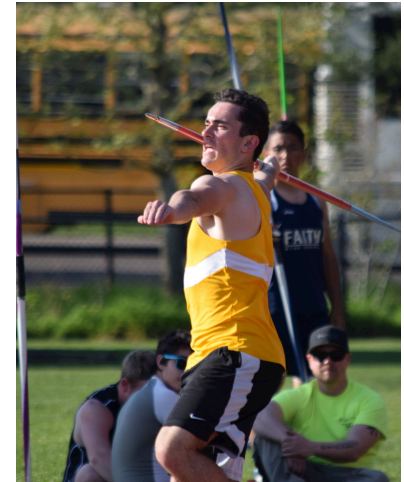


# Welcome to the Watchmen Athletics Information Night 2018-19



*Originally presented 9/29/18*

# Athletics Staff

- Steve Wallo, Director of Athletics  
[Steve.wallo@cslewisacademy.com](mailto:Steve.wallo@cslewisacademy.com)  
503-989-1890
- Fall
  - Varsity Boys Soccer: **Brett Vernon, Ben Hortaleza, Wes Houghton**
  - MS Coed Soccer: No Team
  - 3-5 Coed Soccer: **Al Gonzalez**
  - Varsity Volleyball: **Jenna Kuiper, Lanaya Lester**
  - MS Volleyball: **Halal Grobey**
  - MS/Varsity Cross Country: **Sarah Aanes, Jillian Studer**

# Athletics Staff

- Winter

- 4-6 Boys Basketball: TBA
- 4-6 Girls Basketball: TBA
- MS Boys Basketball: TBA
- MS Girls Basketball: TBA

To be determined:

- Scott Peterson
- Brock Jackson

- Varsity Boys Basketball: **Brett Vernon HC, Ben Hortaleza**
- Varsity Girls Basketball: **Lucas Jepson HC**

- Spring

- 3-4 Coed Basketball: TBA
- MS Track & Field: TBA
- Varsity Track & Field: **Jacob Graham, Connor Koch, Ben Hortaleza, and more!**
- Golf: **Brett Vernon or Steve Wallo**

# OSAA/Leagues



- CSLA is in the 1A OSAA classification
  - 80+ high schools throughout the state with an enrollment of 89 or less students (ADM)
  - OSAA CASCO League (volleyball/basketball)
  - OSAA Special Districts for soccer, cross country, track and field and golf
- Metro Christian League (MCL) for GS and MS Sports

# CASCO



- C.S. Lewis Academy
- Crosshill Christian - Salem
- Falls City – Falls City
- Jewell – Seaside
- Livingstone Academy - Salem
- Oregon School for the Deaf – Salem
- Perrydale - Perrydale
- St. Paul – St. Paul
- Willamette Valley Christian - Salem

# Metro Christian League (MCL)



- C.S. Lewis
- Catlin Gable - Portland
- Life Christian - Aloha
- Pilgrim Lutheran - Beaverton
- Faith Bible - Hillsboro
- Tualatin Valley Academy - Hillsboro
- Forest Hills Lutheran - Forest Hills
- Oregon Episcopal - Portland
- Gilkey (French American School) - Portland
- Southwest Christian - Beaverton
- St. Stephens - Beaverton
- Valor Christian – Aloha/Hillsboro

# Partnerships

- ◆ Oregon Athletic Coaches Association
- ◆ Oregon Athletic Officials Association
- ◆ Oregon Athletic Directors Association



# Philosophy

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.” I Cor. 9:24

C.S. Lewis Academy strives to produce positive Christian men and women who honor the Lord on and off the field. CSLA embraces the belief that the athlete's character comes first. Winning is secondary.

To that end, C.S Lewis Academy champions education-based interscholastic athletics. We believe athletics programs are an integral part of the total curriculum of our school. With the overall goal of training the child in a Christ-centered environment, our student-athletes are expected to pursue excellence with character and integrity.



# Sports and Spirituality

- ◆ Coach Expectations
- ◆ Student Leadership Opportunity
- ◆ Christian School Opponents vs. Public School
- ◆ Practice and everyday commitment to spiritual growth through sports

# Parent-Program Partnership

- ◆ Communication
- ◆ Eligibility
- ◆ Attendance
- ◆ Athletic Code
- ◆ Safety
- ◆ Support

# Education based Athletics

- The enjoyment of competitive athletics
- Emotional maturity/poise (control and manage emotions)
- Selflessness (sacrifice their own ego for the sake of the team)
- Academic Responsibility (time management)
- Pride and humility (how to win and lose with dignity)
- Teamwork (collaboration and cooperation with others)
- Goal Setting (Dedication toward reaching goals)
- Commitment (what it means to commit to others to achieve a common goal)
- Sportsmanship
- Friendship, camaraderie and community
- Skill development which strengthens self-esteem.
- Fitness and Health (To establish life-long health habits).
- Discipline (perseverance and a tough work ethic).
- Leadership Skills
- Wisdom – Learning how to overcome individual challenges to how to succeed on a team.
- Focus – The mental preparation that it takes to succeed in youth sports provides the groundwork for success both in school and later in life.

# Education through Athletics

## Education-based Athletics Webinar

### **Why Are School Sports Important For My Child?**

Steve Wallo and Alan Grobey

CSLA Website: Admissions: Resources

# Academics and Sports

- Academics take priority over athletics at C.S. Lewis.
- Student-athletes must learn to budget their time well.
- However, “I’ve got tons of homework,” is not typically an excuse for missing practice.
- An occasional meeting with a teacher which causes a student to be late to practice is fine, communication is key. It is the responsibility of the student-athlete to communicate with the coach in advance about missing practice.
- Academic Eligibility – (OSAA) must have passed 5 classes and on track to graduate. In addition, at C.S. Lewis. CSLA has more stringent guidelines for HS students which can be found in the athletics handbook.

# What your children want you to do as a supportive parent

- Take time to come to games and support what they do
- Bring food for after a game
- Support the whole team
- Cheer the team, even in defeat
- Tell them they did a good job
- Show you are proud of them even in defeat
- Are quiet unless cheering with everyone else
- Make friends with other parents
- Listen to me “vent” when frustrated **but** don’t take me too seriously.
- Work with a “negative” parent to act appropriately

# What your children do not want you to do!

- Try to teach them how to do something “correctly” after a game (the ride home)
- Coach during games even though you are not the coach
- Be asked to leave the field/court by an official
- Question the official’s calls.
- Call or talk to the coach without their knowledge, especially publicly (after a game)
- Act disappointed with what they are doing rather than reassuring them they will do better next time

# Suggestions for appropriate parent behavior

- Don't get frustrated if your child is not playing well or the team is losing
- Don't get too involved in the life of the team
- Know your role: COACH, PLAYER, OFFICIAL, FAN – Pick ONE!
- Don't work behind the scenes to get more playing time for your child. That is between the student-athlete and the coach
- Remember it is your child's team and experience.
- It is just a game!



# OSAA Fan Conduct

- “No cheers, comments or actions shall be directed at one’s opponents or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.”
- “Any yell that is intended to antagonize an opponent detracts for a positive atmosphere. “Air ball, booing, “You Got Swatted” are examples of yells that will not encourage a positive atmosphere.

# Communication

- When/how to communicate with the coach
- When/how to communicate with athletics director
- Taking the time to look at schedules and confirmations

## Coaches communication expectations

- GS/MS: All through parents...typically email (no texting players)
- HS: Major information or changes through parents (typically email)...duplicated through players. Minor changes through players (voice or informational text).
- Controlled/Informational texting/dms

# Conflict Resolution

- 1 – Student-athlete should speak directly with coach  
*(older student-athletes)*
- 2 – Parent should make appointment with the coach
- 3 – Parent make appointment with the athletic director
- 4 - Parent make appointment with the principal

# Key CSLA Eligibility Rules

## ~ Athletic Handbook

- Grade School/Middle School
  - Teacher/Principal evaluations
- High School
  - OSAA Rules
    - GPA
    - Satisfactory Progress
  - CSLA Rules
    - Academic Watch
    - Academic Probation.

# Key OSAA By-Laws

~[www.osaa.org](http://www.osaa.org)

- Academic eligibility – pass five classes in the previous semester and on track to graduate.
- Eight semesters in four consecutive years of eligibility.
- Private school student-athlete may participate on an athletic team at their local public school if said sport is not offered by the private school.
- Moratorium Week – 3<sup>rd</sup> week before the start of fall practice. No camps, workouts or facilities.
- If CSLA does not offer a sport, student-athletes may participate in their HOME PUBLIC school district
- Home school students are eligible to play at CSLA if they live in the NEWBERG school district.

# Parents are the Primary Care-Giver for their Student-Athlete

- CSLA's #1 priority is for the health and safety of our student-athletes. Parents are the primary medical support person for high school students. Our coaches are certified first-responders in case of an emergency without immediate medical personnel present. They can also provide minor game-time injury support. However, parents have the final decision on the diagnosis and treatment of all injuries.
- Normal soreness vs. injury
- Seek appropriate care

# Concussion Management

- *Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that contest, or any other athletic contest, on that same day. Until an athlete who has suffered a concussion is no longer experiencing post-concussive symptoms, and a medical release form signed by an appropriate healthcare professional is obtained, the athlete shall not be permitted to return to athletic activity.*

# Coaches Training/Certification

- National Federation of High Schools : Fundamentals of Coaching
- NFHS: Concussion in Sports
- NFHS: Heat Illness Prevention
- NFHS: Appearance and Performance Enhancing Drugs and Substances Training
- First Aid/CPR
- Child Abuse Prevention Training

## Emergency Action Plan

- MS/HS Teams
- Training/Practice



# Transportation

- One of two methods of carpooling will be utilized.
  - A) CSLA, through the AD, Coach or volunteer will organize the carpool using drivers who have been cleared by the school
    - \* Student-participation/travel sign-up
  - B) Parents will be asked to organize the carpool amongst themselves and/or transport their own child and arrive on time at the remote site.
- CAR POOL COORDNATOR
  - Parents are expected to communicate with the team's designated car pool coordinator. They are charged with carrying out school policy. They are required to submit travel plans to AD each trip. Please assist them in this process.
  - Limited vehicles
  - Cleared Drivers
  - Following Parent's designated transportation information
  - Only parents may drive a student home from a contest unless coach/AD has written (text okay) permission for another parent to take your child.

# Volunteers

- **Game Management**
  - Scorekeepers
  - Line Judges
  - Public Address
  - Scoreboard
  - Track & Field event workers
  - Tickets
  - Concessions
  - Drivers
- **Facilities**
  - Sweep/wash gym floor
  - Cut Grass
  - Clean Bleachers
  - Vacuum entry carpets
  - Assist coach in lining soccer field
  - Assist set-up/take down of events

# Sports Registration

~ CSLA Website ..located under both PARENT LINKS and ATHLETICS

ONLINE REGISTRATION Includes:

- CSLA Player Commitment and Expectations/CSLA Athletics Transportation Information/Regulations/Release
- Home School Forms

PHYSICALS

- Physicals (7<sup>th</sup>-12<sup>th</sup>)...every 2 years on appropriate form. Due prior to practice.

PAYMENT:

- Credit card with convenience fee
- Mail or submit to Finance office (be clear it is for Athletics Fees)
- Prior to First CONTEST

# On-line Schedules etc.

- CSLA web site (PARENT LINKS/Calendar)  
[www.cslewisacademy.com](http://www.cslewisacademy.com)
- Cross Country/Track & Field  
[www.athletic.net](http://www.athletic.net)
- OSAA web site  
[www.osaa.org](http://www.osaa.org)

Thank you for your attendance  
and participation tonight!

GO WATCHMEN !!!

