

Oxbow High School
Activities & Athletics Handbook
2023 - 2024



Purpose & Mission

At Oxbow High School, everything we do is designed to foster intentional growth in our students and strengthen our community. We strive for excellence in character and performance, investing in comprehensive educational opportunities that develop well-rounded students by nurturing integrity, social responsibility, and a shared vision of success.

Oxbow High School recognizes the important role extracurricular activities play in rounding out a student's education. By achieving excellence and success outside the classroom, a student may further develop physically, intellectually, emotionally, and socially.

Oxbow High School upholds high expectations for students who participate in extracurricular activities. The decision to participate in an Oxbow High School extracurricular activity is a personal choice and once this decision is made, the individual becomes a member of the team or activity that represents our school and community.

Before students can participate in an extracurricular activity or sport, they and their parents/guardians must read and sign the contract outlined below, agreeing to follow the stated policies of Oxbow High School.

Philosophy of Extracurricular Activities

At Oxbow High School we understand and appreciate the importance of extracurricular activities in the overall education of our students. Experiences teach values such as hard work, commitment, leadership, discipline, teamwork, and physical fitness, all within the framework of academic excellence. Participation contributes to the physical, emotional, and social health of our students, and promotes a sense of unity and cooperation among athletes, the student body, and the larger school community.

Oxbow has a proud tradition measured by wins and championships, and winning is a natural goal. Our teams will compete to win, but the emphasis will be placed on effort, improvement, respect for coaches, teammates, opponents, and officials, and learning to win graciously and lose with dignity. Winning is emphasized more strongly at the varsity level, but never at the expense of healthy attitudes, values, and perspectives. At sub-varsity levels (JV/MS), winning remains a goal, but skill development is the primary focus. Above all we want our student-athletes to have a rewarding and enjoyable experience.

Communication

To help parents, athletes, and community members keep up with schedules and schedule changes, Oxbow High School Athletics has created several ways to retrieve information about practices and game schedules.

The Oxbow High School website has, under the Athletics tab, scheduled calendars for athletic facilities and each in-season sports team.

The Activities & Athletic Director can be contacted for information at 802-222-5214 x191 or by emailing Heidi Wright at Heidi.Wright@oesu.org.

Game cancellations will be announced as soon as information is available. Activities & Athletic Director will make direct contact with each coach to inform them of the change to set up a practice that day if appropriate and all of this information will be shared on TeamSnap with team members and families.

Participation in extracurricular activities is a privilege. The following information is the expectations of Oxbow High School coaches and the Vermont Principals' Association. As such, all participants are held to the highest standards described below.

TeamSnap

All extracurricular activities will now use the TeamSnap program for registration. TeamSnap is a web-based program where all registration will be completed as well as other communication such as practice/rehearsal schedules, game/production schedules,

updates from coaches, directors and the activities & athletics director and additional program communications.

Parent Communication with Coaches

Certain topics can, and should, be discussed with your child's coach. Other topics, however, must be left to the discretion of the coach. The following examples are offered as a guide.

Communication from coach to parents/guardians:

- Coaching philosophy
- Expectations the coach has for your child, and for the team
- Locations and times of practices and contests
- Team requirements (i.e. practices, special equipment, out of season conditioning)
- Proper behavior by athletes on bus trips; estimated time of return
- Procedures to follow should your child be injured during participation
- Discipline that may result in the denial of your child's participation

Appropriate topics for parents/guardians to discuss with a coach:

- Treatment of your child
- Advance notification of any schedule conflicts
- Your child's behavior

Inappropriate issues to discuss with a coach:

- Playing time
- Playcalling
- Other Players

Student Organizations

Class Organizations

Each class is to establish an executive committee that is composed of the class president, vice president, secretary, treasurer, and representatives from the class. The principal function of the executive committee is to act in the place of the class when it is impossible to have a class meeting. The executive committee is to prepare agendas for regular class meetings, make suggestions for class projects which carry out the class goals, and assume other duties as assigned by the class. All purchases for class and club activities are to be done with a purchase order obtained from the Principal's bookkeeper, signed by the class sponsor, and

approved by the Principal. Students are not authorized to charge items without a purchase order number.

Class Meetings

The first class meeting will be held during the early part of September. Future meetings will be arranged and will be announced. All students are to attend class meetings. No other activity will take place during this time.

Organization Meetings

All meetings of extracurricular groups are to be scheduled by the activity president and the advisor. Groups that need a short meeting should make an attempt to schedule this meeting during lunch. Meetings that cannot be scheduled during lunch will be rotated through the different periods so that a student will not miss the same class consistently. Students must receive prior permission from their teachers to attend these meetings. Each student should be prepared to make a time commitment to any activity in which he or she is involved and is expected to keep up with regular school work.

Student Activities

For information about the activities below, contact the main office or the Activities & Athletic Director. These activities may vary.

National Honor Society	Student Council	Yearbook	Chess Club
Environmental Club	Class Officers	Snowriders	Dance
Magic Club	All Inclusive Alliance	Jazz Band	Drama
Disc Golf	Fishing		

Student Council

The Student Council exists for two purposes: (1) To be the representatives of the student body in matters concerning the school. (2) To provide leadership training for the elected members.

Student Council membership consists of; class president(s), two members elected from every class, officers elected from the student body (president, vice-president, secretary, and treasurer), and any ad hoc members voted on by the council.

National Honor Society

The Oxbow Chapter of the National Honor Society was given its charter in 1986 and held its first induction ceremony in the spring of 1986. Membership in the National Honor Society represents

the highest honor that can be bestowed on a high school student. The object of all chapters is to create an enthusiasm for scholarship, stimulate a desire to render service, promote worthy leadership, and encourage the development of character in the nation's students.

Students are selected for membership by a faculty council which is appointed by the Principal. This council consists of five voting members and the honor society advisor.

When may I become a member? In the spring of your junior year or fall of your senior year.

What must I do? Fulfill the four criteria for membership:

- Scholarship - Have a 3.5 cumulative grade average from the beginning of grade 9
- Character - Promptly meet individual responsibilities, demonstrate the highest standards of honesty, reliability, fairness, tolerance, and cooperation. (Character is not based on mere personality, nor on minor incidents, unless they are repeated so as to indicate a definite pattern of behavior.)
- Service - Use time, effort, and talents in activities that help individuals, groups, the school, and the community
- Leadership - Take a constructive leader in the classroom and in other school and outside activities, be involved in positions of responsibility, and contribute and work towards developing constructive ideas which improve the school and community

What steps do I take for membership? At the designated time, a student who has the required scholastic average will be given an honor society information questionnaire. If the student desires to be considered for selection and feels he/she meets all the criteria, he/she will complete the information sheet and return it to the student services secretary or a member of the faculty council on or before the due date. The faculty council will then meet and make the selection of new members. These new members will be inducted into the Honor Society at a ceremony to which parents and friends are invited.

Funding & Fundraising

Student Activities Fund

As a service to all classes and organizations, the office will maintain a school-operated bank. These accounts are handled by a bonded individual and are audited yearly. It is important that each club and activity select a treasurer who is competent to handle a parallel bookkeeping system. All purchase orders will go through the office and be signed by the Principal. Each student who pays dues or fees will be given a written receipt.

Fundraising

The school and the communities in the area can only absorb a certain amount of solicitation. It is imperative that no requests (for raffles or selling of goods and/or services) be made unless permission from the Activities & Athletic Principal has been given. Forms to request permission are available in the Main Office. A calendar of fundraising events will be kept in the Main Office in order to minimize conflicting events.

Eligibility

Eligibility Policy Statement

Oxbow recognizes and promotes the priority of academics within our athletic and student activities program. While extracurricular activities are important aspects of education, academic success remains the primary objective. Coaches and advisers support this position and will make every effort to accommodate students' needs to balance academics with extracurricular activities. Oxbow High School acknowledges that physical activity is tightly correlated with mental acuity, academic achievement, academic behavior, and cognitive skills and attitudes.

Academic Eligibility

To be eligible to participate, a student must be considered a full-time student as defined in our Parent and Student Handbook, and meet the criteria set forth in the guidelines of the Vermont Principals Association.

Grades, behavior, and attendance in school will be used to determine eligibility for participation in athletics and extracurricular activities. A student must be earning a D- or better in all courses, and must conduct themselves in a healthy, positive way that does not detract from the learning environment. A committee composed of the School Counselor, a member of the administrative team, and the Activities & Athletic Director will determine the eligibility of students at each checkpoint (see dates below).

A student who is not meeting all eligibility criteria at any given checkpoint will be placed on probation. To be removed from probation, a student must:

- Work productively to improve their grades in failing courses
- Attend after-school study hall until they are once again eligible
- Meet with the Athletic & Activities Director to create a plan for continued improvement
- Attend and participate in all practices for the full practice
- May sit on the bench at home games, not in uniform; must remain dressed up (to be determined by AAD and coach) while sitting on the bench
- May not travel to away games that result in early release from school

Academic Make-Up Work

Students who miss class as a result of extracurricular activities are expected to see teachers before an event to get assignments and make up academic work as soon as possible. This may include after-school sessions. Participants and coaches/advisors will understand that practice is not an acceptable excuse for failing to complete make-up work or for failing to attend after-school help sessions.

Progress Report/Report Card Schedule - 23/24

September 29, 2023 November 3, 2023	Progress reports Quarter 1 Ends
December 5, 2023 January 26, 2024	Progress reports Quarter 2/Semester 1 End
February 22, 2024 April 5, 2024	Progress reports Quarter 3 Ends
May 10, 2024 June 11, 2024	Progress reports Quarter 4/Semester 2 End-Anticipated Last Day

J-Term*

June 12, 2024
June 13, 2024
June 14, 2024

*This is subject to change once J-Term has been defined and planned.

Note: Quarter 3 & 4 dates may change as a result of snow days and other...

Incomplete Grades - A grade of incomplete is to be recorded only in instances of a significant emergency, such as extended illness. The student with an incomplete grade on the report card has two weeks from the close of the marking period to make up the work, except in cases of extreme circumstances. If the incomplete is not made up on time, the teacher will submit the grade of record two weeks from the close of the marking period.

NCAA and Collegiate Eligibility

Students may wish to participate in intercollegiate athletics after high school. The NCAA requires certain minimum high school core courses and SAT/ACT standardized test scores. It is the responsibility of the student to monitor his or her status regarding NCAA requirements. Questions in this area may be directed to the co-curricular director or the counseling office. Or use the following resources:

- NCAA Eligibility Center: <https://web3.ncaa.org/ecwr3/>
- NCAA Guide for the College-Bound Student-Athlete, call 1-800-638-3731

Code of Conduct

DRUG, ALCOHOL, NICOTINE PRODUCTS, AND TOBACCO POLICY

Students will demonstrate a commitment to themselves, their team, their classmates, and their school by remaining free from the use and/or possession of illegal drugs, alcohol, tobacco, nicotine (vaping), and other related paraphernalia. Students acknowledge and agree to the following terms and conditions pertaining to their eligibility for participation in Oxbow's extracurricular activities programs. Athletes 18 years of age, who are permitted by law to purchase tobacco and nicotine products are NOT permitted to use said substances during the season. These rules are applicable whether the violation occurs on or off the campuses of Oxbow High School.

Vape/Dab Pen Detectors- any students in the bathrooms at the time of the vape detection (these notifications are to the minute) will be subject to consequences, including suspension.

- These devices are being hidden in student's undergarments and passed between each other throughout the school day. To combat this issue as well as student refusal to turn the devices in, we will be providing consequences to all in the bathrooms at the time of the notification.
- This is determined by checking the hallway cameras for those who enter and exit the bathroom at the time of the vape detection.

Violations supported with credible evidence will result in the following consequences:

First offense:

- 14 Calendar day suspension from the team or activity
- Student must attend practice, but cannot participate
- The student will participate in a meeting with the appropriate guidance counselor or health services provider.

Second offense:

- Removal from team or activity for the remainder of the season
- Must attend a second substance abuse counseling assessment at their expense and provide evidence of said screening and ongoing cessation support to the eligibility committee

Code of Conduct Violation Consequences

- Any student found in violation of the substance abuse portion of the Extracurricular Activities Code of Conduct will not be eligible for postseason awards, letters, All-League nomination, and/or All-Star game participation
- Students who feel they have a substance abuse problem may voluntarily come forward for help and may be exempt from the above penalties. This must occur before any violation is reported

- Students who self-report following a violation of the substance abuse policy may receive a reduced suspension
- *All required obligations must be met prior to returning to participation. Consequences can be carried over if they are not completed prior to the end of a sports season or completion of an activity*

Attendance at Practice/Games & Rehearsals/Performances

Each member of Oxbow High School's student body that chooses to join an extracurricular activity must assume the responsibilities associated with such a position. The student has an ethical obligation to the program and the school. This obligation includes attendance at practices/rehearsals and interscholastic contests/performances. Attendance at practice/rehearsal is absolutely required to maximize personal coordination and team play. Such attendance is necessary to minimize the risk of injury to self and/or teammates as well as to learn. Commitment to Oxbow's extracurricular activities program and teams must come before any outside team or club per the Vermont Principals Associations. To participate in a competition or production, students must attend practice/rehearsal the day before that event. Any request to be late or to miss practice for good cause must be approved by the coach/advisor or director before the practice/rehearsal. If a student-athlete misses that practice prior to the game/meet/match, they are only eligible to play in the second half at the coaches discretion.

Harassment, Hazing, and Bullying

Harassment, hazing, and bullying are not tolerated at Oxbow. Hazing is a form of harassment and will not be accepted in conjunction with the OHS athletic/activities program. Hazing is defined as, "any activity expected of someone joining a group that humiliates, degrades, abuses, or endangers, regardless of the person's willingness to participate." Consequences of hazing may range from individual suspension from participation in the OHS athletic/activities program for a period of time to cancellation of an athletic schedule depending upon the magnitude of the incident and the number of students involved.

VPA Ejection Policy

Any Oxbow High School student-athlete ejected by game administration (officials; VPA or school officials) from any high school athletic contest for fighting, malicious contact, unsportsmanlike conduct, or taunting toward an official, coach, or athlete will automatically be suspended from the next two regularly scheduled contests in that sport. If the ejection occurs in the last contest of the season, the student-athlete shall be ineligible for the same period of time in the next sport in which he/she participates. The suspended student-athlete may not be in uniform. A student-athlete who is ejected a second time shall be suspended for the remainder of the season in that sport. (This policy can only be appealed to the VPA.) The Oxbow Activities & Athletic Director and the coach(es) of the team involved will review each incident to decide upon further disciplinary action.

Absences from Practices/Rehearsals

Emergency situations may arise during the seasons (e.g. illness, bereavement, etc.) that render it impossible for a student to attend a practice/rehearsal or athletic contests/performance.

Additional reasons such as academic support, college visits, religious holiday, driver's license test, or scheduled medical appointments may arise during the season as well. It is expected that everything will be done to communicate this information to the coach ahead of time.

Absences should be few and far between. All students **MUST** communicate this directly to the coach/advisor or director. This communication must happen before the practice/rehearsal or the interscholastic contest/performance. Failure to do so will result in disciplinary actions that will be reviewed later in this handbook.

When practice occurs on school vacation days, all students are expected to be in attendance. If a conflict arises and the student has no choice but to miss a practice/rehearsal or an interscholastic contest/performance, it is of utmost importance that the student communicates this with the coach/advisor or director immediately knowing that consequences may follow. Summer and off-season activities are strongly encouraged but are not required.

Per the Vermont Principals Association, each student-athlete must practice a minimum of ten times before the first interscholastic contest for high school programs. Middle school programs are required to practice a minimum of seven times before the first interscholastic contest. If a student-athlete misses five to ten consecutive days of practice/contests, the student-athlete is required to participate in four consecutive practices before returning to contest play. If a student-athlete misses more than ten consecutive days of practices/contests, the student-athlete is required to participate in six consecutive practices before returning to contest play. Any student-athlete who does not attend the practices consecutively will be dismissed from the team automatically.

Absences from practice and/or interscholastic athletic contests will be handled in the following manner:

ABSENCE FROM PRACTICE/REHEARSAL

<p>Excused Absence-Informed the coach ahead of time. Academic support from a teacher, Illness with doctors note, Extracurricular Event, Bereavement, College Visits, Religious Holiday, Drivers License Test, or Scheduled Doctor Visit</p>	<p>No action as long as the coach/advisor/director was informed ahead of time</p>
<p>Unexcused Absence– 1st Offense</p>	<p>Conference with coach/advisor/director and AAD and discipline of student</p>

Unexcused Absence – 2nd Offense	Suspension from the next interscholastic contest/performance
Unexcused Absence – 3rd Offense	Dismissal from the team/group/production (forfeits all awards)

*** NOTE: Advanced communication when possible is KEY**

ABSENCE FROM ATHLETIC CONTEST/PERFORMANCE

Excused Absence-Informed the coach <u>ahead</u> of time. Academic support from a teacher, Illness with a doctors note, School related extracurricular event, Bereavement, College Visit, Religious Holiday, Drivers License Test, or Scheduled Doctor Visit	No action as long as the coach/advisor/director was informed ahead of time
Unexcused Absence – 1st Offense	Suspension from next two interscholastic contests/performances
Unexcused Absence – 2nd Offense	Dismissal from the team/group/production (Athlete forfeits all awards)

*** NOTE: Advanced communication when possible is KEY**

The only way a student may have an excused absence from practice/rehearsal and/or interscholastic contest/production is if they have a medical appointment and have provided the main office or AD with appropriate documentation (ie. medical note, notice in writing from guardian, etc). The coach/advisor/director **MUST** be contacted prior to the absences by the student whenever possible.

School Attendance

In order to be eligible to participate in an afternoon's/evening's activities, students are expected to be in school for the **ENTIRE** day. You are also expected to be on time for your first-period class of the day. **If you are later than 8:10 AM you will be ineligible to participate in that day's activities.** The Athletic Director has the final decision based on extenuating circumstances. Unexcused absences or tardiness on school days following athletic contests may result in a suspension from play/practice, or the team.

School Suspensions

A student who is suspended from school will not be eligible to participate in any practice(s) and/or game(s) until the suspension ends. A student who appeals a school suspension or an athletic suspension is not permitted to participate until the appeal is resolved.

Practice Completion Requirements

Participants in all interscholastic athletic activities must have a minimum of ten (10) practices per season before competing in interscholastic athletic contests at the high school level (Vermont Principals' Association Bylaws).

Participants in all interscholastic athletic activities must have a minimum of seven (7) practices per season before competing in interscholastic athletic contests at the middle school level (Vermont Principals' Association Bylaws).

General Expectations

Dress Code

Students are required to have a shirt on at all times. The clothing worn during practices must follow Oxbow High School's dress code. Coaches and/or the Activities & Athletic Director may ask teams to dress in similar appropriate team-building attire on game days. Students arriving in tattered clothing, t-shirts, and/or revealing clothes will be asked to change and, if need be, return home to change before participating or joining the team.

Social Media & Extracurricular Participation

Oxbow High School recognizes the powerful ways that students and adults use social media to communicate, collaborate, and create. Students, parents, coaches, and staff are encouraged to always exercise caution when or participate in any form of social media or online communications. These guidelines are an attempt to support appropriate usage of social media, while defining for our students when usage becomes unacceptable and can result in disciplinary actions. The simplest way to identify inappropriate use of social media is to remember the following statement:

What is inappropriate in the classroom is inappropriate online. This is true of both on-campus and off-campus social media usage.

Courts have upheld that inappropriate internet usage including, but not limited to, cyber-bullying and harassment, has an impact on student learning at school and will be punishable by school policy and local law enforcement. Our goal is to support student understanding of the responsible usage of these devices. **Students who engage in inappropriate online behaviors are subject to Oxbow High School's bullying and harassment protocol.**

In addition, it is considered inappropriate usage for any student to take, upload, or distribute any photographed or videotaped images of school personnel or other students without their written consent. Evidence of this behavior is subject to consequences as deemed appropriate by school administration (ie. complete loss of phone at school).

Sportsmanship

Oxbow High School promotes good sportsmanship among athletes and fans. We encourage our students, faculty, and fans to attend home and away games to positively support our teams. Anyone who berates opponents, officials, or opponents' fans using poor language, obscene gestures, or makes derogatory comments may face disciplinary action, which could include removal from the event, dismissal from the team/group, or suspension from further participation based upon the severity of the offense. To be able to return to any sporting event, you must go through a review meeting with the activities & athletic director and/or administration. Negative comments about opponents, coaches, players, and/or officials will not be tolerated.

Transportation

Students are expected to travel to and from athletic events with their teams on school-provided transportation. Exceptions must be requested by a parent/guardian directly to the activities & athletic director and must be approved by the activities & athletic director. Only a student's parent/guardian may provide transportation, and under NO circumstances will a student be permitted to ride with another student or drive him/herself to any athletic event. Only the activities & athletic director may provide permission for a student to ride home with an adult over 18. This request must take place **24 hours ahead** of the event. If the parent/guardian is not at the athletic event when the team is ready to depart from the event, the student will return on the bus to the school. Teams will not wait for student-athletes to be picked up.

Uniforms and Equipment

Participants are responsible for all uniforms and equipment issued to them. They are responsible for maintaining throughout the season and returning at the end of the season all pieces issued to them, clean and in good repair. They will be liable for lost and damaged items and will be charged a pro-rated cost as determined by the respective coach/advisor and administration. In addition, students who have not returned uniforms or equipment at the end of the season shall be ineligible for participation in further athletic or school-related activities until that situation is corrected.

In-Season Commitment

Participants are committed to an activity for the duration of the season. A season is defined as the time from the start of the season per the VPA's date to the conclusion of all respective events including practices, playoffs, tournaments, all-star activities, etc. Other sports commitments — with off-season teams, practices, games, and scrimmages — are considered secondary. By registering for a team at Oxbow High School, you as a student have decided to honor the schedule with both practices and games of the in-season sport. This is to be your focus. Students who do not honor their in-season school-related sports commitments may face suspension from Oxbow Athletics.

If a student chooses to participate in more than one extracurricular program offered at Oxbow, each student must inform all coaches, advisors, and the activities & athletic director of which the

program takes priority. The choice to participate in more than one extracurricular activity at a time may result in a reduction in playing time or a smaller role in each program.

Health Policies

Permission/Insurance and Physical Forms

A physical exam is required every two years for all athletic participants. The form is available in the TeamSnap Registration. A copy of the completed form must be entered into the TeamSnap Registration. Athletes who do not have a current physical will be unable to participate in athletics until the TeamSnap registration is completed with a current physical.

A consent form including proof of health insurance (required by the VPA to participate), parental permission and a signed code of conduct **MUST** be entered into the TeamSnap registration before students participate in extracurricular activities. A student who does not have health insurance will not be allowed to participate in athletics or activities.

For Insurance plans, please contact either of the two following depending on the state that you live in.

Vermont Health Connects

<https://portal.healthconnect.vermont.gov/VTHBELand/welcome.action>

NH Healthy Families

<https://www.nhhealthyfamilies.com/>

A student who has not completed all forms and entered them into TeamSnap **WILL NOT BE PERMITTED** to practice until registration is completed.

Concussion Awareness Policy

If a student receives a blow to the head (no matter how severe) during a game or practice, and symptoms observed by a coach/advisor/director, activities & athletic director, or administrator warrant, a physical exam by a physician may be required before an athlete may continue to participate.

If a student is diagnosed with a concussion, the return-to-play protocol will guide the healthy return to play.

In 2011, the Vermont Legislature signed into law Act 68, which mandates that all schools provide concussion awareness training for all high school and middle school coaches. As a result, Oxbow Athletics requires each coach and assistant coach to take an NFHS Concussion Training Class before coaching.

Return to Play Following an Injury

Following an injury student-athletes should expect to have to follow guidelines from a medical provider. The activities & athletic director will need a copy of the note from the medical provider clearing the student-athletes return to participation following the injury. This note will be shared with the coach to ensure that the student-athlete is following the medical providers' guidelines. While each injury requires a different amount of time away from practices and competition, it will be at the coach's discretion as to what level the student-athlete will return to play at.

In some cases, a student-athlete may need to recondition before returning to play if their injury requires a lengthy period away from practices and competition. In other cases, if a student-athlete is injured for a limited amount of time they may resume their role in a practice or two depending on their Skills Evaluation Tool completed following an injury.

Playing Time

"Playing time" means the amount of time a player is involved in an athletic contest or performance. We believe participation is very important. There are natural limits to the opportunity for participation, such as the number of parts in a play, or the number of players who take part during an athletic event. The following guidelines are considered for athletic "playing time" and expectations for earning "playing time".

Contest Participation

Playing time is determined by the coach, based on the individual's ability, attitude, and team situation.

General Expectations

All teams allocate playing time based on attendance at practice, participation in practice, effort in practice, sportsmanship displayed in athletic contests and practice, the level of skills of each student-athlete, and understanding and knowledge of the game. The very best player may/will get minimal playing time if they do not work hard in both practice and games, attend and participate in practice, and demonstrate good sportsmanship. Our highest priority is developing quality, disciplined, and committed team players with a winning attitude.

Skills Evaluation

Student-athletes will be evaluated using a skills evaluation tool. The Activities & Athletic Director will provide the coach with the tool to be used to evaluate each student-athlete at the start of the season. This tool will be used to assess the student-athletes technical, tactical, mental, and physical abilities, as well as their sportsmanship.

This evaluation will be completed a few times each season, once at the start of the season, middle, and towards the end, and following injuries. This skills evaluation tool will help coaches and student-athletes be used to understand areas where improvement is needed and guide playing time earned based on current abilities. This tool should provide student-athletes with clear direction on areas to improve on to earn additional playing time.

Tryouts

In some activities, it may be necessary to reduce the number of participants to a manageable size. It will be the responsibility of the coach to make decisions about the final number of participants who will be in that activity.

Middle School

The primary focus is developing the skills and fundamentals of the sport or activity, as well as the physical strength and coordination to participate at a competitive level. Players who meet our “general expectations” will earn playing time. Playing time may vary from player to player, depending on ability and circumstances.

Junior Varsity

If a JV time is offered for the program the focus remains on the further development of skills and fundamentals of each sport. Physical strength and coordination become more important for player safety in a competitive setting. Playing time may and will vary from player to player, depending on ability and circumstances.

Varsity

An effort will be made to give participants who meet the “general expectations” playing time. The amount of playing time will vary for each student-athlete. At the varsity level playing to “win” the contest or perform at the highest level is more of a focus. Experienced players are likely to get more playing time than inexperienced players. Basic skills and fundamentals take a back seat to developing team play and increase the team’s performance.

There are tryouts for the varsity level; if numbers allow, athletes who don’t make a varsity team will have an opportunity to play at the junior varsity level. Playing time is up to the coach’s discretion; student-athletes may not play in every game.

Questions and Appeals

If there are questions and/or concerns about any extracurricular activities issue, the student shall first take up the matter with the respective coach. After this initial attempt to remedy the concern, students and parents shall attempt to address the situation progressively through the following levels:

1. Student contact the Coach
2. Student contact the Activities & Athletic Director

3. Student & parents meet with the Coach and the Activities & Athletic Director
4. Student contacts the Principal
5. Meet with the Coach, Activities & Athletic Director & Principal
6. Contact the Superintendent
7. Contact the School Board

If step #1 does not answer the question satisfactorily, then move on to step #2, and so forth until you feel you have the answer that addresses your concerns.

High School School Athletic Department
Athletic Handbook Sign-Off Form
(A Signed Copy Will be Kept in AD's Office)

One of the obligations for individuals who wish to continue to participate in athletics at Oxbow is to read, understand and adhere to all the philosophies, policies, and procedures stated in the Athletic Handbook

Athlete's Signature of Acknowledgement:

I have read the Oxbow Extracurricular Activities Handbook and agree to abide by the provisions contained therein.

Athlete: _____

Date: _____

Parent/Guardian's Signature of Acknowledgement:

I have read the Oxbow Extracurricular Activities Handbook and agree to help my Student-Athlete adhere to the provisions contained in this handbook. I also agree to follow the provisions in the handbook.

Parent/Guardian: _____

Date: _____