

Oak Grove High School



Student-Athlete Handbook

Baseball
Basketball
Cheerleading
Cross Country Track
Football
Golf
Track and Field
Tennis
Softball
Volleyball
Wrestling

AFFILIATIONS

Oak Grove High School is a part of the Jefferson County Public School System. It is a member of the Alabama High School Athletic Association (AHSAA) and works under the guidelines of the National Federation of High Schools (NFHS). All policies, rules, and requirements are in compliance with each of these bodies.



NFHS
Authenticating Mark



Dear Student-Athlete and Parents:

I would like to take this opportunity to welcome you to Oak Grove High School Athletics. We are proud of our school and our athletic tradition as well as the student-athletes we have produced who have moved on to the next level. We are blessed with a staff of coaches who devote so much of their time and energy to honor and build on this tradition of excellence.

The Oak Grove High School athletic program is designed to further the educational development of young men and women in our community through participation and competition. The administration, faculty, and staff of Oak Grove High School believe that the competition, camaraderie, loyalty, and respect for others experienced in athletics will serve as a foundation for each student's continued growth and life-long learning experience. It is our hope to maintain a program that is sound in purpose, reflects the goals and objectives of our school and district, furthers each student's educational maturity, and contributes to school and community spirit and morale.

Those who participate in the interscholastic athletic program commit themselves to the following personal goals:

- A primary focus on academic development and attendance
- The presentation of a positive image through dress and grooming
- Avoidance of any action which would bring embarrassment or disrepute to themselves or their team
- Development of desirable personal health standards (which includes the avoidance of tobacco of any kind, alcoholic beverages, and illegal drugs and substances)
- Development of athletic skills
- Growth of a competitive philosophy which includes sportsmanship and a consistent awareness of school and community pride

As a member of the Alabama High School Athletic Association, Oak Grove High School adheres to and enforces a policy of academic eligibility. This policy will be explained in detail later in this handbook. It is my sincere hope that the guidelines and policies written in this handbook will help make the student-athletes and their parents' sports experience more rewarding. We take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics. Please note that the following procedures and guidelines are intended to set a minimum standard and that the administration and team coaches may establish additional sport-specific policies that must also be observed.

All paperwork must be completed before a student will be allowed to try out for a sport, or participate in the first full day of practice.

Because of the ever-changing nature of high school sports and the educational landscape, Oak Grove High School reserves the right to interpret, amend, or alter these policies at any time. If you have any questions or concerns about material contained in this handbook or any other aspect of the athletic program at Oak Grove High School, please feel free to contact me at 379-5000 or 379-5031.

Sincerely,

Pat Burchfield, Athletic Director

ATHLETIC STATEMENT

This Student-Athlete Handbook has been designed to inform present and future student-athletes, as well as their parents and guardians, of the rules, regulations, and standards by which the athletic program at Oak Grove High School operates. This Handbook includes information on these policies and procedures in addition to the forms necessary for participating in any sports program at Oak Grove High School.

The faculty, staff, and administration of Oak Grove High School are very pleased you have decided to become involved in the athletic program at our school. It is our desire to provide all athletes with equal opportunities in whatever sports they choose.

Participation in middle and high school athletics is a PRIVILEGE, not a RIGHT. Therefore, participation carries with it varying degrees of honor, responsibility, and sacrifice. Since competition is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the Athletic Department and other specific coaches' rules for their individual sports.

Being a good athlete takes hard work and dedication on the part of the participant. Likewise, parents and guardians also undertake a large responsibility when their child takes part in interscholastic sports at the middle school and high school level. We hope that the responsibility of participating as a player and as a parent/fan will be a positive and sportsmanlike experience for all persons involved.

The Oak Grove High School Athletic Department will enforce all rules, regulations, and policies as described in this handbook. Parents and athletes are asked to sign an acknowledgement document located in the back of this handbook, stating that they have read and understood the information included in the handbook. This also acknowledges that the athlete is subject to disciplinary measures should he or she violate the rules and regulations set forth in this handbook.

THE MISSION OF OAK GROVE HIGH SCHOOL ATHLETICS

The mission of the Oak Grove School Athletic Department is to integrate the sports program into the overall educational process of the school. Through participation in athletics, students are taught the value of hard work, discipline, leadership skills, team building, and sportsmanship, as well as other values that will help develop character in the life of the athlete. At Oak Grove High School, we will provide every student-athlete an environment in which he or she can achieve not only athletic success, but success in academics and life as well.

OAK GROVE HIGH SCHOOL STUDENT-ATHLETES AND SPORTSMANSHIP

One of the main goals of our athletic program is to teach the concept of good sportsmanship. Good sportsmanship requires that everyone be treated with RESPECT. This includes the members of the opposing team, officials, coaches, and spectators.

Good sportsmanship includes showing courtesy and kindness toward your opponent as well as your fellow team members. The contest is judged by the effort of the participants and not by "putting down" or humiliating an opponent. Winning is exciting, but winning at any cost is not the goal. Negative treatment of the participant is outside the spirit and interest of the contest.

Although we will compete hard, we will compete fairly and respectfully with our opponents. Coaches, athletes, and spectators must recognize that their conduct plays an important role in establishing the reputation of Oak Grove High School.

During home contests, we serve as hosts to the visiting team and its spectators. They are our guests, and they should be treated accordingly. As visitors to other schools, we are expected to act as invited guests showing dignity in victory and defeat. We will treat the home school's facilities with care and respect.

Sportsmanship should always be extended to the officials who are assigned to all contests. Qualified officials are assigned to each contest and are therefore the proper authorities to make decisions on the playing field. While their

decisions regarding rules and the interpretation of these rules may be questioned, they are the final authority and their decisions will be accepted. Officials should be treated with respect at all times on and off the field of competition.

Finally, sportsmanship includes being appreciative of outstanding competition. Spectators are encouraged to be appreciative of good coaching and play by both teams. Fans should cheer for their team, not against the opponent.

The following policy statement from the National Federation of State High School Associations expresses the concept of sportsmanship as follows:

“The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standard apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual’s influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity.”

ELIGIBILITY REQUIREMENTS

In order to participate in interscholastic athletics at the high school level, a student must meet the following standards in the areas of academics, residency, and attendance in order to be eligible to compete.

Academic Eligibility Checklist

In order to compete, the Alabama High School Athletic Association has established the following academic rules for students:

	1. The student must be a regularly enrolled student and must have enrolled in the school no later than the 20 th school day of the semester in which the contest occurs.
	2. Students entering Grades 8 & 9 must, for the immediately preceding school year, have a passing grade in five (5) subjects with a composite numerical average of 70. Summer school work passed may substitute for regular schoolwork repeated in computing the 70 averages. Only two credits may be made up through summer school.
	3. Each eligible student involved in athletics must meet the definition of regular student as defined by the Alabama High School Athletic Association.
	4. Students entering the 10 th , 11 th , and 12 th grades must have passed during the last two semesters in attendance and summer school (if applicable) at least six new units with a minimum composite numerical average of 70 in those six units. Four core classes must be included in those units passed and averaged.

Residency Requirements Checklist

In order to compete, the Jefferson County Board of Education and the Alabama High School Athletic Association have established the following guidelines regarding the residency of potential student-athletes:

	1. Student-athletes must meet the residency requirements of the Jefferson County Board of Education. These requirements apply to students who reside in-zone and who are on transfer. The local school may verify residency at any time.
	2. According to AHSAA guidelines, students entering a new school must make a bona fide move in order to participate in interscholastic athletics. A student whose parents make a bona fide move from one community, school zone, or district to another may transfer all rights and privileges to the new school that serves the area into which the parents moved and where the parents reside.

	3. Bona fide transfers may be dealt with according to the rules of the Alabama High School Athletic Association and the Jefferson County Board of Education as they pertain to participation in extracurricular activities.
	4. Home school students living within the confines of the Oak Grove School zone are eligible to compete in athletics with the school, permitted they satisfy state eligibility requirements each year.

Attendance Requirements Checklist

While excellence is encouraged on the field of competition, the athlete is a student first and foremost. Therefore, he or she is expected to understand and maintain the following policies regarding attendance at school.

	1. Student-athletes and their parents/guardians are expected to know and follow the attendance policy for Oak Grove High School as outlined in the <i>Jefferson County Code of Student Conduct</i> and the Oak Grove High School Student Handbook.
	2. An athlete must attend school at least one-half (1/2) of the school day in order to participate in that day's contest. The student must have a doctor's note or approval from the administration if he or she is absent for more than one-half (1/2) the day.
	3. If an activity occurs on the weekend, the student-athlete must be in attendance in school on the preceding Friday.
	4. Students who are tardy to class on more than three occasions per semester are subject to disciplinary action. Any student who receives detention or other punishment for tardies will be restricted from participation in competition on the scheduled date of the detention, in-school supervision, or suspension.
	5. Attendance policies will be established by the coach of each individual sport regarding tardies to and absences from practices and competitions.

PRIOR TO PARTICIPATION

Prior to participating in the athletic program at Oak Grove High School, the student-athlete is expected to provide the following information to the coach of the team for which he or she is trying out:

1. **A valid physical signed by a parent and a physician.** Physicals are good for one year. A blank form is located in the back of this handbook. A copy of the physical form should be kept by the family of the athlete.
2. **A copy of a certified birth certificate.** This must be a certificate that was issued by the State Bureau of Vital Statistics in the state in which you were born. It must bear the official seal and birth/recording number. This will be kept on file in the main office.
3. **Proof of insurance.** All athletes need medical insurance. Insurance plans are available for purchase through the Jefferson County BOE. Oak Grove High School is not responsible for the payment of medical services required by an athlete because of an injury sustained while participating in any sport. This will be kept on file in the main office.
4. **An emergency information card.** Parents should complete an emergency information card for the student that will be kept on file with each coach.
5. **A "Permission to Participate" Form.** Parents or guardians must submit a signed athletic participation consent form that will be kept on file with each coach.
6. **A signed "Student-Athlete Contract."** This form must be signed by the athlete and kept on file with each coach.
7. **A signed Acknowledgement of Receipt for Student-Athlete Handbook**

CONDUCT OF STUDENT-ATHLETES

Those students who are selected to participate in athletics at Oak Grove High School are not just athletes on a team. They are ambassadors of the school who represent the school and the community when they compete with

opponents from other schools and communities. The faculty, staff, and administration of Oak Grove High School expect the athletes of our school to act as leaders in the school and community.

While each individual coach reserves the right to discipline his or her team members for violation of team rules, each athlete must follow the rules set forth in the *Jefferson County Code of Student Conduct*. Violation of school rules, disruptive behavior, showing disrespect toward any member of the school staff, unsportsmanlike conduct, and/or committing any act that reflects negatively on the Athletic Department or Oak Grove High School will not be tolerated. Such action(s) will lead to restrictions or suspension from athletic practice or competition. If the behavior is repeated or becomes too serious, the athlete may be suspended or dismissed from the team.

Specific team rules may be established by the coach of each sport. These rules and the penalties for violating the rules will be distributed to and explained to the student and the parent at the initial parent-team meeting of that sport.

General

The following procedures will apply in regards to the discipline of student-athletes:

1. Consequences for the violation of the *Jefferson County Code of Student Conduct* will not be based on hearsay or rumor. Discipline will occur when the act is witnessed by others, proper statements are taken, or there is an admission of guilt by the athlete.
2. Penalties for violations will take effect immediately upon determination of a violation and may include (but are not limited to) suspension from practice sessions, games, tournaments, or camps.
3. When serving detention, in-school supervision, or out-of-school suspension, the student-athlete will be ineligible for all participation during the period served. The student may not attend, try out for, or compete in athletic activities while facing one of these disciplinary measures.
4. If school rules are broken, the student-athlete will be subject to the normal punishment for such misbehavior as well as subject to disciplinary measures set down for each team by the coach. In no case, however, will athletic rules circumvent or take the place of Jefferson County policy.

Game Policies

While sportsmanship has been discussed at great lengths, it is important to remember to exhibit sportsmanship in all phases of the competition. In addition to this, student-athletes are expected to remember to adhere to the following policies during the course of any game or match:

1. Student-athletes are never to leave the sideline/bench/dugout during the course of a game or match without the consent of the coaching staff.
2. Student-athletes are not to curse, taunt, or argue with teammates, members of the coaching staff, the opponents, or the officials during the course of a game or match.
3. Student-athletes should avoid outbursts that might include screaming or throwing objects.
4. Student-athletes are expected to remain in uniform at all times and with your team until the coaching staff has dismissed you.
5. Student-athletes are expected to leave an opponent's facilities in better shape than they found them when playing on the road.
6. Student-athletes who are called for unsportsmanlike conduct, a flagrant foul, an intentional foul, or a technical foul may be subject to additional disciplinary action as determined by the coach and/or administrators.
7. Student-athletes who are ineligible to participate in the event may not dress in uniform for that athletic contest or sit on the bench in a game uniform.
8. **Any student-athlete who is ejected from a competition or commits an action that results in a fine by the ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION is responsible for the payment of said fine.**

Dress Code

Because participation in athletics is a privilege and not a right, athletes must be well disciplined and willing to put aside individualism for the benefit of the team. Conforming to a dress code is part of this process. It is very important to our team/school reputation that our student-athletes dress appropriately during the school day and at all school functions. Students should carefully review the guidelines for dress that are cited in the *Jefferson County*

Code of Student Conduct.

In addition to those rules cited in the *Code of Student Conduct*, coaches may establish specific guidelines for their teams in regards to hair and dress. They may include (but are not limited to) practice clothes, jewelry, hair, personal grooming, body markings, the wearing of spirit pack materials, the use of uniforms, and game-day apparel.

The AHSAA and NFHS have established guidelines for team uniforms, hair, and jewelry. These policies will be adhered to by members of the Oak Grove High School coaching staff.

Care of Uniforms and Equipment

Equipment loaned to or checked out by student-athletes is his or her responsibility. Any equipment or uniform issued to the student-athlete during a season should be properly maintained and kept clean. Loss or damage to equipment or uniforms issued by the school will be noted, and it is the responsibility of the student-athlete and his or her parent/guardian to repair or replace that which is lost or damaged. The school is also not responsible for items that are stolen.

All equipment and uniforms shall be turned in no later than one week following the last contest of a sport's season. The athlete will not be allowed to participate in other athletic programs or receive awards until this obligation is met. Athletes who do not take the responsibility for the repair or replacement of lost, stolen, or damaged equipment or uniforms will be placed on a list of outstanding fines.

Grades

All student-athletes will be encouraged to keep their grades at a passing level. The student-athlete chooses to participate in sports; therefore the practice or competition should never be an excuse for poor academic performance. The student-athlete should never neglect his or her studies.

Grades will be checked periodically by the coaching staff in each sport. If a student-athlete struggles in a class, the coach may require a player to have a progress report completed on daily or weekly basis. The coach, however, cannot replace the influence of the parent/guardian.

All student-athletes should remember that the eligibility of an athlete is determined on the previous year's grades. That is, what a student does in class this year will determine whether or not he or she will compete next year.

Practice and Game Attendance

All players are expected to attend each scheduled practice and game or match. Practice is an essential part of any sport. The skills that are necessary to play sports at a competitive level must be practiced at the same intensity and concentration level during practice as well as in games. The games are the culmination of what has been learned at practice. Attendance and attention at both are essential.

- Players are expected to be on the field/court dressed and ready to practice at a time designated by the coach of each sport. Players are likewise expected to be ready for competition on the day of a game or match. Failure to be prompt will result in a disciplinary action.
- Any player who will be late for or absent from a practice or game must notify his or her coach before the practice or game. This can be accomplished by calling the school (379-5000/379-5031) and leaving a message with a member of the office staff. The absence or tardy can also be cleared with the coach by notifying him or her at least a day in advance.
- Unless the coach has been notified of an illness, a player is expected to be at practice even if he or she is injured or ineligible. There are exceptions to this rule. If a student has a pre-approved absence by the administration, is facing a disciplinary action, is receiving tutoring to improve his or her grades, or is receiving treatment for an injury, he or she may be excused from practice.
- No player is to leave the practice or competition area without the permission of his or her coach. Players are often expected to help clean, work on fields, or meet with coaches individually after practice or games. Parents

are encouraged not to take their child from the athletic site before he or she has been cleared to leave by a member of the coaching staff.

PROCEDURES FOR ABSENCES FROM PRACTICE

An absence from practice for any reason, should be reported to the coach (preferably by the student-athlete) in advance of the next scheduled practice. If not reported, the absence will be deemed unexcused, barring an emergency situation.

Excused Absence: Any absence for reasons beyond student athlete's control. (Illness, death in the family, court appearance, etc.)

Unexcused Absence: Any absence that could have been avoided with appropriate planning/action. (suspension from school, failure to secure transportation, etc.)

If a student athlete misses (excused or unexcused) any team practice, he/she will be required to stay for additional time following the next scheduled practice. This is not punishment for the absence, it is simply to make up what was missed during the absence.

1st Unexcused Absence- Upon the first unexcused absence, the student athlete will be required to stay for additional time after the next practice session, and will not be allowed to participate in the team's next contest.

2nd Unexcused Absence- Upon the second unexcused absence, the student-athlete will be required to stay for additional time following the next two scheduled practice sessions, and will not be allowed to participate in the team's next two calendar contests. (baseball double-header =1 calendar contest)

3rd Unexcused Absence- Upon the third unexcused absence, the student-athlete is subject to dismissal from team*.

*Instances may arise in which the coach/sponsor of a team may feel the dismissal of a student-athlete from his/her team may be unwarranted and detrimental to the team/student-athlete. In such instances, that coach/sponsor may petition the principal and athletic director on behalf of the student-athlete. A meeting will take place in which the coach can present a case for why the particular student-athlete should not be dismissed. After review, a determination on that student-athlete's status will be made.

GENERAL ATHLETIC INFORMATION

Accidents / Injuries

All accidents or injuries (at school or at home) should be reported to the coaching staff as soon as possible so they may evaluate the nature of the injury and the effect on the team. Trainers may be available to assist with the injuries in some cases.

Admission / Parking

An admission fee is required at the gate at most home and away contests. These admission fees help offset the costs of game officials, security, staffing, etc. These admission fees are set by the Jefferson County Board of Education and the Alabama High School Athletic Association. The person at the gate selling the tickets should not be targeted in a hostile manner. Likewise, some schools including Oak Grove High School charge a parking fee. This fee is determined by the organization collecting the fee and is a donation to that group.

Assumed Risk

Providing a safe environment for practice and competition is a priority of everyone involved in the athletic program at Oak Grove High School. Every step is taken to ensure the safety and well-being of all participants. While the staff at Oak Grove High School provides appropriate equipment, safe facilities, and a certified athletic trainer, students participate in athletics voluntarily and must understand that physical injury may occur in the course of the season. Oak Grove High School is not responsible for any charges that an athlete or his/her family may incur as a result of an injury sustained during athletic practice or competition. However, student-athletes and their parents must be aware that certain risks of injury are inherent in athletic participation. Accidents ranging from minor to

severe may occur. It is mandatory that a consent form be signed by the parents or guardians of an athlete before that student is allowed to practice or compete. By signing this form, parents and guardians acknowledge the risks associated with playing sports.

Athletic Seasons

Fall Season: Football, Volleyball, Cheerleading, Cross Country

Winter Season: Basketball, Bowling, Cheerleading, Indoor Track, Wrestling

Spring Season: Baseball, Softball, Track and Field, Golf, Cheerleading, Tennis

Awards

Individual awards may be presented to athletes at the discretion of the head coach of each sport and his or her staff. Student-athletes who are recognized for outstanding performance in tournament play at the end of the season may be recognized at the Awards Day program at the end of the year or at a seasonal banquet organized by the athletic boosters.

Changing a Sport / Quitting a Team

If a student-athlete is dismissed from a team, he or she is not allowed to join another team or program in that season if try-outs were conducted for that sport. Likewise, a student-athlete cannot quit one sport to join another sport until that season has concluded. For example, a student cannot quit the football team to go out for basketball until the football season has ended.

Communication

Communication between the coaches and players is an essential facet in building a successful athletic program. Communication between the coach and the player's family is also an important ingredient in the success of any team or program. If an athlete or his/her parent or guardian have concerns about an issue involving the student while on a particular team, a conference between the coach(es) and the individual(s) voicing the concerns should occur.

Parents and guardians should voice their concerns regarding team issues with the coach initially. If the parent or guardian is not satisfied with the response provided, he or she may then set up an appointment to speak with the athletic director regarding the issue.

Parents should expect the following types of communication from the coaching staff at Oak Grove High School:

- Location and time of practices and contests
- Description of the coach's philosophy
- The coach's expectations for the team as well as the individual student-athlete
- Team requirements such as special equipment, off-season conditioning, fundraisers, and financial obligations
- Notification when a student-athlete has been injured during participation
- Notification of disciplinary action resulting in the removal of a student-athlete from a contest or participation
- Request for support towards commitment of the program. For example, coaches may ask a parent's help in ensuring student-athletes are at practice on time, pay special attention to a healthy diet, impose a reasonable curfew, or seek academic assistance for their struggling child

The following are some examples of appropriate concerns for parents to discuss with the coaching staff:

- The treatment of their student-athlete both mentally and physically
- Their student-athlete's skill improvement and development
- Their student-athlete's behavior and attitude
- Their student-athlete's academic progress in relation to athletic participation
- Notification of any illness or injury that would prompt their student-athlete to miss practice or competition

The following are some examples of **inappropriate** concerns for parents to discuss with the coaching staff:

- Their student-athlete's amount of playing time
- The team's strategy during the season
- Play calling in games or other decisions made by coaches during competition

- Other student-athletes

Parents should follow these procedures if they have a concern to discuss with a coach or coaches:

1. **Make an appointment with the coach.** Please do not attempt to have a discussion with the coach about your concerns before, during, or immediately after a contest. Coaches have responsibilities to attend to before, during, and after a contest or practice. These are often emotional times for all involved including student, coaches, and parents. Discussions at these times usually do not promote objective analysis of the situation and rarely produce a result that is best for all parties involved.
2. **If the coach cannot be reached, call the athletic director or the school secretary who will arrange a meeting for you.** The school secretary can tell you the coach's prep time which is an ideal time to sit down to discuss your concerns.
3. **If the meeting with the coach does not produce a satisfactory result, the parent should arrange an appointment with the athletic director to discuss the situation. The coach may or may not be asked to attend this meeting.** The appropriate next step will be decided during this meeting should resolution not be reached.

Conflicts between Activities

Students are sometimes involved in concurrent activities, and there may be conflicts in schedules. Communication between coaches and sponsors of conflicting activities is vital. If a student-athlete recognizes such a conflict, it is his or her responsibility to notify the coaches or sponsors in a prompt fashion. Consideration must be given to the importance of the event and the role the student-athlete will play in it.

Facilities

Student athletes are expected to take a part in helping the coaching staff maintain the athletic facilities in which they participate. Whether the student athlete is on the fields or gyms at the school or on the fields at the community park, he or she should remember that the care of the facility is a responsibility of all who use it. During spring sports, student athletes should remember that they are guests at the community park and should conduct themselves accordingly. The misuse of any school or park facility may result in some disciplinary action by the coaching staff or school administration.

Financial Responsibilities

Each individual coach will notify student-athletes and their parents of any financial obligations which the athlete may incur while participating in a sport prior to the start of the season in writing. Parents and guardians of athletes oftentimes have the opportunity to offset the cost of participation by participating in school-sponsored fundraisers. All fundraisers held by individual teams must be approved by the administration of the school. Monies raised during these fundraisers should be taken up by the coach(es) of the sport and submitted to either the school financial officer or the treasurer of the athletic booster group which sponsors the activity. A report of the fundraiser must be submitted to the principal and all proceeds must be:

- Used for equipment or supplies for that team
- Used for travel expenses associated with that sport
- Divided equally among the members of the team raising the money for individual items needed for participation

No individual(s) may raise money in the name of Oak Grove High School or the team for which he/she/they play(s) without written consent from the school administration.

Game Officials

All student-athletes are expected to respect game officials (referees, umpires, etc.) They may not always make the correct call, but it is not your place to argue with an official of the game. Any question about the game will come from the coaching staff. Student-athletes who argue in any fashion with an official of the game will be disciplined.

Gymnasiums

Special care will be given to the school's gymnasiums. No cleats or hard-soled shoes will be permitted on the floor

of the competition gym. The locker rooms are to be kept clean and neat on a daily basis. Teams that use the gymnasiums are required to clean them each day after their use. No food or beverages should be left in the bleachers. Equipment, practice clothes, and trash should be picked up before leaving the gym. Any organization that sells concessions will be required to pick up before leaving or pay for custodial clean-up after events.

Inclement Weather

The school administration and the coaching staff will assess the fields, facilities, and other conditions that may affect competition during inclement weather. If competitions are cancelled, students will be allowed to notify their parents as soon as possible regarding cancellations or re-scheduling. The Jefferson County Board of Education may also cancel athletic competition county-wide due to inclement weather. Oak Grove High School is not responsible for away games that are cancelled due to inclement weather.

Initiations / Hazing

The Jefferson County Board of Education prohibits initiations and/or hazing in its *Code of Student Conduct*. These are Class III offenses and may be punishable by expulsion from the school system.

Insurance

All Oak Grove High School student-athletes are encouraged to have medical insurance before they can participate in competitive sports. The parents of these athletes may be asked to supply information verifying such insurance before the student is allowed to practice or compete. Insurance plans are available for purchase through the Jefferson County Board of Education.

Locker Rooms / Team Rooms / Dugouts

During athletic competition, the locker rooms and team rooms are for athletes, their coaches, and any other designated personnel. Family members and friends are not allowed in the locker rooms, team rooms, or dug outs without permission from the athletic staff or an Oak Grove High School administrator.

Managers

At their discretion, coaches may select managers for their squads. Team managers must abide by the same policies as student-athletes who are members of the team.

Medical Information

All students must have a current physical on file in the school office before a student may try out, practice, or compete in a school-sanctioned sporting event. In addition to this, students will be required to complete an emergency information card to be kept on file by each individual coach.

If a student is injured in practice or in competition, it is the responsibility of the parent or guardian to cover medical expenses. Furthermore, written verification from a physician is required when a physician or trainer removes an athlete from practices or games. Also, written verification from a physician is required after he or she releases the athlete to play again before the athlete can return to practice or competition.

Due to new privacy laws, the athletic staff of Oak Grove High School will not discuss an athlete's injury or medical status on the team with anyone other than the family of that student-athlete.

Overnight Competitions

In the course of a season, teams will sometimes participate in tournaments or events that require student-athletes to stay overnight at the competition site. Student-athletes should remember:

- You are financially responsible for costs not covered by Oak Grove High School.
- You must follow the guidelines for behavior outlined in the *Jefferson County Code of Student Conduct*.
- You are responsible for gathering, completing, and turning in any classwork, homework, or tests missed while on the trip.
- Room assignments will be made by the coaches and curfews will be enforced.

Parent Participation

Parents or guardians are encouraged to participate in the Oak Grove High School Athletic Boosters. This organization is invaluable to our program and needs much support. There are various jobs and duties that one might undertake which can fit any volunteer's schedule.

Participation in Two Sports in One Season

The Alabama High School Athletic Association has specific provisions in its by-laws that regulate the participation of athletes in more than one sport in a season. This practice is discouraged. If the student participates in a school activity, he or she has made a commitment to that group or team. He or she may be subject to disciplinary action or dismissal from the squad for failure to attend requisite practices or games.

If an athlete does participate in more than one sport, he or she must understand that:

- He or she is responsible for communicating any schedule conflicts to his or her head coach well in advance of the conflict.
- He or she is obligated to attend any tryouts that are required for participation on that team or squad.
- He or she must oftentimes make hard decisions that may affect the team or squad when an absence must occur from one team's event.

Once apprised of a conflict, the coaches or sponsors of the teams will meet with the athletic director to work out a solution so that the student-athlete is not caught in the middle. If a solution cannot be agreed upon, an administrator will make a decision based on the following:

- The relative importance of each event
- The importance of each event to the student-athlete
- The relative contribution the student-athlete can make
- How long each event has been scheduled
- A conference with the student-athlete's parents

Once the decision has been made and the student has adhered to that decision, the student will not be penalized by the coaching staff or sponsor in any way. If it becomes obvious, however, that the student-athlete cannot fulfill the obligations of the sport / activity, he or she should withdraw from the activity immediately.

Participation on Out-of-School Teams

You may not participate on a non-school team (AAU, community league, etc.) or in an outside sport activity (church or recreational league) in your sport(s) during your school season with the exception of tennis, golf, swimming, track, cross country, or wrestling. Participants in these sports may participate as an independent in two outside activities with no loss of school time during the season of that sport.

Physical Education Participation

Any student-athlete who has enrolled in physical education class will be expected to dress and participate in the daily class activity. Anyone failing to take part in the daily activity without prior permission from the teacher will be ineligible to practice or participate in practices or contests that day. The student-athlete's grade will also be affected.

Physical Examinations

All participants in interscholastic athletics must provide a copy of a pre-participation physical examination form that certifies the athlete is physically capable of participating in athletic activities. It is the responsibility of the participant and his or her family to visit a physician to obtain this examination.

Physical forms are available in this handbook. The physical is valid for one calendar year. All incoming seventh grade students must have a physical examination before spring training. Students in grades 7-12 are encouraged to have their physicals completed at the end of the school year to cover the next school year. Often, the athletic department or entire teams will travel together to have physicals completed.

Parents and guardians are encouraged to make a copy of the physical examination form to keep for your records. If your student-athlete desires to attend individual skills or team camps, he or she will be required to produce a copy of the physical examination form.

Playing Time

Playing time is determined by the coach of each sport. He or she observes and evaluates the student-athlete during practice times to which most other observers are not a part. The coach observes and evaluates conditioning and workout periods, keeps up with a student-athlete's academic progress, and monitors his or her behavior while at school. The coach, therefore, has the discretion to sit or play a student-athlete during competition. He or she has the discretion to set a game roster for each competition. This is not little league. Everyone must learn to fill a role that makes a solid and complete team.

Pre-Season Parent Meetings

A pre-season parent meeting for each sport will occur. Parents and their student-athletes are encouraged to attend to gain valuable information on scheduling, financial obligations, and team policies for that season. The dates and times for these meetings will be given to the student-athlete and publicized by the school. It is the student-athlete's family's responsibility to attend.

Student Trainers

Student trainers may be utilized in the day-to-day operations of the athletic program under the supervision of the coaching staff and a certified athletic trainer. Student trainers are subject to the same policies of any student athlete including, but not limited to, eligibility, discipline, attendance, and financial obligations.

Substance Use or Abuse Policy

The use or possession of tobacco, alcohol, or drugs will not be tolerated. The use of these substances adversely affects the performance of an individual during athletic competition, which in turn impacts the success, unity, morale, and performance of the entire team. The safety of individual team members can be compromised in the process. Even further, possession or use of these substances is inconsistent with the philosophy of Oak Grove High School and its athletic program.

If student-athletes are caught using or possessing these substances, he or she will be subject to disciplinary action as outlined in the *Jefferson County Code of Student Conduct*. In addition, suspension or dismissal from the team may result.

Summer Competition

During the summer months (from the end of the school year until the beginning of the fall sports practice date), you may not be coached in competition with another school's players by a member of your sport's coaching staff. You may, however, be asked to attend team camp or participate in competition sanctioned by the Alabama High School Athletic Association.

Team Try-Outs / Cutting Policies

Each coach on our staff is required to conduct try-outs for his or her team. The coach will establish his or her own policy of how he or she will choose a team. These policies will be approved by the administration of the school prior to conducting try-outs. In some sports, cutting a team down to a manageable size is a necessity. Coaches must explain their policy to candidates for their team at the first meeting. A student-athlete may be cut from a team anytime during a season for disciplinary reasons.

Transportation

Transportation to athletic events is provided by Oak Grove High School when appropriate. Reasonable safety precautions will be taken when transporting students to and from athletic events sponsored by the school. Parents of athletes who do not drive may be called upon at times to transport athletes to a contest.

Volunteer Coaches

Under AHSAA guidelines, the Oak Grove High School coaching staff may choose to utilize volunteer coaches in the athletic program. All volunteer coaches must be approved by the school administration and the athletic director.

These coaches must agree to take the two courses required by the AHSAA on coaching principles and first aid/medical issues in order to assist. Volunteer coaches will be required to follow the same standards certificated staff members must follow. If any volunteer coach violates the rules of the AHSAA or compromises the standing of the Jefferson County Board of Education, he or she may not be permitted to hold any coaching position on the Oak Grove High School staff.

Weight Room Policies and Procedures

Weight-training has become a necessary part of the overall development of athletes at the high school level. In order to remain competitive and achieve the goals we have as an athletic department, we must provide a program that develops each individual athlete fully. All student-athletes involved in any sport at Oak Grove High School will be required to lift weights as a part of the necessary training to develop each athlete's full potential and each team's full potential.

Weight room activities will be closely monitored and supervised. Each sport will be on a weight program that will maximize the performance of the athlete in that sport. Weight training will occur both during the school year and summer. All student-athletes will be required to make a designated number of workouts over the summer break.

Failure to participate in the weight program will result in disciplinary action from the athletic department which could include removal from any athletic team that student-athlete participates.

EXPECTATIONS AT OAK GROVE HIGH SCHOOL

What is expected of YOU as a student athlete!

- You are a student athlete. Notice that the word "student" comes first and the word "athlete" comes second. You are expected to conduct yourself as a student who is in school to learn.
- You are expected to always work hard as possible to develop your skills and abilities on the field of competition in an effort to make yourself and your team better.
- You are expected to be an aggressive competitor on the field/court, but a gentleman or a lady off of it.
- You are expected to exhibit excellent discipline in all aspects of your life when you are representing Oak Grove High School Athletics and especially Oak Grove High School.
- You are expected to be an outstanding representative of your school, family, and community.

What you can expect from the coaching staff

- We will do everything in our power to give you the best of our abilities both on and off the field/court in an effort to make you and your team better athletes and better people.
- We will do our best to give every person on the team an honest chance to earn his or her position on the team and to choose the players who will do the best and work the hardest for the team.
- We will constructively criticize when necessary and praise when deserved. All comments and directions will be made with the student's best interest in mind. As coaches, we are in the profession to make the players better athletes and better people.
- We will do everything we can to give you the best possible instruction to assure that you respond properly on the playing field/court so that our team may achieve the goal of succeeding in sports as well as in life.
- We will be glad to listen and to help with any sort of personal problem you might have whenever possible.
- We will hold your physical welfare and safety above the importance of winning at all times.
- We will enforce rules and regulations with absolute fairness and without concern for position on the team.

ACKNOWLEDGEMENT OF RECEIPT

I hereby acknowledge that I have read and understand the policies covered in the Oak Grove High School Student-Athlete Handbook. I recognize that by signing this document I agree with these policies, and I willingly give my student-athlete permission to participate in athletics at Oak Grove High School.

NAME OF STUDENT ATHLETE:

(PRINT) _____

SIGNATURE OF STUDENT ATHLETE:

NAME OF LEGAL GUARDIAN:

(PRINT) _____

SIGNATURE OF LEGAL GUARDIAN:

DATE: _____

OAK GROVE HIGH SCHOOL STUDENT-ATHLETE CONTRACT

In an effort to lessen the disparity between our team ideals and individual behavior, as well as personalize these ideals in our athletic experience, Oak Grove High School has adopted the following basic expectations for its student athletes:

1. I will respect and adhere to the policies set out in the Jefferson County Code of Conduct as well as those in the Oak Grove High School Student-Athlete Handbook.
2. I will respect the dignity of all persons; therefore, I will not physically, mentally, or psychologically abuse another person.
3. I will neither use nor support the use of illegal drugs, alcohol, or the smoking of any substance.
4. I will be on time to school each morning, and will be punctual in all aspects of my life.
5. I will exhibit good sportsmanship on and off the field of play.
6. I will comply with the instructions of teachers and coaches immediately.
7. I will respect the property of others; therefore, I will neither abuse nor tolerate the abuse of property.
8. I will use language that is socially acceptable. Profanity, and vulgarity in speech or gestures will not be tolerated.
9. I will cooperate with teammates, coaches, and officials.
10. I will strive for excellence both academically and athletically during my time at Oak Grove High School.

I, (PRINT) _____ have read and understand the Oak Grove High School Student-Athlete Handbook, as well as the Oak Grove High School Student-Athlete Contract. I understand that by signing this document, that if any rules are broken, my coach/sponsor has the obligation to take appropriate disciplinary actions.

Student Signature Date

As a parent of _____, I understand and approve of the policies entailed in this document.

Parent Signature Date