

# Welcome to

# OREGON CITY SPRING SPORTS

# PARENT NIGHT

# 2016



# **OREGON CITY ATHLETIC DEPARTMENT**

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# OREGON CITY ATHLETIC DEPARTMENT

Andy Jones, Athletic Director

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Joan Ferguson, Athletic Secretary

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(503) 785-8742

# OREGON CITY SPRING COACHES

JJ Winkle  
Head Baseball Coach  
[jj.winkle@orecity.k12.or.us](mailto:jj.winkle@orecity.k12.or.us)

Britt Tucker  
Head Girls Golf Coach  
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Dave Adelhart  
Head Softball Coach  
[hartland495@gmail.com](mailto:hartland495@gmail.com)

Mike Lord  
Head Boys Golf Coach  
[michael.lord@orecity.k12.or.us](mailto:michael.lord@orecity.k12.or.us)

Rick Stockwell  
Head Boys Lacrosse Coach  
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Kristin Mull  
Head Girls Track Coach  
[kristin.mull@orecity.k12.or.us](mailto:kristin.mull@orecity.k12.or.us)

Tessa Keuler  
Head Girls Lacrosse Coach  
[t.keuler@comcast.net](mailto:t.keuler@comcast.net)

Adam Thygeson  
Head Boys Track Coach  
[adam.thygeson@orecity.k12.or.us](mailto:adam.thygeson@orecity.k12.or.us)

Matt Deems  
Head Boys Tennis Coach  
[mdeems007@gmail.com](mailto:mdeems007@gmail.com)

Carol and Rob Glenn  
Head Girls Tennis Coach  
[carol.glenn@orecity.k12.or.us](mailto:carol.glenn@orecity.k12.or.us)

Keith Swenson  
Head Boys Rugby Coach  
[swensenk@comcast.net](mailto:swensenk@comcast.net)

Joe Rowan  
Head Boys Rugby Coach  
[jrowan@foxengineering.com](mailto:jrowan@foxengineering.com)

# Athletic Information

Athletic Office  
(503) 785-8742

Oregon City High School Athletic Website  
<http://ochspioneers.org/athletics>

Pioneer Hotline  
(503) 785-7990

OSAA Oregon City  
<http://www.osaa.org/schools/68>

Facility/Game/Practice Schedule



# **EXPECTATIONS FOR STUDENT/ATHLETES IN ATHLETICS AT OREGON CITY**

## **ACADEMIC ELIGIBILITY**

- An eligible student is one who is currently enrolled in school, attending regularly and passing (4) accredited classes and who, during the immediate preceding trimester, was enrolled in school, attended regularly and PASSED (4) accredited classes.
- To be academically eligible, a student must also be making satisfactory progress towards the school's graduation requirements by earning a minimum of the quantity of credits. (Sophomores=4.5, Juniors=11, Seniors=18.5)
- Study table for those who either have 1 or more F's. Grades will be checked at Progress Reports. Programs may do weekly checks.

# OREGON CITY ATHLETIC DEPARTMENT

OSAA

Kyle Stanfield and Kelly Foster



# OREGON CITY ATHLETIC DEPARTMENT

## Parent Meetings

### Team Standards and Expectations

Baseball	Upper Commons
Softball	Room F-112 (Presentation Room)
Track	Auditorium
Boys Golf	Room F-108
Rugby	Lower Commons
Girls Golf	Contact Coach
Boys Lacrosse	Contact Coach
Girls Lacrosse	Contact Coach
Boys Tennis	Contact Coach
Girls Tennis	Contact Coach



# OREGON CITY ATHLETIC DEPARTMENT

## Reminders

- ✓ Game/Practice day attendance (prearrange)
- ✓ Eligibility/Grade Checks/Progress Towards Graduation
- ✓ Transportation
- ✓ Fees
- ✓ Communication with Coach (process and order)
- ✓ Be a coach/referee/spectator
- ✓ What do we want to be known for?

# OREGON CITY ATHLETIC DEPARTMENT

## "The Role of a Parent"

- ✓ Turn your son/daughter over to the program- life lessons can be missed when a parent is overly involved or undermines a coach's authority.
- ✓ Ask your child "why do you play"? Make sure your goals for them are in line with what their goals are. Don't live vicariously through your child.
- ✓ In any athletic competition there are only four things a person can be: Coach, official, player or spectator. Spectators should model poise and confidence during the game and focus on the team goals.

# **WHAT YOUR CHILDREN WANT YOU TO DO AS A SUPPORTIVE PARENT**

- Take time to come to games and support what they do
- Support the whole team
- Cheer the team
- Tell them they did a good job
- Are proud of them in defeat
- Never yell at a coach, official or player
- Make friends with other parents
- Listen to me “vent” when frustrated but don’t take me to seriously
- Tell a negative parent to be quiet in a positive way

# WHAT YOUR CHILDREN DO NOT WANT YOU TO DO!

- Try to teach them how to do something “correctly” after a game (the ride home)
- Don’t coach me from the stands, let my coach do his job
- Tell them what they are doing wrong after every game
- Being asked to leave the field or court by an official
- Questioning the official’s calls. That is the job of the coach
- Calling or talking to the coach without my knowledge
- Taunting other players, opponents, officials, parents
- Acting disappointed with what they are doing rather than reassuring them they will do better next time

# **EXPECTATIONS FOR STUDENT/ATHLETES IN ATHLETICS AT OREGON CITY**

## **What Parents should expect from your Student/Athlete's Coach**

- ✓ Philosophy of the coach.
- ✓ Expectation the coach has for your student/athlete.
- ✓ Location and times of all practices and games.
- ✓ Team requirements, i.e. practices, special equipment, travel, etc...
- ✓ Procedures to follow should your child be injured during participation.
- ✓ Discipline that may result in the denial/interruption of your child's participation.
- ✓ Be a true Sportsman.

# **EXPECTATIONS FOR STUDENT/ATHLETES IN ATHLETICS AT OREGON CITY**

## **What your Student/Athlete's Coach should expect from your son/daughter**

- ✓ Understand that the team's goals, welfare and success must come first.
- ✓ Attend all practice sessions (unless prior communication has been established).
- ✓ Maintain excellent physical condition.
- ✓ Be receptive to coaching and follow instruction given regarding such things as diet, work ethic, skill development and needed rest.
- ✓ Report all injuries to the coach immediately.
- ✓ Care for equipment and return all equipment at the conclusion of each season.
- ✓ Follow team rules.
- ✓ Maintain a positive attitude at all times.
- ✓ Be supportive and respectful to all members of the team and coaching staff.
- ✓ Work hard on academic responsibilities.
- ✓ Be a true Sportsman.

# **EXPECTATIONS FOR STUDENT/ATHLETES IN ATHLETICS AT OREGON CITY**

## **What your Student/Athlete's Coach should expect From Parents**

- ✓ Concerns expressed directly to the coach.
- ✓ Specific concerns with regard to a coach's philosophy and/or expectations.
- ✓ Notification of any illness or injury or missed practices.
- ✓ Be a true Sportsman.

# **EXPECTATIONS FOR STUDENT/ATHLETES IN ATHLETICS AT OREGON CITY**

## **Appropriate concerns for Parents to discuss with the Coaches**

- ✓ Treatment of your child, mentally and physically.
- ✓ Ways to help your child improve (academically and athletically)
- ✓ Concerns about your child's behavior.

Sometimes it is very difficult to accept that our child is not playing as much as we may hope. Coaches are teachers. They make judgment decisions based on what they believe to be best for all students involved. As you may have seen from the above list, certain things can and should be discussed with the coach.



# **EXPECTATIONS FOR STUDENT/ATHLETES IN ATHLETICS AT OREGON CITY**

## **Issues not appropriate to discuss with the Coach**

- ✓ Playing time
- ✓ Team strategy
- ✓ Play calling
- ✓ Other student-athletes

There are often situations that may require a conference between the coach and the parents. The student athlete will be invited and involved in these meetings. To resolve the problem, we must have everyone's help and involvement. These meetings are encouraged.

# **EXPECTATIONS FOR STUDENT/ATHLETES IN ATHLETICS AT OREGON CITY**

## **If there is a problem**

- ✓ Have your son/daughter talk to the coach (it's part of the maturation process).

## **If this does not resolve the problem, the parents should**

- ✓ Call the school and request a return call or a face-to-face meeting with the coach.
- ✓ Coaches will make time available in their day to meet with students and parents

## **PARENTS MUST NOT**

- ✓ Confront the coach before and after practice.
- ✓ Confront the coach before or after a game.

# COLLEGE RECRUITING OF YOUR SON/DAUGHTER

- ✓ NCAA/NAIA Information-OCHS Website
- ✓ <http://www.freerecruitingwebinar.org/registration/oregon>  
on the OSAA website
- ✓ Recruiting Services-Be Aware-Whose interest do they have?
- ✓ Trust Your Coaches-They have the contacts and college coaches rely on their expertise and knowledge
- ✓ If you are good enough-They will find you!!!
- ✓ More resources on the OSAA website  
<http://www.osaa.org/parents-students>

# **MODA CENTER**

[www.ochsmoda.weebly.com](http://www.ochsmoda.weebly.com)

# GO PIONEERS 2016

