

Oraze

Athletics



Late Spring Season 2022

COACHES

PADDLE TENNIS - MS. LINDSEY AND MISS DOMOTO

TRACK - MR. LOCK, MRS. ALAMAN, MRS.

SALOMONSON, MR. HIGH, AND MRS. GUSTAFSON

PRACTICES:

- HAVE FUN
- HUSTLE OUT TO PRACTICE AND BE READY TO GO
- STAY HYDRATED ALL DAY
- WEAR THE PROPER CLOTHING
- HAVE WHATEVER YOU NEED TO PRACTICE EACH DAY. IT IS NOT YOUR PARENTS RESPONSIBILITY.
- NO BROTHERS, SISTERS, COUSINS, AUNTS, UNCLES CAN STAY AT SCHOOL WHILE AN ATHLETE IS PRACTICING.
- NO FANS ON CAMPUS WHILE THERE IS PRACTICE

HOW DO I SIGN MY CHILD UP FOR SPORTS

PERMISSION CLICK:

ALL FAMILIES WHO HAVE 4TH THROUGH 6TH GRADERS SHOULD HAVE RECEIVED AN EMAIL/TEXT WITH THE LINK. IF YOU DIDN'T RECEIVE AN EMAIL/TEXT PLEASE CHECK TO MAKE SURE YOU HAVE A CELL PHONE LISTED AS THE FIRST NUMBER.

ORAZE ELEMENTARY CODE OF EXCELLENCE



Oraze Elementary School

Co-Curricular Code of Excellence
Building Champions For Life

The Oraze Elementary co-curricular program is an integral element of our total school program. Our programs afford students an opportunity to acquire the skills, knowledge, and attitude that lead to the maximum development within their individual capabilities. They also afford the child an opportunity to develop social skills in order to be a well-rounded individual. When students elect to participate in ANY co-curricular program, they must recognize that they have assumed certain responsibilities and obligations to the teacher, coach, mentor, team, and themselves.

Team Rules

Academics

- ✦ The student must maintain a 2.0 Grade Point Average (GPA), or "C" average and have no academic areas with an "F," in order to participate in any Oraze Co-Curricular program. Eligibility will be based on the last posted grades, namely the progress report and the quarterly report cards.
- ✦ Students who do not meet the standard set above can potentially be placed on academic probation to be determined by school administration. A Co-curricular Eligibility Board Meeting will be held to determine continued eligibility.

Attendance

- ✦ The student must attend school by 10:00 am on the day of the game, meet, or activity in order to participate.
- ✦ The student cannot have more than three (3) unexcused absences from practices during a season. More than 3 will result in dismissal from the team for the remainder of the season.
 - Excused absences are approved school absences and sicknesses only.
 - Student athletes who have a PE excuse will not be allowed to practice or compete in games or meets.
- ✦ Weekly attendance policies for participation in Friday games (league games) as outlined in the CUSD Athletic Policy Handbook.
 - For all sports (excluding football & wrestling), students who have two excused or unexcused absences from practice during the week will not be allowed to participate in the game or meet that Friday.
 - Football and wrestling players who have one excused or unexcused absences during a week will not be able to participate in the game or match that Friday.

Citizenship

- ✦ A co-curricular student's citizenship must be satisfactory as judged by the school wide rules and monitored by the classroom teacher, the principal, the GIS, or the coach. Students who receive 3 or more referrals to the office are considered to be in violation of the citizenship clause.
- ✦ All classroom, school, and district rules must be followed to participate in any activity (including dress code).

STUDENTS AND TEACHERS WILL GO OVER THIS DOCUMENT IN CLASS.

YOUR CHILD NEEDS TO SIGN IT AND SO DOES A PARENT. THE LAST PAGE NEEDS TO BE RETURNED TO THEIR TEACHER TO PLAY SPORTS.

THE DEADLINE TO TURN THIS FORM IN IS AUGUST 24TH. IF THE ATHLETE HAS NOT TURNED IN THEIR FORM THEY WILL NOT BE ABLE TO PRACTICE UNTIL IT IS.

EXAMPLES TO AVOID:

Undesirable Parent Behaviors

- Rage
- Abusive
- Over-involved
- Pushy
- Living vicariously through child
- Overly critical
- Yelling (players, coach, officials)
- Competing with other parents
- Selfish dreaming
- Too serious
- Not involved
- Bragging



BOUNDARIES IN TEAM SPORTS



- YOUNG AND OLD EYES ARE WATCHING SET A GREAT EXAMPLE
- PLEASE ALLOW COACHES TO COACH. PLEASE DO NOT COACH YOUR KIDS DURING THE GAMES.
- PARENTS ARE TO STAY IN THE ASSIGNED PARENT AREA.
- ATHLETES MUST STAY WITH THE TEAM AT ALL TIME. (NOT IN THE STANDS)
- PLEASE DO NOT TAKE OR TRY TO SIGN OUT THE ATHLETE UNTIL THE GAME IS COMPLETELY OVER.

PARENT CONDUCT

- CHEER FOR EVERYONE
- IF YOU CAN'T BE POSITIVE PLEASE STEP AWAY
- THINGS AREN'T ALWAYS GOING TO GO YOUR WAY
- THERE ARE PROTOCOLS THAT HAVE TO BE FOLLOWED
- IF WE ASK YOU TO SETTLE DOWN PLEASE DO SO
- PLEASE BE RESPECTFUL TO EVERYONE
- WAIT AT LEAST 24 HOURS TO SPEAK TO THE COACH. IF YOU ARE NOT HAPPY WITH THE COACH PLEASE SPEAK TO MRS. MOORHEAD. IF YOU ARE NOT HAPPY WITH WHAT I HAVE TO SAY. WE CAN MAKE AN APPOINTMENT WITH MRS. SNYDER.



GRADES

STUDENT FIRST THEN ATHLETE

- NO F'S
- GPA MUST BE AT LEAST 2.0 OR HIGHER
- THEY MUST MAKE UP ALL WORK AND TESTS BEFORE THEY CAN RETURN TO THE TEAM AND PRACTICE.



ATTENDANCE

- A STUDENT MUST ATTEND AT LEAST 2 PRACTICES A WEEK IN ORDER TO BE ELIGIBLE TO PLAY IN FRIDAY'S GAME.
- IF YOUR CHILD IS GOING TO BE ABSENT IT IS THEIR RESPONSIBILITY TO LET THE COACH KNOW.
- EVEN IF A PLAYER IS INJURED THE PLAYER MUST STILL COME TO PRACTICE UNLESS EXCUSED BY THE COACH.

LATE SPRING SEASON IS MARCH 28, 2022 - MAY 20, 2022

SPECIAL EVENTS:

CROSS COUNTRY:

FRIDAY, APRIL 29TH REYBURN INVITATIONAL

FRIDAY, MAY 6TH CLOVIS EAST INVITATIONAL

TUESDAY, MAY 10TH CLOVIS EAST AREA CHAMPIONSHIPS

FRIDAY, MAY 20TH CUSD CHAMPIONSHIPS AT CLOVIS EAST

PADDLE TENNIS:

TUESDAY, MAY 10TH AT CLOVIS EAST TOP 15 PLAYERS ONLY ARE GOING TO CLOVIS EAST

PRACTICES ARE ON MONDAY, TUESDAY, THURSDAY AND FRIDAYS UNTIL MEETS START 3:15 TO 4:15

GAMEDAY TIMES

Clovis East Area Track & Field Invitational

Schedule of Events

Coaches Meeting: 9:15
Starting Time: 9:30
Ending Time: 2:15

Running Events (Begins at 9:30)

9:30 1500 4th Girls
9:37 1500 4th Boys
9:45 1500 5th Girls
9:52 1500 5th Boys
10:00 1500 6th Girls
10:07 1500 6th Boys
10:15 100 4th Girls
10:22 100 4th Boys
10:30 100 5th Girls
10:37 100 5th Boys
10:45 100 6th Girls
10:52 100 6th Boys
11:00 800 4th Girls
11:07 800 4th Boys
11:15 800 5th Girls
11:22 800 5th Boys
11:30 800 6th Girls
11:37 800 6th Boys
11:45 200 4th Girls
11:52 200 4th Boys
12:00 200 5th Girls
12:07 200 5th Boys
12:15 200 6th Girls
12:22 200 6th Boys
12:30 400 4th Girls
12:40 400 4th Boys
12:50 400 5th Girls
1:00 400 5th Boys
1:10 400 6th Girls
1:20 400 6th Boys
1:30 400R 4th Girls
1:37 400R 4th Boys
1:45 400R 5th Girls
1:52 400R 5th Boys
2:00 400R 6th Girls
2:07 400R 6th Boys

Field Events (Begins at 9:30)

Long Jump 4th Girls (North Pit)
Long Jump 4th Boys (South Pit)
High Jump 5th Girls (North Pit)
High Jump 5th Boys (South Pit)
Shot Put 6th Girls (North Ring)
Shot Put 6th Boys (South Ring)

10:45

Shot Put 4th Girls (North Ring)
Shot Put 4th Boys (South Ring)
Long Jump 5th Girls (North Pit)
Long Jump 5th Boys (South Pit)
High Jump 6th Girls (North Pit)
High Jump 6th Boys (South Pit)

12:00

High Jump 4th Girls (North Pit)
High Jump 4th Boys (South Pit)
Shot Put 5th Girls (North Ring)
Shot Put 5th Boys (South Ring)
Long Jump 6th Girls (North Pit)
Long Jump 6th Boys (South Pit)

- All times are approximate. When possible, we will move ahead of schedule.

PICTURES:

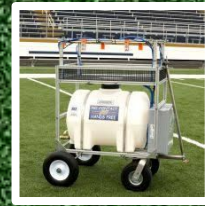
TRACK - MAY 5TH 3:15

PADDLE TENNIS - MAY 5TH 3:15

AWARDS DATE: FRIDAY, MAY 27TH 2:00

WATER BOTTLE

PLEASE MAKE SURE YOUR ATHLETE HAS A WATER BOTTLE FOR DRINKS. WE WILL HAVE FILLING STATIONS WITH WATER BUT THEIR MOUTHS CANNOT GO ANYWHERE NEAR IT.



OR



Coaches what do kids need to play their sport?

TRACK:

Some important info to remember:

- Some days it still may be a little chilly at practice, but we ask that your child wears sunscreen and brings plenty of water with them **EVERYDAY**.
- Dress code is still enforced at practice & meets.
- Wear running shoes to practice! It is not good for your body to run in converse, sandals, boots, etc. Students not in dress code and prepared to participate will be asked to sit out and go to the office to call home to be picked up. Students who sit out or who are absent will be marked absent from practice for the day.
- Track spikes will not be needed for practice. If your child qualifies in a race that uses track spikes we will let them know. Track spikes are optional.

Uniforms:

Please wash in cold water and hang to dry. NO Bleach!! As your child's track season ends please wash and return uniform. Please place clean uniform in a Ziploc or plastic bag with your child's name on it and return to Mrs. Salomonson ASAP. During track meets runners might need to wear stickers to represent their number, PLEASE don't forget to remove this sticker after each race. PLEASE make sure it is removed before washing your uniform. Students will be charged for damaged uniforms resulting from drying them or leaving stickers on them.

Track Events:

All athlete's must stay in the designated area at track meets. Track athletes must not be wandering around with families. This is a school event!

Track Season:

Everyone's track season length will differ based on athlete performance. Athletes will need to place weekly to move on to the following week. Students moving on each week will be told ASAP.

******All qualifying marks/times will be determined by coaches based on practices and meets******

Uniforms

Track Athlete Agreement

Uniform Agreement:

_____ has been assigned track shirt size _____ and track shorts size _____. This student is responsible for the care of this uniform and returning it in its original condition. Please note, all uniforms should be washed inside out (COLD WATER) and hung up to dry (NO BLEACH). Any race stickers should be removed immediately following the athlete's race. All uniforms will need to be returned, washed and in a plastic bag labeled with the athlete's name. Please note, athletes are allowed to wear bike shorts (or other shorts) and a shirt or tank top under their uniform as long as it is a school color (black, white, or green).

Athlete's Signature

Parent/ Guardian Signature

Coaches what do kids need to play their sport?

PADDLE TENNIS:

COMFORTABLE CLOTHES AND TRACK / GOOD TENNIS SHOES AND
WATER

ONLY THE TOP 15 PLAYERS WILL GO TO CHAMPIONSHIPS AT CLOVIS
EAST

HAVE FUN AND BE PROUD

BEARCATS

ARE

CHAMPIONS FOR LIFE