



OAK HALL SCHOOL

**STUDENT/PARENT ATHLETIC
HANDBOOK**

2018-2019

**Schedules are posted on
www.oakhall.org**



Student/ Parent Athletic Handbook Oak Hall School

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PRINCIPLE OF GOOD PRACTICE

PRINCIPLES OF GOOD PRACTICE FOR MEMBER SCHOOLS

NATIONAL ASSOCIATION OF INDEPENDENT SCHOOLS

Interscholastic athletics can play an important role in the lives of children. The school's athletic program can be an essential part of the education of students, fostering the development of character, life skills, sportsmanship, and teamwork.

1. The school's athletic program embodies the mission, philosophy, and objectives of the school.
2. The school ensures that coaches have appropriate training and knowledge of the school's mission, philosophy, and objectives.
3. The school promotes equity in all aspects of its athletic programs.
4. The school's athletic program is considered to be an integral part of the school's curriculum.
5. The school is committed to the safety and the physical and emotional health of participants in the athletic program.
6. The school's athletic program values the dignity and worth of the individual in a context of common purpose and collective achievement.
7. Coaching is teaching; coaches are teachers.
8. The school ensures that coaches have an understanding of the developmental needs of the children with whom they work.
9. Coaches design and implement activities that improve the knowledge and skills of all participants.
10. Coaches have a strong collegial relationship with other educators and contribute to the school's understanding of the whole child.
11. The school educates parents about the philosophy, policies, and appropriate expectations of the athletic program.
12. The school defines and clearly communicates standards of conduct to players, spectators, coaches, and other teams.
13. The school works directly and candidly with other schools to prevent abuses in the following areas: recruitment, eligibility, transfers of student athletes, financial aid, and admission.



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INTRODUCTION

Students at Oak Hall School are challenged with a rigorous academic program. In addition, they participate in a wide variety of extra-curricular activities from which they gain a valuable perspective about themselves and life beyond the classroom. Athletic competition and organized sports play an essential role in both physical education and school life. To provide these important experiences for its students, Oak Hall offers interscholastic competition through over 39 different teams from grades 6 through 12.

This handbook is organized to provide helpful information about Oak Hall's athletic program and the responsibilities and privileges of students who participate in athletics. While it is not possible to find answers to every question in this handbook, you should find it to be a useful reference guide.

All questions pertaining to student eligibility and athletic department policy should be brought to the attention of the athletic director. Questions regarding a specific sport or team should be directed to the head coach.



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ATHLETIC PHILOSOPHY

- ❖ Athletics is an important and vital part of the total educational program at Oak Hall School
- ❖ The athletic program and the academic program both serve the same purposes—to build character and to give each student qualities that will equip him or her for a productive life.
- ❖ Oak Hall believes in the scholar-athlete, the person who places academics first, but who participates in athletics as a valuable and necessary part of the learning experience in school.
- ❖ Oak Hall seeks to encourage as much participation as possible at each level of interscholastic competition. In middle school athletics, our policy is to keep “cuts” to an absolute minimum and to distribute playing time with participation as a goal. Ultimately, the overwhelming goal at the middle school level will be to provide opportunities that allow the student-athlete to gain skill as an athlete and develop personal confidence. For junior varsity we continue to view participation as an important goal, but playing time begins to depend more on individual ability and effort than at the younger level. Our goals for varsity are more narrowly focused and fielding a competitive team is a high priority.



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STUDENT ELIGIBILITY

FHSAA

Oak Hall School is a member of the Florida High School Athletic Association, which is the governing body of high school athletics in Florida. Questions pertaining to FHSAA rules and regulations should be directed to the athletic director.

Academic Eligibility

1. Students in grades 6 through 8 must have a 2.0 GPA at the conclusion of each semester.
2. A student entering the ninth grade shall be eligible during the first semester of the ninth grade year provided that it is the student's first entry into the ninth grade.
3. A student in grades 9-12 must have a cumulative high school grade point average of a 2.0 or above on a 4.0 unweighted scale in all courses as required by the Florida Statutes at the conclusion of each semester to be eligible during the following semester.
 - ❖ **Exceptions** to item 3 may be made for tenth graders who do not have a cumulative GPA of 2.0 at the conclusion of their 9th grade year or at the conclusion of the first semester of the tenth grade year provided the following requirements are fulfilled:
 - a) They have a 2.0 GPA in all courses taken during the semester of ineligibility.
 - b) They sign an academic performance contract with Oak Hall; and
 - c) They sit out the semester of ineligibility.
 - ❖ If all of the above provisions are met, the student may regain their eligibility.

OHS

Oak Hall reserves the right to impose higher academic and discipline standards than those listed above. Students on academic or discipline probation may be restricted by the school from participating in athletics.

- ❖ Oak Hall Students must maintain at least a 2.0 GPA on a 4.0 scale or its equivalent in all courses taken, per quarter. A student must not receive the letter grade "F" in any course.
- ❖ At the interim of the period of ineligibility, the student-athlete may be reevaluated by the administration and athletic eligibility may be reinstated if significant progress has been exhibited by the student. Interim eligibility review applies to OHS eligibility requirements ONLY!



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Limit of Eligibility

- ❖ Each student shall have four consecutive calendar years of eligibility from the date he or she first enrolls in the ninth (9th) grade.
- ❖ Four years from the date he or she first enrolls in the ninth (9th) grade, he or she will become ineligible for further interscholastic athletic competition.
- ❖ Students may participate in interscholastic athletics one year as eighth graders, one year as seventh graders, and one year as sixth graders.

Age

- ❖ Students who reach the age of 19 prior to September 1 may participate in athletics for that school year as long as the limit of eligibility has not been exceeded.
- ❖ Students who reach the age of 15 prior to September 1 may participate in athletics for that school year as long as the limit of eligibility has not been exceeded.

Attendance Requirements

- ❖ A student will be eligible at the first school in which he/she attends classes each school year or at the school in which he/she participates in an athletic practice prior to the beginning of the school year. The student will be eligible at that school as long as he/she remains enrolled and meets all other eligibility requirements. Please see information on transfer students for information regarding the change of school.

Home School Attendance

- ❖ Beginning with the 2009-2010 school year, Oak Hall allows home education students to participate in athletics under the following provisions:
 1. A formal application is submitted to the school
 2. The student meets applicable guidelines necessary for admission to Oak Hall School
 3. A registration fee (to be determined annually by administration) is paid
 4. Family is a member of OHS Athletic Booster Club
 5. Meet the provisions of the FHSAA to include:
 - a. Student is registered as a home education student with the Alachua County School Board or with the superintendent of the county in which he/she resides.
 - b. OHS is notified of intent to participate before the beginning date of the season for the sport in which he/she wants to participate



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- c. Meets the same standards of acceptance, behavior, and performance as the school requires of other participating students
- d. Certify to the school at the end of each semester that he/she has the minimum GPA required for participation
- e. Satisfies all other FHSAA eligibility requirements
- f. Approved by FHSAA office each year using a form provided by the association

Transfer Students

- ❖ Transfer students eligibility is immediate, with certain limiting conditions:
 - 1. Students may not participate in the same sport in the same year at more than one school.
 - 2. Mid-season transfers may immediately join a team if the team has not reached maximum size, the coach determines student has skill and ability, and they have not already participated in the same sport at another school during the same school year.
 - 3. Student has not been recruited.
- ❖ Every student who changes or transfers schools at any time after beginning the 9th grade will be required to sign an affidavit attesting that the student was not athletically recruited to attend Oak Hall School. The affidavit must be signed by the student, parents/legal guardians, the Headmaster, Athletic Director, and notarized. This must be done each and every change that occurs in school designation regardless of when the change occurs, including the summer period or the reason for the change (including physical relocation). Oak Hall School can not permit interscholastic athletic competition for the student until the affidavit has been signed, notarized, and registered with the FHSAA Office.



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REQUIRED FORMS/TICKET TO PLAY

The "Ticket to Play" form is a required form for student-athletes that is used to insure our student-athletes are eligible to play and have been medically cleared to participate in athletics.

The "Ticket to Play" process has gone primarily digital for the 2018-2019 school year. Completion of this process is required for student-athletes to insure they are eligible to play and have been medically cleared to participate in athletics.

Follow these simple steps to gain athletic eligibility for the 2018-2019 school year. Students may NOT participate in open facility, conditioning, tryouts, practices, or athletic competitions without a completed Ticket to Play.

1. Visit www.nfhslearn.com and sign in or create an account
 - a. watch the Concussion in Sport video and print Certificate of Completion
 - b. watch the Heat Illness Prevention video and print Certificate of Completion
 - c. watch the Sudden Cardiac Arrest video and print Certificate of Completion

>>The page will make you order the course, although there is no fee.

>>This is an annual requirement as required by the FHSAA regardless of past participation

2. Visit www.athleticclearance.com
 - a. DID NOT PARTICIPATE IN ATHLETICS IN 2017-2018 ---> Click Register for a new account
PARTICIPATED IN ATHLETICS IN 2017-2018 --> Log in and click, start clearances here!
 - b. complete or update student info in Step 1
 - c. upload the FHSAA Physical [2018-2019 EL2 FHSAA Physical](#) in Step 2, Medical History
 - d. upload the certificate of completion for Concussion in Sport in Step 2, Medical History
 - e. in the "Additional Form Upload Area" of Step 2, Medical History, upload the Heat Illness Prevention, and Sudden Cardiac Arrest. This must be done as a single document and **not** two different uploads.
 - f. upload Proof of Insurance showing front and back of identification card in Step 2, Medical History. This must be done as a single document and not two different uploads.
 - g. complete or update parent/guardian information in Step 3.
 - h. both parent and student must review and electronically sign the Athletic Fee Authorization, all components of FHSAA form EL 3 (Consent and Release), Sportsmanship Pledge, and UF Disclosure Form in Step 4
 - i. print and sign the confirmation page



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>>If you are unable to upload the FHSAA Physical (EL 2 Form), Proof of Insurance, or any of the Certificates of Completion, hard copies may be submitted to the athletic office and we will be happy to do this for you.

3. Bring to the ATHLETIC OFFICE (see availability above)
 - a. a hard copy of the FHSAA Physical Form (EL 2). Be sure it is completed in its entirety including parent and student signatures. Please be sure physician signs and DATES page 2 of the form.
 - b. the Parent Consent Form printed in 2-i above from the Athletic Clearance website.
 - c. NEW STUDENTS AND 9TH GRADERS ONLY-->A copy of your birth certificate
 - d. copies of all three aforementioned Certificates of Completion and Proof of Insurance if not uploaded on Athletic Clearance site.

4. Check email 1-2 business days following submission of items listed in #3 above for "Ticket to Play" email. This will mean that eligibility has been granted. Students may not begin open facility, conditioning, tryouts, practices, or athletic competitions without a completed Ticket to Play.

5. Turn your Ticket to Play into your coach. This is your admission into open facility, conditioning, tryouts, practices, or athletic competitions.

>>Assuming student continues to meet academic eligibility requirements as outlined in the Student-Parent Athletic Handbook, the Ticket to Play Process must only be done one time annually. Following the original submission of a Ticket to Play, students will be placed on a "Cleared List" and permitted to participate in other athletic related activities in the school year.

>>The FHSAA Physical (EL 2 Form) is ONLY valid for 365 days. If it expires before the end of the school year, the student will temporarily lose eligibility until a new form can be provided.

It is **strongly suggested** that you do not wait until the first day of practice to obtain signatures.

New students to Oak Hall in grades 10-12, International Students, Foreign Exchange Students, Immigrant Students, or Home Education Students need to make an appointment with the athletic director to secure eligibility.

Once the above necessary signatures have been collected, the "Ticket to Play" form will be emailed and must be turned into the Head Coach. Only at that time, will athletes be permitted to practice, tryout, attend a conditioning session, or an open facility session. No exceptions will be made to this policy in order for the Athlete to be in compliance with the rules of the FHSAA and not jeopardize his/her eligibility.



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CONDUCT

Student Conduct: As members of athletic teams, students are high-profile representatives of Oak Hall School. Students are expected to act in an appropriate manner. The following behavior is inappropriate and will not be tolerated:

1. Fighting
2. Profanity
3. Possession of, use of or being under influence of alcohol, tobacco, or drugs
4. Unsportsmanlike conduct
 - a. Any act of unsportsmanlike or inappropriate conduct will be dealt with swiftly.
 - b. If the act occurs during an athletic contest, **the student will be removed from the contest.**
 - c. A student who strikes, curses, or threatens an official, coach, or opponent during a game or at any other time because of resentment over occurrences or decisions, or who fails to maintain a standard of conduct satisfactory to the FHSAA and/or the headmaster, shall be ineligible to participate in interscholastic athletics for a period of up to six weeks.
 - d. A student who is ejected from a contest for a flagrant foul or unsportsmanlike conduct cannot participate in any contest for one week or, if no contests are scheduled during that week, the next two contests.
5. Rude or disrespectful behavior.
6. Taunting opponents or official.
7. Destruction of property

Students who exhibit any of the above behaviors may be suspended from athletic competition for a period of time as per FHSAA regulations or Oak Hall administration. Additionally, the student may face school disciplinary action.

Oak Hall annually competes for the Fred E. Rozelle Sportsmanship Award sponsored by the FHSAA. Any contest ejection immediately disqualifies Oak Hall from consideration for the award. For this reason and others, all matters of sportsmanship will be dealt with in an extremely serious manner.



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Spectator Conduct

1. Everyone associated with an athletic event plays an important role in seeing that standards of sportsmanship are upheld. Fans are reminded that their sportsmanship and behavior reflects upon the reputation of Oak Hall School.
2. A Spectator should...
 - a. Demonstrate good sportsmanship.
 - b. Respect, cooperate, and respond enthusiastically to cheerleaders.
 - c. Censor fellow spectators who display negative behavior.
 - d. Respect the property of the school and the authority of school officials.
 - e. Never heckle, jeer, or distract members of opposing teams.
 - f. Never criticize the athletes or coaches for the loss of a contest.
 - g. Accept the decisions of the officials.
 - h. Refrain from being a second guesser.

TEAM ORGANIZATIONAL MEETINGS

Each team is permitted to have an organizational meeting prior to the first day of practice to make arrangements for physicals, explain eligibility, review films, explain team selection policy, distribute practice schedules, build morale, and conduct off-season conditioning. Additionally, open facility policies allow any member of the student body to work out under Oak Hall supervision. No coaching will be done and these sessions are not mandatory and will not be a prerequisite for membership on any team at Oak Hall School. Students involved in another sport should consult their coach before attending an open facility.

USE OF ATHLETIC FACILITIES

1. The sport in season has priority for use of facilities.
2. Students are not permitted to use any facility without direct supervision and permission of the head coach or other Oak Hall faculty member.
3. Facilities are for use by Oak Hall students, faculty, administration, and coaches only. Due to the high use of facilities by Oak Hall teams, **facilities generally will not be used for rental purposes to outside groups.**
4. Facilities may be used by Oak Hall coaches or families with private coaches on a space availability basis providing the following requirements are met:
 - a. A certificate of insurance naming Oak Hall School as additionally insured is provided in the amount of \$1 million.
 - b. A nominal usage fee to cover the expense of lighting and/or field/gym maintenance will be charged.
 - c. The lesson is not in violation of FHSAA policy.



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SUMMER PARTICIPATION

The FHSAA does not regulate athletic activities with the exception of football during the summer. The summer is defined as the day following the last scheduled day of classes for OHS until the first permissible date of fall athletic practices. OHS students may participate on summer teams, conditioning, camps, or practices with a current "Ticket to Play" and policies regarding open facility guidelines, off-season conditioning, and off-season participation are not relevant. Football may have practices and conditioning, but may not wear helmets or pads or engage in physical contact in any activity sponsored by or under the supervision of OHS during the summer.

OPEN FACILITIES PROGRAM/OFF-SEASON CONDITIONING

Coaches may open the gymnasium and other athletic facilities for recreational activities or conditioning to students without being in violation of FHSAA Bylaws under the following guidelines:

1. The facility is open to all students who are bona fide students at Oak Hall for participation. Opening facilities for a select group of students to practice individual skills for a specific sport is a violation of this policy.
2. Coaches may not provide coaching or instruction in the skills and techniques in any sport by any school personnel. Coaches may not involve the use of sport specific equipment (i.e. starting blocks, hurdles, rebounders, ball machines, bats, balls, rackets, etc.). Their presence may be in a supervisory capacity only.
3. Participation is voluntary and is not required directly or indirectly for membership on a team.
4. No sport specific tasks, skills, or drills may be taught to or assigned to students to perform during open facility activities.
5. Conditioning includes: Weight Training and the use of free weights and stationary apparatus; Cardiovascular condition is distance and interval training; Plyometrics is the use of pre-set conditioning programs.
5. Open facility activities for a specific sport will conclude a minimum of two weeks prior to the first FHSAA permissible day of practice for that sport.
6. Student-athletes may not participate in open facility programs if they are currently a member of an athletic team that is "in season."
7. The student's must have a current "Ticket to Play".



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OFF SEASON PARTICIPATION

During the off-season, high school coaches, prospective coaches, or any individual involved in any respect may not be involved with a non-school team in a sport unless the team meets the following requirements and is approved by the athletic administration of the school.

FHSAA

1. Team must be affiliated with an outside agency promoting athletic participation opportunities.
2. Participation must include competition in the published scheduled events of the outside agency
3. Student-athletes and coaches, where applicable, are not permitted to wear any portion of a school's athletic uniform.
4. All fees or assessment for participation must be documented.
5. Participation shall be voluntary and shall not be required, either directly or indirectly, for membership on an interscholastic team.
6. OHS can make gym and other athletic facilities available for this purpose provided that a fully executed rental agreement is provided and available upon request.

OHS

Since Oak Hall is dependent on student-athletes playing multiple sports, the practice of forming off-season teams is discouraged. Should a team be formed, the following parameters must be followed:

1. All FHSAA guidelines are satisfied
2. Student-athletes have a completed "Ticket to Play" to participate
3. Team may participate for a maximum of three weeks.
4. The three week time frame may not occur immediately following your season, within the first three weeks of other sports seasons, or three weeks prior to your season and must be approved in advance by the Athletic Director.



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PRACTICE SCHEDULES AND TIMES

Athletic practices can begin as early as 3:15 p.m. and all practices must be completed by 10 p.m. Most practices should not exceed 2 hours for varsity and 1-1/2 hours for all other levels.

- ❖ On non-school days practices may not exceed 3 hours in length and contain no more than 90 minutes of intense exercise. Conditioning and weight room activities shall be considered practice.
- ❖ During the first 7 days of practice, no two-a-day practices are permitted and practices should not exceed 18 hours in length for the week and student-athletes cannot participate in more than 6 consecutive days of practice. Conditioning and weight room activities shall be considered practice.
- ❖ Only on non-school days may two-a-day practices be held. Two-a-day practices may begin on the 8th day of practice and may not exceed 5 total hours of practice time with no one practice exceeding 3 hours of total practice time. Consecutive days of two-a-day practices are not permitted. Practices should not exceed 24 hours in length for the week and student-athletes cannot participate in more than 6 consecutive days of practice. Conditioning and weight room activities shall be considered practice.
- ❖ On non-school days when only a single practice is held, a one hour "walk-through" practice may be scheduled when no protective equipment or sport related equipment is permitted. The "walk-through" practice must be scheduled with at least one hour of continuous recovery time between the end of the first practice and the "walk through" or vice-versa.
- ❖ For Cross Country, a student-athlete must participate in a minimum of 10 practices on 10 separate days before participating in competition.
- ❖ No Sunday meetings of players or practices are permitted.



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GAME SCHEDULES

To access Athletic Schedules, please follow the below procedure:

1. Go to www.oakhall.org
 2. Click on the link to "Athletics" and then "Athletic Schedules"
- Fall and winter schedules are published online with the exception of golf and swimming by July 1st. Golf and swimming schedules will be released in late August. Spring schedules are generally published by February 1st.
 - ALL Schedules are SUBJECT TO CHANGE. This is particularly true at the MS, Freshmen, and JV levels where games are still being added!

ATTENDANCE FOR STUDENT-ATHLETES AND STUDENT SPECTATORS

1. Students must be in "regular attendance" in order to engage in practice, participate in a contest, or attend a contest as a spectator.
 - a. Students may still attend or participate in practices or games if they miss classes due to an excused absence such as school trip, doctor appointment (with official documentation), etc. Decisions regarding the validity of an excused absence are made by the Director of Athletics if athletic eligibility is a concern.
 - b. Excused absences other than school related trips must not result in more than half of the student's classes missed in order to be eligible for attendance or participation in a game or practice.
 - c. If a student misses more than one-half of any scheduled class for reasons other than the aforementioned, he/she will be ineligible to compete, practice or attend any athletic competition or practice on that given day.
2. Student-athletes are expected to be at all practices and games unless absent from school.
3. Student-athletes may be dismissed from a team due to excessive absences, excessive tardiness, or after a pre-set limit by an individual coach.



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WEATHER

In the event of inclement weather, the athletic director will make a decision by 2 p.m. concerning the cancellation of practices or **home** games and notify the coaches of these teams. Cancellation decisions for away games are made by the opponent's Athletic Director. Updates will be posted on the schedule link of the web page. Please do NOT call the school until after 2 p.m. for updates.

Every effort will be made to play games as long as the weather does not jeopardize the safety of athletes, coaches, and spectators.

EARLY DISMISSAL

Students are responsible for all missed work due to early dismissals. Students are required to follow the following guidelines:

1. Provide information put out by coaches to parents for proper communication.
2. Obtain all work and assignments for classes to be missed at least one day prior to early dismissal.
3. Turn in all work normally due for all classes prior to departure.
4. Make-up any missed test or quiz the next available make-up test day. Students must not put these off any further and missed practice time may result in order to fulfill academic responsibilities.

Student-athletes who fail to abide by the conditions of early dismissal are subject to a possible academic penalty at the discretion of the teacher or the loss of practice and game time until all academic work is current or both

When teams are dismissed early, the following guidelines will apply when determining dismissal time:

- ❖ Varsity Teams: Projected travel time plus 75 minutes.
- ❖ JV and MS Teams: Projected travel time plus 45 minutes.
- ❖ If a trip should exceed 4 hours or is for a state playoff series, the dismissal may NOT exceed that of twice the projected travel time. Decisions to stay overnight either the night before or after will be determined by the Athletic Director. The goal of this policy is to minimize the athletes' time away from the academic classroom as well as home.



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TRANSPORTATION

1. Only athletes, coaches, and managers are permitted to use school transportation.
2. When the school cannot provide transportation, parents will be notified at least three days in advance to help with the transportation of athletes. Parents or coaches who transport athletes to an athletic contest must submit a copy of their drivers' license to the business office for a driver background check with the school insurance company.
3. Students must travel to all athletic contests with the team.
4. Oak Hall School buses are equipped with seat belts for the students use. It is strongly encouraged that seat belts are worn at all times while the bus is in motion.
5. Students may ride home with their parents or another party from away contests provided the individual coach does not adopt a policy that requires team travel from away contests. Students riding home with individuals other than their parents must provide written permission from their parent.
6. Students will call from bus with approximate return times to Oak Hall School. Please assist coaches and be on time to pick your child up. Coaches are required to stay at the school until all students are picked up. Please be considerate.

The Athletic Department will provide transportation to all pre-season, regular season (with the exception of out-of-town tournaments at the Middle School, Freshman and Junior Varsity levels and all out-of-state tournaments for any level), and post-season athletic contests. Teams will be charged for transportation for any of the exceptions noted above, as well as summer camp programs.

DIRECTIONS TO AWAY CONTESTS

To retrieve direction to Away Contests, please follow the below procedure:

- Go to www.oakhall.org
- Click on the link to "Athletics" and then "Athletic Schedules"
- Clicking the opponent will take you to Google Maps with the address of the venue



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LODGING

Oak Hall will reserve and pay all costs deemed necessary for hotels during district, regional, and state competitions. Student athletes are responsible for their own meal costs and costs of lodging for regular season tournaments with the exception of the aforementioned.

1. For safety and reasons of team morale, all rooms will be booked to no less than four student athletes. Parents may not purchase individual rooms for their athletes.
2. Parents may be asked to stay in separate lodging if the coach feels that an environment exclusively made up of players and coaches is necessary.
3. Parents are responsible for making lodging reservations. The athletic department will not make provisions for parents.

ATHLETIC TRAINERS

Oak Hall School contracts with the College of Health and Human Performance at the University of Florida to provide athletic training services to our athletes. Students wishing to see trainers must:

1. Report to training room no later than 10 minutes after school or 45 minutes prior to his/her team's meeting time.
2. Report to Training Room immediately after practice has been dismissed.

Students removed from a contest by a trainer and referred to a physician, or any student receiving physician's care for an injury or illness which results in loss of time from school or athletic competition must provide a note to the athletic trainer from that physician clearing him/her to return without restriction to athletic competition.

TEAM ROSTERS

The number of athletes on each team will vary. The Head Coach of each sport will determine how many students-athletes each team will carry. The FHSAA also limits how many student-athletes are eligible to participate in state-series contests. Please refer to our philosophy statement for questions regarding "cuts" and playing time.



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TEAM SELECTION

- ❖ Tryouts are open to all academically eligible students who have a completed "Ticket to Play".
- ❖ No student will be cut from a team until the third day after the official start of practice.
- ❖ Students who cannot begin practice on the first official practice date due to overlapping sports will be given three days after the conclusion of their season to try out for a team.

EQUIPMENT AND UNIFORMS

- ❖ Uniforms are the property of Oak Hall School
- ❖ School colors are burgundy, gold, and white. Black is not an official color of OHS and may not be used in any team or spirit wear.
- ❖ All uniform shirts or team shirts will be **completely tucked in** when being worn to school or during a game, unless tailored otherwise.
- ❖ Students must pay for any lost or damaged equipment and uniforms. Grades, transcripts, and diplomas may be held until all uniforms are turned in or paid for if lost or damaged.

MULTI-SPORT ATHLETES

- ❖ A player committed to one sport may not quit during the season to participate in another sport until the conclusion of the original sport's regular and post-season play. Exceptions will be made for those student-athletes who quit a sport within the first three weeks of regular season contests.
- ❖ Students may participate in two OHS sports simultaneously if both coaches agree, all conflicts pertaining to participation have been resolved, and the dual sport athlete displaces no student from his/her position on the team.

DRESS CODE

- ❖ Students must travel to and from games in team uniforms, team warm-ups, team shirts (collared shirts or tee shirts of professional manufacture/printing or hand painted/printed), shirts and ties, dresses, or school dress code.
- ❖ Students must look neat and clean at all times when representing Oak Hall. All dress code policies must be adhered to.
- ❖ Students are not permitted to wear jewelry or bandannas during practices or games.



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- ❖ "Team Spirit" wear including team uniforms, team warm-ups, and team shirts may be worn to school on HOME game days and approved AWAY game days provided the entire team participates in the event. Team shirts may not include tee shirts which are hand painted/printed. Flip flops or shower shoes may not be worn as part of the "Team Spirit" wear. Approval for "Team Spirit" wear on AWAY contest days will be given by the Athletic Director.
- ❖ All "Team Spirit" wear designs must be approved by the Athletic Director prior to ordering to insure that at a minimum they conform to school colors, are tasteful in design and print, and that funds are available for their ordering.

PRACTICE CLOTHING

- ❖ Coaches may require team members to purchase practice clothing bearing the school name and sport.
- ❖ All practice clothing will be ordered through the athletic office and paid for by the student.
- ❖ Students are not permitted to wear clothing that is revealing, or has references to alcohol, tobacco, drugs, profanity, or other offensive symbols.



HONORS AND AWARDS

- A. Varsity Letters:** Students who meet the following criteria will receive a varsity letter:
1. Student must not have excessive unexcused absences from practice.
 2. A student must attend all contests. Absence is permitted only in the event of illness, religious holidays or events, or family commitments (weddings, etc.).
 3. Player must be a member of the team for the entire season. A student who does not meet this criterion will receive a certificate of participation only. Students injured during the season may still be eligible to earn a varsity letter providing that they have continued to attend all practices and games.

Upon the completion of the first varsity sport the student will receive the letter with a pin representing that sport. If the student participates in another varsity sport, he/she will receive a pin for each sport that he/she meets the criteria for. If a student letters in a sport for more than one year, a bar will be rewarded after the original pin is received.

- B. Junior Varsity Letters:** Students who meet the following criteria will receive a junior varsity letter:
1. A student must not have excessive unexcused absences from practice.
 2. A student must attend all contests. Absence is permitted only in the event of illness, religious holidays or events, or family commitments (weddings, etc.), or other scheduled school events.
 3. A player must be a member of the team for the entire season. A student who does not meet this criterion will receive a certificate of participation only. Students injured during the season may still be eligible to earn a varsity letter providing that they have continued to attend all practices and games.

Upon completion of the first junior varsity sport the student will receive a junior varsity letter. For each sport completed after the first or if the student competes in the same sport for two or more years, he/she will receive a star pin for each sport in which he/she meets the above criteria.

- C. Freshman/Middle School Certificates:** Students who participate at the freshman or middle school level will receive a certificate of participation provided they meet the following criteria:
1. A student must not have excessive unexcused absences from practice.



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2. A student must attend all contests. Absence is permitted only in the event of illness, religious holidays or events, or family commitments (weddings, etc.), or other scheduled school events.
3. A player must be a member of the team for the entire season. A student who does not meet this criterion will receive a certificate of participation only. Students injured during the season may still be eligible to earn a varsity letter providing that they have continued to attend all practices and games.

- D. Male/Female Athlete of the Year:** The administration and all varsity level coaches will vote on a male and a female representative from the athletic program to be honored as the male or female athlete of the year.
- E. Sportsmanship Award:** The number-one goal of the Athletic Department each year is to represent ourselves with a high degree of sportsmanship. To that end, this award is intended to recognize one student-athlete whom the coaches and administrators select. The criterion for this award is obvious. We are searching for the individual who has gone above and beyond good sports etiquette. This is someone who others would view as a good role model. Finally, this is a person whom Oak Hall would be proud to have served as an ambassador for our school community.
- F. Varsity Athlete of the Week:** The Oak Hall coaching staff nominates athletes weekly to *The Gainesville Sun*. The staff of the newspapers makes final selection.
- G. All-County and All-State Teams:** These teams are selected by the sports writers of various newspapers based on statistics compiled throughout the season.
- H. Banners:** The athletic department will award banners for all teams who win district, regional, or state level championships. Families of athletes who go on to college may opt to have a banner in their honor placed in our gymnasium at a minimum suggested donation of \$300.
- I. Letter Jackets/Plaques:** Letter jackets are available from the athletic department for all students who letter. Students who do not letter in a sport may still purchase jackets, however the letter will be left off. Two styles of jacket are available and orders are taken once yearly, typically in the fall. For those students who do not wish to purchase a letter jacket, a plaque with their letter and an engraved plate may be purchased.



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TEAM AWARDS

Students and teams, who advance in the state playoffs, will be awarded the following:

- ❖ District Champions will receive a banner or its equivalent to be displayed in a prominent place close to the teams playing area. Individuals on the team will be awarded a tee shirt (max value \$12/shirt) showing the accomplishment.
- ❖ Regional Champions will receive the same as the District Champion; however the banner and tee shirts will be printed with the highest finish of the team.
- ❖ State Champions will receive the same as the District Champion; however the banner and tee shirts will be printed with the highest finish of the team. Additionally, State Champions will receive \$25.00 per player to be used toward an honor as chosen by the team. (i.e. rings, sweat shirts, state championship letter, etc.)

STUDENT MANAGERS

Student managers are valuable assets to our athletic teams.

1. Students desiring to serve as managers for teams should contact the head coach of that team.
2. Student managers are required to meet and follow all rules and regulations pertaining to interscholastic athletics.
3. Student managers may earn varsity letters by meeting the same criteria as team members.

TEAM PHOTOGRAPHS

Oak Hall School typically does not contract photographers to have individual or team photographs taken. A representative from the school's yearbook department will take a picture that will appear in the yearbook. The athletic department requires that:

1. All players must be in uniform when the picture is taken.
2. Only coaches, players, and managers are allowed in the team photo.
3. Every effort is made to insure that all players are present for the picture.



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FUNDRAISING

No individual team fundraisers are permitted. Teams are encouraged to work with the Booster Club in their annual One School Fundraiser to support their discretionary fund accounts.

OAK HALL BOOSTER CLUB

The Oak Hall Booster Club with the cooperation of the athletic department provides concessions for athletic contests.

The Booster Club is a support mechanism for athletics which sponsors the One School Fundraiser annually. Funds generated from this effort are distributed to teams in a fair and equitable manner to support their discretionary spending accounts, help the school by supporting a school wide initiative benefitting athletics, and providing funding for club operations and approved requests.

For more information regarding membership or the booster club, contact the athletic director or visit the booster club link under the athletics tab at www.oakhall.org.

Athletic Fee

The Athletic Fee provides financial support for all athletic teams and purchases trophies and awards presented at award ceremonies. The Oak Hall Board of Directors directed that all student-athletes who participate in the athletic program are required to pay an annual fee of \$200.00 regardless of how many sports are played.

No student may participate in the sport until these financial obligations are met and the electronic signature authorizing the payment through FACTS been provided on the Athletic Clearance site. Families with financial hardship should contact the athletic director. It is not the goal of the athletic department to remove playing opportunities due to financial hardship.



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OAK HALL SCHOOL COACHING ROSTER 2018-2019 FALL SPORTS

FOOTBALL

Matt DiBernardo	Director of Football/Var. Head Coach	570-899-1966	mdibernardo@oakhall.org
RJ Fuhr	Asst. Head Coach/Defensive Coordinator	352-266-5912	rfuhr@oakhall.org
Russell Holley	Var. Asst. Coach-QB Coach	912-655-2428	rholley@oakhall.org
Shawn Christensen	Var. Asst. Coach-Offensive Line	850-502-1574	sw_christensen@gmail.com
Kyle Pratt	Var. Asst. Coach-Strength & Conditioning	352-494-4216	kpratt45@gmail.com
Alphonso Rawls III	Var. Asst. Coach-Linebackers	352-301-1422	arawls@alachuacounty.us
Richard Ruth	Var. Asst. Coach-Running Backs	352-262-0006	Flogrown444@gmail.com
Danny Stirt	Volunteer Var. Asst. Coach-Wide Receivers	352-514-8078	Dannystirt@gmail.com
Scott Leljedal	JV Head Coach	954-444-4267	Sleljedal@oakhall.org
Richard Gaddy	JV Assistant Coach	352-318-5299	rgaddy@oakhall.org
Lamont Johnson	MS Head Coach	904-386-5255	ljohnson@oakhall.org
Anthony Gay	MS Assistant Coach	321-201-0368	antgator@gmail.com
Randall Walker	MS Assistant Coach	386-266-9981	bossupwalk@gmail.com



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WOMEN'S VOLLEYBALL

Jessica Dennis	Var. Head Coach	352-727-6780	jdennis@oakhall.org
	Varsity Assistant Coach		
Jessica Dennis	JV Head Coach	352-727-6780	jdennis@oakhall.org
Elisabeth Coker		941-730-5713	ecoker@oakhall.org
	MS Head Coach		

CROSS COUNTRY

Edwin McTureous	Varsity Head Coach	352-494-3480	emctureous@oakhall.org
Buffy McTureous	Varsity Asst. Coach/Program Coordinator	352-318-8689	Bmctureous@oakhall.org
John Perlette	Varsity Asst. Coach	352-332-0489	jperlette@oakhall.org

GOLF

Frank Anderson	Varsity Head Coach-Boys	352-332-2154	fandersoniii@cox.net
John Reger	Varsity Head Coach-Girls	352-682-3546	jreger@pga.com

Cheerleading

Brandi Catalanotte	Varsity Head Coach	660-342-2020	brandi@lanottedesign.com
Kelley Thorp	MS Head Coach	352-494-3012	kelley@varsitygaiensville.com

Swimming

Leonard Kraus	Head Coach	304-360-3478	kraus.leonard@gmail.com
Danielle Tripp	Director of Swimming	321-986-7449	dtripp@oakhall.org
	Asst. Coach		
Elizabeth Longendelpher	Diving Coach	904-477-8374	elongendelpher@gmail.com



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WINTER SPORTS

WOMEN'S BASKETBALL

Eric Ringdahl	Varsity Head Coach	352-231-4519	eringdahl@oakhall.org
	Varsity Asst. Coach		
Mark Hickman	JV Head Coach	352-318-2064	hickmanmc@gm.sbac.edu
Russell Holley	MS-A Coach	912-655-2428	Rholley@oakhall.org
Zack Jernigan	MS-B Coach	352-260-1649	zjernigan@westsidebaptist.org

MEN'S BASKETBALL

Monte Towe	Varsity Head Coach	352-219-3637	montetowe@gmail.com
David Stirt	Volunteer Asst. Coach	352-514-5643	dmstirt@gmail.com
James York	Asst. Varsity Coach	352-258-0295	York.james.t@gmail.com
Richard Gaddy	JV Coach	352-318-5299	rgaddy@oakhall.org
Robert Olinick	MS-A Coach	954-873-5768	olinickr@gmail.com
	MS Volunteer Asst Coach		
	MS-B Coach		

WOMEN'S SOCCER

Paul Carreiro	Varsity Head Coach	828-989-2375	Carreiro15paul@gmail.com
	Asst. Varsity Coach		

MEN'S SOCCER

Andy Westfall	Varsity Head Coach	352-538-1207	awestfall@oakhall.org
Charles Wharton	Varsity Asst. Coach		cwharton@oakhall.org
	MS Soccer Coach		



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Cheerleading

Brandi Catalanotte	Varsity Head Coach		brandi@lanottedesign.com
Kelley Thorp	Head of Program/MS Head Coach	352-494-3012	Kelley@varsitygainesville.com

Girls Weightlifting

	Varsity Head Coach		!
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SPRING SPORTS

BASEBALL

Brandon Love	Varsity Head Coach	706-831-0173	c.brandon.love@gmail.com
Richard Ruth	Assistant Coach		Flogrown444@gmail.com
Russell Holley	Assistant Coach	912-655-2428	rholley@oakhall.org

SOFTBALL

Lindsay Whitlock	Varsity Head Coach	352-284-0938	Whitlockla24@gmail.com
Alyssa Schmidt	Asst. Varsity Coach		aschmidt@oakhall.org

WEIGHTLIFTING

Jim Margerum	Varsity Head Coach	352-322-5574	jmargerum@oakhall.org
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TRACK

Edwin McTureous	Varsity Head Coach	352-494-3480	emctureous@oakhall.org
John Perlette	Varsity Asst. Coach	352-332-0489	jperlette@oakhall.org
Fidela James	Varsity Asst. Coach-Throws		
Alphonso Rawls III	Varsity Asst. Coach	352-301-1422	arawls@alachuacounty.us
Kai'la Reddick	Sprint/Jumps Coach	352-870-0743	kredbaby@yahoo.com
Seba Moreno	Volunteer Pole Vault Coach	904-651-3306	sebapaco@gmail.com

TENNIS

Chris McDonald	Director of Tennis	352-284-6788	campustennis@icloud.com
Daniel Mendez	VB Head Coach	305-505-1522	Dm8492@gmail.com
Ivette Reyes	JVG Head Coach	352-494-4767	ivecitareyes@yahoo.com



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LACROSSE

Jonathan Montes	Varsity Men's Head Coach	301-802-7336	Jmontes28@aol.com
Richard Gaddy	Varsity Men's Asst. Coach	352-318-5299	rgaddy@oakhall.org
RJ Fuhr	Varsity Men's Asst. Coach	352-266-5912	rfuhr@oakhall.org
	Varsity Men's Asst. Coach		
	Varsity Women's Head Coach		
	Varsity Women's Asst. Coach		

ATHLETIC DEPARTMENT

James Hutchins	Head of School	706-331-8100	jhutchins@oakhall.org
Jeff Malloy	Athletic Director	352-494-1656	jmalloy@oakhall.org
Jessica Dennis	Associate Athletic Dir. (MS)	352-727-6780	jdennis@oakhall.org
Edwin McTureous	PE Director	352-494-3480	emctureous@oakhall.org
Eric Ringdahl	Strength/Cond. Coach	352-231-4519	eringdahl@oakhall.org
John Dickinson	Transportation Director	352-359-3188	jdickinson@oakhall.org
Danielle Tripp	Athletic Administrative Assistant	321-986-7449	dtripp@oakhall.org

ATHLETIC TRAINERS

Emily Ferro	Head Athletic Trainer	574-298-1326	eferro@ufl.edu
	Student Athletic Trainer		

6/28/2017



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LIST OF TEAMS AND START-UP DATES

Boys Teams	Level	Grades	Practice Begins
Baseball	MS	6-8	January 28
Baseball	Varsity	6-12	January 28
Basketball	Varsity	6-12	November 5
Basketball	JV	6-11	November 5
Basketball	MS	6-8	November 5
Cross Country	Varsity	6-12	July 30
Football	Varsity	9-12	July 30
Football	MS	6-8	July 30
Golf	Varsity	6-12	August 15
Lacrosse	Varsity	6-12	January 28
Lacrosse	MS/JV	6-8	January 28
Soccer	Varsity	6-12	October 22
Swimming	Varsity	6-12	August 13
Tennis	Varsity	6-12	January 21
Tennis	JV	6-11	January 21
Track and Field	Varsity	6-12	January 21
Weightlifting	Varsity	6-12	January 7
Girls Teams	Level	Grades	Practice Begins
Basketball	Varsity	6-12	October 29
Basketball	JV	6-11	October 29
Basketball	MS	6-8	October 29
Cheerleading	MS	6-8	August 16
Cheerleading	Varsity	9-12	August 13
Competitive Cheerleading	Varsity	6-12	October 15
Cross Country	Varsity	6-12	July 30
Golf	Varsity	6-12	August 13
Lacrosse	Varsity	6-12	January 28
Soccer	Varsity	6-12	October 22
Softball	MS	6-8	January 21
Softball	Varsity	6-12	January 21
Swimming	Varsity	6-12	August 13
Tennis	Varsity	6-12	January 21
Tennis	JV	6-11	January 21
Track and Field	Varsity	6-12	January 21
Volleyball	Varsity	6-12	July 30
Volleyball	JV	6-11	July 30
Volleyball	MS	6-8	August 13
Weightlifting	Varsity	6-12	October 8



Alma Mater

*Noble Eagle call down victory;
Never waver, never fall
With our voices raised on high,
Alma mater praised by all.*

*Scholar, Leader, Servant be;
Hail to Gold and Burgundy!
Memories cherished one and all;
Alma mater: Dear Oak Hall.*