



OREGON

Park District

ESTABLISHED 1966

Creating fun for a lifetime!

Youth Sports
Manual

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Youth Sports Mission Statement

The Oregon Park District recreational youth sports programs are designed to allow all children to have the opportunity to have fun, participate and learn fundamental sports skills. Participants should learn sportsmanship, respect, teamwork, fair play and self-confidence. The sports environment will be safe and well maintained. Prudent behavior by adults is mandatory. The Oregon Park District also believes that the safety and well-being of the youth participant is the highest priority.

The seven essential components of the Oregon Park District Recreational Youth Sports Philosophy:

1. All children in our community who meet the basic program registration requirements will have the opportunity to participate in Oregon Park District youth sports programs.
2. The Oregon Park District will offer programs at a reasonable cost while providing quality facilities, quality equipment and recognition to both volunteers and participants.
3. The Oregon Park District staff will recruit volunteers who will act as role models, mentors and facilitators.
4. All participants in Oregon Park District youth sports programs shall be treated fairly, and without regard to race, color, disability, religion, sex or national origin.
5. The Oregon Park District youth sport practices and games should be an enjoyable, challenging and learning experience for all participants.
6. Those people in coaching and leadership positions in Oregon Park District youth sports shall lead by example through the promotion of fair play and sportsmanship.
7. The Oregon Park District programs should focus on the enjoyment of the sport and the development of the athlete – **not the score.**

Core Athletic Programs Offered

Program	Ages	Registration begins...	Registration Deadline	Detail
Spring Soccer	4 - 14	July	March	The Spring Soccer season will be from April to the middle of May. Games played in Oregon or Byron.
Youth Baseball and Softball	4 - 14	February	March/April	Baseball and softball will be from May to August with games being scheduled on weeknights in Oregon or surrounding communities.
Fall Soccer	5 - 14	February	July	Fall Soccer will be from August to the middle of October. Games played in Oregon or surrounding communities
6 th Grade Volleyball	11 - 12	February	July	The 6 th grade volleyball season will be August to October. Games and practices during the week.
Junior High Cross Country	11 - 14	February	August	The Jr High Cross Country season starts in August and meets finish in October. Weekly Practices
Youth Boys Basketball	8 - 12	July	September	The boys basketball season is from October to December. Weekly practices and games in Oregon or surrounding communities.
Jr. NBA	3 - 7	July	September	The Jr NBA season is a 6 week program from October to November. Teams practice and play a shortened game, all on Saturdays.
Youth Girls Basketball	8-12	July	December	The girls basketball season is from January to March. Weekly practices and games in Oregon or surrounding communities.

Oregon Park District Athletic Policies

It is the policy of the Oregon Park District to include as many children as possible in our programs. The below information is an outline on how we assign teams for all youth athletic programs to maximize participation in recreational athletic leagues.

- 1) The Oregon Park District will offer a pre-determined registration deadline and any registrations accepted after that date will be based on the number of openings left. Parents who sign up after the published registration date will have their children placed on a waiting list.
- 2) Coaches need to monitor players to keep equipment in good condition to include the benches and dugout areas. Please help us keep our equipment in good condition.
- 3) Schedules are determined by the league and all teams are expected to play at the time, date, and location scheduled. Coaches that cannot make a given date need to find a replacement to coach for you. This replacement must have completed a background check prior to the game. The only reasons to reschedule a date would be due to weather or an unforeseen situation in which the Oregon Park District deems games should be rescheduled.

Guidelines for Volunteering and Coaching

As a park district, we rely on our volunteers to help run our sports programs. Volunteers and coaches help children learn life lessons through athletics. Life lessons are being able to win and lose with grace and understand that hard work is necessary to be successful. **Success is then measured by accomplishments of goals not by the scoreboard.**

We all understand the importance of winning. Winning is a part of life and a trait that you want the children to learn to be successful in life, however, at the youth level, a coach must be concerned more with skill development and player enjoyment. We want our children to grow up enjoying the games they play so they remain involved as adults. Humans are naturally competitive and many children will push themselves to excel. As a youth coach your focus should be on having the children improve their skills and learn about the game. This focus is lost when the coaches yell at referees, display a negative attitude towards the players, or put too much pressure on the kids to perform.

To assist your team and you as a coach, we have developed the following guidelines in achieving your team's goals.

1. No coach shall leave practice until all players have been picked-up by a parent or guardian.
2. A coach should be enthusiastic without being intimidating. He or she should

be sensitive to the children's feelings and genuinely enjoy spending time with them. Remember, youth sports are for the children.

3. A coach must realize that he or she is a teacher. He or she should help children learn and work to improve their skills. Personal gains are never a consideration. The job does not depend on winning. The best interest of the child transforms into the best interests of the game.
4. The safety and welfare of the children should never be compromised. A coach will consider these factors above all others.
5. A coach needs a tremendous amount of patience. Don't push children beyond limits in practice. Children have many daily pressures and the youth sports experience should not be one of them.
6. A coach should care more about the players as people than as athletes. The youth sports program is a means to an end, not an end to itself.
7. It is important to remain positive and refrain from discouraging remarks. Negative comments are remembered far more often than positive affirmations.
8. Coaches need to remember that the rules of the game are designed to protect the participants, as well as to set a standard for competition. He or she should never take advantage of the rules by teaching deliberate misconduct.
9. A coach should be the first person to demonstrate good sportsmanship. He or she should take a low profile during the game and allow the kids to be the center of attention.
10. Parents and players place a lot of trust and confidence in the coach. The coach has a vital role in molding the athletic experience of the child.
11. A coach can measure success by the respect he or she gets from the players, regardless of victories or defeats. Children who mature socially participating in sports are the best indication of good coaching.
12. A coach must always Be Early, Be Prepared and Make It Fun! It is your leadership as a coach that children will remember over the games themselves.
13. Coaches are required to keep emergency phone numbers and medical information on their players.

Values of Coaching

Volunteer coaches are a vital part of our Oregon Park District Youth Sports Programs. Coaches are teachers, role models, and a provider of encouragement. The way you behave as a coach and the attitudes and ideals you project will have an influential impact on your players and the behaviors they demonstrate. It is imperative for coaches to recognize the value of coaching youth sports for their ability to inspire positive character in young players. Athletics can assist kids in learning important life lessons such as importance of hard work, following rules, teamwork, and setting and achieving goals, and as a coach you play a large part in that lesson.


To create a healthy, beneficial atmosphere of competition, coaches should encourage players to do their best, be a good teammate, and not to focus on outcome and winning. The quality of a child's experience in youth sports is highly dependent on the coach. Great coaches understand the sport, know how to communicate their knowledge, and the development of your players is more important than winning games.

Volunteer information / Background check

Coaches are required to complete volunteer information and background check form. If a volunteer has coached in a prior season and has an active background check with the Oregon Park District, they will not need to submit another. All information submitted on the Volunteer Information Form and Criminal Background Check will be treated as confidential by the Oregon Park District and will only be available to those full-time staff members responsible for screening and selecting coaches.

Oregon Park District Volunteer Coach Registration Form

This form is to be filled out by any parent or guardian interested in coaching.



Date: _____ Sport: _____
 Name: _____ Shirt Size: _____ E-mail: _____
 Home Phone: _____ Cell Phone: _____
 Address: _____ City/State/Zip: _____
 Type of Coach (Please Circle One): Head Coach Assistant Coach
 Your Child's Name: _____ Age Group: _____
If you are signing up to be a head coach and have an assistant coach, please include their information below (limit one):
 Name: _____ E-mail: _____
 Child's Name: _____ Phone: _____

Please Note: The Oregon Park District conducts criminal background checks on all volunteer coaches.

www.oregonpark.org

(815) 732-3101



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BACKGROUND CONSENT/RELEASE FORM

The Oregon Park District conducts criminal background checks for all potential employees and all program volunteers. The district follows Illinois statute (70 ILCS 1205/8-23) for exclusion for potential employees and follows the National Recreation and Park Association's guidelines for credentialing volunteers. We are not anticipating any problems, but we are committed to maintaining a quality and safe environment for all patrons.

APPLICANT/VOLUNTEER INFORMATION - PLEASE PRINT Date: _____

Name _____
Last First MI
 Address _____
Street City State ZIP
 Cell Phone Number _____ Home Phone Number _____
 Social Security #: _____ Date of Birth: _____
 Drivers License #: _____ (if applicable)

BACKGROUND CHECK PROCESS

The Oregon Park District may check an applicant or volunteers background through any of the following:

- Illinois State Police Conviction Information Request
- SSCI Parks and Recreation Background Screening
- Social Security and Address Verification
- Work History (Employment and Volunteering)

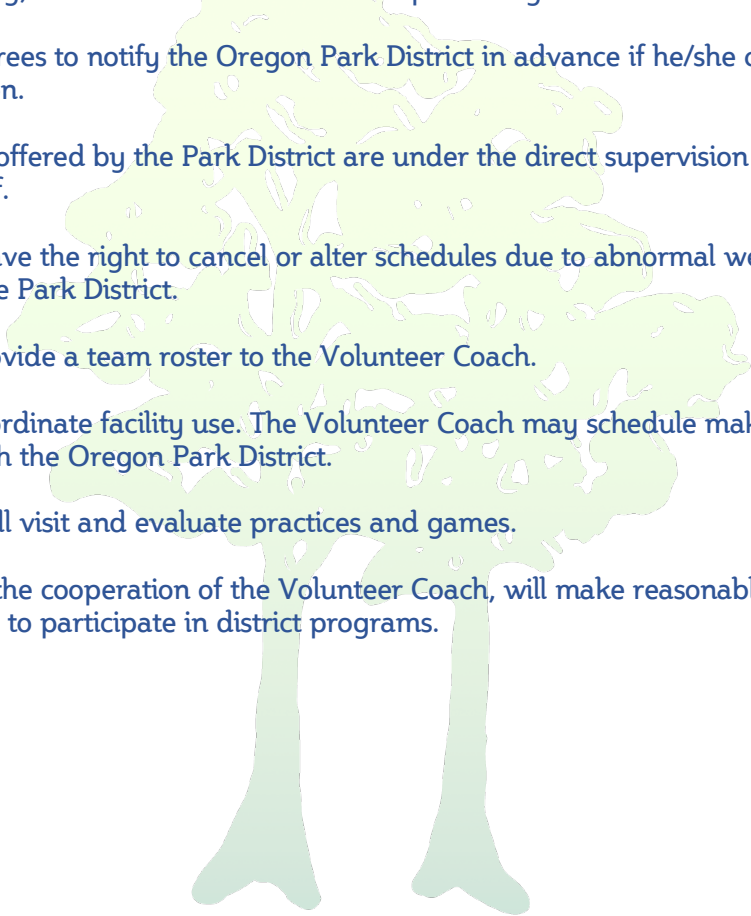
I, the undersigned, authorize this information to be obtained either in writing or via telephone in connection with my application. Any person, firm or organization providing information or records in accordance with this authorization is released from any and all claims of liability for compliance. Such information will be held in confidence in accordance with the district's guidelines.

Print Name: _____
 Signature: _____ Date: _____
 Witness Signature: _____ Date: _____
Parent or Guardian Signature if applicant is under 18 years

Oregon Park District Background Consent/Release Form Revised: April 2014

Volunteer Coaches Expectations

1. The Volunteer Coach agrees to conduct him/herself in accordance with the Code for Coaches listed on the other side of this document.
2. Volunteer Coaches are expected to report to practice/game site a minimum of 10 minutes prior to the start of the practice/game, and remain until all participants have departed.
3. The Volunteer Coach has the responsibility to keep the Oregon Park District informed of any equipment that needs replacing or repairing, or if their first aid kit needs replenishing.
4. The Volunteer Coach agrees to notify the Oregon Park District in advance if he/she cannot fulfill the responsibilities of the season.
5. Programs and activities offered by the Park District are under the direct supervision of the program supervisor and other professional staff.
6. The Park District shall have the right to cancel or alter schedules due to abnormal weather, or other reasons deemed appropriate by the Park District.
7. The Park District will provide a team roster to the Volunteer Coach.
8. The Park District will coordinate facility use. The Volunteer Coach may schedule make-up practices or games only after coordinating with the Oregon Park District.
9. The Park District staff will visit and evaluate practices and games.
10. The Park District, with the cooperation of the Volunteer Coach, will make reasonable accommodations to allow individuals with disabilities to participate in district programs.



Coaches Code of Ethics

1. I will treat each participant, opposing coach/instructor, official, parent, and administrator with respect and dignity.
 2. I will do my best to learn the fundamental skills, teaching and evaluation techniques, and strategies of my activity.
 3. I will become thoroughly familiar with the rules of my activity.
 4. I will become familiar with objectives and communicate them to my participants and their parents.
 5. I will uphold the authority of officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.
 6. I will learn the strengths and weaknesses of my participants so that I might place them into situations where they have a maximum opportunity to achieve success.
 7. I will conduct my practices and games so that all participants have an opportunity to improve their skill level through active participation.
 8. I will communicate to my participants and their parents the rights and responsibilities of the individual in the group.
 9. I will cooperate with the Oregon Park District in the enforcement of rules and regulations, and I will report any irregularities that violate sound recreational practices.
 10. I will protect the health and safety of my participants insisting that all the activities under my control are conducted for their overall well being, rather than for the vicarious interest of adults.
- 

Personal Contact Guidelines

1. Use good judgment. Never put yourself in a compromising situation.
2. Always be sensitive and respect a child's feelings regarding touching. Remember that some children are not comfortable being touched by people outside their family.
3. Some children who have experienced abuse or who are shy do not like to be touched and do not like touching others.
4. Be cautious about touching a child's head or messing up his or her hair. In some cultures, the head is a spiritual place of the body and touching the top of the head is reserved for certain traditions and rites of passage. Some children simply do not want their hair messed up, just the same as some adults.
5. **DO NOT TAP, PAT, OR SLAP** a child's buttocks. Touching a child's buttocks, although meant well, can leave children feeling frightened and/or violated.
6. Avoid being alone with a child if possible. Find another adult to accompany you.
7. Make sure there is another adult present in any sensitive situation such as assisting a child in changing clothes.
8. Never give a child a piggyback ride. It is a safety issue for you as well as the child.
9. A child should never sit on your lap. Have them sit next to you instead.



3 positive touch messages:

High Fives

Handshakes

A Pat on the Back



Parent's Code of Ethics/Conduct

Helping parents to be aware of their roles and responsibilities and offers ways they can make the youth sports experience more enjoyable and positive is a goal of the Athletic Department in the Oregon Park District.

Responsibilities and Expectations

For a program to be truly successful, it takes the cooperation of everyone involved: players, coaches, officials, staff, spectators and especially parents. Parents have the following responsibilities and expectations when participating in any Oregon Park District sponsored athletic program:

1. Parents have a responsibility to their children.

To make sure that your child gets the most out of his or her playing experience, parents should show their unwavering support, including positive reinforcement of your child's performance and effort. This is essential, especially at an early age, to ensure their healthy development. Parents should also be positive role models, including, but not limited to, always showing proper sportsmanship and refraining from negativity of any kind.

2. Parents have a responsibility to the coaches.

Coaches volunteer their personal time to spend it with your child. They need you to be supportive of their decisions and not undermine their efforts. If you don't agree with a coach, you are expected to tell that coach, but make certain it is done at the right time and place, in a non-argumentative manner and not in front of the children. Parents are also expected to drop off and pick up their children on time for games and practice, and it is highly encouraged for parents to stay and participate to maintain control of the group and to assist the coach as needed.

3. Parents have a responsibility to the league.

Staff cannot be at games and practices of all teams. Therefore, to maintain the positive nature of these programs, it is essential for parents/spectators to report any abusive behavior or any other situation that needs to be addressed to staff. This is the only way that these programs can achieve their intended goals.

4. Parents/Spectators have a responsibility to other parents.

Personal gain and satisfaction should not be derived from a child's performance. Competition and taunting between parents is never acceptable, and no parent/spectator should ever feel embarrassed or disappointed by their team or child's performance. Good plays should always be cheered, and disappointments should always be consoled, no matter whose team it affects.

Team Selection – Draft Procedure

The following guidelines have been developed for our team formation. All youth sports teams will be formed using these guidelines.

- a. An evaluation day will be used to assess youth athletic participant’s skill level.
- b. Teams will be formed to distribute both age and skill across all teams.
- c. Each team will automatically receive the coach’s child and the child or children of ONE assistant.

The following procedures will be used for all drafts:

1. Minimum and maximum roster sizes are determined prior to registration and governed by the league manager.
2. Once the number of teams has been determined, players should be divided equally on all teams being drafted for each *respective* age group.
3. The head and assistant coach’s children are protected and automatically on the team and do not need to be drafted by head coach. Only one assistant per team.
5. Siblings who play in the same age division are guaranteed to be on the same team unless otherwise requested by parents. They will be made back-to-back selections.
6. A coach’s draw will determine who drafts first and this order will be used throughout the draft. Coaches with assistant coaches will draft last in round 1.
7. Players will be placed into 1 of 3 divisions after the evaluation period based on skill level. Coaches will be required to select from division 1 first. The draft will not move on to division 2 or 3 until all players within a division are selected. Each coach is required to select their child or assistant coach’s child for their first selection within the division assigned to their child.
8. Players not at the evaluation day will be assigned a team by the Oregon Park District.
9. The Oregon Park District has the authority to intervene in the draft procedures at any time that they see fit to keep the draft on track with the program goals
10. The Oregon Park District will determine which leagues will use the draft procedures.
11. Friend requests, outside of Head Coach/Assistant Coach, will not be guaranteed.

Drafting chart for 2-6 teams:

	2 Teams	3 Teams	4 Teams	5 Teams	6 Teams
Round 1	1-2	1-2-3	1-2-3-4	1-2-3-4-5	1-2-3-4-5-6
Round 2	2-1	3-2-1	4-2-3-1	5-4-3-2-1	6-5-4-3-2-1
Round 3	1-2	1-2-3	1-2-3-4	1-2-3-4-5	1-2-3-4-5-6
Round 4	2-1	3-2-1	4-2-3-1	5-4-3-2-1	6-5-4-3-2-1

Weather/Game Cancellations/Lightning

The safety of the participants, officials, and spectators is the primary concern in cases of inclement weather. Once a game or practice has started, coaches, staff and/or officials will have the responsibility to remove the players from the field if the conditions become extreme. See below for lightning policy. If directed to do so, please find a safe shelter until instructed to return to the playing field or told that the game has been cancelled. Light rain showers, without thunder and lightning will not justify delaying or canceling a game or practice. Friday cancellations do not necessarily mean Saturday games or practices are cancelled. Please contact your direct coach and/or the front counter at Nash for game status 815-732-3101. The Oregon Park District will ALWAYS proceed on the side of caution, as the safety of all participants is our priority!

The following procedures should be followed during the presence of lightning strikes.

- Outdoor Park District programs and affiliated programs in affected areas should immediately cease and participants directed to seek appropriate shelter. Umpires/park district staff will cease the game and instruct participants to seek shelter. Coaches shall use this rule during practices and will be responsible to get their players off the field.
- From the moment the game is called the umpires will wait 30 minutes before resuming the game. If no lightning is seen for 30 minutes the game may resume, if another strike is spotted, then the clock resets from that moment for 30 minutes.
- At the site of lightning, one should immediately seek shelter in major buildings, vehicles or lightning-protected shelters.

The OCUSD has installed a Lightning Detection system that sends out a loud alert when optimal weather for lightning is present. There is also a flashing light located at the NW corner of the football field fence and will light up to warn individuals of potential danger.

- Lightning Policy:
 - Alarm goes off
 - Everyone must exit the field and find shelter in a safe location (vehicle, home, Blackhawk Center, etc.)
 - After 20 minutes resort back to common sense and evaluate the weather and the current and upcoming conditions to determine if it is safe to return to play.
 - No Alarm goes off yet Lightning is present
 - Resort to common sense and find shelter in a safe location (vehicle, home, Blackhawk Center, etc.)
 - Stay in this location for 30 minutes evaluate the weather and the current and upcoming conditions to determine if it is safe to return to play.
 - Overall safety is first! There is no sense in risking the safety of others to maximize a soccer practice opportunity. On soccer host dates the Field Supervisor as well as myself will make the final determination whether to continue play after lightning has become present.

Rescheduling Games

Games will be played as scheduled and may not be altered at the discretion of individual coaches. Please note that when games are cancelled all practices are cancelled as well.

Games schedules can be viewed at www.quickscores.com/oregonil . All schedule changes will appear on the site and coaches will be notified when changes have been made.

The Oregon Park District will try to reschedule all games but rescheduling is not guaranteed.

Below are the only reasons games will be cancelled. All other games must be played as scheduled.

1. Weather or other unforeseeable circumstances that make the field unsafe to play on or conditions that makes traveling to the game site unsafe for participants.
2. The Oregon Park District reserves the right to adjust the schedule for unusual or extenuating circumstances.

Girls and Boys Sports

If girls and boys leagues are offered in a sport, girls must play in the girls' league and boys must play in the boys' league. If a girl's league is not offered, boys and girls will have the opportunity to play on a co-ed team together.

Medical Information

Parents or guardians should notify the coach of any pre-existing medical conditions that might affect the player during the season (i.e. allergies, medications, physical impairments, etc.).

Uniforms/Equipment

Unless otherwise indicated, equipment is the property of the Oregon Park District. Participant registration fees for specific programs are used by the park district to supply each player with a game uniform and team equipment. The park district requires coaches to maintain adequate control of the equipment and ensure that all items issued to the coaches are returned at the conclusion of each season.

Concerns with a Coach/Parent

Any concerns with a coach or parent's actions should be submitted in writing (e-mail is acceptable). Once the written complaint is received, the Oregon Park District will initiate a review process; gather information and document eyewitness accounts of the event(s) that took place from everyone involved to determine if a violation of the letter or intent of the Coaches or Parents Code of Conduct has occurred. This may include the site supervisor, game officials, other coaches, parents and children. The Oregon Park District will then determine the severity of the situation and whether the coach or parent has violated the Code of Conduct and the expected behaviors that are listed under each section of that code. The Oregon Park District will then have the authority to determine the appropriate disciplinary action, if any, as listed below.

Disciplinary Actions with Coach/Parent

The specific response of the Oregon Park District Administration may include terms and conditions supplementing one or more of the listed disciplinary actions. When reviewing a concern and deciding what actions are the most appropriate for the situation, the Oregon Park District will take into consideration various extenuating circumstances.

1. Verbal / Written Warning

The Oregon Park District will discuss undesirable conduct with the individual(s). This will outline the expectations of the department and reinforce to the individual(s) that conduct detrimental to the program will not be tolerated and could result in further disciplinary action. Warnings will be documented and filed.

2. Probation

Probation period will last one calendar year from the date put on probation. If during this period, the individual(s) portrays any conduct that the Oregon Park District deems undesirable or unbecoming, the individual(s) will be suspended for the season or indefinitely. Probation will be documented and filed.

3. One or Multiple Game Suspension

The Oregon Park District will suspend individual(s) one or multiple games. Any individual(s) that has been suspended will lose the privilege of attending or participating in any practices or games during this period. Suspension will be documented and filed.

4. Season Suspension

Parks and Recreation will suspend individual(s) for the remainder of that sports season. Any individual(s) suspended for the season will be banned from Oregon Park District sponsored activities, game or practices for the remainder of the season. Suspension will be document and filed.

5. Indefinite Suspension

Individual(s) that are suspended indefinitely will not be allowed on any Oregon Park District athletic facilities at any time during practices or games. After one calendar year, the individual(s) will then have to make a formal request to the Executive Director to be re-instated into the program. The individual(s) will then have to meet with the Superintendent of Recreation and the Program Manager to determine if the individual(s) can be reinstated to attend athletic events. The individual(s) reinstatement can be denied. Suspension will be documented and filed.

Athletic Program Pledge ~ Coach

~ Every Coach will be required to read and sign this pledge ~

Coaching in an Oregon Park District program is a privilege that should elicit immense pride in the coach, their athletes and family. Standards of behavior are high and a willingness to live up to them is part of being the leader of a team.

I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes I coach. Therefore, I promise to uphold the following players' rights to the best of my ability.

"PLAYERS RIGHTS"

1. Right to participate in sports.
2. Right to play at a level determined to match my maturity and ability.
3. Right to have a good role model as a coach.
4. Right to play as a child and not as an adult.
5. Right to express my opinion in a proper manner to my coaches.
6. Right to play in safe and healthy environments.
7. Right to be properly prepared to play in games.
8. Right to equal opportunities to develop my skills.
9. Right to be treated fairly and with respect.
10. Right to have fun in sports.

"COACHES PLEDGE"

I will promise to always conduct myself in accordance to the following Code of Conduct understanding that there will be consequences if abused.

1. I will treat each athlete, opposing coach, parent and official with respect and dignity.
2. I will do my best to be prepared for all practices and games and teach the fundamental skills, so that all athletes have an opportunity to improve their skills through active participation.
3. I will become thoroughly familiar with the rules of my sport.
4. I will uphold the authority of officials who are assigned to the contests in which I coach and I will assist them in every way to conduct a fair and impartial contest.
5. I will communicate to my athletes and their parents the rights and responsibilities of our team.
6. I will cooperate with the Oregon Park District in the enforcement of rules and regulations and I will report any irregularities that violate sound competitive practices.
7. I will protect the health and safety of my athletes by insisting that all the activities under my responsibility are conducted for their psychological and physiological welfare.
8. I will not use profanity.
9. I will not use/be under the influence of tobacco, alcohol or drugs while attending Oregon Park District events.

"Basic Responsibility"

"I and my team, will represent Oregon Park District with my personal best efforts, never bringing embarrassment or an unfavorable view to my team, coaches, family, or community."

Penalty

Abuse brings restrictions. A penalty may vary from a minimum of one event suspension from coaching the athletic team to permanent restriction for that season and the following sport season.

Athletic Program Pledge ~ Parent/Player

~ Every player and parent will be required to read and sign this pledge ~

Participation in an Oregon Park District program is a privilege that should elicit immense pride in both the athletes and their family. Standards of behavior are high and a willingness to live up to them is part of being a member of a team.

I understand that my responsibilities as a parent are of great importance and that my actions have the potential to significantly influence the young athletes. Therefore, I promise to uphold the following players' rights to the best of my ability.

"PLAYER RIGHTS"

1. Right to participate in sports.
2. Right to play at a level determined to match my maturity and ability.
3. Right to have a good role model as a coach.
4. Right to play as a child and not as an adult.
5. Right to express my opinion in a proper manner to my coaches.
6. Right to play in safe and healthy environments.
7. Right to be properly prepared to play in games.
8. Right to equal opportunities to develop my skills.
9. Right to be treated fairly and with respect.
10. Right to have fun in sports.

"PLAYER PLEDGE"

I will promise to conduct myself in accordance to the following Code of Conduct at all times understanding that there will be consequences if abused.

1. I will treat each athlete, coach, parent and official with respect and dignity.
2. I will do my best to attend all practices to learn the fundamental skills, and be attentive to coaches to learn game strategies.
3. I will contact my coach if I am unable to attend a practice or game.
4. I will accept the calls of the officials and will play to the rules of the game.
5. I will give my personal best efforts at all times to help my team and coaches.
6. I will treat all equipment, fields, courts and facilities with respect and adhere to all of their rules.
7. I will control Emotional and Verbal outbursts that are detrimental to me or those around me.
8. I will not use profanity.

"Basic Rule"

"I will represent the Oregon Park District with my personal best efforts, never bringing embarrassment or an unfavorable view to my teammates, coaches, family, school or community."

Penalty

Abuse brings restrictions. A penalty may vary from a minimum of one event suspension from participating on the athletic team to permanent restriction for that season and the following sport season. The penalty will be constant with the School programs for those students in the Middle School and/or High Schools.

*** BY SIGNING THE TEAM AGREEMENT FORM, THIS INDICATES THAT BOTH PARENT AND ATHLETE UNDERSTAND AND AGREE TO THIS RESPONSIBILITY.**

