

***Oak Grove Middle School
Athletics/Activities Handbook***



2022-23

Purpose of Oak Grove Middle School Athletic Programs- 3 Goals

1. **Have Fun**-Students Athlete's develop a passion for their sport. Student athletes want to come to practice and participate in the activity the following year.
2. **Winning Culture**- Student Athlete's develop a competitive winning mindset where students learn the value of competition.
3. **Develop Skills**- Student athletes develop skills and fundamentals that are valuable to their sport to develop for varsity sports.

Youth Sports vs. School Sports

1. No Volunteer Coaches, Parents are not allowed on the field or court.
2. As Parents, we should encourage our sons and daughters to advocate for themselves and have an Open Door with their Coaches.
3. Be Loyal, and support the team.
4. Playing Time (24 Hour Rule).
Player to Coach, Parent to Coach, Parent to Administrator
Not Everyone will get the same amount of playing time. It will not be discussed.

Participation Guidelines

As representatives of the Oak Grove School District, we hold our student participants to a higher standard. We have many expectations for these students to help teach them commitment, time management and always putting their academics 1st. Although not all expectations for our students can be listed (i.e. sportsmanship, using manners and leaving areas cleaner when they leave than when they arrived) we feel the guidelines listed below are essential to developing our students who are in extracurricular activities.

1. All students will be transported to and from respective activities, games, meets via school transportation. The only exception to this occurs when a parent requests to transport the student and contacts the head coach/sponsor personally to make arrangements. The head coach and/or administration will make the final decision.
2. If a student must miss practice or a scheduled event, the student must obtain permission from the head coach/sponsor prior to the scheduled practice or event. If the absence is unforeseen, the student should make every attempt to contact the head coach/sponsor concerning the nature of the absence. **The head coach and administration will determine whether the absence is excused or unexcused and may cost an athlete/participant his/her position on a team or in a group, his/her opportunity to dress for an event, or even a possible suspension or elimination from the activity. Missing any practice, game or team activities for a non-school sport is considered unexcused.**
3. Weekly Grade Checks will be applied at the start of the Fall season. Students will not be eligible if they have more than 1 F for that week's events. Students will be eligible once Grade has risen above failing at the start of the next week, or administrative discretion.
4. In the event of the suspension of a student, the student will not be eligible for competition until he/she has fulfilled the disciplinary requirements established by the administration.

5. Students who are absent from school on the day of competitions/performances will be ineligible for that event on that day. For weekend activities, students must not be absent on the last day of school prior to the weekend activities or they too will be ineligible. It is also important to be in attendance the full day following an athletic/activity event. Students who are absent from school on the day after competitions/performances will be ineligible for the next competition/performance.

At 7:40am students who are not in class become tardy. At 8:00am, students not checked in at the front office move from being tardy to being absent. On the day of and after a competition/performance, parents must contact the middle school office to notify the administration if their student is tardy. Students who are absent the day of and day after an athletic/activity event without prior approval by the administration and the coach/sponsor, will be ineligible to participate.

6. A student who receives a 10-day out-of-school suspension will not be eligible to attend or participate in any school sponsored extracurricular activities for a minimum of thirty (30) school days after the suspension has been served.
7. We at Oak Grove have always put the team concept before individualism. The coaching staff and administration believe that tattoos, body/facial piercings and non-natural colored hair detract from the team concept and that any action that interferes with the success of the team will not be tolerated. As Oak Grove representatives, you have accepted a high standard of accountability for yourself and your team. All body/facial piercings will be removed during practices, competitions, and all other team events. All tattoos will be securely covered and non-visible during practices, competitions, and all other team events. Hair should not have any non-natural colors dyed during the duration of the season and during any off-season activities.

MSHSAA Policy: Non-School Competition *(All MSHSAA Policies will be followed accordingly.)*

You may not practice for or participate with a non-school team/group or in any organized non-school athletic/activity competition and for your school team in the same sport/activity during the same season. You may participate on a school team/group and a non-school team/group in different sports/activities during the same season with coach and administrative approval.

Physical Exams and Insurance Requirements

The school shall require of each student participating in athletics a certificate of an issued physical signed and authorized by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in athletic practices and contests of his/her school. A student shall not be permitted to practice or compete for a school until a complete, signed certificate is on file at the school. The medical certificate is valid for two years (730 days) from the date of issue for the purpose of this rule. A student shall not be permitted to practice or compete for a school until it has verification that he or she has basic athletic insurance coverage. The MSHSAA PPE form is the document completed and signed by your physician.

The Pre-participation documents include the medical history form, parent permission-insurance verification, student agreement, concussion education materials-parent/student signature, and emergency contact Information. Only the MSHSAA PPE Form, the “physical examination,” is valid for a two-year period (730 days). The MSHSAA Pre-participation documentation forms are still annual requirements that the school must secure from the students/parents annually.

It is important to understand that participation on a team at Oak Grove Middle School is a privilege and not a right. Being on a team and maintaining one’s membership on a team means accepting all the responsibilities of a participant. However, unlike recreational or intramural teams, equal or guaranteed playing time does not exist. In an effort to be competitive, a coach will use players best suited to the conditions or demands of the contest at a given time.

Parent/Coach Communication

1. Communication you should expect from your child’s coaches:
 - a. Philosophy
 - b. Expectations the coaches have set for all team members
 - c. Locations and times of all practices and contests

2. Appropriate concerns to discuss with your child’s coaches:
 - a. The treatment of your child, mentally and/or physically
 - b. Ways to help your child improve
 - c. Concerns about your child’s behavior

3. Issues not appropriate to discuss with your child’s coaches:
 - a. Playing time
 - b. Team strategy
 - c. Play calling
 - d. Other students/athletes

4. If you have a concern to discuss with the coach, the following procedures should be followed:
 - a. The student-athlete must first bring the issue to the coach’s attention.
 - b. If the issue needs further attention, a parent can contact the coach during his/her planning period to get a clarification or to set a meeting.
 - c. Parents should not confront a coach before or after a contest or practice. These can be emotional times for both parents and coach. Meetings of this nature do not promote resolution. Parents are encouraged to wait 24 hours prior to reaching out to a coach to discuss any issues.
 - d. **The Athletic/Activity Chain of Command follows:**
 - Player/Participant
 - Head Coach/Director
 - Middle School Principal or Assistant Principal
 - District Activities Director

The Student/Parent Pledge

As a student/parent, I acknowledge that I am a role model. I will remember that school athletics/activities are an extension of the classroom, offering learning experiences for students. I must show respect for all players, coaches, spectators, officials, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and that good sportsmanship is expected by our school and conference. I hereby pledge my responsibility to be a model of good sportsmanship that comes with being the parent of a student-athlete.

Parent/Guardian Signature

Date

Student Signature

Date