

**Oxbow High School**  
*Activities & Athletics Handbook*  
**2024 - 2025**

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## **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 critical role extracurricular activities play in rounding out a student's education. Students will develop physically, intellectually, and socially by participating in student activities outside the classroom.

Oxbow High School upholds high expectations for students who participate in extracurricular activities. Participating in an extracurricular activity is a personal choice. 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 Oxbow High School's stated policies.

# Philosophy of Extracurricular Activities

At Oxbow High School, we understand and appreciate the importance of extracurricular activities in our students' overall education. These experiences teach values such as hard work, commitment, leadership, discipline, teamwork, and physical fitness within the framework of academic excellence. Participation contributes to our students' physical, emotional, and social health 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

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

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

For information, the Activities & Athletic Director can be reached at 802-222-5214 x191 or by emailing Heidi Wright at [Heidi.Wright@oesu.org](mailto:Heidi.Wright@oesu.org).

Game cancellations will be announced as soon as information is available. The Activities & Athletic Director will contact each coach directly to inform them of the change and, if appropriate, set up a practice that day. This information will be shared on TeamSnap with team members and their 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**

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

### Communication from coach to parents/guardians:

- Coaching Philosophy
- Expectations the coach has for your child and 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

## **24 Hour Rule**

- What is the 24-hour rule?
  - It is the conscious decision to wait 24 hours before making any important decisions or engaging in conversation with others that do not require an immediate response.
- Waiting 24 hours is critical for athletics because athletics are inherently emotional. If you approach a coach or the athletic director, especially following a game or event, you will be asked to wait 24 hours, then reach out via phone or email and make an appointment for a time to talk.
- We are happy to meet and discuss any thoughts and concerns you may have; the 24-hour rule allows this to happen appropriately and when emotions have had time to settle.

# Student Organizations

## Class Organizations

Each class is to establish an executive committee 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 prepares agendas for regular class meetings, makes suggestions for class projects that carry out the class goals, and assumes other duties as assigned by the class. All purchases for class and club activities are to be made 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 in early September. Future meetings will be arranged and announced. All students are to attend class meetings; no other activity will occur.

## 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 schedule it during lunch. Meetings that cannot be scheduled during lunch will be rotated through the different periods so that students will not consistently miss the same class. Students must receive prior permission from their teachers to attend these meetings. Each student should be prepared to commit to any activity they are involved in and is expected to keep up with regular school work.

## Student Activities

Contact the main office or the Activities & Athletic Director for information about the activities below. 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	Golf	

## 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 the 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 chartered in 1986 and held its first induction ceremony in the spring of 1986. Membership in the National Honor Society represents the highest honor bestowed on a high school student. All chapters aim to create an enthusiasm for scholarship, stimulate a desire to render service, promote worthy leadership, and encourage character development in the nation's students.

Students are selected for membership by a faculty council which the Principal appoints. 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 and demonstrate the highest standards of honesty, reliability, fairness, tolerance, and cooperation. (Character is not based on mere personality or minor incidents unless they are repeated to indicate a definite pattern of behavior.)
- Service—Volunteer your time, effort, and talents in activities that benefit individuals, groups, the school, and the community.
- Leadership—Be a constructive leader in the classroom and other school and outside activities, be involved in positions of responsibility, and contribute to and work towards developing constructive ideas that improve the school and community.

*What steps do I take for membership?* A student with the required academic average will be given an honor society information questionnaire at the designated time. Suppose the student desires to be considered for selection and feels they meet all the criteria. In that case, they will complete the information sheet and return it to the student services secretary or a faculty council member 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**

### **Athletic & Activities Fund**

OHS maintains a school-operated bank that serves all classes and organizations and audits them yearly. All account purchase orders go through the office and are signed by the Athletic & Activities Director or one of the Co-Principals.

## **Fundraising & Money Earned**

Our schools and the surrounding communities can only absorb a certain amount of solicitation, which is managed through a monthly calendar by the Athletic & Activities Director to ensure equity among programs and minimize conflicting events. All programs are eligible for fundraising, and funds earned are put into the specific activity's account. Individual programs sometimes seek to raise additional funds to purchase items above what the school budget can support. How fundraised money is used is determined by the program's advisor and coach in conjunction with the Athletic & Activities Director.

## **Donations**

To ensure equity among all activities and athletic teams, donations are considered accessible to all. A donation may be made to the activities or athletic department, which will be shared within those programs. The donation cannot be directed to a specific group of students—considered a Title IX violation—and must be shared by or distributed among all.

# **Eligibility**

## **Eligibility Policy Statement**

Oxbow recognizes and promotes academics as the priority within our athletic and student activities program. While extracurricular activities are essential for education, academic success remains the primary objective. Coaches and advisers support this position and will try 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, behavior, 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 outlined 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. Students must earn a D- or better in all courses and 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 students' eligibility at each checkpoint (see dates below).

Students must meet all eligibility criteria at any given checkpoint (progress reports and end of quarter) or 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 entire 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 due to 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 attend after-school help sessions.

### **Progress Report/Report Card Schedule - 24/25**

September 20, 2024	<b>Progress reports</b>
October 25, 2024	<b>Quarter 1 Ends</b>
December 6, 2024	<b>Progress reports</b>
January 16, 2025	<b>Quarter 2/Semester 1 End</b>
February 14, 2025	<b>Progress reports</b>
March 28, 2025	<b>Quarter 3 Ends</b>
May 4, 2025	<b>Progress reports</b>
June 6, 2025	<b>Quarter 4/Semester 2 End</b>

### **J-Term\***

June 9, 2025  
 June 10, 2025  
 June 11, 2025  
 June 12, 2025

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

**Note: Quarter 3 & 4 dates may change due to snow days and other...**

**Incomplete Grades—An incomplete grade 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 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 specific minimum high school core courses and SAT/ACT standardized test scores. The student is responsible for monitoring their 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, marijuana, tobacco, nicotine (vaping), and other related paraphernalia. Students acknowledge and agree to the following terms and conditions about their eligibility for participation in Oxbow's extracurricular activities programs. Student-athletes are **NOT** allowed 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 during the vape detection (these notifications are to the minute) will be subject to consequences, including suspension.

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

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

#### First offense:

- 14 Calendar days of suspension from the team or activity
- Students 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
- Attend a substance abuse counseling assessment at their expense and provide evidence of screening and ongoing cessation support to the eligibility committee. This is required to return to extracurricular activities at Oxbow High School.

#### Code of Conduct Violation Consequences

- Any student violating the substance abuse portion of the Extracurricular Activities Code of Conduct will not be eligible for postseason awards, letters, all-league nominations, 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 before returning to participation. If they are not completed before the end of a sports season or the completion of an activity, consequences can be carried over.*

### **Attendance at Practice/Games & Rehearsals/Performances**

Each member of Oxbow High School's student body who 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 required to maximize personal coordination and team play. Such attendance is necessary to minimize the risk of injury to self and/or teammates and 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 before the game/meet/match, they can only play in the second half at the coach's 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 "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, harassment, or bullying 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 in the next sport in which he/she participates. The suspended student-athlete may not be in uniform. A student-athlete 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

Emergencies may arise during the seasons (e.g., illness, bereavement, etc.) that render it impossible for students to attend a practice/rehearsal or athletic contests/performance. Absences should be few and far between. All students **MUST** communicate this directly to the coach/advisor or director 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 must practice at least seven times before the first interscholastic contest. If a student-athlete misses five to ten consecutive days of practice/contests, the student-athlete must 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 automatically be dismissed from the team.

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

### ABSENCE FROM PRACTICE/REHEARSAL

Excused Absence-Informed the coach <b><u>ahead</u></b> of time. Academic support from a teacher, Illness with a doctor's note, Extracurricular Event, Bereavement, College Visits, 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	Conference with coach/advisor/director and AD and discipline of student
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 <b>ahead</b> of time. Academic support from a teacher, Illness with a doctor's 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 the 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**

A student may be excused from practice/rehearsal and/or interscholastic contest/production if they have a medical appointment and have provided the main office or AD with appropriate documentation (i.e., medical note, notice in writing from the guardian, etc.). The student **MUST** contact the coach/advisor/director before the absences.

### **School Attendance**

To be eligible to participate in afternoon/evening 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 for that day. **If you are later than 8:10 AM, you will be ineligible to participate in that day's activities.** The Athletic Director makes 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 suspended student will not be eligible to participate in any practice(s) and/or game(s) until the suspension ends. They are also not eligible to attend any school-related function or game. A student who appeals a school suspension or an athletic suspension cannot participate until the appeal is resolved.

## **General Expectations**

### **Dress Code**

Students are required to wear a shirt 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 exercise caution when participating in social media or online communication. The following guidelines 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, impacts student learning at school and will be punishable by school policy and local law enforcement. Our goal is to support students' 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 deemed appropriate by the school administration (i.e., complete phone loss 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, including 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 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 permit a student to ride home with an adult over 18. An additional permission form must be completed and returned to the AD. This request must take place at least **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 all pieces issued to them at the end of the season, clean and in good repair. They will be liable for lost and damaged items and will be charged a pro-rated cost 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, he or she must inform all coaches, advisors, and the activities and athletic director of which the program takes priority. Participating in multiple extracurricular activities may reduce playing time or play a more minor role in each program.

# **Health Policies**

## **Permission/Insurance and Physical Forms**

All athletic participants are required to take a physical exam every two years. The form is available for 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. Students without health insurance will not be allowed to participate in athletics or activities.

For information on and access to your state's available insurance plans, please contact either of the two following:

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 and athletic director, or administrator warrant, a physician's physical exam 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 their sport or activity.

In 2011, the Vermont Legislature signed Act 68 into law, 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 follow guidelines from a medical provider. The activities and athletic director will need a copy of the note from the medical provider clearing the student-athlete's return to participation following the injury. This note will be shared with the coach to ensure the student-athlete follows the medical provider's 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.

Sometimes, 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 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 time a player is involved in an athletic contest or performance. 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 participating during an athletic event. The following guidelines are considered for athletic "playing time" and expectations for earning "playing time."

### **Contest Participation**

The coach determines playing time based on the individual's ability, skill, attitude, and team situation.

### **General Expectations**

All teams allocate playing time based on attendance at practice, participation in practice, effort in practice, attitude in practice, sportsmanship displayed in athletic contests and practices, the level of skills of each student-athlete, and understanding and knowledge of the game. The

most skilled athletes 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, 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 evaluate each student-athlete at the start of the season. This tool will assess the student-athlete's technical, tactical, mental, and physical abilities and sportsmanship.

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

## **Tryouts**

In some activities, it may be necessary to reduce the number of participants to a manageable size. The coach & athletic director will be responsible for deciding the final number of participants in that activity.

### **Middle School**

The primary focus is developing the skills and fundamentals of the sport or activity and 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 skill and circumstances.

### **Junior Varsity**

If JV time is offered for the program, the focus remains on further developing the 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 skill 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. Skilled and experienced players will likely get more playing time than inexperienced players. Basic skills and fundamentals take a back seat to developing team play and increasing team performance.

There will be tryouts for the varsity level; if numbers allow, athletes who don't make a varsity team can play at the junior varsity level. Some students may be cut from programs depending on the number of participants and team situations. Playing time and team make-up is at the

coach's discretion; student-athletes may not play every game, and playtime may vary from game to 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. Students & 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 satisfactorily answer the question, 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 obligation for individuals who wish to continue participating 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 its provisions and follow its provisions.*

Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_