

# Welcome To New Parents Athletic Information Night



# Prayer for Generosity

Lord, teach me to be generous.  
Teach me to serve you as you deserve,  
To give and not count the cost,  
To fight and not heed the wounds,  
To toil and not seek for rest,  
To labor and not ask for reward, except  
To know that I am doing your will.

St. Ignatius of Loyola  
1491-1556

# Athletic Staff

- Mike Hughes, Athletic Director  
[mhughes@jesuitportland.org](mailto:mhughes@jesuitportland.org)
- Tom Rothenbeger - (Facilities Director/ Assistant AD)  
[trothenberger@jesuitportland.org](mailto:trothenberger@jesuitportland.org)
- Colin Griffin (PE Teacher/ Assistant AD)  
[cgriffin@jesuitportland.org](mailto:cgriffin@jesuitportland.org)
- Martha Cope – Athletic Assistant  
[mcope@jesuitportland.org](mailto:mcope@jesuitportland.org)
- Bryce Gillespie- Athletic Trainer  
[bgillespie@jesuitportland.org](mailto:bgillespie@jesuitportland.org)

# Fall Athletics

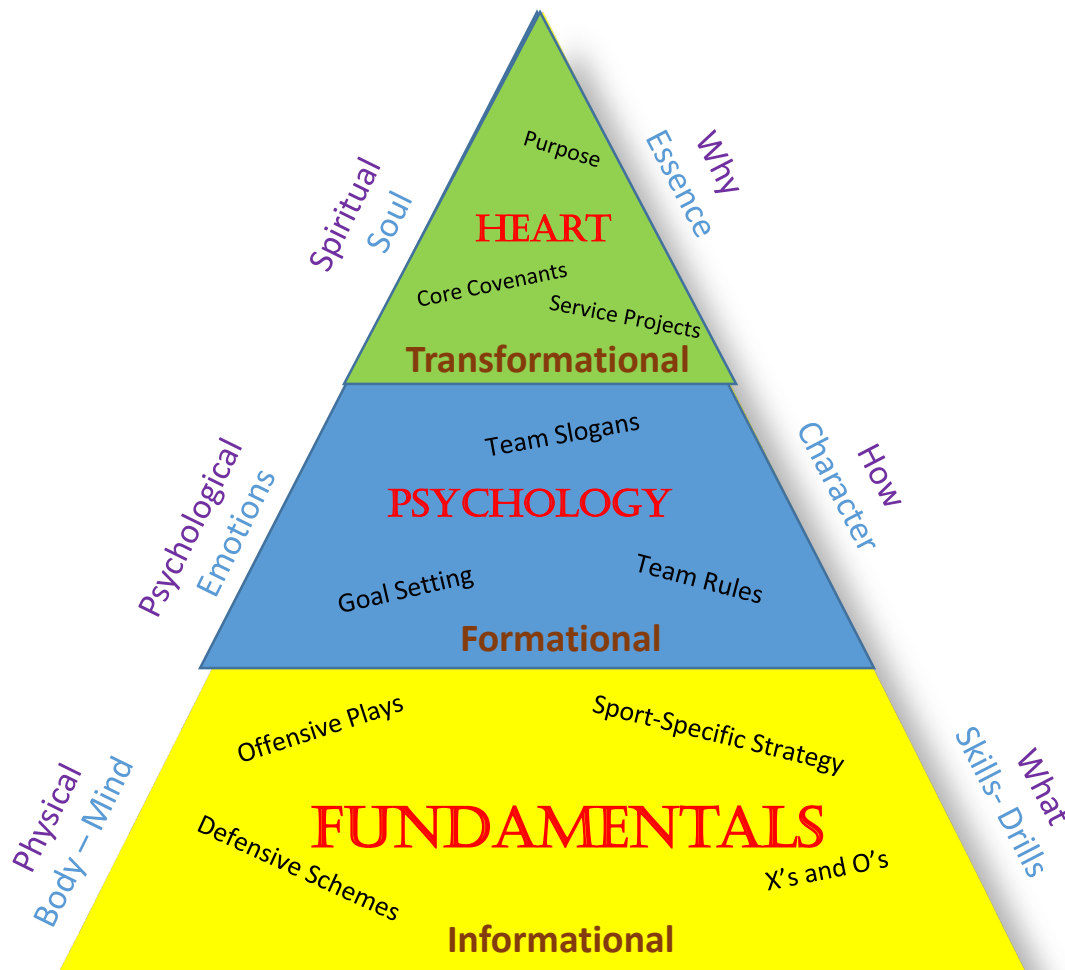
- **Football** –
- Head Varsity Coach: Ken Potter – 35<sup>th</sup> year. 130 participants/14 asst. coaches
- **Cross Country** (Women and Men)
- - Head Varsity Coach: Tom Rothenberger – 41<sup>st</sup> year. 155 participants/4 asst. coaches
- **Men's Soccer** –
- Head Varsity Coach: Geoff Skipper year -6<sup>th</sup> year . 54 participants/4 asst. coaches (tryouts)
- **Women's Soccer** -
- Head Varsity Coach: Steve Fennah 20<sup>th</sup> year - 54 participants/4 asst. coaches (tryouts)
- **Volleyball** –
- Head Varsity Coach: Teresa Zimmerlee- 29<sup>th</sup> year. 60 participants/5 asst. coaches (tryouts)

# WINTER ATHLETICS

- Basketball (Men's) -
- Head Varsity Coach: Gene Potter – 34<sup>th</sup> year  
60 participants/6 asst. coaches (tryouts)
- Basketball (Women's) -  
Head Varsity Coach: Jason Lowery – 12<sup>th</sup> year  
48 participants/5 assistant coaches (tryouts)
- Alpine Ski Racing (Men's and Women's) –
- Head Varsity Coach:– Jason Martin 4<sup>th</sup> year  
40 participants/5 asst. coaches (tryouts)
- Swimming –
- Head Varsity Coach: Bryan Butcher – 14<sup>th</sup> year  
95 participants/3 asst. coaches - No cut

# SPRING ATHLETICS

- Baseball –
- Head Varsity Coach: Colin Griffin– 15<sup>th</sup> year (7<sup>th</sup> at Jesuit)\* - 54 participants/6 asst. coaches (tryouts)
- Golf (Men) –
- Head Varsity Coach: Jay Minsker-26<sup>th</sup> year 12 participants (tryouts)
- Golf (Women) –
- Head Varsity Coach: Michele Gray – 4<sup>th</sup> year 12 participants (tryouts)
- Softball
- Head Varsity Coach: Jim Speciale-27<sup>th</sup> year 54 participants/6 asst. coaches
- Tennis (Men)
- Head Varsity Coach: Jeff Wood-28<sup>th</sup> year 18 participants (tryouts)
- Tennis (Women)
- Head Varsity Coach: Kirsten Ruchaber-29<sup>th</sup> year/ 18 participants (tryouts)
- Track and Field –
- Head Co-Coach - \_\_\_\_\_ 150 participants/11 asst. coaches
- Head Co-Coach – \_\_\_\_\_ 150 participants (11 asst.)
- Men's Lacrosse – Bill Gleason– 5<sup>th</sup> year 50 participants (3 asst.) (tryouts)
- Women's Lacrosse –Lauren Blumhardt -4<sup>th</sup> year 50 participants (3 asst) (tryouts)



## Key Words

- |                     |                |
|---------------------|----------------|
| - Justice           | - Unselfish    |
| - Humble            | - Honest       |
| - Patient           | - Empathetic   |
| - Respectful        | - Loyal        |
| - Appreciative      | - Trustworthy  |
| - Socially Aware    | - Caring       |
| - Encouraging       | - Hopeful      |
|                     |                |
| - Motivated         | - Confident    |
| - Disciplined       | - Resilient    |
| - Curious           | - Enthusiastic |
| - Creative          | - Courageous   |
| - Hard working      | - Accountable  |
| - Positive          | - Poised       |
| - Focused           | - Teamwork     |
|                     |                |
| - Power             | - Speed        |
| - Endurance         | - Conditioning |
| - Quickness         | - Flexibility  |
| - Movement Patterns | - Strength     |

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

- Take time to come to games and support what they do
- Bring food after a game
- Support the whole team
- Cheer the team, even in defeat
- Tell them they did a good job
- Are proud of them in defeat
- Are quiet unless cheering with everyone else
- Never yell at a coach or official
- Make friends with other parents
- Listen to me “vent” when frustrated about sports but don’t take me too seriously.
- #1 comment youth like to hear, “I love to watch you play.”



# 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.
- Tell them what they were doing wrong after every game.
- Being asked to leave the field by an official.
- Questioning the official’s calls. That is the job of the coach.
- Calling the coach without my knowledge.
- Taunting other players, opponents, officials, parents.
- Coming to a game drunk or after drinking.
- Acting disappointed with what they are doing rather than reassuring them they will do better next time.

# Conflict Resolution

First, follow the “48 Hour Rule”

When questions arise regarding the PROCESS involved with coaching decisions, student-athletes and parents should first bring their concerns to the coach. Jesuit HS coaches have been hired to exercise their best professional judgment regarding all the details of running athletic teams. Parents need not be concerned that the coach will resent or punish the student-athlete because of respectful questions raised by parents.

- 1 – Student-athlete should speak directly with coach.
- 2 – Parent should speak directly with coach.
- 3 – Parent may call athletic director.
- 4 - Parent may call principal.
- 5 – Parent may call the president.

# “CUTS”

The most difficult (and often times agonizing) task of any coach.

Recommendations for a process that is fair:

1. Establish clear guidelines as to the expectations of the program and how the cut process will work.
2. Guarantee suitable time before first cuts.
3. Involve the head varsity coach in sub-level cut decisions.
4. Inform each player personally of whether they have or have not made the team.
5. Be specific with the student-athlete regarding the reason(s) that he /she did/did not make the team. Propose a program for skill development that could facilitate a successful tryout in the future.
6. The opinion of a club coach is irrelevant to the tryout process.
7. The Athletic Director becomes involved ONLY if there is a breakdown in the process!

# Electronic Communications

- Jesuit web site

[www.jesuitportland.org](http://www.jesuitportland.org)

- OSAA web site

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

# Key OSAA By-Laws

- Academic eligibility – pass five classes in the previous semester and on track to graduate.
- Eight semesters in four consecutive years of eligibility.
- May accept non-monetary merchandise not to exceed \$500.00 during the OSAA year (August 18-May 26) [Nike sponsorship].
- 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.

# Key OSAA By-Laws (cont.)

- 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.*
- Moratorium Week – 3<sup>rd</sup> week before the start of fall practice. No camps, workouts or facilities.
  - July 23- July 29, 2023

# Fan and Spectator 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.
- This includes online behavior: Instagram, Twitter, Snapchat, etc.

# UNDUE INFLUENCE

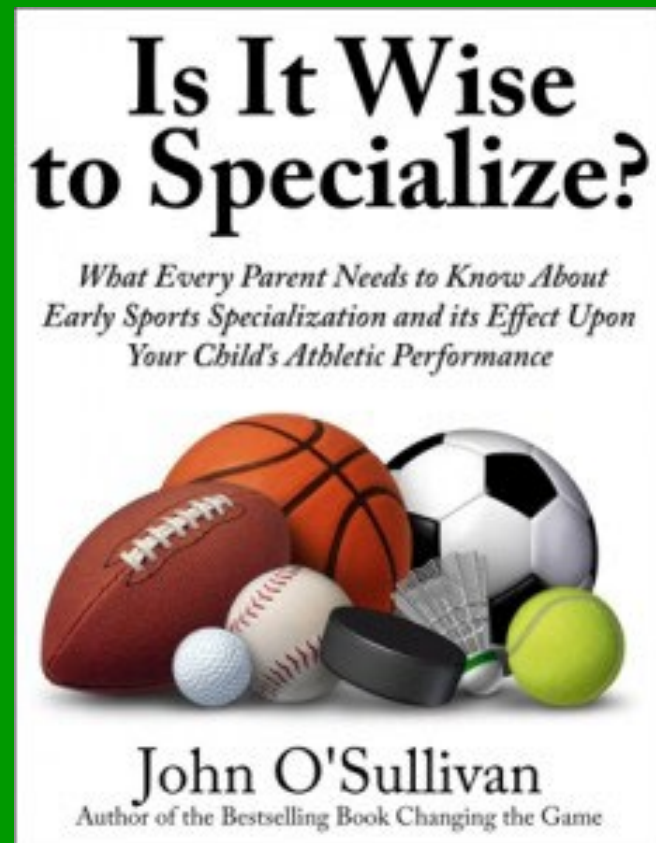
## Appropriate vs. Inappropriate Recruiting

- Jesuit High School does not “recruit” students – We do “advertise” our school through the Portland Archdiocese Elementary Schools/Private schools. All Catholic high schools do this.
- Jesuit – coaches, staff, boosters, parents, and players -- cannot initiate contact with public grade school students .
- Jesuit does not offer athletic scholarships. We do provide financial aid based solely on financial need.
- Jesuit coaches cannot initiate contact with any potential transfer students. Jesuit accepts very few transfers, and no senior transfers.
- Affiliation - Students cannot play for a club sports program and then transfer schools in order to play for the club coach or over 50 % Jesuit player on his/her club team.



# Priority of Jesuit H.S. Athletics

- When a student-athlete goes out for a sport at Jesuit HS, that team becomes his/her primary athletic commitment during that season.
- A student-athlete who leaves a team during the season cannot participate in another sport that season. Participation in a later sport is subject to agreement by the coach whose team the student athlete left and the coach of the new sport.
- A student-athlete cannot participate in two sports during the same season without the prior approval of the athletic director and the agreement of the two coaches involved.



# Multi-Sport Athletes

- Jesuit encourages athletes to do multiple sports.
- In some sports, “club” competition can be important, but please seek well-roundedness in athletic participation, particularly in the freshmen and sophomore years.
- Most coaches encourage upperclassmen to take a weightlifting PE class.

# Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level

<b>Student-Athletes</b>	<b><u>Men's Basketball</u></b>	<b><u>Women's Basketball</u></b>	<b><u>Football</u></b>	<b><u>Baseball</u></b>	<b><u>Men's Soccer</u></b>
High School Student-Athletes	546,335	452,929	1,071,775	470,671	358,935
High School Senior Student-Athletes	156,096	129,408	306,221	134,447	102,553
NCAA Student-Athletes	16,571	15,096	61,252	28,767	19,793
NCAA Freshman Roster Positions	4735	4313	17,501	8219	5,655
NCAA Senior Student-Athletes	3,682	3,355	13,612	6393	4,398
NCAA Student-Athletes Drafted	44	32	250	600	76
<b>Percent High School to NCAA</b>	<b>3.0</b>	<b>3.3</b>	<b>5.7</b>	<b>6.1</b>	<b>5.5</b>
<b>Percent NCAA to Professional</b>	<b>1.2</b>	<b>1.0</b>	<b>1.8</b>	<b>9.4</b>	<b>1.7</b>
<b>Percent High School to Professional</b>	<b>0.03</b>	<b>0.02</b>	<b>0.08</b>	<b>0.45</b>	<b>0.07</b>

Source: [ncaa.org](http://ncaa.org)

# Addition of “New” Sports

- Examples: Wrestling, Water Polo, Crew, Equestrian, Bowling, Rugby, Racquetball, Nordic skiing, Snowboarding, Ice Hockey, Sailing, Gymnastics, Rifle, Fencing, Diving, Field Hockey, etc.
- The Jesuit High School Administration will consider the addition of a new sport if:
  1. The OSAA adopts the sports or the adoption is imminent.
  2. The financial resources and facility(ies) are available.
  3. Jesuit High School is convinced that the sport will have a longevity that merits a long term commitment on our part.
  4. Many questions regarding budget, coaching, field space, storage, impact on other sports, equipment, bussing, supervision, etc. are answered.

# Academics and Sports

- Academics take priority over athletics at Jesuit.
- But... High School athletes should anticipate daily practice after school
- Student-athletes must learn to budget their time well.
- “I’ve got tons of homework,” is not an excuse for missing practice.
- Occasionally, it is legitimate for a student to be late to practice in order to meet with a teacher. It is the responsibility of the student-athlete to communicate with the coach in advance about missing practice.

# Key rules in Student Handbook:

- 5.7 Athletic And Activity Rules for Attendance – A student is ineligible for any game, practice or activity if he/she is absent from any class any part of the day. Exceptions will be granted for appropriately pre-arranged situations, e.g., medical appointments with a call or note received on or before 8:00 a.m. of that day. This applies even for late start days. (A student cannot “sleep in” because they are sick, then practice or play later that day)
- .
- 7.2 The “Code” – No athlete will possess or use alcohol, drugs, controlled substances or tobacco. These policies apply in and out of season, and in and out of school, summertime included.
  - First offense – two week suspension
  - Second offense- Dismissal from athletics for remainder of that school year.
  - Third offense – Loss of all further eligibility for remainder of that student’s enrollment at Jesuit.

# No Hazing AND No Initiations

- Jesuit High School prohibits any form of team initiation, hazing, or any activity designed to demean, embarrass, draw attention to, or physically harass team members in any way whatsoever, whether on campus or off campus, no matter how innocuous or innocent-seeming such activity may appear. Such behavior has no place on the campus of a Jesuit high school.
- This applies to all age groups at all levels of play and is to be strictly enforced. The varsity head coach is fully responsible for implementing this policy throughout his/her program.

# T-shirts and Sweatshirts

- 6. 4 - The school does not allow the use of the name “Jesuit,” “Jesuit Crusaders,” or “Jesuit High School” or the Jesuit logo or mascot images except by specific permission of the President of the school. No group, team, or club of any type is allowed to identify itself as Jesuit, nor are those names to be printed on garments except by the pre-approval of the Athletic Director or Principal.



# Busing

- After school, all teams will be bussed to games (and practices for swim team and some cross country practices)
  - golf team – exception
- For most JV and JV2 weekend events, parents will take students directly to competition

After Games: Most Varsity and some JV will require athletes to travel on the bus back to Jesuit.

- Those that allow students to leave with their parents must be checked out by their parents each contest.
- If you want an older sibling, neighbor, relative, other parent, etc. to check your child out from a visiting game, you must get download and sign a permission form that you give to the driver.

# Cross Country Registration

- #1 - Confirm that you are "signed up"
- #2 - Confirm that you have ordered your Uniform
  - Returning Runners = Team t-shirt
  - “10th - 12th Grade Boys Required Player Pack”
  - New Runners = Uniform (shorts, singlet, sweats and team t-shirt)
  - “Freshman/New Athlete Required Player Pack”

# More “Details”

- 2 physicals required during the high school years (9<sup>th</sup> and 11<sup>th</sup> grades) – Oregon State requirement
- OnLine Registration Form required yearly (contains medical and emergency information) – due before the first day of school.
- For fall athletes, both forms due before first day of fall tryouts

# Bryce Gillespie LAT, ATC

## Athletic Trainer

[bgillespie@jesuitportland.org](mailto:bgillespie@jesuitportland.org)

503-292-2663 (ask for the Athletic Training  
Room) x7433

# THE ANATOMY OF AN ATHLETIC TRAINER

## What are the skills and characteristics that make up an Athletic Trainer?

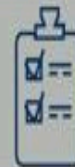


Athletic Trainers provide medical services to all types of patients, not just athletes participating in sports, and can work in a variety of job settings. Athletic Trainers improve functional outcomes, educate patients, provide preventative care, and immediate emergency care. Athletic Trainers can also reduce injury and shorten rehabilitation time for their patients. Athletic Trainers are licensed in 49 states and the District of Columbia, excluding California. 48 states and the District of Columbia require Athletic Trainers to be Board of Certification credentialed.



### Domain I: Injury/Illness Prevention and Wellness Promotion

We are trained health care professionals with a vast knowledge to care for and treat patients. Athletic Trainers promote and assist patients by performing pre-participation physical exams, creating emergency action plans, interpreting environmental condition, and educating patients.



### Domain II: Evaluation, Assessment, and Diagnosis

We examine patients with possible acute, subacute, or chronic musculoskeletal or medical conditions to determine a clinical diagnosis. Our skills involve performing a thorough evidence-based examination, design a plan of action, and communicate while educating the patient.



### Domain III: Immediate and Emergency Care

We provide immediate and emergency care in the face of unpredictable situations. We are trained to begin an initial assessment of the situation, identify if our emergency action plan is needed and activate if necessary, continue care addressing all possible conditions, produce a clinical diagnosis, and communicate our assessment and treatment with advanced care.



### Domain IV: Therapeutic Interventions

We rehabilitate injuries, illnesses and general medical conditions to return patients to their desired activities. Using the best evidence, we apply therapeutic exercise, modalities, manual therapies, education, and communication, within our legal boundaries, to achieve optimal patient restoration.



### Domain V: Healthcare Administration and Professional Responsibilities

We acquire the skills necessary to create, administer, and oversee healthcare facilities. Accomplishing these tasks requires us to document all medical information, practice within our accrediting agencies, consider quality research, consider patient needs, and promote employee well-being.



### Education: Mastering Competencies and Continuing Education

Currently to become an Athletic Trainer, one must obtain a bachelor's degree from a CAATE accredited university. Through their career Athletic Trainers must complete continuing education units, to ensure that they stay current with new information. The profession is growing and transitioning into an entry-level master's degree for all future students.

### SOURCES

<https://www.nata.org>

[http://www.bocalc.org/system/document\\_versions/versions/24/original/boc-pa7-content-outline-20170612.pdf?1497279231](http://www.bocalc.org/system/document_versions/versions/24/original/boc-pa7-content-outline-20170612.pdf?1497279231)

### CREATED BY

Laura Glasgow, Jocelynn Venema, Kelly Herndon, Madison Blauvelt



# Tips to stay healthy:

- Stay Hydrated- hydration starts days prior to activity.
- Eat – Don't skip meals
- Get sleep
- Tell the Athletic Trainer when there is a problem – the sooner the better.

# Concussions

- Are a full team effort for proper care and treatment.
- If I have seen your kiddo, you will hear from me.
- Oregon Law requires a clearance by a MD, or an approved provider.
- To return to sports, all symptoms must be gone, then the athlete will complete a gradual standardized return to practice protocol.
- We use the ImPACT test. Freshmen take their baseline tests during the first few days of school in their pe class.
- It is OK to ask lots of questions!!

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

- Our number one priority is the health, safety and well being of our students. We provide a full-time, certified athletic trainer, to help manage and coordinate medical care & referrals to sport-specific doctors and physical therapists.
- However, parents are the primary medical support person for any injured high school students.
- If your student sees the doctor, a written clearance note is needed for them to return to their sport. This helps to ensure the doctor's orders are followed and the proper care is provided to your student.



# Bryce Gillespie LAT, ATC

## Athletic Trainer

ATC Hours- 2pm - to the end of practices/  
games

[bgillespie@jesuitportland.org](mailto:bgillespie@jesuitportland.org)

503-292-2663 (ask for the Athletic Training  
Room) x7433

# Key COVID-19 Protocols

- Masks recommended for all indoor sports and venues (athletes/coaches/spectators) and locker rooms
- Wash hands after practice
- Stay home if sick
- Notify Jesuit immediately if you test positive

# Booster Club

- Congratulations, you are now a member of the Booster Club!
  - Concession Sales
  - Jr. High Basketball Tournaments
- For most sports, we ask all parents to work one concession event per season. Look for emails.
- If you would like to be a Booster Club Captain, volunteer regularly in concessions and let a captain know.

## Freshmen Fall Tryouts – Monday, August 16

- Cross Country – All freshmen are encouraged to train with the team – Mon, 8/15 at 9:00 am, but the first required activity is at 3:00 pm on the first day of classes. Please fill out on line registration.
- Football – Equipment Issue is 2:00 on Monday, for those who did not get gear this week. August 15. Practice at 3:00.
- Volleyball – All athletes interested in trying out for JV and Var. report Monday, August 15 at 8:00 am. Monday afternoon is either 1:30 – 4:00 or 3:00 – 5:30 pm. Only JV and Varsity will practice on Tues & Wed. Thurs, 8/19 JV2 resumes.

# Tryouts (cont.)

- Women's Soccer – All athletes trying out for JV2, JV and Var, report Monday, August 15 at 5:00 – 8:00pm. Freshmen athletes must report this week. Cuts are made this week.
- Men's Soccer - All athletes trying out for JV2, JV or Var, report Monday, August 15 at 8:00-10:30 am. Bring running shoes. Freshmen athletes must report this week. Cuts are made this week.

Thank You For Attending

Go Jesuit !