11
Academic Eligibility	12
Earning a Letter	13
Social Media	13-14

The Ida B. Wells Athletic Department is committed to supporting our student-athletes to thrive in the classroom, promoting character, fostering healthy competition, and building bridges in our community.

Dear Parents and Student-Athletes,

We would like to welcome you to the Ida B. Wells High School Athletic Program! We believe that participation in athletics provides a wealth of experiences and opportunities that can have a profound impact in the growth and development in a student-athletes life.

The Ida B. Wells High School Athletic Department and our coaches firmly believe that athletics can provide a vehicle for the opportunity for student-athletes to learn resiliency, leadership skills, physical growth, and self-expression. It is our mission to create these opportunities in a well-structured and organized fashion. On the same token, it is important for parents to share in that same mission and responsibilities as well.

It is the role of the Athletic Department to ensure that the rules governing interscholastic competition are observed and in turn, they need community support. That is why the Athletic Department is committed to effectively communicating with our community, student-athletes, coaches, and teachers around all things related to athletics and hopefully, this handbook will help in answering any questions you might have regarding the rights and responsibilities regarding being a student-athlete at Ida B. Wells High School and the role that parents play as well.

Our number one focus is that each and every student-athlete walks away from Ida B. Wells High School having the best experience possible. As an Athletic Department, we are committed to help support and promote our student-athletes so when they look back after their time here, they can hopefully say that these were some of the best times of their lives.

Thank you very much for taking the time to read the athletic handbook. Hopefully, it will not only allow you to become familiar with our policies and procedures, it will also allow for a smooth transition for you as a new or continued member of the Ida B. Wells Athletic program.

Should you have any questions or concerns, please feel free to reach out to our department.

GO GUARDIANS!

Michael Nolan
Ida B. Wells High School
Athletic Director

Athletic Department Philosophy

The Ida B. Wells Athletic Department is committed to supporting our student-athletes to thrive in the classroom, promoting character, fostering healthy competition, and building bridges in our community.

Thrive in the classroom

Student first, athlete second. Our department and staff of coaches is committed to finding every possible way of supporting our student-athletes to thrive in the classroom. Whether that is through group study sessions, tutor times, or individualized instruction, it is imperative that our student-athletes are supported in the classroom. Ida B. Wells is lucky to not only have an amazing community of teachers who are willing to go the extra mile for our school but we also have systems in place that support our student-athletes.

Promoting character

Sport provides the opportunity for learning and fostering life skills that can have an impact that is felt for a lifetime. Athletics can provide leadership skills, how to learn from setbacks, work as a team, and commitment among others. The athletic department and our coaches place a high value on the importance of character development and will constantly strive to ensure we model and facilitate the development of character.

Fostering healthy competition

Winning is a goal but not our purpose. Learning how to compete is a valuable lesson that has more to do with the outcome of a contest. Competitions help student-athletes learn how to prepare, focus, play with a purpose, and face adversity.

Building bridges in our community

It is our mission as coaches and as an Athletic Department to reach out to our community of parents, feeder schools, and businesses and effectively communicate, promote, and grow our programs. We understand the importance of having the entire community supporting Ida B. Wells High School and our programs.

Athletic Department Goals

The Athletic Department at Ida B. Wells High School is an integral part of our school's educational purpose and our community. We want to create the best possible experience we can for our student-athletes and maximize their potential. We feel that this co-curricular approach to athletics not only strengthens our school but will help develop the whole student in mind, body, and spirit. More specifically, the Athletic Department seeks to provide interested students with the opportunity to participate in Interscholastic Athletics and is committed to the following principles:

- To offer a well-balanced and inclusive programs based on numbers and interest
- To teach the importance and values of competition
- To promote, teach, and foster the importance of athletic skills
- To promote, foster, and teach the development of self-discipline, a strong work ethic, and self-sacrifice
- To teach the value of teamwork, cooperation, commitment, and trust
- To promote and foster the values of character, leadership, and community
- To teach the value of sportsmanship, fair play, and ethical conduct
- To encourage to development of loyalty, school pride, pride in ones' self, and their team

The Athletic Department expects the following of each participant in the school athletic programs:

- To accept the responsibilities of team membership: support of teammates, cooperation, sacrifice, positivity, and mutual respect
- To value the importance of being a great teammate, respect coaches, represent Ida B. Wells in the community with pride, and abiding by school and community expectations
- To maintain health and fitness levels by following the protocols and plans prescribed by the coaching staffs
- To learn resilience and adversity in an honorable way and what lessons can be learned
- To be reflective that commitment to excellence takes time and hard work
- To understand the value of being a student-athlete is just part of the picture of being a well-rounded student-athlete
- To be open, honest, and express your feelings intelligently and appropriately
- To help student-athletes learn how to balance a demanding academic schedule with an arduous athletic training schedule

Roles

Athletic Director

The Athletic Director is responsible for administering the Athletic Programs at Ida B. Wells High School. The duties of the Athletic Director include but are not limited to: assist in the hiring of coaches, provide training opportunities for coaches, assist in budgeting, coordinating transportation, help facilitate scheduling, assist in the scheduling of practices, conflict resolution, and overseeing all aspects of the Athletic Department. Furthermore, the Athletic Director will help serve as a bridge to the community and effectively communicate the goals, expectations, and needs of the Athletic Department. Finally, he/she will be a positive representative of Ida B. Wells High School and the Portland Interscholastic League.

Coaches

The coach is to provide an inclusive, fun, safe, and challenging environment where all of our student-athletes will receive high level coaching and competition. Coaches are also responsible for confirming contests and transportation, distributing and collecting gear, being a good steward of school assets, communicating with parents, and reporting injury and incident reports. Coaches are also tasked with ensuring that student-athletes are exhibiting good sportsmanship at all times.

The coach is expected to be a positive representative of Ida B. Wells High School and the Portland Interscholastic League. This includes always conducting themselves in a professional manner at all times, respecting opponents, and effectively communicating with each member of the team their roles and responsibilities. Head coaches are expected to attend head coaches meetings and if they cannot be in attendance, they should send a representative from their programs.

The coach is to provide a balanced, structured, and inclusive practice plan to ensure that time is being maximized. This includes making detailed practice plans and cataloging them. The coach must be clear in his/her expectations with the intention to develop each student-athlete to their fullest potential. The coach must be a positive mentor for each student-athlete while maintaining high standards and promoting sportsmanship at all times.

Coaches are expected to be a conduit for the youth programs in our community. They are expected to help train, lead, and grow our youth programs. It is extremely important for our coaches to be as engaged and provide a vision for not only their high school programs but for our community of youth athletes.

Roles, cont.

Student-Athlete

Student-athletes are expected to be respectful and exhibit good behavior in class, in practice, in games, and in the community. Student-athletes are expected to care for the equipment that is issued and the facilities we all use. Student-athletes should communicate all issues with coaches first. If there is a conflict that cannot be resolved, the next step is to have a meeting with the Athletic Director to mediate any issues. Finally, if the conflict cannot be resolved with the Athletic Director, the student-athlete and parents should contact the Ida B. Wells Administration.

Student-athletes should display good sportsmanship at all times, give 100% effort at all times, show humility, and aggressively pursue excellence regardless of the score, opponent, time, officials, or situation. The ultimate and final responsibility rests with the student-athlete for it is the student-athlete who is accountable for his/her parents, coaches, and Ida B. Wells High School.

Parents

Parents play a pivotal role at Ida B. Wells High School and our athletic programs. Parents model attitudes and behavior for their children. We are so appreciative of the assistance parents provide for their children in their athletic endeavors, whether it is driving to an athletic event, volunteering, and sacrificing family time to accommodate athletic schedules. We invite all parents to attend home and away games, support the team, and encourage their children to play hard.

Parents are not coaches and learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provide. It is important for parents to be mindful of and respect what the coaches are trying to do by avoiding interference or public criticism, especially in front of their children, other teammates, or community members.

Athletic Trainer Duties

Ida B. Wells High School has been supplied with a full time Certified Athletic Trainer from **Orthopedic + Fracture Specialists**. An Athletic Trainer is a trained healthcare professional who works under the direction or in collaboration with a physician, in accordance with their education and training and the states' statutes, rules and regulations. Our Athletic Trainer specializes in injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. They are present for each sporting season and cover practices, home games, and travel with varsity football. For more information regarding Ida B. Well's Athletic Trainer visit our athletics' home page online and find them under "resources".

Ida B. Wells Booster Club

The mission of the **Ida B. Wells High School Booster Club** is to support all **Ida B. Wells High extracurricular activities, programs and clubs**. We provide financial support to sports and clubs at Ida B. Wells through a grant program. This is funding beyond what is provided by the school or district budget. The Booster Club earns its funds through concession sales, brick sales, apparel sales, membership fees as well as our annual Christmas tree sale. It takes many volunteers in order to raise the funds needed. The Booster Club promotes school spirit, athletic excellence, teamwork, and school engagement in all we do.

The Ida B Wells Booster Club kept on funding our teams, programs and clubs through Covid! Boosters funded \$46,000 in grants in the 2021-22 school year to a wide-ranging group of sports teams and activities, including these:

Athletic Department & Weight Training Program

Mural Club

Makerspace Club

Band

Baseball & Softball

Men's Basketball

Cheerleading

Dance Team

Football

Men's & Women's Golf

Men's & Women's Tennis

Men's & Women's Lacrosse

Mock Trial

Track & Field + Cross Country

Ski Team

Snowboarding Club

Unified Sports

The Ida B. Wells Booster Club is here to help sports and clubs...

- Pay for essential needs such as camps, training, equipment, player scholarships
- Reduce the amount of individual fundraisers asked of players and parents
- Provide concessions and apparel sales at sporting events which adds to the game experience and builds Guardian pride!

Visit our website at <https://www.ibwboosterclub.org/>

Email us info@ibwboosterclub.or

Athletic Opportunities

Fall

Cross Country - Men
Cross Country - Women
Football
Soccer - Men
Soccer - Women
Volleyball

Winter

Basketball - Men
Basketball - Women
Swimming - Men
Swimming - Women
Wrestling
Wrestling
Ski Team (Club)
Snowboard Team (Club)

Spring

Baseball
Golf - Men
Golf - Women
Softball
Tennis - Men
Tennis - Women
Track & Field - Men
Track & Field - Women
Lacrosse - Men (Club)
Lacrosse - Women (Club)

IBW Athletic Leadership Council

The Leadership Council is open to any student-athlete who wants to learn leadership skills that are tangible during their high school experience and hopefully take with them after they leave. The council is split up into three sub-committees that focus on school spirit, teacher appreciation, and community outreach. We meet monthly to discuss pertinent issues, learn different leadership strategies, and ways we can improve our school.

Goals

1. Promote the student-athlete experience.
2. Generate student-athlete voice within the school.
3. Build a sense of community within our school.
4. Promote communication between the athletes and school administrators, teachers, coaches, and community members.
5. Providing the opportunity for student-athletes to cultivate leadership skills.

Registration

Register Online at www.FamilyID.com

First time users need to set up an account. FamilyID captures all necessary information as well as waivers. Once you have an account in FamilyID, subsequent registrations are easy!

Physical Clearance

Sports physicals must be current for the entire season. Once a physical is on file, it is valid for 2 years from the date it is signed by a medical provider. The required Physical Clearance Form is available in the Athletic Department (Room 121) or at

Required Fees

Athletic fees can be paid online at www.schoolpay.com. You can also submit payment by cash, check or card in our bookkeepers office. Participation Fees are not a guarantee of playing time on a team. All of the conditions of being a team member apply as if the fee did not exist- and that includes playing time based on the coaches determination of a student-athletes ability.

Code of Conduct

The mission of the Portland Interscholastic League is to promote participation and sportsmanship through athletic competition. Athletics are an integral part of the educational program in Portland Public Schools. Students involved in athletics gain lifelong lessons such as teamwork and self-discipline, while developing physically and emotionally.

While extracurricular activities are an important part of a complete education, academic progress is the primary goal of our schools. Participants must meet grade requirements as set forth by the high school, school district and the OSAA. Participation in extracurricular activities is a privilege and contingent upon satisfactory academic progress, attendance and student conduct requirements.

Portland Interscholastic League Parent Code of Conduct Agreement Parents are critical to the success of the PPS athletic program and their positive involvement makes it possible for athletes to have the best experience possible. My role as a parent is to support my athlete! the team and the school.

Complaint/Concerns Procedure

It is the goal at Ida B. Wells to clearly communicate and educate expectations and responsibilities for athletes, parents, coaches, fans and administrators of the nine PIL High Schools. Despite the best efforts to communicate and educate all involved, it is inevitable that concerns and disagreements will arise regarding a wide range of possible issues. In those cases, our primary goal is to correct the problem and ensure that everyone involved has a clear expectation of their responsibilities. Concerns and complaints should be handled in a timely manner and involve the people most closely involved in the issue. If you have a question or concern regarding your son or daughter, request a conference with the head coach to outline your concerns. Do not ask a coach for a meeting during or immediately after a game or practice. After the meeting, if your concerns have not been satisfactorily addressed, contact your Athletic Director for a conference.

Appropriate Issues to Discuss

- Treatment of the athlete
- Ways for the athlete to increase playing time
- Concerns of athlete's behavior
- Rules and policies that are unclear

Inappropriate Issues to Discuss

- Other students/athletes
- Playing time
- Strategy
- Play calling

Any PIL coach or athlete who is ejected from an event for unsportsmanlike behavior will not be eligible for postseason all-league honors. Unsportsmanlike behavior is defined as an ejection for fighting-, intent to harm an opponent, threatening or foul language. Any JV or freshman team members ejected for unsportsmanlike behavior will not be eligible for team honors such as captain or most outstanding player.

Anti-Harassment/Hazing

Portland Public Schools and Ida B. Wells High School is committed to providing a safe, positive, and productive learning and working environment. Harassment, including intimidation or bullying, acts of cyber bullying, sexual harassment or initiations are strictly prohibited and shall not be tolerated in the district. District Employees or students who witness or have reliable knowledge of harassment or retaliation against any student shall immediately report their concerns to a teacher, counselor, administrator, or other district employee.

Anti-Harassment/Hazing applies to student behavior on school grounds, at any school sponsored activity, on school provided transportation, at any official school bus stop, and in all instances that student discipline applies as provided in Student Discipline Procedures 4.30.020-AD. This includes harassment/hazing by district employees that is between adults or between adults and students, when the student is the victim.

Academic Eligibility

Student Athletes are required to be enrolled in and passing five credit classes at all times as well as making satisfactory progress toward graduation. (OSAA Rule 8.1.2.) Athletes must pass five credit classes each semester to be eligible for the next semester. (OSAA Rule 8.1.1) It is highly recommended that athletes take at least six classes.

In addition to the OSAA eligibility regulations PPS athletes must maintain a GPA. of 2.0 with no F's or a G.P.A. of 2.5 with one or more F's. Athletes will be placed on academic probation if they are below these standards. No student may be on academic probation two consecutive quarters and remain eligible for athletics.

Be in attendance at school the entire school day to be eligible for practice or competition that day, with exception of school sponsored activities or pre-arranged absence approved by the CAO/administration. Follow the pre-arranged absence procedure for your school. Failure to follow these procedures will result in an unexcused absence. As a result, the student will not be allowed to practice or compete that day.

Other policies and guidelines

Suspension from school for any reason also means suspension from practices and games immediately.

Drugs and Alcohol: Possession, selling or promotion of drug or alcohol-impaired learning, or use of alcohol, drugs or tobacco is not tolerated in the schools, on school grounds or at school activities by students, staff or other persons. Rules prohibiting participants from alcohol and drug-related activity in the district athletic programs are enforced during the entire season - seven days a week, 24 hours a day — at any location. When an athlete realizes they are in an environment where illegal activity is taking place, including consumption of alcohol by minors, they must leave immediately. This is in accordance with PPS Administrative Directive 4.30.022-AD.

Alcohol/Drug-related activity includes but is not limited to use, sale or possession of drugs, alcohol, drug paraphernalia, drug-impaired learning, drug-influenced behavior, and any act promoting such activity. This is in accordance with PPS Administrative Directive 4.30.022-AD.

Athletes are required to ride district transportation to events when provided. An athlete is allowed to ride home from an event only with his/her parent(s).

Athletes may not turn out for the next sport season until all equipment is turned in and any fines are paid from previous sports. School issued uniforms are equipment for school use only.

Other policies and guidelines, cont.

Before being allowed to compete in a sport, an athlete must complete at least 9 days of practice for football and wrestling. Other sports require 4 days of practice. Except for football, this rule can be waived by the Athletic Director.

Athletes who quit one sport may not participate in another sport during that season without consent of both coaches involved and the Athletic Director. Athletes removed from an athletic team because of disciplinary reasons may not turn out for another activity during that season.

Athletes may not accept any prizes, money, merchandise or awards for athletic skills during the school year other than school and OSAA awards.

Participation in extracurricular programs depends on each student's attitude and behavior as defined by coaches/leaders. Students must represent the school in a manner worthy of school and community pride. Behavior resulting in dishonor to the student, athlete, team, coach/leader, school or district will not be tolerated and disciplinary action will be taken.

Any form of harassment, bullying, hazing or initiation is strictly forbidden in accordance with PPS Administrative Directive 4.30.061-AD.

Any fines that are assessed by the OSAA due to ejection are the parent and/or the player's responsibility.

Earning a Letter

High School Varsity student-athletes have the opportunity to earn a varsity letter based upon their participation in competitive athletics. While the requirements for lettering may vary from sport to sport, general guidelines include the following criteria:

- Good practice habits
- Knowledge of and compliance with rules
- Sportsmanship and coachability
- Regular attendance at practices and games

Social Media Policies

The use of social media is an integral part of communication and can connect people in various ways. Ida B. Wells High School expects all of our student-athletes who use social media platforms to adhere to the following-

- I take responsibility for my online profile, including my posts and any photos, videos or other recording posted by others in which I appear.
- I will not degrade my opponents before, during, or after games.

Social Media Policies, cont.

- I will post only positive things about my teammates, coaches, opponents, and officials.
- I will use social media to purposefully promote abilities, team, community, and social values.
- I will consider "Is this the person I want you to see?" before I post anything online.
- I will ignore any negative comments about me and I will not retaliate.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
- I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

Any misuse of social media can result in consequences that will have an impact on a student-athlete's ability to participate for Ida B. Wells High School.