

WHITEOAK JR./SR.
HIGH SCHOOL

2017-2018
STUDENT-ATHLETE
HANDBOOK



Table of Contents

The Athletics Program

Mission Statement and Objectives	4
Staff Directory	5

General Policies and Procedures for Student-Athletes

Code of Ethics	6
<i>Designation of Athletic Status</i>	7
Coaches Jurisdiction/Team Rules	7
<i>Termination of Participation</i>	8
<i>Sports Seasons</i>	8
Selection of Teams	8
<i>Uniforms and Equipment</i>	8
Conduct/Player Appearance	9
Substance Abuse Policies	9
<i>Suspensions During the Season</i>	10
Attendance	10
Travel	10
<i>Travel Continued</i>	11

Academics

Eligibility	12
Guidelines to Good Grades	13

Medical/Athletic Training /Insurance

Pre-Participation Physical Exam	14
Insurance Coverage	14

Awards

Requirements for Letter	15
Other Awards	15
Athletic Awards Program	15



Commitment
Achievement
Teamwork
Success

THE ATHLETICS PROGRAM

Mission Statement

Whiteoak Jr./Sr. High School Athletic Program exists for the sake of the students at Whiteoak—for their growth and development. Athletics provides equal opportunities for talented students to participate in a competitive sports program that is value-based and educationally sound.

Objectives

1. To encourage each student to excel athletically, socially, and scholastically to the best of their ability.
2. To develop and promote the values of physical fitness and sound physical and mental health.
3. To learn and practice good sportsmanship.
4. To increase each participant's understanding and appreciation of all sports.
5. To promote fun and enjoyment for all participants.
6. To provide favorable playing conditions in order that the competitive experiences of the students may be wholesome and worthwhile resulting in the attainment of desirable habits, attitudes, and conduct.
7. To insure the maximum protection of the health and safety of the players by providing the necessary rules, regulations, and proper program supervision.
8. To develop and promote a coordinated, sequential, diversified, and balanced program for grades 7 through 12.
9. To educate and inform the community regarding the purpose and place of interscholastic athletics.

Sponsored Teams and Staff Directory

Athletic Department

Athletic Directors.....Mr. Combs
Mrs. Gleim

High School

Cross Country - Varsity Girls.....Mr. Hughes
Cross Country - Varsity Boys.....Mr. Hughes
Volleyball—Varsity Girls.....Mrs. Pollard
Volleyball—Reserve Girls.....Miss Bayer
Golf—Varsity Boys.....Mr. Ferguson
Soccer—Varsity Co-Ed.....Ms. Scott
Basketball—Varsity Girls.....Mr. Smith
Basketball—Reserve Girls.....Mrs. Stratton
Cheerleading—Girls.....
Basketball—Varsity Boys.....Mr. Kibler
Basketball—Reserve Boys.....Mr. Drewyor
Basketball—Freshmen Boys.....Mr. Knoblauch
Bowling.....
Softball—Varsity Girls.....
Softball—Reserve Girls.....
Baseball—Varsity Boys.....Mr. Veidt
Baseball—Reserve Boys.....Mr. O’Cull
Track—Varsity Girls.....Mr. Abrams
Track—Varsity Boys.....Mr. Abrams

Junior High

Cross Country - Girls.....Mr. Hughes
Cross Country - Boys.....Mr. Hughes
Volleyball—7th & 8th Grade Girls.....Miss Knoblauch
Cheerleading—7th & 8th Grade Girls.....
Basketball—7th Grade Girls.....Mrs. Walker
Basketball—8th Grade Girls.....Mr. Carr
Basketball—7th Grade Boys.....
Basketball—8th Grade Boys.....Mr. Davis
Track—7th & 8th Grade Boys/Girls.....Ms. Evans

GENERAL POLICIES AND PROCEDURES FOR STUDENT-ATHLETES

Code of Ethics

The purpose of athletics is to provide an opportunity for each student-athlete to develop his or her potential as a skilled performer in a highly competitive, yet, educational setting. As education seeks to provide ways in which student-athletes may know themselves, and grow emotionally, socially, and intellectually, so does the athletics program. In addition, the student-athlete has the opportunity to represent his/her school, and learn the art of being a team member. All this gain is not without sacrifice, for the student-athlete may lose some individual rights and privileges as he/she accepts the policies of the program when he/she becomes a member of a team.

Whiteoak Jr./Sr. High School student-athletes are expected to :

- Dress appropriately at all times, because you represent your sport and the school. Conduct yourself in a first-class manner. Consideration of others should be one of your prime concerns.
- Attend all classes and be on time. Plan your time well, prepare your assignments throughout the semester and not at the last minute. Your first responsibility at Whiteoak is your classes, your second priority is your sport.
- Willfully abide by the spirit of the rules as well as the letter of the rules of the OHSAA, Southern Hills Athletic Conference, and the Bright Local Board of Education and Administration throughout all games and practices.
- Refrain from the use of tobacco products, alcohol, and illegal drugs.
- Respect and accept the decisions of the coach.
- Control your emotions during athletic competitions. Do not argue with officials, teammates, or members of the opposing team. Do not use profanity, it reflects poorly on you, your family, your sport, and the school.
- Treat all athletic equipment and facilities with respect. Be proud of our facilities and help keep them in top shape.
- Maintain a positive attitude which is essential for success on and off the field. Strive for the highest degree of excel-

lence, learn daily, and give your best at all times. Work hard to improve your physical and psychological conditioning.

- Be grateful for the opportunities afforded by participation in athletics and extend your appreciation to those who make these opportunities available to you. Be willing to assist in any athletics program function when asked to do so—or better yet, volunteer.
- Maintain a disciplined and consistent schedule regarding your sleep habits, study time, diet, and personal grooming habits.
- Keep personal disagreements away from practices and contests. Respect differing points of view.
- Contribute to the effort to make each practice a success. Exert maximum effort in all games and practices.
- Place primary responsibility and loyalty to the team and not to yourself.

Designation of Athletic Status

A student is designated an athlete upon participation in their first practice of a school sponsored athletic team at the Junior High or High School level. Rules and regulations established in the Student-Athlete Handbook apply to a student-athlete the entire calendar year until graduation or withdraw from the Bright Local School District.

Coaches Jurisdiction/Team Rules

The coach is responsible for the total conduct of his or her sport program within the limits of authority defined by OHSAA and the Bright Local Board of Education and Administration. A participant is subject to all athletic department rules and policies as outlined in the athletic handbook, as well as the student handbook. The minimum standards set by the school may not necessarily meet the standards expected of athletes and members of specific teams. Requirements may not be the same from team to team, nor from coach to coach. Information for each team shall be furnished prior to the beginning of the season. All athletic practices will be closed. No one ex-

cept team personnel, is allowed on the field or in the gym.

Termination of Participation

If an athlete's participation on a team is terminated by a coach or by the athlete after the first regular season contest: -

1st Occurance—*a committee consisting of the Athletic Directors, Superintendent, High School Principal, two Board Members and the Head Coach of the effected sport, will decide whether or not the student-athlete will be eligible to participate in other sports or will be ineligible for up to one calendar year. He/she is ineligible to participate in any sport for one calendar year (If participation in a spring sport is terminated, then the athlete cannot participate in any sport until the spring of the following school year).*

2nd Occurance—*The student-athlete will be ineligible to participate in any sport for one calendar year.*

This does not include scrimmages. Exceptions may be granted in extraordinary circumstances upon agreement of all coaches involved, the athletic director and the principal.

Cheerleading—*If a cheerleader quits after making the squad at tryouts, they will not be allowed to tryout the following year. If uniforms have been ordered, then the student must pay for the uniform.*

Sports Seasons

All sports seasons begin and end on the dates determined by the Ohio High School Athletic Association with exception to cheerleading. The cheer season begins as soon as teams are chosen and equipment has been ordered. The cheer season ends after the last Boys Basketball contest.

Selection of Teams

The number of athletes selected to the athletic teams will be determined by availability of equipment and the number of par-

participants needed as determined by the head coach, athletic director, and principal.

Uniforms and Equipment

Equipment and uniforms will be issued by the school. At the completion of the season, these uniforms will be collected by the coach on a date and time designated by the coach. If the uniform is not returned on or by that date, students will be ineligible for participation in any other sport (tryouts, practices, or competitions) until all equipment and uniforms are returned. Grades or diplomas may be withheld and disciplinary action can be taken against the student. Payment for lost or damaged equipment will be required. This also applies to any outstanding balances that the student may have with the school, athletic department, or athletic boosters.

Conduct/Player Appearance

Player conduct and dress policies applicable to team events, home and away, shall be established by the coach and shall insure that an athletes conduct and appearance reflect in a manner positively towards the reputation of Whiteoak Jr./Sr. High School.

- Tattoo's, if visible in uniform, must be covered during all contests.
- All uniform accessories must be approved by the AD or principal.
- During games/scrimmages , athletes must be clean shaven or the coach will not allow them to participate.
- Jewelry of any type may not be worn during practice or contests as stated in the OHSAA Regulations.

Substance Abuse Policies

The use, abuse, possession, or sale of alcohol, drugs, tobacco, look -a -like drugs is contrary to the standards of training of all participants in the District's athletic programs and prohibited.

Any athlete in violation of the school district's policies regarding substance abuse, occurring on or off school premises or during school activities shall be denied participation in the program as defined below:

First Offense:

Tobacco Violation— 1 game suspension

Alcohol Violation— 6 game suspension or 3 game suspension with entry into a counseling program. This program must be completed.

Drugs of Abuse— 1 calendar year suspension from date of occurrence or a 90 school day suspension with completion of a counseling program.

Second Offense:

Tobacco Violation— 5 game suspension

Alcohol Violation— 1 calendar year suspension from date of occurrence or a 90 school day suspension with completion of a counseling program

Drugs of Abuse— 1 calendar year suspension

Suspension of athletic participation for remainder of high school career.

Third Offense:

Tobacco Violation— 90 school day suspension

1 calendar year suspension from
date of occurrence

Alcohol Violation— suspension of athletic participation for remainder of career

Drug Violation— suspension of athletic participation for remainder of career

Fourth Offense -

Tobacco Violation— suspension of athletic participation for remainder of career

****All violations are accumulative throughout the year. With the exception of drug use. Drug use is accumulative throughout Junior High and High School career. Coaches also reserve the right to add additional consequences that they list in the team's rules.**

**** Only regular season and post season games count towards games served under suspension. Scrimmages do not qualify.**

Suspensions During the Season

In or Out of School Suspension as assigned by the Principal: Suspended from all contests , practices, and open gyms during the suspension.

Attendance

In order to be eligible to compete or practice, any student participating in any athletic event must attend school a minimum of **four (4) eight(8) class periods**. Doctors appointments, college visits and funerals are the **only** valid excuses that will be accepted. Any exceptions may be granted at the discretion of the principal or Athletic Director. The coach and/or Athletic Director is responsible for checking with the attendance officer as to the eligibility of the student athlete.

Travel

1. All athletic teams will be transported by school buses driven by district-employed bus drivers. The Golf team will be permitted to drive to practices, but will use the school van to all matches.
2. Student-athletes are **required** to use transportation provided by the school to athletic contests. Parents, guardians, relatives, and **ONE NON-RELATIVE OVER THE AGE OF 21** may sign their child out after athletic contests and provide transportation for them home. Student-athletes will not be released to any other adult besides parents or guardians unless both parties have provided a note prior to sign out. Emergencies can arise and can be approved by the administrator on site. A sign out sheet will be made available with the names of the student-athletes listed. Parents or guardians need to sign their name by that of their child. Failure to sign student-athletes out will result in this privilege being lost and the student athlete required to ride school transportation to and from all contests.
3. When it is necessary to cancel a trip due to weather or road conditions, the decision will be made by the athletic director and the building principal. All parties concerned should be notified immediately if the decision is made to cancel.
4. The Superintendent or his designees Bus drivers will have the final authority on the decision as to staying or coming home due to weather conditions.
5. The coach will assume all responsibility for conduct and disci-

ACADEMICS

Eligibility

All students involved in athletic activities must meet the requirements set forth by the Ohio High School Athletic Association and the Bright Local Board of Education. The following are specific academic standards that must be met to be eligible to participate:

1. Students must achieve a minimum 2.000 grade point average combined in all classes for the current grading period when beginning a sport.
2. The student must receive passing grades in five (5) credits of classes during the nine (9) week grading period immediately preceding and during the appropriate sport season. Failure to meet this standard will cause the student to be ineligible for entire nine (9) week period.

A grade check will be conducted at interims and at the end of the grading period. If an athlete meets this standard at any of these checks, he/she will have met this requirement and may become eligible, provided he/she has met all other requirements. This also means an athlete could become ineligible if he/she falls below a 2.000 during these grade checks. If an athlete becomes ineligible during a grade check due to grade point average, they will have a one week probationary period to raise their grade point average and regain their eligibility. ***During that one week probationary period, the student-athlete is allowed to participate in athletic contests. If the student is still ineligible at the end of the one week, then he/she must abide by the guidelines established for an ineligible student-athlete.*** If a student-athlete is not eligible at the start of the sport, the coach has the authority to determine if the athlete can join the team after the season has started. Summer school classes are not considered when looking at this requirement.

Eligibility is determined by looking at nine (9) week grades only. Semester and yearly grades have no effect on eligibility. Also, an athlete who is ineligible will not participate in scrimmages or games. Any decision on practicing with the team will be left to the coach.

Guidelines to Good Grades

In the final analysis, you will make your own grade. Although various study aids may enhance your learning possibilities, hard work and your own aggressive perseverance will be the determiner of that grade. The following information are suggestions on how to aide in keeping your grades up:

- Attend class.
- Concentrate in class and take good notes.
- Review your notes after class and add any information you might have rushed over during class time. Put your notes in good readable form. Their value to you is for use later in organizing the material and structure of the course in preparation for tests and exams.
- Keep up in work assigned. Work ahead if possible.
- Note problems early, i.e., lack of understanding of the teacher (communication), lack of note taking ability, lack of understanding of material, concepts in course, lack of time in preparation, etc.
- Don't put problems off. Usually they don't just go away. Stay on top of your situation.
- Use all the tools and resources available to you such as the teacher, librarians, counselor, study guides, classmates, friends, etc.

MEDICAL/INSURANCE

Pre-Participation Physical Exams

It is required all participants have on file record of a physical examination. A physical is good for one calendar year from date of exam. An athlete will not be allowed to participate until a physical is completed and on file.

It is recommended that students arrange for their exams well in advance of the beginning appropriate sport season. This will assure that the student is not prevented from participating in initial tryouts or practices due to failure of having a completed physical.

Insurance

Athletes will be required to purchase or provide supplemental insurance for injury or have a parent or guardian sign a waiver form refusing supplemental insurance coverage. This will be necessary to do every year.

STUDENT-ATHLETES' FAMILY AND FRIENDS BEHAVIOR EXPECTATIONS

Individuals who attend an athletic event and support a Whiteoak athletic team are expected to behave in a manner that is respectful of the athletes, the officials, and all other spectators that are in attendance. Failure to do so could result in removal from event and/or privilege to return to future events suspended for a period of time. As a fan of Whiteoak athletics, your actions are not judged as an individual, but as a representative of Whiteoak Jr. / Sr. High School.

AWARDS

Requirements for Letter

The following are requirements for receiving a varsity letter:

- Golf—compete in 1/4 of varsity matches
- Cross Country—Score in half of the meets
- Volleyball—Play in five (5) varsity games
- Basketball—Play in 1/4 varsity quarters
- Baseball/Softball—Play in fourteen (14) varsity innings
- Track—Score a total of 10 points in Varsity meets

Other Awards

All other awards available for athletes to receive will be determined by the coach, athletic director, and principal. The awards may vary from team to team.

Athletic Awards Program

There will be three (3) athletic awards programs during the school year. The first will be in the fall and will recognize the high school volleyball, cross country, and golf teams. The second will be in the winter and will recognize the high school basketball teams. The final athletic awards program will occur in the spring and recognize the high school baseball, softball, and track teams. Jr. High teams will also be recognized at these awards programs. Jr. High Athletic Awards will take place in conjunction with the Jr. High Academic Awards at the end of the school year. ***In order to receive awards, athletes are required to attend the program unless prior approval is obtained from the Athletic Director or Administrators.***

To Our Athlete

There are little eyes upon you,
And they're watching night and day;
There are little ears that quickly
Take in every word you say;
There are little hands all eager
To do anything you do;
And a little boy who's dreaming
Of the day he'll be like you.

You're the little fellow's idol;
You're the wisest of the wise,
In his little mind about you,
No suspicions ever rise;
He believes in you devoutly
Holds that all you say and do,
He will say and do, in your way
When he's grown-up like you.

There's a wide-eyed little fellow,
Who believes you're always right,
And his ears are always open,
And he watches day and night;
You are setting an example
Every day in all you do,
For the little boy who's waiting
To grow up to be like you.

Author Unknown

