



Athletic Information Guide

2008-2009

“The mission of the Southridge High School athletic program is to enhance the student-athlete’s life through a positive, competitive environment that develops skills and a commitment to excellence in all aspects of life.”

**Athletic Director
Bryan Sorenson**

503-259-5409

Athletic Hotline: 503-259-5400 ext. 51

Fax: 503-259-5401

bryan_sorenson@beavton.k12.or.us

Metro League Members

Aloha Warriors	Southridge Skyhawks
Beaverton Beavers	Sunset Apollos
Jesuit Crusaders	Westview Wildcats

Southridge High School is a member of the Oregon School Activities Association (OSAA) and the Metro League

Check for updates and changes at
www.metroleague.org

SOUTHRIDGE HIGH SCHOOL ATHLETIC TEAMS OFFERED

Fall Sports	Teams	Head Coaches
Cross Country	Varsity, JV	Michael Christiansen
Football	Varsity, JV, Frosh	Brad Mastrud
Men's Soccer*	Varsity, JV, JVII-1&2	Jason Goodrich
Women's Soccer*	Varsity, JV, JVII-1&2	Jeff Lim
Volleyball*	Varsity, JV, JVII-1&2	Brooke Mayo
Water Polo	Varsity, JV	Erik Akerman
Winter Sports		
Men's Basketball*	Varsity, JV, JVII, Fr	Phil Vesel
Women's Basketball*	Varsity, JV, JVII, Fr	Michael Meek
Racquetball	Varsity (Club)	David Moyle
Ski Team	Varsity (Club)	Sean Mailey
Swimming	Varsity, JV	Rod Harmon
Wrestling	Varsity, JV, Novice	Erik Reinholt
Spring Sports		
Baseball*	Varsity, JV, Frosh	Don Fitzgerald
Men's Golf*	Varsity, JV	Scott Baranick
Women's Golf*	Varsity, JV	Pat Buckhalter
Men's Lacrosse	Varsity, JV (Club)	Pat Campbell
Women's Lacrosse	Varsity, JV (Club)	Duncan Haynes
Softball*	Varsity, JV, JVII	Wilbur Charters
Men's Tennis*	Varsity, JV	Michael Horton
Women's Tennis*	Varsity, JV	Chuck Eidenschink
Track & Field	Varsity, JV	Terry & Bruce Rife

*Sports requiring tryouts

Fall Activities
Cheerleading
Ensemble Dance Team
Hawkettes Dance Team

Coaches
Alicia Storey
Rebecca Sullens
Jackie Koegal

Checklist for Athletic Participation at Southridge High School

Must have a physical by a licensed physician reported on the OSAA physical form after June 1 every two years starting in the 9th grade.

Turn in the Beaverton School District participation form, completed by parent/legal guardian.

Pay the Beaverton School District's \$125.00 participation fee per season/sport.

2008-2009 Sports Practice Start Dates

Fall	August 18, 2008
Winter	November 10, 2008
Spring	February 23, 2009

Many of our sports have preseason conditioning, camps, and/or open facilities. Coaches should be contacted directly, well in advance, for sports specific information and/or any conflicts.

All forms must be turned in to the Athletic Secretary prior to the specific sport's start date. Participation fees must also be paid prior to the date, except in sports requiring tryouts. Those fees will be required upon team selection.

Athletic Assistant Jorgine Cummings

Phone: 503-259-5499

Email: jorgine_cummings@beavton.k12.or.us

Family Passes

Available in the main office or at first home athletic contest.

\$60 per athletic season

\$30 with paid athletic participation fee

If athletes see a doctor due to an injury, they must bring a clearance note from the doctor before they can return to practice.

Athletic Trainer

Rebecca Hanny

Phone number: 503-259-5400 ext. 5528

Fax number: 503-259-5401

Academic Requirements

OSAA Standards

Attendance-Semester-Grades: An eligible student must be enrolled full time as defined:

A full time student is one who is enrolled in high school, attending regularly and passing 4 of 5 classes, and who during the immediate preceding trimester was enrolled in school, attended regularly and passed 4 of 5 classes. If you do not pass four classes, you will be ineligible for the next trimester.

Beaverton School District Standards

Athletic and activity participants need to be passing all classes and have a 2.00 or higher GPA on the 6 week progress report. Those who have not met the above standard will have a 7 day grace period to meet the standards. If at the end of the 7th day grace period, a participant not meeting the standard will be placed on academic ineligibility until the standards are met. It will be the responsibility of the participant to produce evidence that he/she is meeting the standards. Once the participant produces evidence that the standards are being met, he/she will become eligible immediately.

Each high school will keep records of all students who are ineligible during grade checks. Each school will send a report listing names of ineligible students by grade, gender, activity, and/or sport to the Regional Administrator. This report will be sent by the 7th day after each grade check.

Grade Check Dates

Fall Sports	Spring trimester grades &	<u>Progress Report</u> October 13, 2008
Winter Sports	Fall trimester grades &	TBD
Spring Sports	Winter trimester grades &	TBD

Beaverton School District Grade Check Procedure

If a student receives an "F" grade and/or falls below a 2.00 GPA at the end of a trimester but passed 4 classes, he/she is placed on probation for 15 school days. During this time he/she is allowed to practice and compete. On the 15th school day or sooner, the student must show evidence that he/she is meeting the standards of a 2.00 GPA and passing all classes. If he/she is not meeting the standards, he/she is placed on academic ineligibility beginning with the 16th school day after the completion of the trimester.

STUDENT-ATHLETE INFORMATION

High school is a time to make friends, increase knowledge, bond with teammates, create memories, and prepare for the future. Students who learn how to study, manage their time, and compete in sports and club activities will be successful in life. Unfortunately some students selfishly focus on themselves, and don't realize that their ineligibility could negatively impact their future or their team. **Please don't let this happen to you!**

Grades: The number one reason students are in school is to learn, and it is the Southridge philosophy that we are good people first, successful students second, and athletes third. Notice the order. If your view differs, you need to have a conversation with the coach.

The number one factor in keeping grades up is attendance. All student athletes are expected to be in every class, every period, everyday. Hearing directions, homework dates, and upcoming assignments are crucial to being a successful student athlete.

Communication: Communicating with teachers and parents will help student athletes stay current with class assignments and projects. All coaches and teachers have e-mail accounts and those e-mails are checked daily. If a student falls behind in a class, or will miss school or practice it is expected that the student athlete will contact both teachers and coaches to see what they have missed or need to make up. This needs to happen **on the day of the absence**, not the day after.

Make a Commitment to Study: Southridge gives all students access to teachers and it is expected that all students will use the time in school to maximize their education while minimizing frustration and failure. To that extent, Tuesday and Thursday Skytimes need to be dedicated for homework and communicating with teachers. Teachers are more than willing to meet with students before and after school. Athletes must take advantage of these times to maximize their potential. Conversely, all athletes must set homework time as a priority. Setting aside 30 minutes every night to make sure homework is done can make the difference between a possible scholarship, and ineligibility. The best time to do this is as soon as the athlete gets home while the information is fresh in their mind. The study area should also be quiet and distraction free.

Success in athletics is more likely to occur when there is also success in the classroom, and the Southridge staff expects students to be successful in both areas.

EXPECTATIONS AND REQUIREMENTS OF STUDENT-ATHLETES

All student-athletes are expected to follow the rules/guidelines established by the Oregon School Activities Association (OSAA), the Metro League, Beaverton School District, and their sport coaches.

Students must reside in the attendance area of the school district that he or she represents during the time of competition.

Attendance for all classes is required during the entire day for an athlete to take part in a contest or practice. The only exception to this are prearranged appointments or school field trips.

All student-athletes must follow the regulations outlined in the Beaverton School District Consistent Discipline Handbook. In addition, student-athletes must comply with training rules established by the Beaverton School District, and demonstrate good citizenship in school and in the community.

The use, possession or distribution of tobacco, alcohol, or distribution of prescription drugs will not be tolerated by any participant in the interscholastic athletic program. The restriction includes regular school hours, as well as non-school time. Violation of this policy may result in suspension from participation and/or team.

When your child becomes involved in the Southridge High School athletic program, you have the right to understand what expectations are placed on your child and what we expect from parents. As a parent of a Southridge student athlete, it is important that you share your concerns with your head coach in ways that can be heard and appreciated.

Southridge High School does not support hazing or initiations. Any ceremony which creates the risk of harm or unreasonable embarrassment to the student or group will not be tolerated by the Southridge coaching staff. If this type of behavior takes place then student-athletes may be subject to consequences that affect their participation in athletics.



PARENT INFORMATION

The following information is from Bruce Brown, who runs the **Champions for Character** program for the National Association of Intercollegiate Athletics (NAIA). He advocates and teaches coaches, athletes, and parents how to make athletics a character building experience. Bruce Brown has coached for over 30 years. He has conducted research with thousands of student athletes. The information below is based on his findings and is part of his presentation titled, " **The role of parents in athletics.** "

The #1 concept that allowed athletes to be successful —Parents released their kids to athletics. Releasing your child means you step back and allow them to own the experience.

Here are the red flags presented that indicate a parent has not released their child to athletics.

- *Kids try to avoid parents after the game.
- *The outcome of a game lasts longer with parents than kids.
- *Parents try to resolve all the problems of the team.
- *Parents continue to try to coach their kids because they believe they know more about the game.
- *Parents take credit for the successes of their child and build in excuses when their child fails.
- *Parents yell at officials during the game.
- *Parents are more nervous about competitions than their child.

Bruce Brown had 6 suggestions for parents during games to enhance their child's experience.

1. Model appropriate behavior.
2. Learn how to watch the game. Ask your child what to watch for; what is the strategy or game plan, etc...
3. Watch the team not the individual. See the entire game, not just your child.
4. There needs to be one instructional voice. Parents need to provide an encouraging voice.
5. Fulfill your role. At a game or meet there are 4 roles; player, coach, spectator, and official.
6. Save the game analysis. Most common worst memory of high school athletes is with parents after the game. Save the analysis and provide praise and encouragement.

Your child's success is of great concern to us. We look forward to a great season!

Southridge Coaching Staff

2007-2008 Athletic Accomplishments

FALL SPORTS

Men's Cross Country:	5 th in Metro
Women's Cross Country:	5 th in Metro
Football:	1 st in Metro
Men's Soccer:	4 th in Metro
Women's Soccer:	2 nd in Metro
Volleyball:	2 nd in Metro
Men's Water Polo:	5 th in Metro
Women's Water Polo:	3 rd in Metro

WINTER SPORTS

Men's Basketball:	4 th in Metro
Women's Basketball:	1 st in Metro and 1st in State
Ski Team:	7th in State
Men's Swimming:	6 th in Metro
Women's Swimming:	3 rd in Metro and 7th in State
Wrestling:	Dual Meet Champions, 2 nd in Metro

SPRING SPORTS

Baseball:	1 st in Metro
Men's Golf:	4 th in Metro
Women's Golf:	2 nd in Metro and 8th in State
Men's Lacrosse:	2 nd in Metro and quarterfinalist in State
Women's Lacrosse:	4 th in Metro
Softball:	4 th in Metro
Men's Tennis:	3 rd in Metro
Women's Tennis:	5 th in Metro
Men's Track & Field:	3 rd in Metro
Women's Track & Field:	2 nd in Metro and 2nd in State